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Dreaming and relaxing, with gorgeous patterns and inspirational quotes, this beautiful new book will give you many hours of pleasure, and calm. With a range of challenging and more restful designs Mindfulness & Calm, the follow up to the hugely successful Secret Places takes you on an intimate journey where the satisfaction of creating stunning artworks is mixed with powerful quotes to contemplate.

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[Mindfulness Resources — Calm Blog](#)

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Calm ' s programs have been designed with beginners in mind to help them develop a consistent and sustainable mindfulness practice. With a smartphone and just a couple of minutes a day they can access guided meditations, body scans, our signature Sleep Stories (bedtime stories to settle busy minds), music for focus, relaxation or sleep, soothing sounds and imagery, and in depth learning ...

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This book of postcards contains 20 images that are similar in style to the book of the same name found reviewed by me on my blog, but these images are different from the original book and are drawn by different illustrators. ... Mindfulness & Calm Postcard Book: Adventures in Ink and Inspiration (Hobbies and Craft)... by Daisy Seal. £5.99 ...

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Mindfulness meditation has been scientifically shown to get at the root of the problem of stress: our brain ' s over-active tendency to see potential disaster everywhere we look. 1 When we sit mindfully, we become aware of the constant sense of urgency and discontent in our mind. What ' s revolutionary about meditation is that instead of feeding this stress by doing more or speeding up, we do ...

[7 Benefits of Mindfulness — Calm Blog](#)

Once you have a chance to listen to the new Sleep Story I wrote about my time on Ahe, The Black Pearls of Tahiti, then you might hear (if you're not already asleep) the scene where I describe going out on the lagoon in a silver, flat-bottomed jon boat.I wrote about the men who work on the farm and how they free-dive meters below the lagoon ' s surface to where the oysters are grown, kept ...

[The Black Pearls of Tahiti — Calm Blog](#)

Alexa and Chester learn kindness, compassion and how to share with the help of the magical Mindful Owl, and so will your children by the time they've finished this charming adventure. This gentle reader-participation book playfully imparts mindfulness and self-calming techniques, inviting children to put their new skills into action on every page.

[Mindful Owl Adventures: Friendships Through Mindfulness ...](#)

Nov 10 Join Kate Winslet on a Holiday Adventure to the Island of ... Calm News, Sleep. Kate Winslet narrates the Calm Sleep Story, Thomas and the North Star. Oct 20. Oct 20 Is it okay to lie down while meditating? Team Calm. Health & Happiness, Mindfulness. Oct 12. Oct 12 5 Habits of the Mind That Make Heartbreak Worse (and What to Do Instead ...

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A READER PARTICIPATION BOOK- The second edition of the story of siblings, Alexa and Chester, and their wondrous bedtime-adventure with Mindful Owl. One moonlit night, Mindful Owl magically appears to teach siblings, Alexa and Chester about mindfulness. They learn to slowly breathe in and out, to be present and aware, to have calm and loving thoughts, and to visualize. Suddenly they are flying through the beautiful blue sky and Owl takes the children on a fun adventure to meet other animal friends. During the journey Alexa and Chester learn interesting information about the animals and also learn important lessons about friendship. They learn the value of sharing and being kind and compassionate. Throughout the story the reader participates by discovering each new animal by guessing who will be next and they even help in saving some of the animals. They learn self-calming techniques and positive affirmations and help in solving the story through mindfulness tools they have learned.

In chaotic times, a deep breath can bring calm to your classroom. As the pandemic recedes and the world gradually returns to "normal," it ' s more important than ever to make your classroom a place that supports mental health and improves overall wellness. In this book, you ' ll discover the why and the how of using techniques to reduce stress, improve executive function, and set the stage for increased memory and attention, better self-regulation, and improved cognition and academic learning. With this practical, research-based guide, you ' ll incorporate age- and grade-appropriate meditation, breathing, mindfulness, and secular yoga activities into your teaching, in ways that work for in-person as well as virtual and hybrid settings. Features include Adaptations for special populations, including those who have experienced trauma Recommendations for family involvement in social emotional learning Guidance on self-care for teachers and school staff Data from successfully implemented programs Dozens of illustrations, QR codes, and reflective questions Mindfulness isn ' t just a buzzword-it ' s a time-tested, teacher-tested technique for reducing anxiety and improving your students ' outcomes. Incorporate it into your classroom and see for yourself how much good a deep breath can do.

Being Calm Flutterpie's Yoga Adventure And Mindful Mantras - Provide A Handy Kid Friendly Introduction To Mindfulness And Yoga - Use Breath With Movement Accompanied By Affirmations To Restore A Sense Of Calm And Control - Develop Social, Emotional And Problem Solving Skills. * AMAZING! Positive affirmations (mindful mantras) enable you to help in building your child's self-esteem and positive outflow of energy through positive self-talk... it's never been easier. * NEW! Guided visualization provides you the ability to decrease stress and anxiety and balance their mind, body, and heart - Effortlessly. * UNIQUE! Captivating, informative and engaging story gives you the power to develop social, emotional and problem-solving skills - With Ease * EXTREMELY EASY TO USE! -"Mindful Mantras for Everyday Poster" ensures, you can use it to remind your kids; how wonderful they are and help them to be more assertive and confident in one easy step. If you want to build your child's self-esteem and the positive outflow of energy through positive self-talk, decrease stress and anxiety and balance their mind, body and heart and use breath with movement accompanied by affirmations to restore a sense of calm and control... then this is the most important children's book you'll ever purchase! Being Calm Flutterpie's Yoga Adventure and Mindful Mantras is an amazing new children's book that helps every parent, teacher, counselor, librarian to provide a handy kid-friendly introduction to mindfulness and yoga. Thus, developing social, emotional and problem-solving skills. Grab your copy today to empower kids to understand and channelize their emotions and experience the transformative effects of mindfulness and Yoga! Go to <https://bit.ly/3ffj5Js> and download 7 FREE mandalas coloring sheets for your kids. Appreciation for the book: This is such a powerful book by Navnish Kaur - simple yet life changing yoga poses for a healthy and happy life. These yoga poses with positive affirmations are good for anyone of any age. If kids can be taught yoga and mindfulness meditation from their childhood, I strongly believe, we can reduce, and eventually, eliminate violence, bullying and any form of social harm in generations to come. I highly recommend this book to kids. Sending you blessings for good health and happiness! -Venerable Dr.Bhante Saranapala UN World Civility Ambassador (The Urban Buddhist Monk & Mindfulness Meditation Teacher)Founder & President of "Canada: A Mindful and Kind Nation" "WOW! Being Calm is a masterpiece. I am very impressed, how the leading author Navnish Khara compiled this "children's book" with her daughter. It's captivating, informative, engaging and transformative, even for parents. It's a great book to build relationship between parents and children whether they are an introvert or extrovert. This book should be in every home and classroom. My wife Divya, enjoys reading this book to our 7 month old son Nathan." -Dr. Raymond Harlall Phd UN World Civility Ambassador

Does your child find it difficult to get a peaceful sleep at night? Would you like your child to learn essential mindfulness skills that will allow them to thrive in life? If the answer is Yes...so keep reading Children's bedtime stories will never be the same after they are infused with the power of mindful meditation. This short collection of medium-length bedtime stories can double as meditation scripts for young children. Simply turn on the tape or read out loud to them, and within seconds, they will feel their hyperactive mind coming to a crawl. Mindful meditation is a new way to relax, breathe, and learn the power of self-awareness. Today, more people than ever are turning to meditation as a way to eliminate stress in an increasingly noisy world. Meditation is no longer some weird new-age practice used by fringe-thought leaders. It is now universally recognized as a way to attain inner peace. Many good things have been said about mindful meditation by great minds. Apple co-founder and former CEO, Steve Jobs, was famously a proponent of mindful meditation and a regular practitioner. And it's no secret why. Practicing meditation allows you to focus for longer periods of time without giving in to things like distractions and feelings of anxiety. You do not need anything to start meditating today. It could be as simple as clearing your mind. The problem here is that many have a hard time doing just that. But there is good news. Following a mindful meditation script allows one to move into a meditative state without having to do any of the leg work. All that you need to do is follow the script. This is especially good for children who may not be mature enough to clear their minds on their own. Every kid loves a good bedtime story, and using the mindful meditation script in lieu of traditional stories, like Snow White and the Seven Dwarfs, is a good introduction to mindful meditation for kids. There is no preferred age range for these scripts. They will work well anywhere from ages 3 to 9. They are a great tool for building vocabulary in children early on. And if that wasn't convincing enough, each meditation script includes some overall message or lesson that the child can apply in their own life. This book includes: Four meditation bedtime story script hybrids that focus on a different animal habitat Fantastic stories about fun animals, including forest, desert, jungle, and ocean animals A valuable lesson for each story In addition: Children learn about different animals while listening to the engaging story This book encourages your child to put down the screens and focus on listening for a prolonged period of time This is a good way to encourage your child to go to sleep by listening to the scripts Each story allows your child's imagination to flourish. Unlike traditional media, a meditation script relies on the imagination of your child to bring the story to life And Much More... Would you like your child to learn and relax, falling asleep in peace? Download Now Bedtime Stories For Kids Scroll to the top of the page and click the buy now button

Take time to breathe. Take time to create. Take time to reflect, take time to let go. A book that ' s unique in the way it mixes reading and doing, A Book That Takes Its Time is like a mindfulness retreat between two covers. Created in partnership with Flow, the groundbreaking international magazine that celebrates creativity, beautiful illustration, a love of paper, and life ' s little pleasures, A Book That Takes Its Time mixes articles, inspiring quotes, and what the editors call " goodies " —bound-in cards, mini-journals, stickers, posters, blank papers for collaging, and more—giving it a distinctly handcrafted, collectible feeling. Read about the benefits of not multitasking, then turn to " The Joy of One Thing at a Time Notebook " tucked into the pages. After a short piece on the power of slowing down, fill in the designed notecards for a Beautiful Moments jar. Make a personal timeline. Learn the art of hand-lettering. Dig into your Beginner ' s Mind. Embrace the art of quitting. Take the writing cure. And always smile. Move slowly and with intention through A Book That Takes Its Time, and discover that sweet place where life can be both thoughtful and playful.

A follow up to Pico Iyer ' s essay " The Joy of Quiet, " The Art of Stillness considers the unexpected adventure of staying put and reveals a counterintuitive truth: The more ways we have to connect, the more we seem desperate to unplug. Why might a lifelong traveler like Pico Iyer, who has journeyed from Easter Island to Ethiopia, Cuba to Kathmandu, think that sitting quietly in a room might be the ultimate adventure? Because in our madly accelerating world, our lives are crowded, chaotic and noisy. There ' s never been a greater need to slow down, tune out and give ourselves permission to be still. In The Art of Stillness—a TED Books release—Iyer investigate the lives of people who have made a life seeking stillness: from Matthieu Ricard, a Frenchman with a PhD in molecular biology who left a promising scientific career to become a Tibetan monk, to revered singer-songwriter Leonard Cohen, who traded the pleasures of the senses for several years of living the near-silent life of meditation as a Zen monk. Iyer also draws on his own experiences as a travel writer to explore why advances in technology are making us more likely to retreat. He reflects that this is perhaps the reason why many people—even those with no religious commitment—seem to be turning to yoga, or meditation, or seeking silent retreats. These aren't New Age fads so much as ways to rediscover the wisdom of an earlier age. Growing trends like observing an " internet Sabbath " —turning off online connections from Friday night to Monday morning—highlight how increasingly desperate many of us are to unplug and bring stillness into our lives. The Art of Stillness paints a picture of why so many—from Marcel Proust to Mahatma Gandhi to Emily Dickinson—have found richness in stillness. Ultimately, Iyer shows that, in this age of constant movement and connectedness, perhaps staying in one place is a more exciting prospect, and a greater necessity than ever before. In 2013, Pico Iyer gave a blockbuster TED Talk. This lyrical and inspiring book expands on a new idea, offering a way forward for all those feeling affected by the frenetic pace of our modern world.

For overscheduled professionals looking to incorporate mindfulness into their daily lives, this bestselling, step-by-step guide draws on contemplative traditions, modern neuroscience, and leading psychology to bring peace and focus to the home, in the workplace, and beyond. Designed for busy professionals looking to integrate mindfulness into their daily lives, this ultimate guide draws on contemplative practice, modern neuroscience, and positive psychology to bring peace and focus to the home, in the workplace, and beyond. In this enriching book, noted mindfulness expert and international teacher and business leader Laurie J. Cameron - a veteran of the Search Inside Yourself Leadership Institute, a Senior Fellow at the Center for the Advancement of Well-Being at George Mason, and 20-year mindfulness meditation practitioner- shows how to seamlessly weave mindfulness and compassion practices into your life. Timeless teachings, compelling science and straightforward exercises designed for busy schedules -- from waking up to joy, the morning commute, to back-to-back meetings and evening dinners - show how mindfulness practice can help you navigate life's complexity with mastery, clarity and ease. Cameron's practical wisdom and concrete how-to steps will help you make the most of the present moment, creating a roadmap for inner peace - and a life of deeper purpose and joy.

Bella the Butterfly Mindfulness Colouring book is based on the children's illustrated book Bella the Butterfly. This is a story about the transformation of a caterpillar to a beautiful butterfly told in such a way that the child imagines they are the butterfly surrounded by love and light.Mindfulness helps children to regulate their emotions, build resilience, create empathy, be more connected with themselves and others. Mindfulness practiced on a regular basis can help increase attention span and awareness and bring calm to children of all ages.Love & Light, Bella the Butterfly xxx

This boxed card deck includes 50 creative mindfulness games, visualizations and exercises divided into 5 categories to help children feel grounded, find calm, improve focus, practice loving-kindness and relax. Whimsical full-color illustrations on both sides of the cards break down each practice into easy-to-follow steps. Tips on individual cards plus an 8-page instructional booklet show modifications that make these activities inclusive for children of all abilities.

