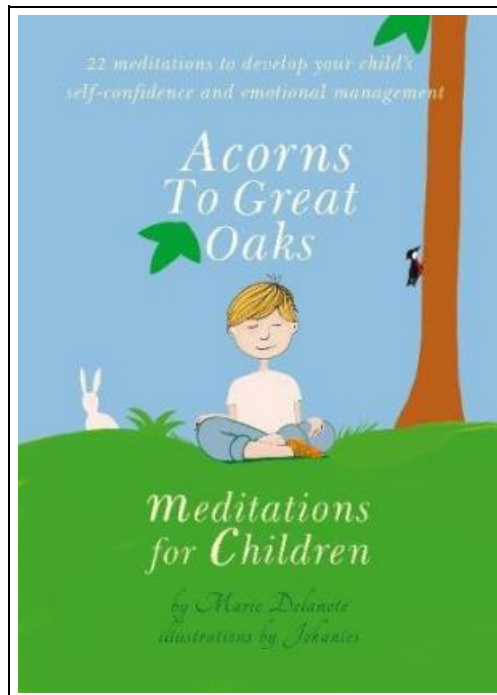


## Acorns to Great Oaks: Meditations for Children (Hardback)



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Kaminn Media Ltd, United Kingdom, 2017. Hardback. Condition: New. Jokanies (illustrator). Language: English . Brand New Book. Acorns to Great Oaks - Meditations for Children helps children to become and stay aware of the world around them, aware of their own fabulousness, aware of energy, aware of their 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.). We need to teach children how to manage their own behavior instead of having others manage it for them. Meditation and being aware is coming to a place within your heart and mind where you feel happy and trusting so you can feel good again, in and after any situation, wherever you are and as quickly as possible. Visualizing specific pictures in the mind supports this. It teaches children power and control over how they feel, what s happening and where they want to be in life! Acorns to Great Oaks - Meditations for Children contains 22 short meditations to help children on their way, so they can then easily apply coping mechanisms into real life. An Audio-CD with the meditations from this book is also available (978-1-84409-727-2).



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