

# Meditation Magic



“Prayer and meditation are very important factors in deepening the spiritual life of the individual, but with them must go also action and example . . . Both are essential.” —Bahá’í Writings

**H**ave you or a friend ever had a bad day at school and been sent to the principal’s office because you got mad or upset? What if you were sent to a meditation class instead? At lots of schools across the U.S. and around the world, kids learn to calm down through breathing and meditation. Then they talk about their feelings and behavior.

Kids who meditate deal more positively with stress, focus better, and may even score higher on tests. Studies

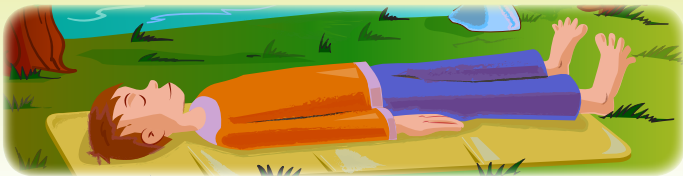
show that meditation may help us improve our memories and control our emotions.

There are lots of ways you can meditate. It usually involves relaxing your body and mind, like taking a mental vacation. And the Bahá’í writings say that meditation is “the key for opening the doors of mysteries.” Try these ways to connect with your mind, body, and spirit. You may feel more peaceful, productive, and patient.

## WHOLE BODY RELAXATION

Sit or lie down in a relaxed position and close your eyes. Take a few deep breaths. Focus on tensing the muscles in your right foot. Hold it tightly for five seconds, then let it relax fully as you exhale. Repeat with your left foot.

Continue moving up your body, tensing and relaxing just one part at a time (lower leg, upper leg, etc.) until your whole body is calm and peaceful. Stay in that relaxed state for a few minutes, keeping your breathing slow and steady.



## VISUALIZATION VACATION



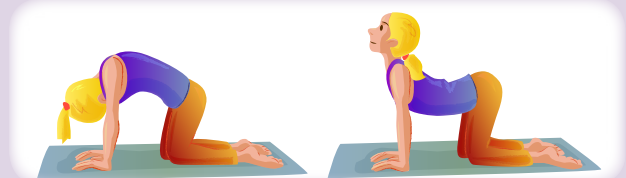
Sit or lie down in a comfortable position. Close your eyes and take a few deep breaths. Keep breathing deeply as you picture in your mind a happy, beautiful place.

Try to imagine every detail—how it looks, sounds, smells, and feels. Maybe you feel the warm sun, smell salt in the air, and hear ocean waves. Stay in that happy place for several minutes, seeing yourself relax there with no worries or fears.

## YOGA

### CAT AND COW POSES

- Start out in a crawling position, with your hands and knees apart. Put your head down as you bend your spine toward the ceiling. Hold that “cat” position for 10 seconds.
- Then drop your spine and lift your face toward the ceiling in a “cow” position. Hold for 10 seconds, then repeat.



### RAG DOLL POSE

- Stand up tall, with your feet shoulder-width apart and your hands stretched toward the sky.
- Bend at the waist, bending your knees slightly, and let your body hang limply. Gently twist your torso and let your arms swing loosely from side to side. After a few minutes, slowly rise up to a standing position.

