

MOTHER EARTH'S

*June
Curriculum*

*Innerstanding
Energies*

CRYSTAL SCHOOLS

Contents Page

Our curriculum flows on a 3-day school week. Each month there are 12 days' worth of content & corresponding activity that parents can adapt to the different age groups.

Innerstanding Energies

Day 1. What is Energy?

Day 2. Energy animates our reality

Day 3. Chakra Energy Centers – Root, Sacral,

Solar Plexus

Day 4. Linear Thinking Vs. Heart Feeling

Day 5. Where Focus Goes, Energy Flows

Day 6. Spiritual Disciplines

Day 7. Clutter and Clearing spaces

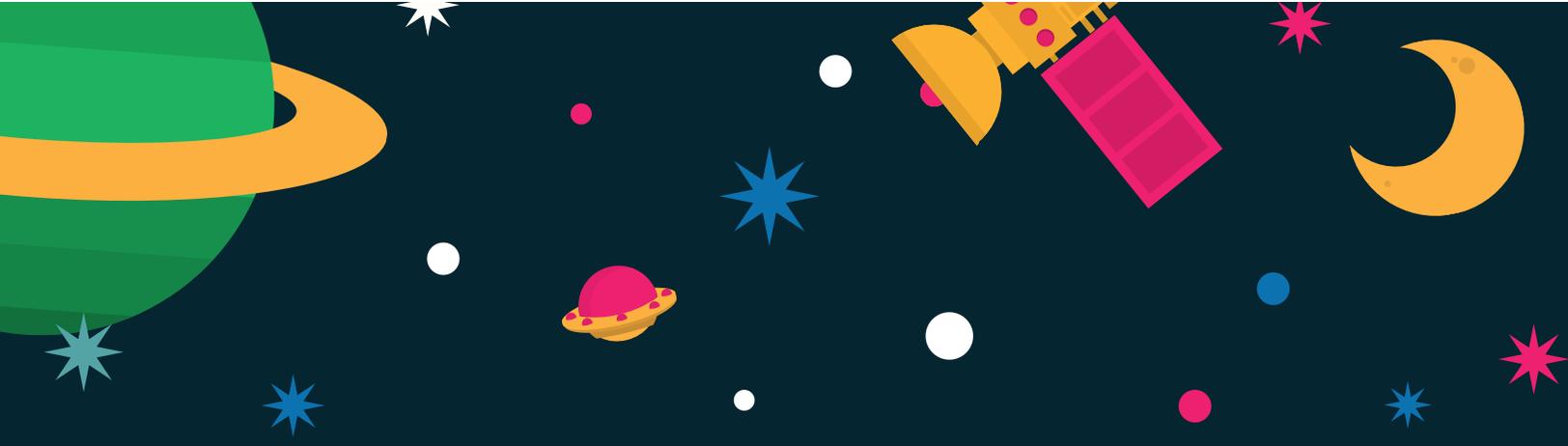
Day 8. Being in Flow & Service

Day 9. Pain – unresolved energetics

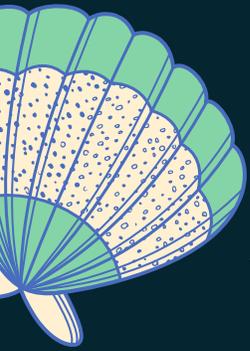
Day 10. Personalities

Day 11. The Four Elements

Day 12. Reflection



Gaia's
Crystal
SCHOOLS
BASED ON
Universal Laws & Right Action



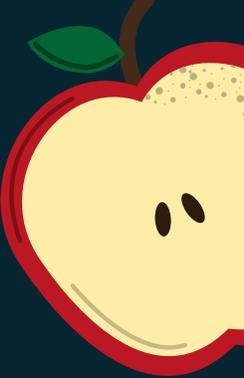
Day 1

What Is Energy





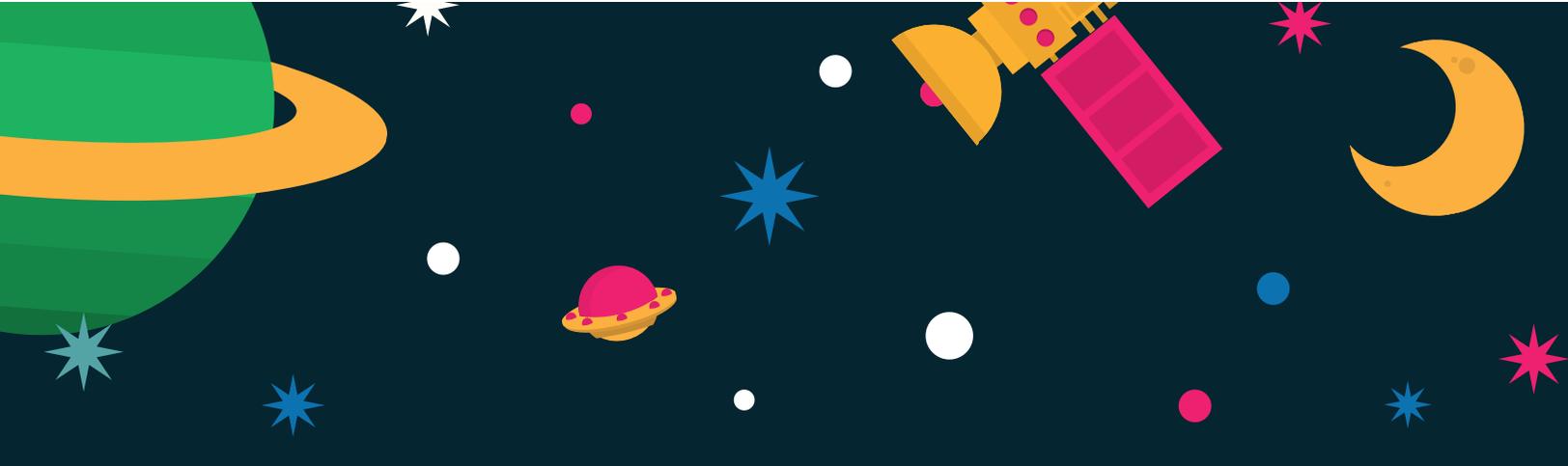
What Is Energy?



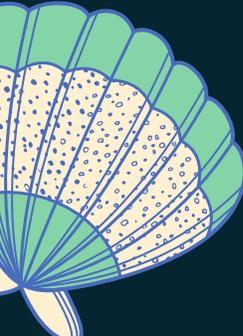
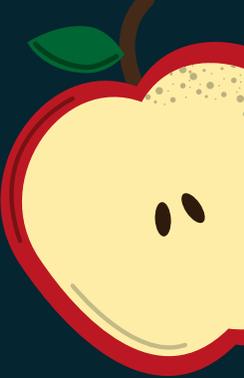
Everything is energy. Energy flows like water and electricity.



Can you feel and see it?



Energy is always moving. It cannot be destroyed, it can only be changed. Trying to block energy can cause pain.



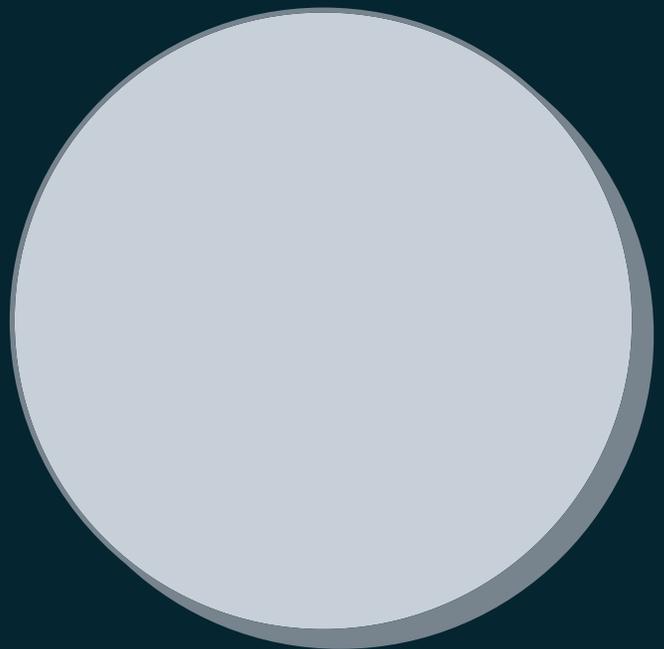
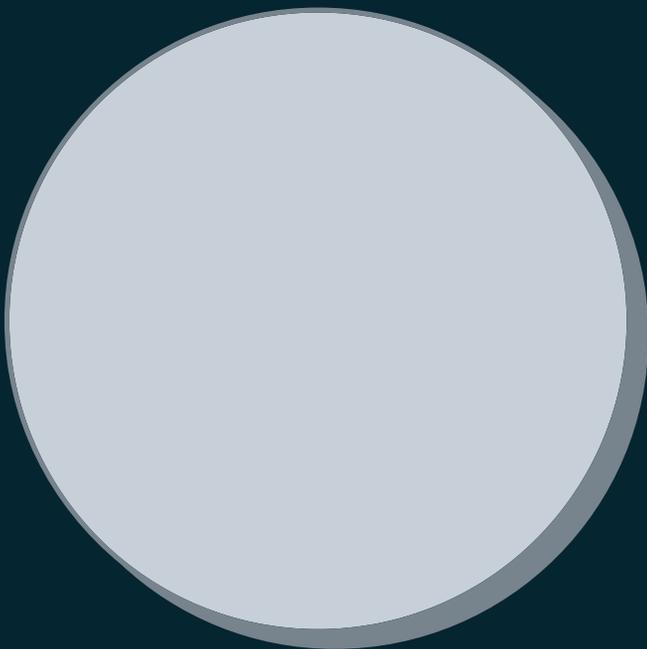
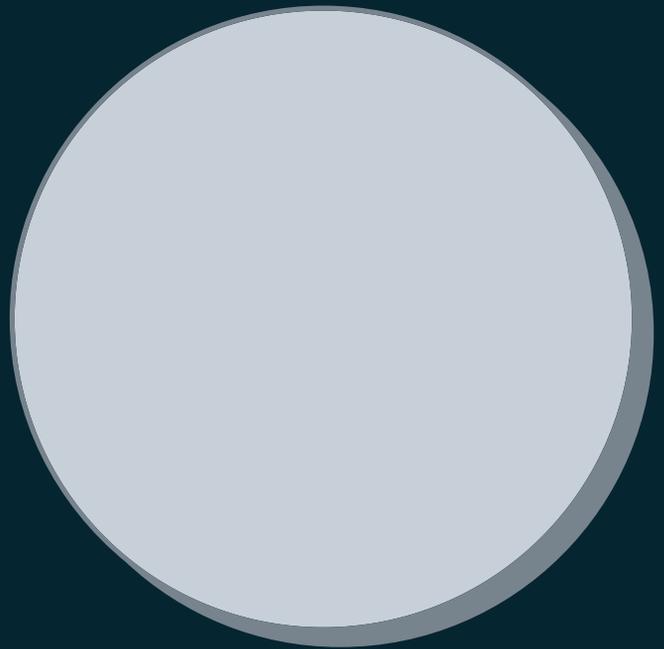
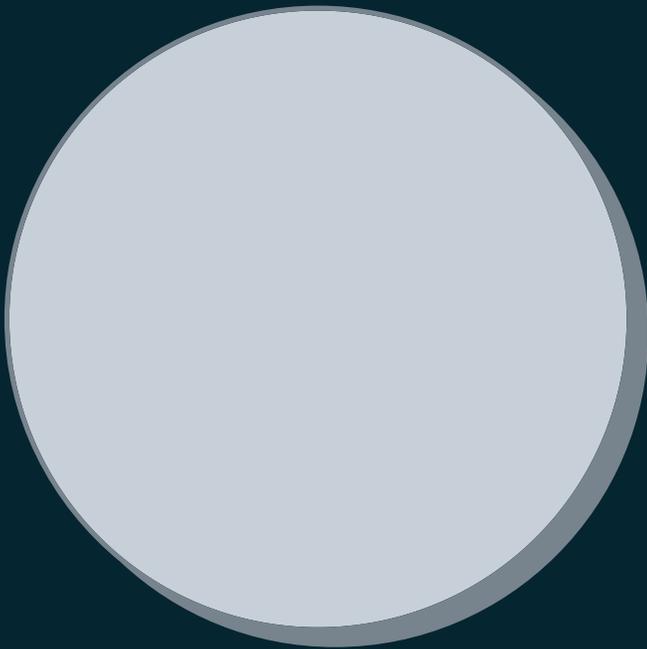
I AM Energy

- Prepare 3 jars (or more)
- Put equal amount of cooked rice inside each jar
- Label them "I AM LOVE", "I AM STUPID", and leave the third jar blank. Send the labeled feelings into each jar everyday
- After 30 days, check the rice
- Jars/rice can be replaced with plants

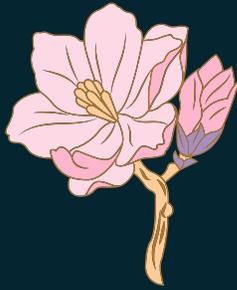


I AM Energy

Reflection: What did you learn?



Circle The Ones Which Are Energy



All expression of matter
that animates our reality

ENERGY



ReHEART

EVERYTHING
IS ENERGY

EVERYTHING
IS CONNECTED

YOU ARE ENERGY
& YOU ARE CONNECTED
TO EVERYTHING &
EVERYONE

TAKE CARE OF
ENERGY
ITS ALL AROUND US



I bet you are wondering:
“If energy is everywhere, there
should be a way to prove it right?”



This time we will get straight to the “hands-on” activity and we will be... Making a Potato Battery!

You will need:

a 3-inch copper nail, 2 inches of very thin wire,
a 3-inch zinc nail, 1-volt LED bulb,
scissors and a big potato!

Put a 3-inch copper nail and a 3-inch zinc nail into the potato about 1 inch apart from each other. Push the nails to a depth of about 1 1/2 inches. Cut two 6-inch strips of very thin wire and remove 1/2 inch of plastic from the ends of the wire strips.

Wrap one of the ends of each wire strip around the top of each nail. Put the opposite ends of the wire onto the two terminals on a 1-volt LED bulb. The LED illuminates, but it's rather dim because very little electricity is made.

Had you ever felt into the fact that
a potato can turn on a bulb?

Can you explain it in your own word?

Everything natural has a divine connection to the Primordial Source.
This source is Mother Nature, who birthed everything around us.
So as her creation, everything has this capacity to harness energy
and transform it into electricity for example. Yet, don't skyrocket your
fantasy wheel believing you will be able to light a blub with
whatever you choose to pick up.

Energy vibrates and has different frecuencies; these frecuencies
can be very low, and will manifest in processed or inanimate objects,
or they can be very high, giving life to beings such as us!



**Let's be creative and make some drawings.
Use the opposite hand you normally use.**

**What else around you can you
identify that shows it has energy?**

How do you imagine your ideal world to be?



**Everything we see is
an expression of energy.**

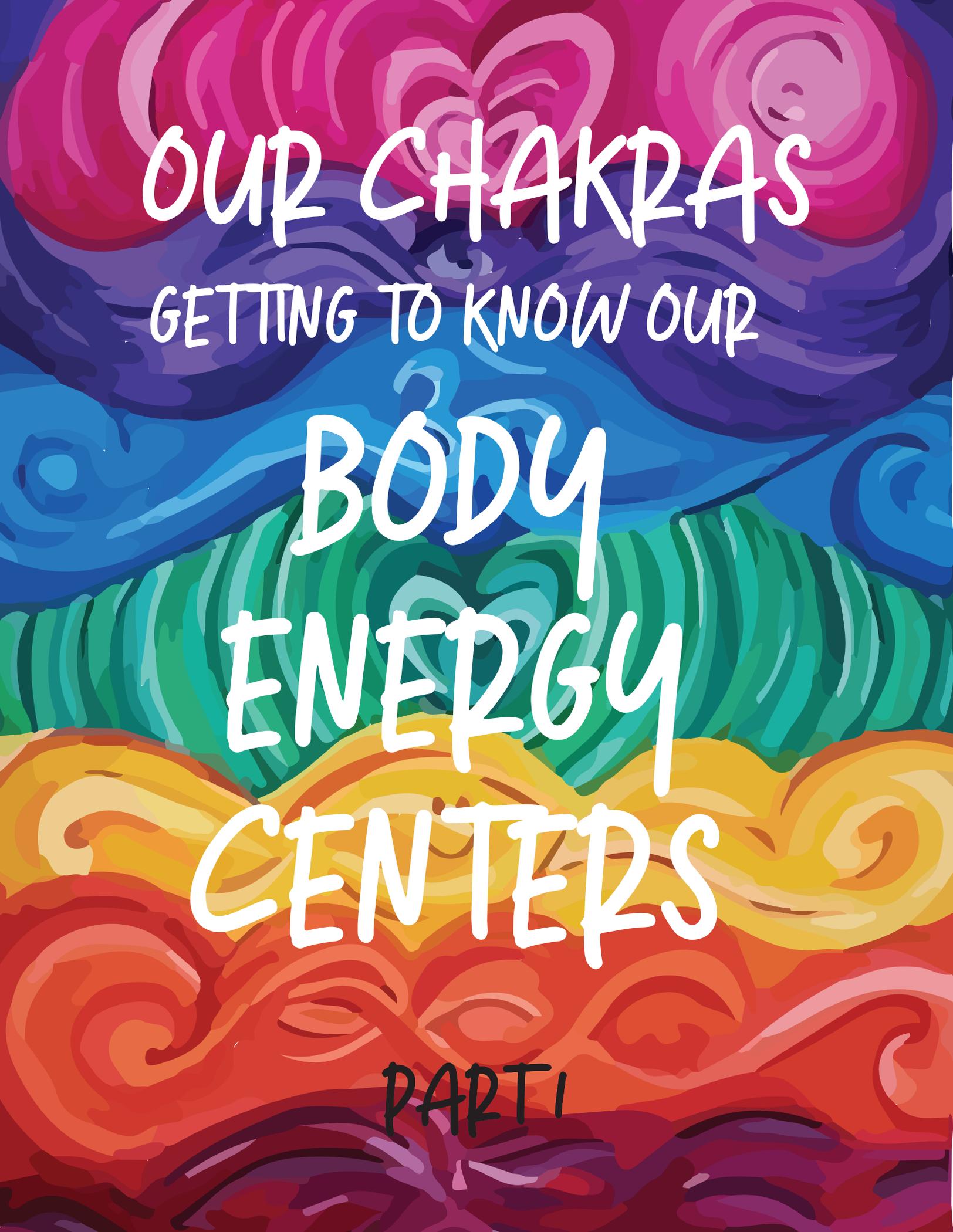
**You have the power to
create your own reality,
and influence every living
creature, you have a
relationship with.**

**Make sure you keep connected
to your sacred heart space and
be love all the time, giving your
best always.**

**This way you will make sure to
surround yourself with love.**

**Opposite to this if you are
scared, sad, angry, jealous,
confused or any lower energy aspect
of the EGO this is how you will
influence your surroundings.**

**Be love always and create a
wonderful Planet and reality!**



OUR CHAKRAS

GETTING TO KNOW OUR

BODY
ENERGY
CENTERS

PART 1

A chakra is an area in the body connected with life energy. There are seven chakras in the body - each is an interface for the flow of a specific life energy.

A chakra vitalizes our body and is associated with interactions of a physical or emotional nature.

In order to live a health life, we need to be able to connect, feel and know how to keep our energy bodies active, healthy and in alignment with the beneficial energy around us.

Payng attention to our energy centers is very important.



We will talk about 7 chakras in our bodies.

On the following page you will make a drawing of yourself and colour your self like a rainbow, we will then explain each color.

MY ENERGY CENTERS

Purple light
on the top
of my head

Dark blue
in my
forehead

Light blue
in my
throat

Green in
my heart.

Yellow in my
tummy

Orange under
my belly
button

Red in my hips
and all the
way down to
my toes

Make a drawing of
your body, from head
to toes.

Then fill in the
different areas of
your chakra
centers, or energy
centers.

Root Chakra

A good mantra to repeat on Mondays is:

"I am safe, I belong"

Our root chakra is concerned
with our needs.

It is in charge of our sense
of stability, safety, strength,
and commitment.

It is responsible for
self-preservation
and helps us feel grounded.

Monday is the root chakra day.

We should wear something red and
try to eat red food, so we can surround
ourselves with the beneficial energies
of the red.

A balanced root chakra helps us feel
safe and part of something.

It helps us grow strong roots for
happy and solid foundations that
help us to grow.

Ground and be in Nature

Being outside in nature helps you connect with Mother Nature, with Gaia. This connection allows you to open up and let the energy flow through you. This connection is felt much more when you do not wear shoes.

When you feel upset, sad, or uneasy, take off your shoes and go outside. Walk on the grass and connect with the Planet. Feel how she helps you to work with your negative emotions. Feel how energy flows out of your feet like roots. Visualize them.



Hug a tree!

Trees are angels, another way to ground is to hug a tree. Feel your body connect with the tree. You can also take advantage of this and learn to listen to its wisdom and to share your worries and doubts with them!

Trees will make you feel better.

Go outside barefoot every day for at least 10 minutes and walk on the grass.



Play a drum

On Mondays also, get a drum and play it out in the open. Feel the beat. Stamp your feet. Move along with the sound. Let go to the sound of the drum.

Out door Scavenger Hunts

Whenever you need some distraction. Design scavenger hunts on your own. Make a list of things or people to find. You can play with your siblings, friends or parents. The aim is to do it outside in the garden. It can be during the day or at night, with your parents' support.

Get a piece of paper and do your first one. See how many red things can you find in your garden or patio and make a detailed drawing and write its name. Lets see who finds more red!!



Plant a Garden

A wonderful nurturing activity to do on Root Chakra day is tend to your garden. This will help you to learn how to take care of a plant, nurturing it with water, and attention to make sure it grows.

Sacral Chakra

A good mantra to repeat on Tuesdays is:

"I am creative"

Our sacral chakra brings us into our feelings and emotions; our wishes, and creativity.

It teaches us to let go, to feel and to move.

This chakra is where we hold our sense of self, our self-esteem, creative energy and power, wishes, pleasures and self-gratification.

Tuesday is the sacral chakra day.

We should wear something orange and try to eat orange food, so we can surround ourselves with the beneficial energies of orange.

A balanced sacral chakra helps us connect with our most inner wishes, expressing ourselves fully.

It is very important for all of us to be creative and do.

Let's do it!

We can cook, paint, build, compose a song, invent something... there are no limits to what we can create.



Lets get creative

Every Sacral Chakra day, you should create something. Use paint, playdough, cutting paper, cardboard, recycled materials or whatever you can put your hand onto.

Express yourself, let the true colors of your soul shine bright, what makes you happy? Express it, just do it. Let's see what it looks like. How does it feel? Maybe it has its own sound.

Draw

Sometimes it is difficult to share or write what we feel. But it is never good to keep negative feelings inside of us. Get an old notebook you do not use anymore and create a feeling diary, in which you will draw in the morning a quick sketch of yourself and then do it at night. See if how you feel changes. What makes you change the way you feel?

This chakra has to do with movement. Everyday just move the same way of how you feel.



Make silly noises

Choose a song you love.

Choose an animal.

Then sing the song like the animal you chose.

Do it for 3 of your favorite songs and with 3 different animals.

Which one did you like the most?

Why?



Cook something

A delicious way to be creative is cooking. Make Tuesdays a special cooking family day.

Can you create a new recipe for all the family every week?

Get moving

Dancing can be a wonderful way to express ourselves creatively. Take some time every day to dance as if no one was watching you. **MOVE THAT BODY.**



Solar Plexus Chakra

A good mantra to repeat

on Wednesdays is:

"I am strong!"

Our solar plexus chakra is where

you can promote your

confidence and self-esteem,

as well as helping you

feel in control of your life.

Wednesday is the solar plexus chakra day.

We should wear something yellow and try to eat yellow food, so we can surround ourselves with the beneficial energies of yellow.

A balanced solar plexus chakra helps us to feel well with ourselves, it gives us the power and strength to stand up for what we believe, speak up and feel motivated to do whatever we want to do and makes us happy, without needing anyone else.



Portrait of ME

On a piece of paper, you will make a list of all the things you love and like about yourself.

Below that list, you will write what you do not like about yourself.

You need to write at least 3 things for each list. For each thing, you do not as you will also need to include what will you do to change that into something you do like.

Draw

Look in the mirror and draw what you see.

Then on a different piece of paper, make a drawing of you without the things you do not like,

What do you look like?
Are you different from what you saw in the mirror?

What would you like to be when you grow old? Write a short story that describes who you will be.



Congratulate yourself!

Sometimes we forget to see how good we are at certain things. We are a bit too tough on ourselves.

Ask around and see what is it you have done to deserve a great big pat on the back.

Ask at least 5 people and write down what they say in your diary.

What did they say? Where you surprised?

Do the same thing each Wednesday, and see what do you achieve from week to week.

Be bold

Is there something you always want to do or wear that you have not dared to do?

What have you been dying to do but have not felt strong enough to do or say?

Do it today.



Be in the sun!

It is SUPER important to be out in the sun every single day. This will help your health and strengthen your energy body.

ACTIVITY FOR MOMS

Understanding chakras allow children to better understand themselves

How your kids think, feel and act is affected by the energy flowing through their chakras. This energy expands or shrinks according to the changes they experience in their internal world (how they feel) and how they interact with the external world (people they meet, places they go, and the things they do, eat, smell, and see). If there's too much or too little energy flowing into each energy center, your child will feel an associated imbalance that will manifest physically or emotionally.

Understanding the chakra system can give your child a way to be more aware of the energy in their body. It gives them the language to communicate this to you and to then find ways to bring their chakras back to balance.

Print out the following chart and create some personalized wooden clothing pins for your and your child or children. Create a stand or place where you can have the chart visible daily, on a place where the family interacts a fair portion of the day. It could be the kitchen or the dining room, maybe the living room.

Each day everyone in the family will place the pin on the emotion that better describes how they are feeling in the morning, and the exercise aims to manage to have EVERYONE in the family move the pin throughout the day as their moods change.

Whenever a negative emotion shows up, you will have to help and encourage your children to do something that will help them identify what caused them to feel that way, and something they will do to change how they are feeling to go back to being Happy or in a better place.

No one should go to sleep with their pins on a negative aspect or emotion. Grownups should also play. Turn this into a daily practise, this will help everyone to be aware of their mood swings and how to control them better, and faster.



CHAKRA RAINBOW MEDITATION





What is the Difference, Energetically,
between thinking with the Linear Mind, &
Feeling with the Heart, and Trusting Angel
Guidance?



HEART =
Present MOMent of Now
The only True Reality
LOVE, Everywhere Present
TRUST Your Feelings
TRUST Your Intuitions



Mind =
The Existence of
Linear Time,
Lower Dimension,
Fear Based &
False Belief Systems



SELF-LOVE IS NOT SELFISH

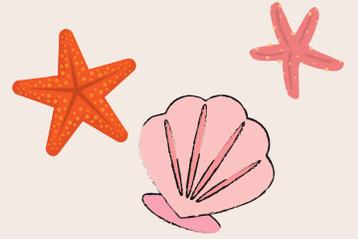
When We have an Energetic LOVE Connection in
our Heart with Prime Source Creator, MOM; We
will FEEL an "inner-knowing," an, "innerstanding," that
is indescribable.

Never stop loving yourself!



*The Tremendous! Great Mystery,
canNOT & will Not be explained away.
Trust in Prime Source Creator, MOM,
with ALL Your Heart!!*





Trust Your Angel Guidance, too!!

Angels are here to Assist Us, too!!

However, we must ask our Angels for their Guidance & Assistance,
they are eager to interact with us.

Truly, We, are already connected to our Angels, on a Divinely, Deep, &
Permanent Level.

Trust is Key, when calling upon our Angels.

Again, a Heart to Heart Connection.

I intend to Trust my Angel Guidance.

Clearly state intentions, in order to Firmly Trust in Angel Guidance.





The more We put into Practice, noticing the signs & messages our Angel's & Guides are sharing with us, the more we grow in expected & unexpected ways.

Trust is KEY.

Let Go of Expectations, and Timing.

The more you Release, the more Space you Create to be Filled with Love, Trust, Support, and the More You will have Faith.



Activity

The Heart emits an Energetic Warmth, that of Sacred Fire, Violet Flame of FREEDOM for World.

Thank You, Ascended Master St. Germain

Have you ever tracked your thoughts?

What are you thinking right now?

Grab a notebook and start writing what you are thinking.

Is it positive?

Are you thinking about something in the future that hasn't happened yet?

Or something about the past that your friend did?

Today, see if you can catch yourself thinking.



Now, feel into your heart. Rub your heart and breathe.

How does it feel? Does it feel light or heavy?

Are you happy? Can you hear your angels when you ask them a question?

What is your heart sharing with you today?

See if you can write down what you are feeling with your left hand.



FOCUS

Where focus Goes, Energy flows

What can help your focus align and expand?

What activities might interfere with your focus?



FOCUS

On Higher Concepts

Unity Code

**Ten Intentions for a Better
PLANET, WHICH IS THE FOCUS**

Love in Action ~ Support Life

~ Seek Truth

~ Set Your Course

~ Simplify

~ Stay Positive

~ Synchronize

~ Serve Others

~ Shine Your Light

~ CO-CREATE

~ Synergize

FOCUS

On Higher Words

Use higher vibrational words instead of lower vibrational words.

Higher words ~ Heart

lower words ~ mind

Use I am, I have

not I want, I need, I desire

Use I feel

not I think

Use reheart

not remind

Feel

FOCUS

Strengthen Your Focus

Ground

**Take a short break and
lie on your back
watching the clouds,
walk barefoot,
drink more water,
sit by a tree
or smell flowers**

FOCUS

Strengthen Your Focus

Conscious Breathing

Inhale through your nose while filling and extending your belly, then exhale through your mouth as you contract and pull in your stomach. You can picture rainbow energies coming into your body and flowing outside your body. Repeat 3 times or more for clarity and focus.

FOCUS

Strengthen Your Focus

Move

Take a few minutes to go for a walk, or dance to a song, stretch or do some short bursts of exercise, like jumping jacks. This will move your blood and oxygen throughout your body.



FOCUS

Eliminate Distractions

One At A Time

Too often we are multi-tasking and doing more than one thing at a time. It is helpful to focus on one activity and give it your full attention.

1

single not overlapping

2¹ 3⁴

FOCUS

Eliminate Distractions

Finish It

Starting and then stopping a project for an extended period of time is not the best practice. Maybe the flow, rhythm or energy will be broken and often times, might stop completion. However, it is often helpful to take short breaks and align your energies for easier project completion.

FOCUS

Practice Activity

- ~ For the next 3 days, write down or share examples of when focus is easy and natural for you.
- ~ Do you have any examples of focus challenges and if yes, what did you do to feel better about them?
- ~ Do you have better words to use, example say Heaven-o instead of Hell-o

Awareness = Transformation

**IMPORTANCE OF
SPIRITUAL DISCIPLINES
PROTECTING ONESELF
ENERGETICALLY**



ENERGY

ReHEART

EVERYTHING
IS ENERGY

EVERYTHING
IS CONNECTED

YOU ARE ENERGY
& YOU ARE CONNECTED
TO EVERYTHING &
EVERYONE

WE NEED TO
TAKE CARE OF OUR
ENERGY



ENERGY IS THE FUEL THAT GIVES EVERYTHING LIFE, IT IS

THE PRIMORDIAL SOURCE = LOVE = MOTHER GOD.

WE AS SOULS CAN ACCESS THIS MAGICAL FORCE WHEN WE ARE CONNECTED TO OUR DIVINE MOTHER. BY REHEARTING THAT WE ARE ROYAL ANGELS AND BY CLEANING OUR BODIES FROM ALL NEGATIVE THOUGHTS & FEELINGS. WE CAN DO THIS BY ALWAYS DOING OUR SPIRITUAL DISCIPLINES.

MOTHER GOD DESIGNED THE SPIRITUAL DISCIPLINES, WITH THE ASSISTANCE OF THE ANGELS AND THE GALACTICS, TO HELP US HUMANS TO KEEP THE DARK FORCES FAR AWAY, TO BE SURROUNDED BY MAGIC & MIRACLES.

WE ARE COCREATORS, MEANING THAT WE CAN BUILD EVERYTHING AROUND US, AND CREATE OUR REALITIES.

THIS IS WHY OUR ENERGY IS SO VALUABLE.

AND WHY WE NEED TO PROTECT IT, BECAUSE FOR MANY MANY YEARS EVERYONE AROUND US LIVED FROM STEALING OUR ENERGY, OUR LIFE, OUR HAPPINESS AND OUR JOY... AND WE DID THE SAME THING.



WE DO NOT NEED TO WORRY MUCH ABOUT
OUR ENERGY BEING STOLEN IF WE SHIELD UP &
(UT CORDS), FROM EVERYTHING & EVERYONE
THAT IS NOT REAL, COMPLETE, WHOLE & IN
FULL RESONANCE WITH LOVE & MOTHER GOD.
WE NEED TO SAY THIS BEFORE AND AFTER INTERACTING WITH ANYONE, BEFORE AND
AFTER SPEAKING WITH SOMEONE, WHEN YOU ARE AMONGST MANY PEOPLE,
WHEN YOU USE ANY TECHNOLOGICAL GADGET, OR WHEN YOU FEEL STRANGE WITHOUT
INNERSTANDING WHY.



ACTIVATE & USE ARCHANGEL MICHAEL'S RAINBOW SWORD



EVERY TIME YOU ARE NOT IN JOY
IMAGINE YOU TAKE OUT YOUR
RAINBOW SWORD, AND
LIGHT IT UP
LIKE A JEDI!

IMAGINE YOU CAN PULL OUT FROM
WITHIN YOU WHATEVER TAKES AWAY
YOUR JOY AND DESTROY THAT WITH
YOUR SWORD. DO NOT STOP DOING IT
UNTIL YOU FEEL YOU HAVE
DISINTEGRATED IT COMPLETELY. UNTIL
YOU CANNOT SEE IT AND ESPECIALLY
UNTIL YOU DO NOT FEEL IT.

HAVE FUN!

USE YOUR SWORD WHEN YOU NEED IT.



THERE ARE MANY THIEVES THAT STEAL YOUR ENERGY AND YOU NEED TO FEEL THEM.

WHAT STEALS YOUR JOY IS A TAKER OF ENERGY. THEY CAN BE OTHER PEOPLE, THINGS YOU GIVE TOO MUCH ATTENTION TO OR NEGATIVE THOUGHTS & FEELINGS.



FROM NOW ON ALWAYS USE A PERSONAL JOURNAL TO WRITE DOWN HOW YOU FEEL. IF YOU ARE NOT IN JOY, YOU NEED TO SEE WHAT STOLE YOUR HAPPINESS. THEN TAKE OUT YOUR RAINBOW SWORD AND CUT AWAY WHAT MADE YOU FEEL BAD.

DO NOT MISS A DAY.

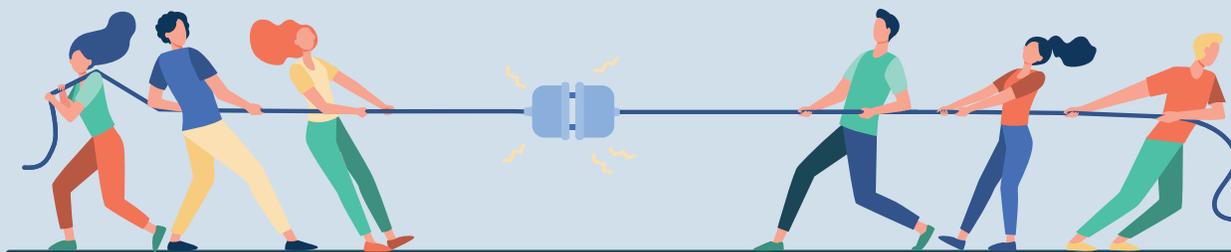
PRINT A COPY OF THE JOURNAL EVERY WEEK AND USE IT

USE YOUR PLANNER TO MAKE A LIST OF THE DISCIPLINES YOU NEED TO USE DAILY!!!

(CREATE A PROTECTIVE SHIELD AROUND YOU ALWAYS.

CUT CORDS, SET UP AN INVISIBLE PLASMA PROTECTION FIELD AROUND YOU & USE YOUR RAINBOW SWORD.

DO NOT LET ANYONE STEAL YOUR HAPPY ANYMORE!!!





Day 7:

Clutter, Black Holes and Clearing Spaces

"cleanliness Is Godliness"



Look around your home. Do you see a lot of things lying around in a mess? Perhaps you have a lot of toys in your bedroom or scattered around on the living room floor. Do your parents own a lot of things that are just kept in the garage?



Everything is energy. And when we have too much stuff lying around, it creates "density" and "black holes" that take energy from you. A black hole acts like a vacuum cleaner that keeps sucking up energy. Energy needs to move like water flowing down the stream. When water doesn't move like in a still pond, it gets stagnant and the plants around it start to rot.



Dust that gathers for a long time on surfaces is also a sign of stagnant energy. It is important to keep moving energies around the house by cleaning, tidying up your toys and “decluttering”.

Decluttering is about removing the mess from your living space, by either giving it away or throwing it out.



Our thoughts or the movies we watch can also create heaviness in the environment and density.

Having a candle burning, incense, or an essential oil burner helps to keep the home environment on a pure high vibing frequency.



Moving energy and decluttering your house allows for more grand things to come to you and abundance flows naturally to your home.



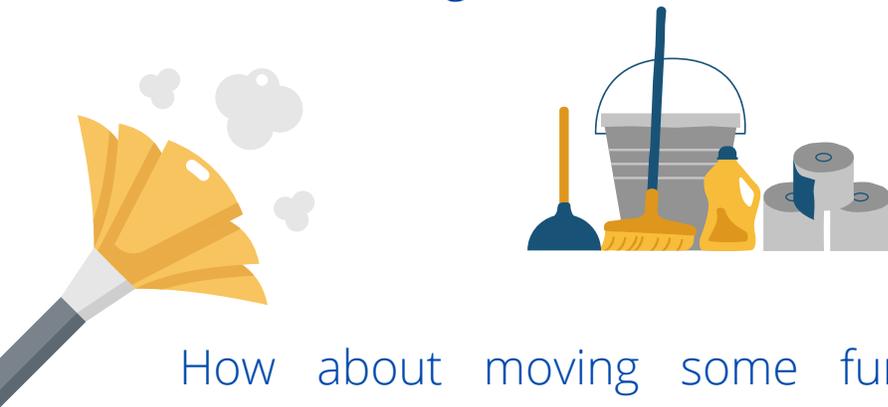


Activities

Look around your home and gather some toys that you no longer play with. Also with a parent, look in your wardrobe and gift away clothes that no longer fit you.



How could you help with housework today? Could you do some dusting? How about cleaning the bathroom sink?



How about moving some furniture around in your bedroom? See how the energy shifts once you've moved a few things around! Reheart to dust those surfaces!





Being in the Flow and in Service



Being in the Flow

What does it mean to be in the flow?

Being in the flow is being in the present moment, where you are connected to all that is. Living from your heart. When you are connected to all things you are filled with Gratitude.

In this space you are open and allow Source energy to flow through you without resistance. You are sensitive to all life around you and trust your feelings.

Being in Service

What does it mean to be in service?

Being in service, is simply serving love. We are here to serve the whole, when we are kind to someone it always brings us more joy than when we are only doing things thinking of our own needs. We are connected to all things, so when we are loving and kind to other we are being loving and kind to ourselves.

Practice Daily

Start each day with these intentions that you will flow with life and be in service.

Spend a few moments in nature early in the morning, have a look around at all the things you are grateful for, take some deep breaths and ask your Angels to guide you and speak to you and help you to be in the flow and show you where you can be of service to those around you, put a smile on your face and begin your blessed day.

P A I N

unresolved energetics

Pain can be felt in many different ways. whether it is temporary and sudden or chronic, all of it is energy. Which means, we can transform it!

Everything is first energy and then comes into manifestation. We can manifest grand things from being in a state of gratitude, joy and love and we can create lessons, because we still hold on to lower energies. What we have been doing for so so long is "eating it up" lower energies, holding them in, not sharing our true feelings, what brings us down or frustrations. And then they manifest into pain.

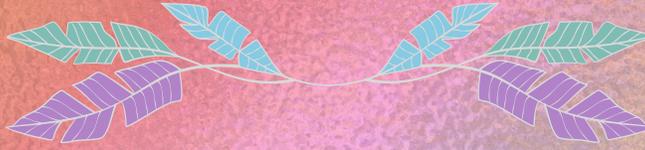
Pain and suffering are part of the illusion, not real. It is not to be ignored tho. Your body is the temple to your soul and your soul speaks through it to you. To make you aware of certain energies!

To sum up the first page, I want to ask you to include this easy exercise into your day:
Step in front of the mirror, SMILE big at yourself and say "I am a painfree, love filled being. I organically transmute the pain and let go of all lower energies blocking me."
Reheart, YOUR words are powerful energy, be your own best cheerleader!

» — love — «

P A I N

unresolved energetics



There is a word for everything, and the process of energetics being stored and felt as pain in our body is called METAPHYSICS which means "before physics" so before we feel physical pain there is already something there, an energy.

Aristote was the first and fundamental writer about this topic. He found out that any pain is created by thought in lower vibration, that stems from an emotion we hold on to.

(EMOTION = lower frequencies FEELINGS = higher frequencies), the EGO programmed mind is source of all lower vibrations, it creates emotions and attaches to them. we express them in our thoughts, often as unconscious loup. when we merge into the heart we create real feelings of high vibrations, expressed through PRAYER.

When in FEAR stress and the "fight and flight mode" part of our brain produces hormones that purge in the body and create dis-ease.

When in LOVE gratitude and joy. our brain is being activated by high frequencies and produces benevolent hormones. We allow our diamond heart to shine light and HEAL our vessel!



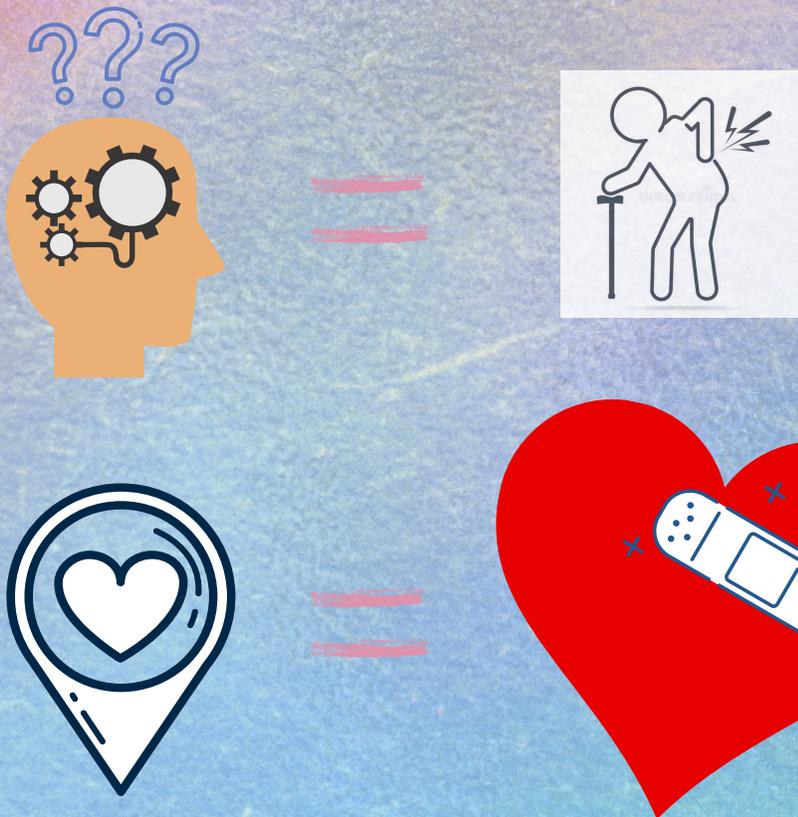
P A I N

unresolved energetics

The EGO programmed mind is constructed in many different programs, such as victim consciousness, blame, shame, power over, thinking you better, lack programming, control,....

Every energetic is resonating with a different part of our body.

In our Metaphysics Sessions we can tap into your angel, feel your vessel and can go over the exact energies you still have to transform and let go, that are stored in your body.



P A I N



unresolved energetics



The location of the pain in your body shows what energy it is you are holding on to! Here is a list of examples:

back of the neck - CONTROL

hips, lower back - LACK OF TRUST

knees - LACK OF FLEXIBILITY

hands - GIVE AND RECEIVE BALANCE

throat, upper chest - LACK OF EXPRESSION





DISSOLVING PAIN

Breathing exercise

No matter if you bumped your head, fell on your knee or caught a splinter., this simple exercise can dissolve pain within seconds.

First you want to come in your heart, you can close your eyes or look at something you love and calm down your breathing. In through the nose out through the mouth, feel the love filled air flowing in your heart. You start directing your breath to the area that hurts.

Imagine the air as healing purple emerald green rainbow golden love, streaming in your body. Imagine it reaches right there where the pain is. it is light and colorful, the pain was dark and dull. with the light of your breath you can make the pain disappear. Now breath out firmly through the mouth and bloooooow out all the pain.

You are such a strong and powerful energetic angel, YOU can just like that blow out the pain, transmute it and fill your body with the pure unconditional love and healing that mother has brought all around is,
LOVE EVERYWHERE PRESENT

Love and joy



Day 11

Personalities

The life force behind our physical vessel

Mother God is the life force behind our physical vessel.

She is in us, with us, she knows us and feels our feelings intimately.

Mother God experiences what we experience, with us, always.

She is always with **you**.

Personalities

Who Am I

Some of us are told ...

you are good at sports,
you are not good at singing,
you are out-going or
you are quiet.

Then we start to **be-lie-ve** it.

**However, each one of us
is always changing!**

Personalities

What Do I Like

Maybe you really like to draw ...

but that doesn't always have to
be your favorite thing to do.

Maybe next time you like
playing drums
or writing a unicorn story.

We can **change** our
favorites
all the time!

Personalities

What Am I Good At

Some things might be easy and natural for you to do, others might take effort to do as well as you would like to.

Maybe singing is a beautiful natural gift you have, however it takes more practice to sing and play a guitar together.

What can we **learn?**

Everything, we are limitless!

Personalities

How Do I Feel

Do you feel calm, peaceful, happy, concerned, anxious?

It is helpful to be aware of how we are feeling. If uncomfortable, take 3 deep **breaths** or do a few **jumping** jacks or go sit by a **tree** for 5 minutes.

**There are many ways
to feel better!**

Personalities

What Makes Me **Happy**

It is fun to do the things I love
and I am happy to try new ideas.

I am happy by myself
or with friends.

I am not bored, there is always
something new to learn.

I can always do something I
enjoy by **myself** or with **others..**

Personalities

Energies

The following can help us feel joy, aligned and balanced.

- Walk outside/tree meditation
 - **Crystals/stones**
 - **Qichong** (chee gong)
 - Essential oils
 - Deep breathing
 - Music, singing, dancing
 - **Meridians ~**

Place your index finger on the opposite inside shoulder & do one long movement down the arm & past the tip of your middle finger. Repeat on other side. Do all 3 times.

Personalities

My Favorite Right Now ...

- **Animal**
- Story, fairy tale or book
 - Place to meditate
 - Adventure
 - Food
 - **Game**
 - Song
 - Place to hike
 - Thing to do
 - **Mermaid** or dragon wish
 - Planet or **star**

Personalities

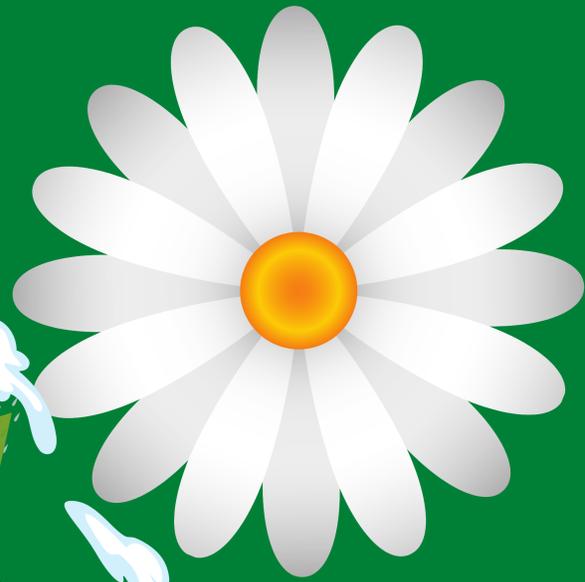
Share About ...

- Why I love **nature**
- What if I could fly
- Why I am thankful
 - Games
 - Imagination
- What if I could run as fast as a **horse** or a leopard
- What is my favorite **crystal**
- Why it is easy to make friends
 - What I like to write about
 - Where I would like to visit

A still life composition featuring fire, water, earth, and air elements. In the foreground, a large, textured piece of light-colored moss sits on the left. To its right, a smooth, dark brown stone rests on a surface of water. The water reflects the bright yellow and orange flames of a fire that is burning in the background. The fire is composed of several distinct flames, some of which are reflected in the water. The background is dark, making the fire and the green leaves of a plant in the upper left stand out. The overall scene is a visual representation of the four classical elements: fire, water, earth (represented by the stone and moss), and air (represented by the plant and the smoke of the fire).

The 4 Elements

Earth



GROUNDED

CALM

ENJOYS NATURE

CREATING WITH
 YOUR HANDS

BUILDING



Air

FREEDOM

LOVES CHANGE

FULL OF IDEAS

CO-CREATING

COMMUNICATION

Fire



PASSION

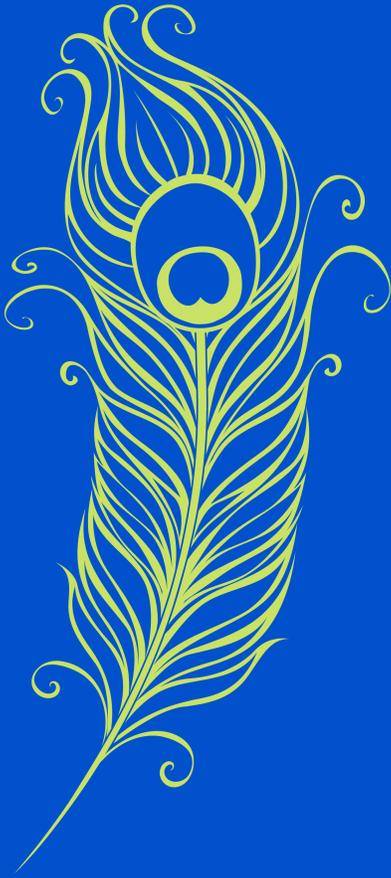
CREATIVITY

EXPRESSION

Joy

LEADERSHIP

WATER



INTUITION

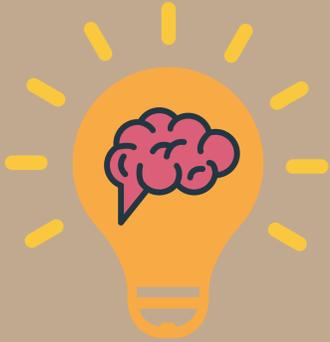
COMPASSION

NURTURING

ORGANIC FLOW

UNITY

*When we blend all 4 elements, we
connect with the multidimensional
parts of ourselves*



Use air for divine
thoughts & ideas



Use fire for the passion &
creativity for the idea



Use Water to feel & use
your intuition



Use Earth to ground your
ideas, passion, & feelings
into reality

June Reflection

REFLECT ON YOUR ENERGY

What can you observe about your energy and where it goes throughout your day?

What do you use your energy for?

Who do you spend time with and does it make you feel energized when you are with them?

Or does it make you feel tired?

Choose an activity that demonstrates what energy feels like to you.

Here are some of the ways:

You can draw a picture about energy.

Use play dough to create a shape that represents energy.

How about making an energy puppet? Ask your parents for help with sewing

Can you write a song about energy and create a tune for it?

Use water and food coloring and make a water project with the different colors.

