

Meditation to “acquire/accumulate” silence

How does this practice work with adults? It's actually quite easy. It doesn't require special knowledge or preparation. All you need to do is just sit down, close your eyes and relax your thoughts. Focus on your inner self in your heart or behind your eyes. Listen to the silence inside. Gently and slowly tell yourself "you are who you are". Focus on what makes the silence. The beating of the heart, between the beats is silence. The air fills the lungs in silence. The cells in your body send all necessary signals to allow the life necessary processes to function- and this is silence. The thoughts stop in your head- and this results silence.

When you open your eyes you realize that it's much easier to love the world around you, because you have acquired balance and peace.

If you intend to acquire silence with children, after the meditation they start listening to the parents and the surrounding world better and are less likely to fight amongst each other. This meditation gives energy for games and learning.

One important point that many miss is that parents remember about this meditation when the children are horsing around and their conscious level is narrow, when they are irritated and want to shout. That's when the kids start to associate silence with punishment or another way of being told "sit down and be quiet".

If you get your kids to meditate when they are calm, relaxed and happy they will be ready to cooperate and will quickly learn to accept meditation in a different way. In clear consciousness they seem to better understand how they feel more energized and the world around becomes more rich and interesting after meditating.

Another important point to take into consideration is the time to meditate with your child. You shouldn't do it when you feel your child needs it but you should do it when you need it and the timing feels right. You start to catch the silence and offer your child to do it too because the results would be greater if you do this together. That's how children learn two useful things: compassion and experience what to do when things get hard.

2. meditation for beauty

This is a great practice for walks outside with your kids. While walking outside tie the eyes of your kid so he or she can't see the surroundings. Ask what he or she feels or experiences while you describe your walk. For example say something like this "We've just walked under the shade of a big tree, what do you feel? How does it smell?" This unbelievably expands the conscious level. You might even get jealous thinking how great it would be if someone does this with you. Ask your child to change roles. Let him or her walk you around with your eyes tied. Then when both of you can see. Discuss whether you've seen something new that you haven't noticed before.

This practice develops your senses and inner harmony. It lets you relax, (lowers allergies), picks up aura, gives you the sense of beauty, enriches the feeling of "now" and increases trust. Your child will remember the great feeling you have after meditating after playing this game several times and both of you will remember it for the rest of your life.

3. getting positively charged

Have your child notice more good feelings. You can say: "Look how good we feel now. Over breakfast we all felt sleepy and not in the mood but we played some games and went for a walk and now we are laughing. Let's save this good feeling and mood for the future?Imagine a magic kitten, or an invisible marshmallow, or a beautiful precious stone. Think of the future, if you get upset for example after being sent to bed early or you might have a fall out with your friend, send the magic kitten there so it can make you feel better.

That's how distributing energy looks- when you gather positive energy and shift it to future negative events. Grown children can send this positively charged energy to their upset friends or irritated parents and get used to going to positive memories when things get bad.