

Parent Guide for

Smile From the Inside: A Chakra Meditation When Feeling Out of Control

As parents/guardians/loved ones/those who care, we all want the best for our kids. We want them to be happy and healthy. When our kids are happy and healthy, there is a positive side effect: we get happier and healthier too! Positive things breed more positive things, it's contagious. We see this in everyday life when a stranger smiles at you, and you feel yourself smiling with a true warmth in your heart. Kindness begets kindness. Love begets love.

A Tool for Change

The book series, *Smile from the Inside*, is a *tool* used to make change within a person. It is directed toward children, but all readers of the book, young and old, will find the benefit in the exercises. I encourage you to participate in the exercises along with your kids. We use breath and imagination within our chakras as a tool to create positive new feelings and thoughts while dissolving the not so pleasant ones. No matter your experience or understanding of chakras, *Smile from the Inside* will teach you how to implement this natural healing tool found within each of us.

There are numerous unique changes these books can make in our feelings, thoughts and behaviors. In the 'Out of Control' book, we dissolve our child's feelings of anger, frustration, and distraction, as their thoughts are guided to kindness, love, and focus. Now being influenced by positive elements, your child's behavior naturally becomes more favorable.

Things to Try when 'My child's not feeling it'

If your child doesn't stay focused during the meditation, that is normal and okay!

Focus on Breath: Focus on the physical action of breathing as described in the book. Some children may need extra prompts when doing this the first time or during challenging or distracting times. Your child's breath acts *as* a distraction to external chaos and brings their focus internal. Try some or all of the suggestions below, and after that your child should be much more calm and ready to listen to your words.

Additional Breathing Prompts

“Feel the breath in your chest”

“See your chest rise and fall as you take a breath in and out”

“Place your hand on your tummy and take a belly breath. See your belly rise and fall as you breath”

“Take a slow breath in that fills the time it takes to count to 3”

“Do this again, take a slow breath in that fills the time it takes to count to 3, and then slowly breathe out for a full 3 seconds”

“Let's add one more part for a 3 part breath. Take a slow breath in that fills the time it takes to count to 3, hold your breath calmly for 3 counts and then slowly breathe out for a full 3 seconds”

Abbreviate the Meditation: Only do 1 chakra at a time if your child's attention span is too challenged for today. It is more beneficial for them to dive into the experience of 1 chakra, harnessing their imagination to really explore that chakra versus not engaging in the activities while listening to the whole book. You can pause throughout the story to focus on the imagined landscapes allowing your child time to explore their imagination while connecting their chakras to trees, people, unicorns or whatever they come up with!

Repetition: Practice and repetition will make focusing easier. As the chakra meditation is repeated, your child will start to recognize the benefits of the chakra meditations, and their focus sharpens and self motivation will occur. Try reading this everyday, or do an abbreviated version of this everyday.

On the way to school

As they get out of bed

As they get into bed

During a car ride

When is the most opportune time for your child to do this exercise during their day?

Why are these 4 chakras in this Chakra Meditation, versus 7 Chakras??

Chakras stem from the ancient (over 4000year old) Ayurvedic Medical Philosophy from India. There are many interpretations of the chakras, including how many, where they are located, what their functions and attributes are. We focus on 4 chakras in *Smile From the Inside: A Chakra Meditation When Feeling Out of Control*. In the traditional western chakra philosophical interpretation there are 7 chakras: Root, Sacral, Solar Plexus, Heart, Throat, Third Eye and Crown. We sharpen our focus to only 4 chakras for this meditation for multiple reasons.

1. **Time and focus.** Kids and adults alike have shortened attention spans when presented with emotional and mental challenges of feeling anger, thinking negative thoughts, or displaying distracted behaviors. Focusing on 4 chakras will get you and your kids to shifted feelings and thoughts more quickly and with greater ease.
2. **Results oriented.** In *Smile From the Inside*, we use an out-of-order arrangement for our chakra meditation, compared to the traditional order of root chakra to crown chakra, I have found that this specific ordered combination of chakra clearing creates a laser focus on the imbalances creating the thoughts, feelings and behaviors listed for this specific meditation: anger, frustration, lack of focus, confusion, and sadness. Each chakra is a tool for balance and healing. All chakra healing techniques will create a shift in the person, and this combination will Center/focus, ground, build love and grow awareness in the most directed way with the least amount of distractions

Philosophy behind the 'Out of Control' chakra meditation's ordered combination: Crown, Root, Heart and Solar Plexus

1. **Crown:** Made of the highest vibration and quickest moving energy, this chakra is more easily felt and imagined. The crown creates the feeling of Centered-ness and connectedness. It brings a sense of calm
2. **Root:** Made of the slowest moving energy, this chakra is grounding and connects us to our physicality. It provides safety, stability and strength.
3. **Heart:** Love is Love. When the heart shares it's love energy, it also grows stronger with more love, creating a positive domino effect. Kindness is fostered and shared from the Heart.
4. **Solar Plexus:** Who am I? Why am I here? What am I here to do? Pretty big questions for a child, and for anyone! These questions reside in the Solar Plexus chakra. Our identity, (which is different from our ego), is found here. This chakra is our confidence, and gives us our simple purpose of being a loving people.

Have fun. Try something new. Smile from the Inside.

Smiles to You,Sherry