

Kid's InterFaith Affirmation~Prayer~ Moving Meditation~ Superman Breathing Practice

(There is a wonderful dolphin story that is a result of a practice like this! Soon to come...)



1. Find an Inspiring Place in Nature
2. Be Thankful! Say a Prayer of Thanks.
3. Strike a Strong Warrior Yoga Pose
Breathe in through your nose as you raise your arms and straighten your front leg.
Breathe out LONGER through your pursed lips as you lower your arms and leg.
Repeat 4-5 times to pump oxygen into your lungs.
4. Other poses to try with the same breathing:
Stand straight and lift each arm up alternately breathing deeply~ giving thanks.
“Arjunas”: Pretend you are shooting a bow and arrow— arm moving back and forth
Then turn it into a side angle pose when your “arrow” becomes a ray of light
... and your arm waving in an arc above your head becomes a rainbow.
Tao Circles: sweep your arms around in big circles breathing deeply— and say:
“May all be in Harmony with the Tao”
“Sei Weng’s Horse”: Pretend you are on a horse (thinking of the story)— and move
your arms around in a Chi Gung fashion in an infinity symbol shape—
thinking of how life is a flow of alternating events.
“Bad” may turn out to be really good!
“My Body is my Temple”: With deep breathing— Think of moving “Chi Energy” all over
your body from top to bottom— sweeping it into you, and bringing light into your spine.
5. What else can you think of? This is a good way to start the day and be creative!

For Parents... Brain based/InterFaith teachings/Yoga/TaiChi/Parasympathetic breathing/ Focus on Intention to connect with animals, Nature. This is a practice to empower connection to the Greater Reality— rather than to allow the media to drive behavior. More to come...