

STARRBRIGHT



MEDITATIONS FOR CHILDREN

SIMPLE VISUALIZATIONS TO HELP CHILDREN

- Sleep Peacefully, Free of Nightmares and Fears
 - Awaken Creativity
 - Develop Concentration
 - Learn to Quiet Themselves

MAUREEN GARTH

Starbright Meditations For Children

S Marginson



Starbright Meditations For Children:

Starbright--Meditations for Children Maureen Garth, 1991-10-25 Driven by the desire to help her three year old daughter settle down into a peaceful night's sleep Maureen Garth devised meditations that would help her daughter feel secure and cared for Starbright is a collection of the stories Garth created as her child grew older These innovative meditations are simple visualizations parents and teachers can read to their children to help them sleep develop concentration awaken creativity and learn to quiet themselves Unfortunately a lot of children have trouble learning these techniques by the time they are seven or eight writes Garth Relaxation and visualization if taught at an earlier age could enhance not only children's school work but other areas of their lives Their concentration would improve their artistic abilities would develop they would feel more centered their daydreaming could not only bring joy but be constructive In her engaging warm and personal style Garth teaches parents how to help their children relax concentrate and develop artistic and mental abilities as well as enjoy a good night's sleep

Starbright: Meditations for Children, 2nd ed Maureen GARTH, **Earthlight** Maureen Garth, 1997-10-06 Offering 25 all new visualizations to help children sleep more peacefully to learn to still themselves to be freed of their worries and to develop their ability to concentrate

Moonbeam A Book of Meditations for Children Maureen Garth, 2011-01-01 Maureen Garth's popular meditations for children were born out of the author's desire to help her three year old daughter sleep soundly Developing the gentle art of going within her delightful stories helped her child and many others around the world to feel secure and to sleep peacefully In Moonbeam Garth invites her readers to accompany her on journeys into an imaginative world of animals people and places She shows parents how to use these imaginings with their children helping them deal with their anxieties develop their concentration and enhance their creativity

Inner Garden Maureen Garth, 2011-05-01 From the author of Starbright and Moonbeam guided meditations to help adults and children find their spiritual depths and discover serenity and creativity in our stressful world A collection of guided meditations to help adults and children find their spiritual depths and discover serenity and creativity in our stressful world

Teach the Children Meditation Saly L. Harper, 2003-03-31 Many people dream of a world filled with peace and kindness I believe that a key that will unlock the door to that dream is teaching children ours and others to meditate Wouldn't it be wonderful to see children not in any particular religious or cultural setting meditating just to be peaceful What a gift it would be to our children ourselves and our communities to open this magic door of the inner self to our children Some religions and spiritual communities in this country teach meditation as a way to know God and ourselves Yet the children are not taught to meditate at least not in any systematic way Yoga or TM Transcendental Meditation are two exceptions In the following chapters you will find a planned design to entice a child to open the magic door of self through the practice of meditation This book is like a series of lesson plans designed to teach meditation to individuals and groups of children of all ages These instructions can be used by parents teachers and caregivers even if they have never meditated There are many types and styles of meditations

discussed in this book. You may find you want to use others with which you are more familiar. If you choose to vary or add to the methods presented, be willing to take the time to use a framework and follow the steps leading through the process. The plans described here will make it easier for you to create a successful routine for developing an effective meditation process with children and teens. You may ask, Why do I need to teach meditation or need a plan to follow? If you have meditated on a regular schedule from before your child's birth and not let the birth interfere with that meditation schedule and if your child has watched you do so and if that child has joined you from time to time by imitation or invitation or both and if you've encouraged the child with discussion and invitation to join you, then you don't need a plan. Your life style is the plan. People from some eastern cultures grow up in this type of environment. Their lifestyle and culture support the meditation process. In these countries, adults often meditate regularly and children observe and imitate this practice. Few people in western cultures experience that kind of example. However, with a bit of patience, preparation and a willingness to accept meditation as a daily priority, we can enjoy this practice and the accompanying peace it brings to our lives and those of our families. This may sound like a lot of work following a plan and making all the preparations to sit quietly for just a few minutes a day. But stop and ask yourself, do you necessarily follow the practices that could provide you with a better lifestyle just because you believe in them? If you believe it is wise and good for you to meditate and that you will probably benefit from doing so, will you do it? Will you teach your children to do it? If the answer is yes, then wonderful, you probably don't need this book. But if you are like most of us and you need the external discipline of a plan, some steps to follow to lead you where you want to go, then this book is for you. Having a plan and using organization and structure are only means to an end. This book offers a plan within a structure that works for me and for those I have taught. It takes very little time to learn this plan. Give it a chance and you'll soon be meditating with your sons and daughters. The benefits are nothing short of claiming a space for your soul and the soul of your child to grow in. Here is where giving and receiving become one. When teaching meditation, parents come as bearers of peace and gentleness to their children. You will be teaching and learning how to make a space in your lives for something very precious. There is no doubt in my mind that you can do it. Don't be afraid to try it. Do not be impatient with yourself. If you skip a day or get sidetracked, take a deep breath and start again. Peace begins within each individual heart and spreads out to encompass all the world. The Peace Song song says, Let there be peace on earth and let it begin with me. It is always true as a parent that as we teach our children, we teach ourselves. It is the child's gift to us. Let the fact that you picked up this book be a special sign to yourself. A sign of willingness of desire for peace and of your love of a child.

Come Into the Circle Michelle Richards, 2008

[Educating from the Heart](#) Aostre N. Johnson, Marilyn Webb Neagley, 2011-06-16

[Educating from the Heart](#) Theoretical and Practical Approaches to Transforming Education is based on the questions: What does it mean to educate from the heart? What does it mean to educate with spirit? It offers both theoretical overviews and practical approaches for educators, academics, education students and parents who are interested in transforming schools. Well respected voices in the

field of education provide a framework that includes recent findings from the world of neuroscience as well as fresh perspectives about traditional wisdom Practicing educators describe methods directly applicable in classrooms In addition many chapters emphasize the importance of educators attending to their own inner lives The book encourages reinvigorating approaches to learning and teaching that can easily be integrated into both public and private K 12 school classrooms with many ideas also applicable to higher education It supports an educational system based on the beliefs that heart and spirit are intertwined with mind and intellect and that inner peace wisdom compassion and conscience can be developed together with academic content and skills

Integrative Pediatrics Hilary McClafferty, 2017-02-24 Pediatric integrative medicine is a rapidly evolving field with great potential to improve the quality of preventive health in children and expand treatment options for children living with chronic disease Many families actively use integrative therapies making familiarity with the field essential for clinicians working with pediatrics patients This book provides a clear evidence based overview of the field Foundations of pediatric health are covered with a goal of reviewing classic information and introducing emerging research in areas such as nutrition science physical activity and mind body therapies Complementary medicine therapies are reviewed with an eye to expanding the conventionally trained clinician s awareness about traditional healing approaches Clinical applications explored include Allergy Asthma Mental health IBS Bullying Obesity Environmental health ADHD Autism The book provides an excellent introduction to a relatively young field and will help the reader understand the scope of current evidence for integrative therapies in children and how to introduce integrative concepts into clinical practice Integrative Pediatrics is a refreshing must read for all students and health professionals focused on pediatrics especially those new to the field or studying at graduate level

Creative Interventions with Traumatized Children Cathy A. Malchiodi, 2008-01-08 Rich with case material and artwork samples this volume demonstrates a range of creative approaches for facilitating children s emotional reparation and recovery from trauma Contributors include experienced practitioners of play art music movement and drama therapies bibliotherapy and integrative therapies who describe step by step strategies for working with individual children families and groups The case based format makes the book especially practical and user friendly Specific types of stressful experiences addressed include parental loss child abuse accidents family violence bullying and mass trauma Broader approaches to promoting resilience and preventing posttraumatic problems in children at risk are also presented

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