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# Meditation For Kids: 6 Tips To Get You Started

The Dalai Lama says that "If every child in the world is taught meditation, we would eliminate violence in the world within one generation." At this trying time on our planet, his philosophy is music to my ears. When natural feelings of helplessness arise within our children in the face of endless trauma and fear in the news and media, we need to remind them that they can do their part to spread peace and positivity on an individual level. Like all things, what we hope to see in our world, we must first create within ourselves. Meditation is one of the most powerful tools we can introduce to our children not only to help them through feelings of confusion and fear, but also to empower them to live in an internally peaceful and happy state regardless of external circumstances.

## Join In

The single most significant way that you can ensure that your child has a great meditation experience is if you join them. You can create a practice of taking five minutes together in the morning and/or the evening to come together, release and recharge. Your interest in partnering with your child in creating this new habit will serve as motivation and excitement to get them on board.

## Just Breathe

If you do nothing else in your meditation practice, make sure you breathe. I love the 5/5/5 sequence in which you take in one deep breath for five seconds, hold the breath in for five seconds, and then slowly release it for five seconds. The breath is our life force and is available to us at all times to recalibrate our energy.

## Personalize It

Although in classic meditation there are certain guidelines that are recommended for an optimal experience, my belief is that meditation should be comfortable and meaningful for you. Do it in a way that resonates with you and your child. Play soft music, choose your own posture, make it your own. It's better to practice meditation in some form than to not practice it at all.

## Keep It Real

The first time you do this with your



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child, acknowledge to yourself and to your child how funky it may feel to be doing something out of the ordinary. Communicate that this is a totally natural feeling whenever you try anything new. Reassure them that there are so many benefits to creating this type of practice that it's well worth the time, effort and temporary discomfort of stepping outside of your daily routine.

## Use A Mantra

When starting a meditation practice with your child, it's always helpful to have a powerful mantra to repeat together to hold your focus. One of my personal favorite mantras that I use with my own kids is "peace begins with me." This statement emphasizes the influence of our personal power and gives a feeling of peace and victory over our own circumstances, whatever they may be. We can choose how we want to feel in any situation, and it is ultimately up to us how we respond to the events of our life.

## Make It Happen

Healthy practices are only as successful as the effort we put into them. Be willing to make meditation a daily habit. Even if it is only for three minutes of your day, put that time aside to actually make it happen. Your participation and commitment to creating new healthy habits with your child is the best gift you can give them. Always know that even if they don't always acknowledge it, your child is observing you and watching your words and your actions. With this in mind, set a healthy example by nourishing your own mind and body and set your child up for a future of emotional fitness as well. Everybody wins.

Melody Pourmoradi is a life and wellness coach at [www.lifeevolutions-coaching.com](http://www.lifeevolutions-coaching.com). Check out [www.girlifeempowerment.com](http://www.girlifeempowerment.com) to learn more.



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