



# guided relaxation

## "Remember Easily"

with Mellisa Dormoy  
of Shambala Kids

*We may think of meditation and guided imagery for relaxation. The truth is, both can be used to achieve goals working with the subconscious mind to produce the desired results.*

*You can use guided imagery to help your child recall all she's learned both in school and in life. Practice this often and use positive affirmations as well to reinforce these ideas, such as "Your mind is like a library" and "You already have all the information inside of you."*

*Use a calming voice to lead the imagery and relax into the moment with your child.*

"I'm going to tell you a little story. Close your eyes and breathe. And just imagine everything I'm saying.

Take in a nice, deep breath, like you're about to blow out birthday candles. Inhale slowly, and then blow it out slowly and gently. Now breathe in, and then breathe out. Very good!

Let's pretend now that we're in a castle. It's made of stone, and you see a big tower over in the corner. We go to the tower and find a door. It's a huge, heavy door made of rough wood. When you step into the tower, you're at the top of a long spiral staircase made of stone, and you see torches on the wall to light the way. The tower feels cool. Walk slowly down the staircase, knowing wonderful things are right here ready for you to explore.

Now that you're at the bottom of the staircase, you see that there are several rooms hidden

beneath this tower. In front of you is a hallway, with doors on each side that lead to individual rooms. Go down the hallway and open the first door on your right. Inside, you see a small room filled from floor to ceiling with books. It's an entire library with a desk in the center of the room.

This room contains just a little bit of the information that you hold in your head. This room is a part of you, so everything you've ever learned or been taught can be found here. Each room contains a different subject, and as you continue to learn, these libraries will continue to grow and grow with more and more books. Why don't you pull a book off the shelf and look through it?

These libraries are a part of you, and you can get all the information in these libraries even when you're wide awake! You've learned a lot more than you probably realized!

This is a place you can return to any time you want, even in the middle of a school day, or when taking a quiz or test. You can simply remember how you have everything already stored within you. You simply remember to magically open the right book and you'll remember so easily!

Put your books away now, knowing that you can access them any time you need to.

Walk back up the stairs and step out into the sunshine! You can open your eyes and wiggle your fingers and toes. And you can go back to your library any time you need to in your imagination!