

**SECOND ENERGY CENTER: SEAT OF THE SOUL**

Pages 46-65

**Keeping in Touch:** Anything noteworthy happen during the week? Special insights you've had about the chakras or the book so far?

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**1. The soul chakra (pp. 47-48)**

What do you experience through the soul chakra?

What do you receive when you contact your soul?

- Impressions, guidance, warnings
- What else?

**2. Be true to yourself (pp. 48-50)**

What can get in the way of playing your part in God's scheme?

What is the opportunity and challenge at the level of the soul chakra?

What can be gained through self-knowledge?

**3. Human ego vs. real self (pp. 51-55)**

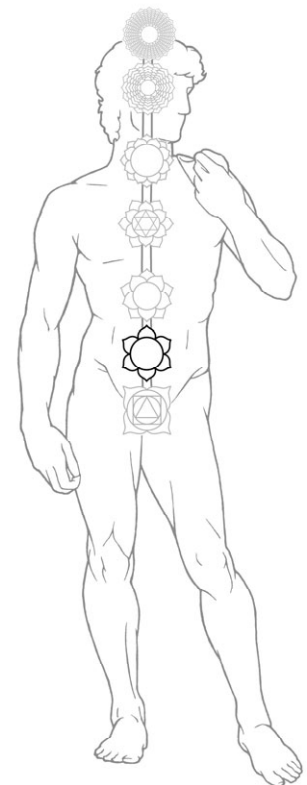
What does the courage to explore your identity reveal?

- Divine nature versus lower nature
- Discussion points?

What are the rewards of going through the sometimes uncomfortable process and initiation of exploring your identity?

What's involved in these steps of peeling away the layers of the mask?

- Self-examination
- New habit patterns
- Healing the soul's wounded parts



**4. Tap into creativity (pp. 55-58)**

Moment by moment we create thoughts, words, actions and feelings. What can happen when the ability to create becomes blocked?

- Guilt, frustration, inadequacy
- Physical ailments
- Other examples?

How can negative patterns be changed by communing with the soul through the soul chakra?

**5. Freedom and forgiveness (pp. 59-63)**

How are freedom and forgiveness related?

What can you do if you feel you cannot forgive someone?

- Soul vs. the unreal self

Often the hardest part of letting go is forgiving yourself. Why is that important?

**6. Make it real (pp. 64-65)**

**Affirmation for Forgiveness**

1. Before you go to sleep, review your day.
2. See the violet light passing through the day's scenes and surrounding all you may have wronged and all who may have wronged you.
3. Center in your heart, and give the following affirmation several times:

I AM forgiveness acting here,  
Casting out all doubt and fear,  
Setting men forever free  
With wings of cosmic victory.



I AM calling in full power  
For forgiveness every hour;  
To all life in every place  
I flood forth forgiving grace.



PERSONAL WORKSHEET

**Second Energy Center: Seat of the Soul**

Life Lesson: To Thine Own Self Be True



*By reclaiming my soul's original pattern, I am free to realize my full creative potential.*

**Self-Reflection and Discussion**

Your own thoughtful reflection on the following concepts, as you carry them with you into daily life, will deepen your understanding of how to accelerate, balance and clear the energies of your second chakra to express more of your inner power:

Balanced Expressions (positive): freedom, mercy, forgiveness, justice, transcendence, alchemy, transmutation, diplomacy, intuition, prophecy, revelation

Unbalanced Expressions (negative): lack of forgiveness, justice or mercy; intolerance, lack of tact, disregard for others, cruelty

*I invest my energy in ways that are congruent with my soul's original inheritance and pattern.* (pp. 48-51)

1. What is the unique mission I am called to fulfill in this life?
2. Am I allowing my energies to go astray from my soul pattern and my life's purpose?

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***I regularly and honestly appraise how much of my identity is invested in my human ego or in my real self.*** (pp. 51-55)

1. What parts of my personality do I feel reflect the real me?
2. What habit patterns have I developed that do not support my spiritual growth?

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***I am able to tap into and freely express my creative impulses.*** (pp. 55-58)

1. Am I able to express my creativity, or do I feel stifled in any way? What steps can I take to get unstuck?
2. Do my home and my work environment encourage me to be creative? If not, what changes can I make?
3. What helps me to set aside my intellect and logical mind for a moment and tap into my inner creative self through my soul senses? How can I incorporate more of that into my daily life?

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*I free myself from old patterns by forgiving myself and others.* (pp. 59-63)

1. Is there someone I need to forgive—for my own freedom and theirs?
2. Is there something I've never forgiven myself for that is holding me back? Is there a fundamental misconception about myself that is preventing me from extending mercy to my own soul?

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*ABC's of Developing Your Energy Centers*

*Accelerate, Balance and Clear* your soul chakra to increase the light flowing through it by giving the following affirmations:

*I AM a being of violet fire, I AM the purity God desires!*



*My soul chakra is a sphere of violet fire,  
My soul is the purity God desires!*