

# SPINNING INWARD

USING GUIDED IMAGERY WITH CHILDREN FOR  
LEARNING, CREATIVITY & RELAXATION



Maureen Murdock

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The author's approach will have special charm to parents and teachers who are frustrated by an educational program that appears to reward only those children who master verbal, linear learning. These techniques of guided imagery present adults as well as children a unique method to tap the wealth of imagination and wisdom within. The use of guided imagery offers been internationally named an effective approach to "whole mind" learning. If you have ever wished you can show children and teens how to enrich their lives with meditation and visualization, this book will delight you. With the exercises in this book, teenagers can discover learning styles which are effective and pleasant for them. It presents simple exercises in guided imagery designed to help young people age groups three through eighteen to relax into learning, focus attention and increase focus, stimulate creativity, and cultivate inner peace and group harmony.



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Really found this worked well with children Was pleasantly surprised to discover that the imagery in the reserve worked effectively with children from age 4/5 based on their concentration amounts..!It produced some positive results in enabling kids to open up in therapy and to explore their imagination.but would desire non therapists to use carefully , if. No complaints whatsoever. A MUST HAVE FOR ALL THERAPISTS!Recommend to therapists . Five Stars good resource Thank you I'm by using this book in my yoga classes and it's just great.It's great that it has meditations for 3 season olds.. This is a good addition to my library. Must have The perfect book for all ages to teach/reinforce relaxation techniques. Best for families. I'm happy with it. Five Stars amazing book Perfect Book Just what I needed, shipped fast. Very Inspiring An extremely inspiring book, extremely accessible, and an easy task to grasp ideas (.. Five Stars Great way to take imagery/hypnosis and adapt it for the youthful learner. for parents, teachers along with the kids). I actually translated it into Danish, and are going to use the visualizations especially about teens in a yoga class.Anyone interested in teaching kids something they are able to carry with them forever should read this publication. I like that you could easily select a meditation based on the age group, and also read about childrens encounters after having done the meditation. Useful and useful of visualization to be able to change your mind and develop a way of getting through together with your goals.



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