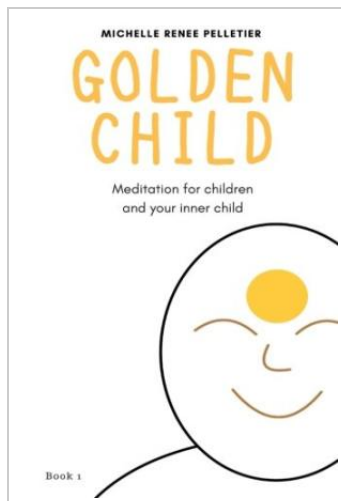




Golden Child: Meditation for Children and Your Inner Child (Paperback)

By Michelle Renee Pelletier

Center for Psychic Healing, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. GOLDEN CHILD is a delightful children s meditation book. It teaches techniques to: self sooth, release anxiety and frustrations, find a quiet place within, give to yourself and celebrate yourself. It s good for your big-kid-inner-child too! This refreshing new series teaches the energetic mechanics of owning your space and shares meditations and activities for embodiment. Part meditation guidebook, part journal, part coloring book, all contributing to health and happiness for your child and your inner child. Ages 4 - 12 Here is my grounding cord. Today my grounding cord is orange. I attach it to the base of my spine. It travels deep into the earth. This book is a must have for Parents, Caregivers, Elementary School Teachers and Social Workers. From grounding, to your bubble, to gold suns and giving to yourself, the sweet illustrations and simple story present fun and easy meditations for all ages that bring a smile to your heart. Would you like to learn more embodiment meditation tools? Look for Michelle s next book, Golden Child book 2, which teaches these tools: home base, my...



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