

Teaching Children to Meditate

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An excerpt from his book “**Jesus Moses & Buddha: Collective Teachings to Help You Create a Heaven on Earth**,” copyright © 2018. Books available at the offices of Dr. Coppola, or purchase online: www.DrDavidCoppola.com

When teaching children to meditate, it is best to begin by having them focus on their breath while they gently allow all that is happening around them to enter their consciousness. So you sit with them, eyes closed, and acknowledge the sounds you hear, then gently lead them back to attending their breath. In other words, if you all hear a bird chirping outside, you can say out loud “Thank you bird for being in our life.” If they hear a motorcycle whiz by outside, allow it to come and go, then say, “Let’s return to that quiet place in our mind. We can revisit it upon a breath.” If they are aware of the trickling water in the fish tank or if the air-conditioner clicks on, that’s okay—it is all part of maintaining awareness in present-time consciousness, and teaching them that they can notice the on-goings of the world and still have easy access to the peace within them upon a breath.

It is ideal to start by having the length of time of the meditation correlate with their age. With my son Daniel, when he was three years old, I would strive for three minutes to start. They can always work up to five or ten minutes later on if they catch on. It is also a good idea to secure the discipline of meditation by building it into a part of their daily routine, such as every night before bed. Teaching our children to meditate is giving them an invaluable tool, as it develops easier access to inner peace and is essentially the means for creating a happier, more peaceful life.