

# Guided Meditation for children

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Meditation is our time. It is for us. Inspire children to practice at least few minutes of meditation every day or on the breakfast table before eating. Free from any electronic devices and finding or creating a special place for meditation. Guide children to speak with parents and not to disturb while meditating. Parents on the other hand should encourage children to practice almost every day and promise of non-distraction. Meditation will help their concentration, understand their own behaviours and feelings. It will also help children to extend their love and compassion with other.

The meditation for the children include in four steps

1. Relaxing the body
2. Deep breathing
3. Productive activity
4. Concentration of the mind

1. Relaxing the body

Practicing some stretching or yoga exercises will be recommended. After the exercises, let the children stretch the body part and relax. it can be start from stretching leg and toes and ending with toes. Sound meditation also can be introduced.

2. Deep Breathing

Let the children set straight (cross legged on the floor is ideal, it helps children free from other objects contact). Keep the body straight and imagining a string pulling from the roof. leave right hand on to the left.

let the children close their eyes and be respectful to oneself and to others and practice deep breathing for few moment.

## **First practice:**

- a. Take a breath in up to belly full. hold the breath and count up to three
- b. As you breath out completely. remained empty and count up to three.

## **Second practice:**

A. take a long breath and imagine a fresh energy and spreading throughout the body

a. take a long breath and imagine a Love of mother and spreading throughout the body

b. take a long breath and imagine a joy and peace (can add any positive thoughts) and spreading throughout the body.

B. As you breath out imagine unhappiness coming out through your nose and leaving your body and disappearing completely.

a. as you breath out imagine, sadness, boredom, anger coming out from your body and disappearing completely.

### **3. Productive activity**

Guide through imagination.

Imagine tree leaf moving when you take air in through nose. Feel the smile of tree.

Imagine your pet/dog/cat sitting next to you and taking air together slowly. feeling resistance from flower playfully.

Imagine you are sitting your mother/father/brother/sister/grand dad/mum and taking fresh air from the sky

### **4. Concentration of the mind**

Pay attention to the tips of nose and noticing air touching your nose. When you take a breath in notice air touching your nose. Where do you feel air touching ? How do you feel?

Let children feel sensation in their body. Sensation of heat, cold or tightness and enjoying with those sensations.

Embrace the body with loving heart. As one embraces the body through the heart let them observe a love and caring for oneself.

Going through main body parts and embracing with love and compassion.

End with loving kindness meditation of may I be happy and peace. May my parents, brothers and sisters and pets are be happy and peace.