MEDITATION

Purpose:
- Helps relax the body and quiets the active mind.
- Assists us to go 'within' for answers to problems, thus we improve problem solving skills and our ability to cope more effectively.
- Assists us to become more calm and peaceful.
- Encourages development of our creative abilities.

Requirements:
- Stereo system (tape & CD) capable of producing good quality sound.
- Suitable CDs and tapes (see 'Background Music').
- Person to operate stereo system.
- Meditations to read to children.
- Before conducting any meditations, make sure you have previously read the 'Introduction' section of Maureen Garth's books, explaining important information about meditation/creative visualisation.

Format:
- Select a meditation that you feel is most appropriate for the current stage of the program.
- Ask the children to lie on the floor or sit comfortably.
- Have some soft background music playing, very quietly (see 'Background Music').
- Ask the children to close their eyes and take a few deep breaths, to relax their bodies and become quiet.
- Read the selected meditation.
- Once meditation is completed, slowly bring the children back to the present by asking them to take a few deep breaths, and opening their eyes when they are ready.
- Ask the children for feedback about their experience.

Suggested Meditations:
- "Moonbeam" A Book of Meditations for Children by Maureen Garth
  Appropriate examples from this book include:
  "The Star Prelude"
  "The Moonbeam and the Moon"
- "The Inner Garden" Meditations For Life From 9 to 90 by Maureen Garth
"Creative Visualisation" by Shakti Gawain

Appropriate examples from this book include:
"Creating Your Sanctuary"
"Pink Bubble Technique"

Alternative:

You may like to play one of the meditations from the Carers Australia ‘Young Carers Relaxation CD’ contained in the ‘Young Carer Kit’ (see ‘Resources’).

The CD contains the following:

♥ Track 1 – Introduction
♥ Track 2 – The Whoosh Breath
♥ Track 3 – Count out Loud Breath
♥ Track 4 – 10 Minute Relaxation
♥ Track 5 – The Bin
♥ Track 6 – Hum out Loud Breath
♥ Track 7 – 20 Minute Relaxation
♥ Track 8 – Music to relax you any time you like