



guided relaxation

"Peaceful Breathing"

with Mellisa Dormoy
of Shambala Kids

The subconscious mind of your child is very susceptible and open right before going to bed and right after waking up in the morning. Take advantage of this special time and remind your child how wonderful he or she is, how much he's loved and how very proud of him you are. These affirmations can make a world of difference to your child, and can help ease stress and worries.

This guided breathing meditation calms, relaxes and eases busy minds. Next we'll focus our attention on details – an important foundation of meditation at any age and finally we'll use some feel good imagery that you can encourage your child to use every day.

"Close your eyes and take in a very slow, deep breath. Continue breathing deeply and feel the cool air come in through your nose and flow all the way down to your belly. Feel your belly expand out as you breathe deeply. Notice how the breath feels as it softly flows in through your nose, into your throat, and further and further down it goes. Make sure your belly is moving slowly up and down as you inhale and exhale.

Isn't it nice to feel this calm and quiet after the wonderful active day you've had? It's really good for our bodies and our minds just to feel this calming breath flowing in and out. When we learn to pay attention to our breathing, we're actually practicing meditation. Meditation helps us focus and it gives us peace. Everyone wants to be peaceful! Meditation is simply being very focused and calm within.

Now for this moment, just listen very carefully to all the quiet sounds outside of you and all around you. You may hear outside noises. You may hear cars, birds or perhaps something else. It's perfectly okay. We're just learning to pay attention... so just listen. (Pause) Now, turn your focus inward. Listen very carefully and quietly to what you hear happening within your body. Can you hear your heart beating? (Pause) Can you hear your breath as you breathe slowly and calmly in and out? Maybe your tummy is making noises; maybe everything is very, very quiet. Whatever is going on inside, just take the time to listen very carefully and notice everything that's going on, on the inside. (Pause)

Paying attention to the sound of your breath, it's almost magical. You're whole body is alive and feels so good! You know this breath is very special. It's part of the energy that flows in and out of us and by working with our whole body, it keeps us feeling so good inside and out. Allow the breath to fill up your whole body now and enjoy as the energy goes into each and every cell, each and every muscle of your body. Imagine that your happy breathe is bringing a big beautiful smile to every place in your body. Does that feel good? It feels good to me! Try to spend a little each day just imagining this. You'll be really amazed at how good it will make you feel all over.

Now when you're ready, you can open your eyes and give your body a big stretch. You've done a wonderful job and I can just imagine all that happiness you've spread everywhere in your body. I'm really proud of you for your meditation today!"

Nature Guided Imagery Scripts

Judd E. Hollander



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Table of Contents Nature Guided Imagery Scripts

1. Understanding the eBook Nature Guided Imagery Scripts
 - The Rise of Digital Reading Nature Guided Imagery Scripts
 - Advantages of eBooks Over Traditional Books
2. Identifying Nature Guided Imagery Scripts
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nature Guided Imagery Scripts
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nature Guided Imagery Scripts
 - Personalized Recommendations
 - Nature Guided Imagery Scripts User Reviews and Ratings
 - Nature Guided Imagery Scripts and Bestseller Lists
5. Accessing Nature Guided Imagery Scripts Free and Paid eBooks
 - Nature Guided Imagery Scripts Public Domain eBooks
 - Nature Guided Imagery Scripts eBook Subscription Services
 - Nature Guided Imagery Scripts Budget-Friendly Options
6. Navigating Nature Guided Imagery Scripts eBook Formats

- ePub, PDF, MOBI, and More
- Nature Guided Imagery Scripts Compatibility with Devices
- Nature Guided Imagery Scripts Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nature Guided Imagery Scripts
 - Highlighting and Note-Taking Nature Guided Imagery Scripts
 - Interactive Elements Nature Guided Imagery Scripts
- 8. Staying Engaged with Nature Guided Imagery Scripts
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nature Guided Imagery Scripts
- 9. Balancing eBooks and Physical Books Nature Guided Imagery Scripts
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nature Guided Imagery Scripts
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Nature Guided Imagery Scripts
 - Setting Reading Goals Nature Guided Imagery Scripts
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Nature Guided Imagery Scripts
 - Fact-Checking eBook Content of Nature Guided Imagery Scripts
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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