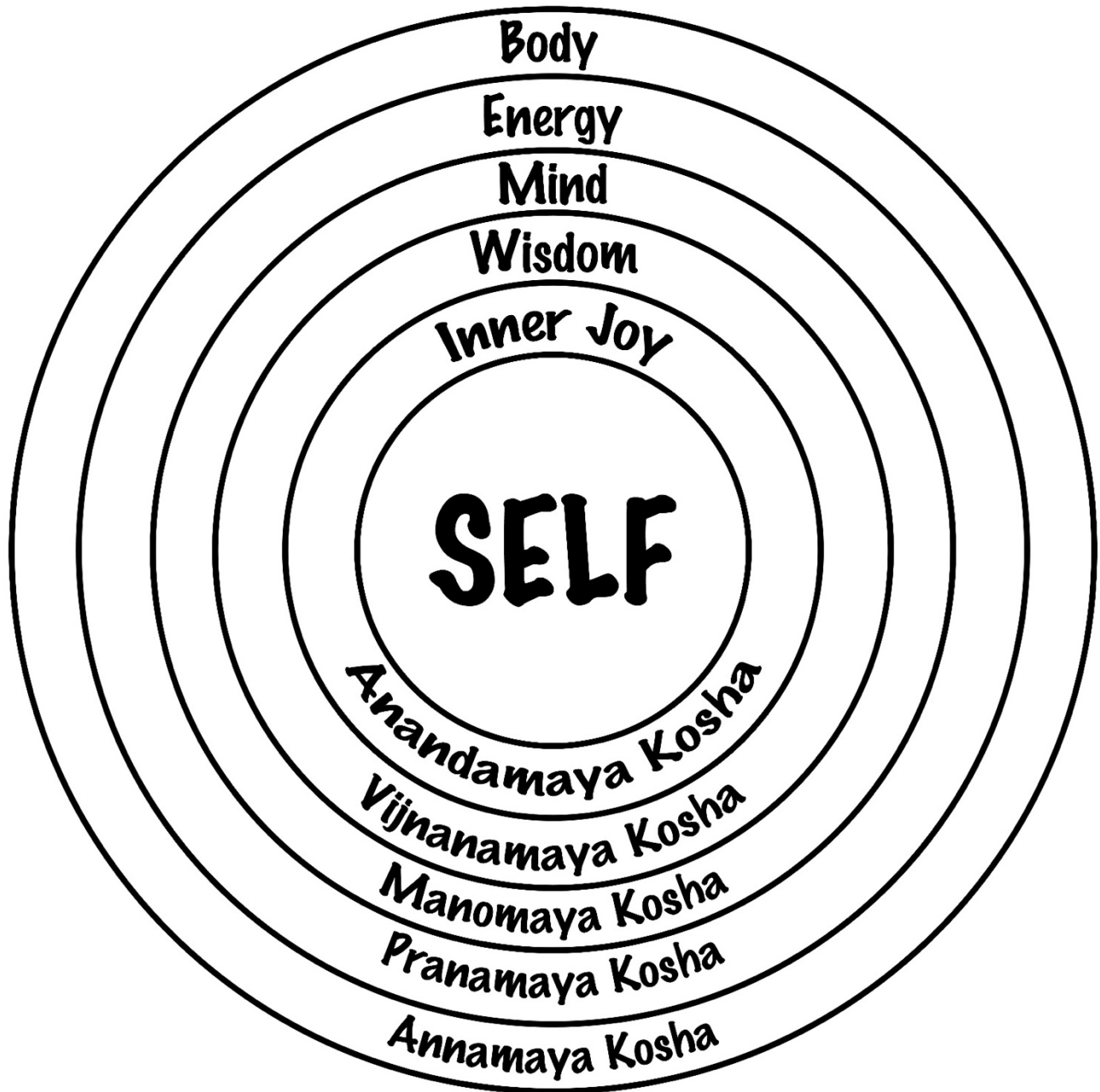


# The Koshas:

## The Self and Its Coverings



# Experiment - KOSHA Meditation for Kids

Lay on your back or sit in a quiet spot by yourself. Listen, and repeat the sayings either quietly to yourself or out loud.

1. Body
  - a. Now, take a deep breath in, and let it out. As you let it out, relax your body.
  - b. Your body is strong. It moves different ways, lets you eat good food, and do the things you love to do.
  - c. Say (or think), "I am grateful for my body."
2. Breath/energy
  - a. Now, breathe in, breathe out, and relax your breath. Feel your energy relaxing.
  - b. Your breath keeps you alive. It helps you when you exercise, it helps you relax and control your emotions, and it keeps working even when you sleep and don't know it.
  - c. Say "I am grateful for my breath. I am grateful for my energy."
3. Mind
  - a. Now, breathe in, breathe out, and relax your mind.
  - b. Your mind helps you see the world and make sense of it. It allows you to be curious, creative, and understanding.
  - c. Say "I am grateful for my mind."
4. Intuition
  - a. Now, breathe in, breathe out, and relax and notice your intuition, your inner wisdom.
  - b. Your intuition helps you to know right from wrong, to know what the right thing for you to do is, and how to know and be who you are.
  - c. Say "I am grateful for my intuition."
5. Bliss
  - a. Now, breathe in, breathe out. Relax and notice your inner joy deep inside your heart.
  - b. Your inner joy is what makes you feel connected to your Self and to others. It helps you know what is important to you, and lets you find peace even when things are challenging on the outside.
  - c. Say "I am grateful for my inner joy."
6. Self
  - a. Now, breathe in, breathe out. Relax and notice your true Self.
  - b. Your true Self shines through all parts of you. It lets you experience life and know that you are alive.
  - c. Say, "I am grateful for my Self."