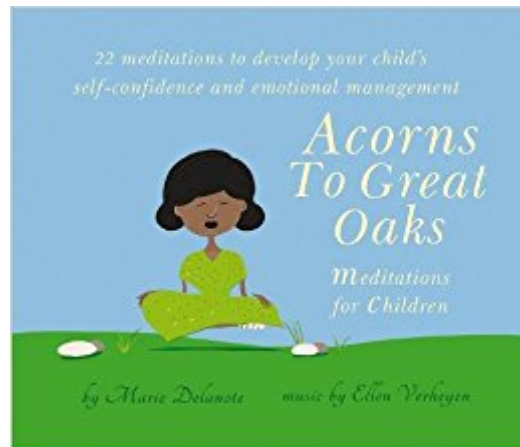




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Acorns To Great Oaks: Meditations For Children



Synopsis

Acorns to Great Oaks: Meditations for Children are 22 short meditations/exercises, to help children on their way, so they can then easily apply the coping mechanisms into real life. Meditating and being aware help reach a place within your heart and mind where you feel happy and trusting so you can feel very good again, in and after any situation, wherever you are and as quickly as possible. Visualizing specific pictures in the mind helps with this. It teaches children power and control over how they feel, what's happening and where they want to be in life! These meditations (visualizations) will help children to become/stay aware of the world around them, aware of their own fabulousness, aware of energy, aware of the thoughts and feelings influencing their lives and that of others, aware of their connection with this beautiful planet we live on, and aware of how they can change anything for the better, easily and quickly, in order to create trust, strength and happiness. We are creatures of habit. If we can pick up bad habits (stress, anger), we can also be taught good habits (relaxation, trust, conscious breathing, forgiveness, peace). These meditations will teach children how to manage their own behavior instead of having others manage it for them.

Book Information

Audio CD: 4 pages

Publisher: Findhorn Press (June 13, 2017)

Language: English

ISBN-10: 1844097277

ISBN-13: 978-1844097272

Product Dimensions: 5.8 x 1.4 x 5.4 inches

Shipping Weight: 2.1 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #531,690 in Books (See Top 100 in Books) #18 in Books > Books on CD >

Children's Fiction > Religion #138 in Books > Books on CD > Health, Mind & Body >

Relaxation & Meditation #485 in Books > Parenting & Relationships > Family Activities

Age Range: 5 - 8 years

Grade Level: Kindergarten - 3

Customer Reviews

Delanote carefully designed this book to help parents talk with their children about emotions. From the basics of grounding themselves like a strong tree and choosing the emotion they want to start

their day with, through learning to sprinkle gold fairy dust on pain, to emptying the backpack of worry, these 1 - 10 minute exercises will allow children to discern and talk about emotional states while they develop a set of skills for managing them. Jokanies' charming and diverse illustrations are filled with smiling, peaceful faces and lots of the little critters that children love to find in their picture books. While the book is simple enough for parents to use, it will also prove a valuable tool for clinicians.--Anna Jedrzejewski "Retailing Insight " --This text refers to the Hardcover edition.

Marie Delanote has been a practicing healer for many years. She provides one on one consultations in the following – Chakra-therapy, Crystal-therapy, working with Ethereal Crystals, Past Life Regression therapy. She lives in England. Ellen Verheyen is an award-winning composer chosen as the 'Cultural Children's Ambassador of Flanders' for her musical 'A New Me'. She is a music teacher, conductor and performer, inspiring children into the arts with her business 'Musical On Stage'. She lives in Flanders, Belgium.

The value of meditation for children is being more recognized by schools as a tool for increased productivity and mental health. The skills learned can help children cope with challenging emotions. In *Acorns to Great Oaks* Marie Delanote provides simple, yet powerful, meditations young children can use to combat fear, anger and stress. The meditations also include strengthening positive attributes such as self-value, trust and gratitude. The book is beautifully illustrated and a must have for your child's personal library. ~ Robert Sharpe, Host of Bringing Inspiration To Earth radio show

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