

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

