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Adapted From A Previous works

Meditation is a universal practice; you are welcome to bring your own beliefs and faith as a family to the practice. If you don't identify with a belief or faith system you all are welcome to bring yourself and knowingness as you are.

Below you will find Youuniversal meditation instructions.

Preparation: Surrounding is key. Choose an environment where your child and you feel safe and have the ability to create a calming environment. This can even be a small corner of a room. Playing some loving music helps with your meditation process. This music can be instrumental without words, for example, the sounds of nature. Allow for no distractions for at least 10-15 minutes. Turn off any distracting devices such as tablets, phones, electronic games. You want to keep this time as calming as possible.

Choose a seating style to support a comfortable meditation and posture: For children, it may be best to sit on the floor, bean bag or chair. We understand it sometimes takes time to get little ones settled so take your time with this step. We do recommend sitting over laying down - as lying down may cause lead to falling asleep unless this is your intention as a parent to get your child down for a nap.

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STEP ONE: Gently communicate to your child this is a safe space. Ask them to breathe in through nose stomach expanding and out through their mouth stomach coming in (contracting) - this is what we call Cosmic Breathing. It is suggested you demonstrate to them the flow of this breathing. Ask them to watch you as you breathe in through your nose and out through your mouth. This breathing should be continued for the duration of the meditation time. If you see your child's focus drift away gentle ask them to breathe with you again.

STEP TWO: Feeling Safe: You should (highly recommended) choose a guide for you and your child that you trust to guide you within your meditation. It could be Source, God, Most High, Your higher self, an energy existence you truly love and trust. Before every meditation, you should ask your guide to guide you and your child through in your meditation. It is important that you always chose a guide each time you meditate.

STEP THREE: Affirmation: Select some affirmations to set the tone for your meditation and repeat with your child. It could be as simple as I AM Loving, I AM Peaceful, I AM Intelligent, I Am a great listener, etc. Whatever you choose they must be positive and they should never contain any negative wording. We have an affirmation list you can use on our website.

STEP FOUR: Maintaining Cosmic Breathing is the final step. You want to communicate to your child to take long, slow, deep, breaths, Continue with this pattern, keep your eyes closed and communicate to your child that if they hear outside noise it's okay and continue to breathe. You want to try to do a cycle of least nine of the breaths consistently with your child, going longer, slower, deeper each time. If you start the breathing pattern you can ask them to copy what you are doing.