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Indigo Ocean Dreams: 4 Children's Stories Designed To Decrease Stress, Anger And Anxiety While Increasing Self-Esteem And Self-Awareness



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.

Book Information

Series: Indigo Ocean Dreams

Audio CD

Publisher: Stress Free Kids; 1 edition (May 1, 2004)

Language: English

ISBN-10: 0970863365

ISBN-13: 978-0970863362

Product Dimensions: 4.9 x 0.3 x 5.6 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (195 customer reviews)

Best Sellers Rank: #13,764 in Books (See Top 100 in Books) #1 in Books > Books on CD > Children's Fiction > Music #2 in Books > Books on CD > Health, Mind & Body > General #5 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation

Age Range: 6 - 12 years

Grade Level: 1 - 7

Customer Reviews

I never take time to do these reviews as I am too busy. But this one deserves my time. My son (5) is a bit on the anxious side due to some surgeries, a very active mind/tense body, and quite simply due to his personality. I have tried to teach him breathing techniques and a small amount of meditation - he didn't really learn them all that well. However he LOVES both the Indigo Dreams cds for kids and learned the breathing techniques immediately. I was surprised to hear him say one day out of the blue "MOM! On the cd there's one called "Bubble Ride" and you can feel the bubbles cascading all the way down to your fingertips and it REALLY makes me relax!" He won't go to sleep without them now. He associates it with relaxation and sleep so all I have to do is turn on the cd player and he immediately closes his eyes and gets down to the business of relaxing towards sleep. Before the cds, he would be up and down in his room for up to an hour before he would settle down and stay in bed. My neighbor's 10 yr old daughter is also very anxious due to a break-in in their new home recently and some other issues she has. I suggested this cd while ago but her mother didn't buy it. Finally after they had yet another sleepless night due to some bad night terrors and were exhausted, I walked down and physically handed one of our cds to them so they would try it. She said her daughter loves them and zunks right out.

Overall, the "Indigo Dreams" series of CDs is excellent, and my rating reflects my general perception across all three of them. The concepts and tone are soothing and the tools it teaches are effective. My very bright, creative 10 year old son suffers from pretty intense anxiety and stress issues; he also has some anger issues and trouble falling asleep, both of which are off-shoots of the stress and anxiety. While these CDs are (unfortunately!) not a total panacea, they are helpful for him on many a tough evening. We own all three CDs in the "Indigo Dreams" series, and he listens to one or another of them just about every night. When he places one of those discs into the CD player,

turns it on, and turns out the light, his body and brain seems to viscerally respond ... most of the time, anyhow. At his age and developmental level, he is just at the cusp of the kids' CDs being a little too young and the teen CD being a little too old, but he seems to benefit from them anyway. At this point, he still leans toward the kids' versions most of the time - the simple stories "zone him out" in a good way, though I can't honestly say that he "hears" them as much more than white noise after so many listenings. There are mornings when he tells me that he can't remember anything past the first or second story on the CD, which means he fell asleep relatively quickly. (YAY!) Sometimes we just skip the CD player to the "music only" tracks at the end of each CD and that relaxes him as well. The only barrier that prevented me from rating the series with five stars rather than four is a minor "gender issue". My son prefers the voice of the female narrator; unfortunately, she is only present on the Indigo Dreams CD with the purple cover.

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