

son's Introduction to Meditation Including Six Guided

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Synopsis

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Meditation is an important skill to learn with many benefits. This audiobook helps a younger audience understand the practice on mediation and features six examples of guided meditations to try, set to calming instrumental backgrounds, which bring the lessons from the audiobook to life. Topics covered include the elements of meditation, an overview of how the human brain and mind works, the primary elements of meditation, and why a focus on breathing is so important. The meditations included are a positive affirmation meditation, a body-scan meditation, an energy meditation, a calming finger meditation, reflection meditation, and a breathing meditation. All of this targets children ages eight and above, so the messages are clear and simple, with the meditations being easy to follow. Listeners can then practice independently or repeat the guided chapters whenever they wish.

Reader's comments

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