

Magical Journey Meditations



The meditations in *Magical Journey Meditations* are a fun way to help your child focus, concentrate, or relax. The craft ideas will provide concrete visuals for home meditation which will allow your child to revisit his or her journey at any time. Meditation is a wonderful calming and centering tool, and once learned, it becomes a skill that every child can carry into adulthood. The meditations in this book are soothing, comforting, and unique. Life will always have stress, but knowing how to deal with it effectively is one of the greatest gifts we can give to our children *Magical Journey Meditations* is a wonderful escape to a slower, simpler, calmer place. - Lisa Fabin-Bett, Ph.D. My daughter is a unique, creative child who sometimes has difficulty turning off her busy brain at bedtime. We have used *Magical Journey Meditations* for years to help her use her imagination and Guardian Angel to release stress and relieve anxiety. This book is a great addition to any child's book collection! - Dr. Amy Lemieux and daughter Jackie

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: Mindfulness Meditation, Magical Journey: Meditation *Magical Journey Meditations* [Lisa Mastrocola] on .

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