

Heart Space Creation - Kid

Objective:

Support the child in creating a “heart space”. Allow kids to create and discover their Heart space.

Peace, Energy, and structure are needed.

Materials:

Supply craft materials, physical space, or play space of choice for the child. This is to support the child in a method that is meaningful to them.

Imagination practice:

- Ask them to pretend and imagine that they are sitting in a chair, swimming, or swinging. (This is to gain imagery so use what works for them.)
- Ask them to move their awareness to their heart and allow time for them to get there.
- Leave the space and return.
- Have them breathe in through the nose and out the mouth as they imagine and intend.
- Feel the energy with any of their senses.
- Rest in the space and feel the changes.
- Connect to spirit in your heart space.

Breath/ Peace:

- Breathe into the heart Space (in through the nose and out through the mouth if possible).
- Repeat several times until the child gains skill and can feel calm.
- Have child continue breathing in to the heart.

Image and Protection:

- Image the space with what you need for safety.
- What you need may be: special place, things, people, spirits that are all unique for the creator of the space.
- Encourage all senses and detail if it helps child.
- Have them make it a “safe place.”

Energy/Breath and engagement:

- Continue to breathe into the space and sense the tissue shifting.
- Breath from a positive place like light above head.(This will vary with level of spiritual connection the child has.)
- Fill the heart with **LOVE**.
- Expand the space as you are able.
- Surround the heart around another part of their body or put a part of their body in the heart.

Heart space success:

- Does the child calm and connect to heart?
- Do they receive love to fill the heart?
- Do they create a safe place that they can return to?
- Is it a Structure they can automatically return to?
- Can they feel their changes? (emotion, energy, tissue)