

Chakras for Children

Halls of Training



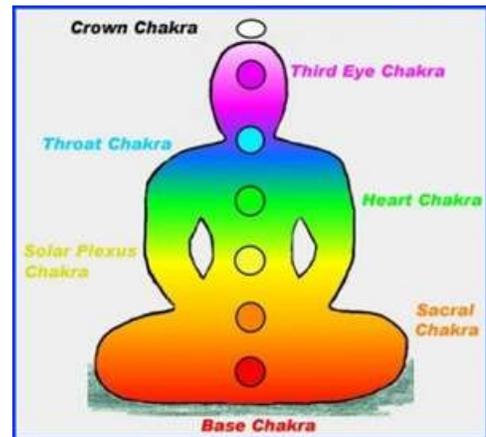
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The Seven Chakras



Chakras are similar to pre-set dials on appliances such as a toaster, TV, washing machine or dryer. They are the organs of your spiritual body and are related to the organs of your physical body - they actually surround the physical body. The physical organs of the body themselves, the actual flesh, blood and bones is the means of passing physical genes from parents to children.

The chakras, being the organs of the spiritual body, help in the passing of divine genes which is a matter of thought or mind. Before you are born and enter the body you are in, you choose which of the chakras you will use the most.





Let's compare the chakras to an actual appliance like say a toaster oven instead of a toaster. In fact the microwave oven may be an even better comparison. Children are probably more familiar with it than the toaster oven. We'll pretend that our microwave oven has seven settings.

Thaw - The first setting will be to thaw frozen packages of meat or vegetables. This would relate to their own bodies as being the root chakra and when this chakra is understood the child can tap into the idea of thawing food as relating to their body by thawing or softening the will to survive in a rough school situation. By thawing, we mean softening up hard strict rules that may have been given to them by parents and teachers. These hard rules make it difficult for the child to be open to any other children's ideas. These hard, strict rules also make it difficult for them to resist a dare that would lead to playground bullying. If they can compare their body and its first chakra to the same thing the first settings on the



microwave oven does - make things usable that have been set in concrete (frozen food) - then this first setting will have served its purpose.



50% Power - The second dial on the microwave oven settings is one that gently warms the food up. It is used to insure that the purpose of the food (which is to be eaten) is carried through. If it is heated up too fast it will destroy the nutrients in the food. At the same time it has to be heated enough to make it edible. The

second chakra on the human is to insure that the human race is carried on - that it is able to continue. This chakra also controls the discarding of left-over food products that had served their purpose of giving nutrients to the human body and can now be discarded through the bladder and bowels

Time/Start - The third setting on our oven we'll say is for entertaining your friends by making snacks for an afterschool get-together - perhaps mac and cheese or

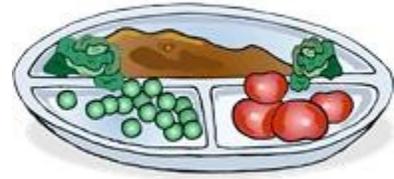


something along those lines. This relates to the human body as the third chakra which allows the child to be friends with other children and want to communicate with them and keep the friendship going on an even keel.



Reheat - The fourth setting on the oven is the one that is used the most by most families. It is used to reheat food that had been previously cooked. In this way the leftover food from 1 or 2 nights before can be reused and made a delicious part of a new meal. Reheating transforms the older food into something still delicious to eat by restoring it to its previous form the night before. This relates to the human body as the fourth chakra being the transformer between the lower chakras that have to do with the physical body and the higher chakras (or dials on the oven) that have to do with extras benefits we gain by tapping into higher thinking as far as our dealings with other people.

TV Dinners - For instance the fifth dial on the microwave oven is for warming up TV dinners - individual dinners for each person. This is like the fifth chakra on the body. It is for voicing our thoughts to other people - to each individual friend. Without being able to do this, much is lost in the way of communicating with other people.



Popcorn - The sixth dial is for odd food that is not used very often. One thing would be pop-corn. Another would be to melt butter or oleo to use it in a recipe. The way this relates to the sixth chakra is that it is not used very often and should only be used when necessary to understand someone who is difficult or who is causing trouble (such as cold hard butter not blending into a recipe) and you want to try to understand them more.

Roast - The seventh dial is a dial that will cook a large roast in a very short period of time. This dial has to have stability and be even in its temperature control. On the human this seventh chakra is one that connects you to all others and to your creator.

