

Written for Yogi Times Magazine 2006

For Kids

TWO MINUTES TO PEACE THE YOGA WAY

Imagine that you are from another planet one that is far, far more advanced than ours. Everyone is peaceful and goes about their day in a far less frenetic way. Kids show great enthusiasm for learning.

One day you decide to get on your interplanet jet and push planet earth. As you enter earth's atmosphere there is a buzzing sound that keeps intensifying and ringing in your ears so much that you cover your ears to muffle the sound.

As you hover over earth and gaze out the window you observe very strange events. The streets are crowded cars and trucks, honking horns, police whistles, and sirens, screaming people pushing and shoving.

You look through your x-ray vision device to view inside homes with parents yelling at kids, kids shrieking while playing video games, pots and pans clambering, and phones ringing. Then you look into schools and observe kids pushing, running, teachers hollering, and chalk scratching etc. etc. "Earth must be run by insanity," You mumble to yourself. "Why would I want to expose myself to such craziness."

Now imagine that YOU are from peaceful planet Earth that you've created!

Parents and teachers can create peace by simply starting each day with a *two-minute visualization*.

To begin, sit in a comfortable seating position on the ground with legs crossed or sit on a chair comfortably with legs uncrossed or lie stretched out on a mat or rug.

Close your eyes and relax your body.

Breathe in through your nose and let out a deep breath with a sigh...ahhhhhhh

Let your body feel like it's slowly melting into a puddle from your head to your toes.

All the "gook" of the day pours out of you.

With each deepening breath you feel more and more relaxed.

In your imagination find your favorite place and enter silently. It might be the beach, forest, your back yard, your bedroom.

Listen to the sounds around you

Breathe in the smells around you

You look up in the sky and see a bright vibrant colored rainbow
You watch all the colors forming across the sky.

**Red, I'm strong.
Orange, I'm joyful.
Yellow, I know I can.
Green I'm caring,
Blue, I tell the truth.
Indigo I'm smart.
Violet I'm safe and loved.
I'm a rainbow!**

Pick a color that fits *JUST FOR YOU AT THIS VERY MOMENT!*

Maybe your color has sparkles.

Let it fill your whole body by breathing it in from the top of your head, down your spine weaving its way into your fingers and toes.

Give your color a *positive* word with an intention for the day.

Now wiggle your fingers and toes, stretch out your body and sit up slowly feeling your body refreshed and full of energy!

Open your eyes, rub your hands together

Place your hands on your heart sealing in the light, love and YOUR perfect intention.

HAVE A RAINBOW DAY!

"Love and Skill Together Create A Miracle" Anonymous

Miriam Stein, M.S., C.E.T. brings almost 4 decades specializing in learning challenges and AD/HD. Through creative education, expressive arts along with yoga/mindfulness techniques, she has helped hundreds of children, adolescents and adults turn learning and AD/HD challenges into competences, esteem and success!

stretchingmindsand bodies.com (in progress)

(310) 836-7953

miriamstein@earthlink.net

www.moonviewsanctuary.com

