



Circles of learning

Education Health Environment Community Creativity

Meditation and Relaxation

Meditation is about concentration and gaining control over your mind and life. The procedure is simple, yet often difficult to master. Focus on your breathing, a mantra, an object or use guided meditation. Maintain concentration for as long as you can.

Meditation creates mental clarity and generally improves your life. It is a process that leads to a state of consciousness which brings serenity, clarity and bliss and is important in balancing today's busy and stressful lifestyle. The deeper you meditate the more you know about yourself and true knowledge presents itself.

Meditation/Visualisation: 1

The idea of this short meditation/visualization is to focus their energy on the ground, which brings many children back from the 'dreamy' state and brings them 'down to earth'. This is a good one to start the day.

A simple visualisation for children is to ask them to think of themselves as a tree.

Ask them to picture roots growing from their feet and going down into the earth, as far as they can.

Then ask them to think of their body as being the trunk of the tree and their arms and head the branches. Suggest they grow more branches and to make the tree as thick and as tall as they wish it to be.

Then ask them to put lots of leaves on the tree and maybe some fruit and flowers. Suggest also that they might take care of some birds, and allow them to eat some of the fruit, and maybe there are butterflies too.

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