

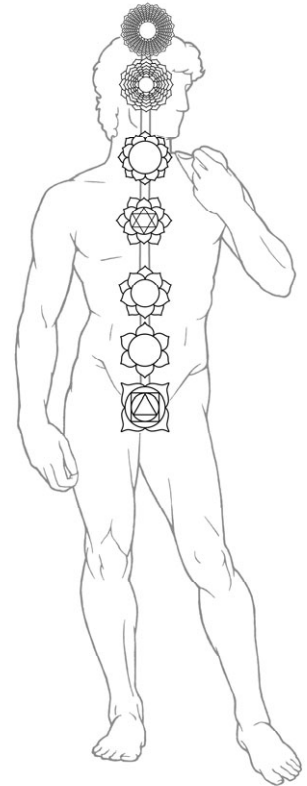
INTEGRATING BODY, MIND AND SPIRIT
Pages 1-17

1. Understanding energy centers

What do you know about the seven energy centers?

(pp. 1-7)

- Source of vitality
- Location?
- Purpose?
- Chakras, wheels, discs, lotuses



2. Gateways to the spiritual self

Coordinates of Spirit that mesh with the physical (p. 4)

Why are the chakras important for healing? (p. 5)

The chakras' energy source is the I AM Presence, shown in the Chart of Your Divine Self. (pp. 185-86) What do you think about this concept of your spiritual being?

3. Spiritual energy and vitality

Energy flowing through our chakras can be flowing or blocked. What are some indications of whether the energy is flowing or not? (p. 7)

The choice of how you use the energy in your chakras is yours. The choices have consequences. Positive choices prime the pump. Choices not true to your inner nature create blocks in energy flow. (pp. 8-10) What are examples of both types of choices?

- Being cheerful or depressed
- Charitable or stingy
- Caring or critical
- Other examples?

4. Protecting the chakras

What are the benefits of holding a lot of energy in your chakras? (pp. 10-11)

A tube of white light provides protection for the chakras and can help you feel centered and at peace. (pp. 187-89) Try giving this affirmation and feel it work!

5. Making this real in your life: Gain Physical, Emotional and Spiritual Vitality

- ☉ Different rites of passage or initiations help you gain mastery and hold more light in each of the chakras (pp. 12-13)
- ☉ Keys to help activate, balance and cleanse the chakras (pp. 13-14)
The Personal Worksheets for each chakra can help you use these keys to gain more vitality and integrate body, mind and soul.
- ☉ Chakras that work at peak performance and reflect pure, original color patterns at spiritual levels (pp. 15-16)

Tube of Light

Experiment with giving the tube of light every morning or whenever you feel like you could use more energy.

Tube of Light

Beloved I AM Presence bright,
Round me seal your tube of light
From ascended master flame
Called forth now in God's own name.
Let it keep my temple free
From all discord sent to me.

I AM calling forth violet fire
To blaze and transmute all desire,
Keeping on in freedom's name
Till I AM one with the violet flame.

