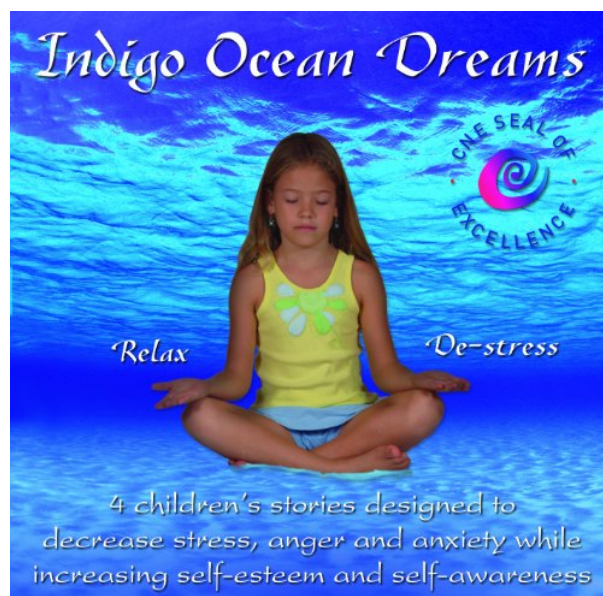


## Download Indigo Ocean Dreams: 4 Children's Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness Online Book PDF



### Synopsis:

Indigo Ocean Dreams is the 2nd CD/audio book in this children's series. Like **Indigo Dreams**, this 60 minute CD/audio book is designed to entertain your child while introducing them to relaxation and meditation techniques. Indigo Ocean Dreams offers longer stories and variations on the same techniques found on Indigo Dreams. Ideal for older children and as step two for those already familiar with Indigo Dreams.

Four new stories explore breathing, visualizations, muscular relaxation and affirmations. Children follow their sea friends along as they learn to manage their own anger, stress and anxiety.

The narration is accompanied by healing sounds of dolphins, sea otters and gentle waves. An additional music sound track is included to further enhance your child's mind, body and spirit. **Angry Octopus:** Muscular Relaxation is essential to a good night's sleep. Children follow the octopus along as they learn to manage anger, relax and see things more clearly. This easy, fun exercise

relaxes muscles throughout the body as anxiety, tension and anger slip away. Children and parents will fall asleep more easily and experience a deeper peaceful night's sleep. **Affirmation Weaver:** Affirmations or positive statements build self-esteem and empower children to be the best they can be. Children follow the sea friends along as they weave a web of confidence. Children learn to believe in themselves while replacing negative messages with positive self-talk. Children love this feel good story and the positive effect it has on their lives. **Sea Otter Cove:** Breathing for relaxation and wellness is a basic technique practiced by cultures throughout the world. This ancient technique encourages children to feel calm and in control of their own energy. Children love to follow the sea otters along as they experience diaphragmatic/belly breathing. This self-calming technique can be used anytime, anywhere. **Bubble Riding:** Visualization is an effective technique widely used for achieving sports goals, creating success and attaining wellness. Now children can follow the sea child along as they fill their bodies with the colors of the rainbow. Colorful imagery quiets the mind and relaxes the body. Parents as well as children enjoy falling asleep while playing with bubbles.

