



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: 2

Prior to bed, a good meditation is to ask your child to walk to a beautiful garden and meet their angel.

Suggest that they picture themselves walking towards a gate, they open the gate and the first thing they see is a big tree. On the tree they need to picture themselves placing a sheet/s of paper with all their worries. The tree will take care of them, and they won't need to be bothered with them again.

Then ask them to walk on a path towards the garden. Suggest that as they walk they are joined by angels, the number is not important, they can be male or female and it is possible that it could be someone they know. Tell them that they are never alone, that these angels walk with them every day and guide them.

As they enter the garden, it is filled with flowers, lizards, insects and birds and it is a most beautiful place for them to explore. Ask them to look around and spend time there, they may like to skip and dance in the garden and you might suggest that they play with the angels.

After a time, ask them to leave the garden and walk back up the pathway towards the gate. They may like to have a few words with their angels and as they pass the tree, they leave their worries there and know they are being cared for. Ask them to wave goodbye to the angels, the garden and the tree and come back to their bed.

Your child should be happy and relaxed and ready to sleep.

p 02 9327 7750

a PO Box 928, Double Bay NSW 1360

e info@circlesoflearning.org.au

w www.circlesoflearning.org.au