



Rainbow Soul An Introduction To Chakras Meditation

Personal Reflection Ages 12up S

Jimmy Yap



Rainbow Soul An Introduction To Chakras Meditation Personal Reflection Ages 12up S:

Rainbow Soul Marilyn Rich, 2002 This primer uses a story to describe chakras **Chakras for Kids(tm) Teach Chakra Healing, Chakra Dance, Chakra Yoga and Meditation for Children: Including 8 Therapeutic Stories and Songs Featuring** Gavin Frank, Landa Ananda Love, 2019-03-08 Inspired by Anodea Judith's work Chakras for Kids is the perfect resource for anyone wanting to teach the chakras chakra healing chakra dance chakra yoga meditation breathwork and mindfulness to children Featuring stories with the Rainbow Children chakra characters it offers the gateway for the next generation to discover the magic of the Rainbow Bridge It is a treasure chest of stories information and ideas that we can use to help our children access deeper levels of understanding of themselves others and the greater community Using simple and accessible language Landa guides the reader through a series of journeys each one representing the major issues around each of the seven main chakras utilizing seven characters that embody the qualities of the chakras The illustrations are simple drawn in a soft childlike way and therefore quickly accessed and understood by children The style and content of the book also lends itself well to use in the therapeutic setting both for children and for inner child healing The songs are beautifully sung using real instruments instantly catchy they are unpretentious and positive in language and content the song words are included in the book the music is available to purchase separately The little yoga stick men drawings within the stories are a fun way to guide and encourage movement and there are guidelines and ideas of how to bring the story to life with chakra dance on each page of the story You can download further free guides to movement at www.chakrasforkids.com after purchasing the book This book the Rainbow Children program helps to teach our little ones to develop and own their own sense of belonging of feeling of personal power of love of voice of intuition and of connection to source and that the answers to our problems and questions often lie within our own ability to resolve The message is clear that if we are inclusive in all aspects of ourselves and others we can journey forward together towards a colorful and rewarding future I am getting a copy for my Granddaughter Sacred Centers Founder Anodea Judith Best Selling Author of Eastern Body Western Mind www.sacredcenters.com This program is absolutely amazing The children of the world are in for a special treat I wish every child could experience the magic and hold onto it as they grow into adults Change our thoughts change our world Wendy Bradshaw Chakradance Head of Training USA Director Instructor The Spirit of Dance Wow it is absolutely beautiful Congratulations on creating something so healing and gorgeous I look forward to exploring your work more Natalie Southgate Chakradance Founder Your work is divinely inspired and children need to experience it Nini Gridley Founding Faculty Member Sacred Centers This is an inspired and lovely project which as an ex teacher of Infants I can sense will have a great interest for and influence on children in need of a spiritual input and support Ruth White bestselling author of Working with your Chakras This is a unique work introducing qualities of acceptance and adaptability that can elude the best of us in challenging times How wonderful to learn these strengths through activity stories and fun as a child Landa's books

are gems amongst the chaos offering children the opportunity to recognise their own feelings and to see ways in which to deal with them towards the most positive outcome Rich are the possibilities of a person whose awareness is awakened to these philosophies in childhood Simple and obvious as they are in hindsight so many of us are not able to navigate the complexities of our feelings with ease These books could make that difference Paula Mayura Founder of the Mayura Yoga School **I AM a Rainbow** Roseanne D'Erasmus Script,2021-06-15 We each have energy centers or chakras within and around us You will learn about each energy point with the help of Joey and Marissa as they journey through gardens of color with their teacher This beautifully illustrated book captures the essence of the energetic field in a simple manner Designed as a shared reading text for children with their parents and teachers I AM a Rainbow would be enjoyed by anyone who has an interest in learning about the human energy field ages 7 99 It opens the door to our centers It is Roseanne s intention to provide a format about energy points also called chakras that is easily understood by those who enter the gardens of color

I Am a Rainbow Amanda Cottrell,Sarah Smid,2019-02 Have you ever noticed that children have a unique connection to the divine Want to explore the connection to spirituality with your children or students Learn the ancient wisdom of the chakra system and its role in the body What happens when your chakras are imbalanced Give children tools to recognize their imbalances and mindful practices to heal themselves So that they learn to heal themselves A useful resource on energy healing for children for parents teachers and yogis Buy Now Get the ebook for FREE *Soul Therapy* Jimmy Yap,2020-11-11 Heal your chakras through your body emotion mental with self reflection coloring therapy This is a practical book to help you to journey inwards through the art of self reflection to self heal discover your true self and manifest your own goals to achieve the abundance of health relationship joy and wealth Healing of your 7 major chakras through listening to your own physical emotional and mental body Applying coloring therapies and powerful healing affirmation quotes Guided meditation techniques for each chakra *My Body Is a Rainbow* Rachael Rose Zoller,2016-06-29 My Body is a Rainbow A Book About Our Chakras is a playful journey through the chakras for children of all ages using colors imagination and positive affirmations May you always remember that you are a sacred and beautiful rainbow [Chakras for Children](#) Ludi C.R.,2020-01-26 A chakra guide for kids This book was written in order to help children discover the meaning of chakras and increase their interest in them every day as they grow This book is intended as a first step in supporting younger people on the path of their personal and spiritual growth but could almost had been entitled chakras for beginners since you as a parent will perhaps also learn along with your child Supporting our children earlier when we as parents have often taken so long to go on our own adventure down the path of exploration and self discovery This book will allow our children to benefit from knowledge and understanding from a young age that promote development and self awareness This chakra guide provides a variety of information that the child can go back and reread and will continue to understand better as they grow If your child does not know what is personal development this book can be their first step in learning about it Your child can

use this chakra guide as their chakra bible and will discover What is a chakra Colors of chakras 7 chakras Root chakra Sacral chakra Solar plexus chakra Heart chakra Throat chakra Third eye chakra Crown chakra Chakra balancing and chakra opening working according to the suggestions of the book around kids emotions Your child will learn how to be attentive to their feelings Your child will learn the power of positive thinking and positive affirmations Although it is not exactly a chakra meditation book you will find a meditation on chakras that your child can use as well as several positive affirmations for better chakra care This book contains colored drawings to allow children and teenagers to enjoy it more Happiness is in our heart and comes from inside of us Let the sun in our heart shine May this book help you bring abundance in your life I wish you all adults parents and children happy reading and a wonderful adventure

Chakras & Self Care, Chakra Healing For Beginners, Spiritual Self Help Books Jimmy Yap, 2020-11-21 Chakra balancing through your physical emotion mental body with self reflection coloring therapy This is a practical book to help you to journey inwards through the art of self reflection to self heal discover your true self and manifest your own goals to achieve the abundance of health relationship joy and wealth Healing of your 7 major chakras through listening to your own physical emotional and mental body Applying coloring therapies and powerful healing affirmation quotes Guided meditation techniques for each chakra

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