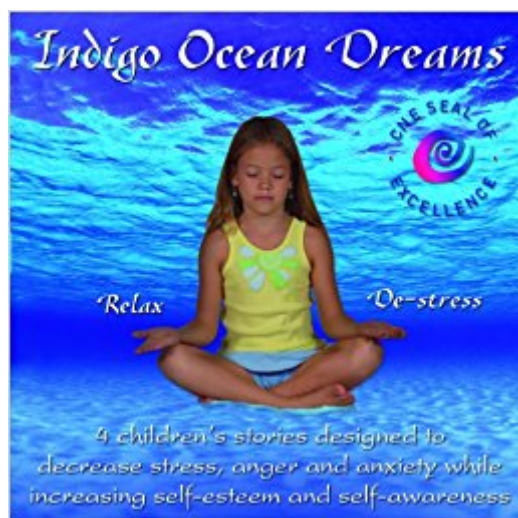




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Indigo Ocean Dreams: 4 Children's Stories Designed To Decrease Stress, Anger And Anxiety While Increasing Self-Esteem And Self-Awareness



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: 4.4 out of 5 stars 208 customer reviews

Best Sellers Rank: #25,739 in Books (See Top 100 in Books) #2 in [Books > Books on CD > Children's Fiction > Music](#) #3 in [Books > Books on CD > Health, Mind & Body > General](#) #4 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#)

Age Range: 6 - 12 years

Grade Level: 1 - 7

Customer Reviews

Calms my students whenever they become restless, stressed or anxious. A staple resource for every elementary school library! --Jamie Marks - Special Education Teacher, M.Ed
These techniques have an immediate, positive impact on my patients. A must have for every children's hospital and home. --Janet Hillier, R.N.

Lori Lite is a pioneer in the field of children's stress management. She has dedicated her life to helping families reduce stress, anxiety, and anger. Lori created Stress Free Kids and a line of books, CDs, and lesson plans designed to help children, teens, and adults decrease stress, anxiety, and anger. Her work is considered a resource for parents, psychologists, therapists, child life specialists, teachers, doctors, counselors, and yoga instructors. She has been nationally recognized on Shark Tank, CBS News, and as a Sears parenting expert. Her sought after practical tips and articles can be found in hundreds of publications to include; Family Circle, NY Times, Web MD, Real Simple, Prevention, and Aspiring Women. Lori's titles are also available in Spanish, Apps, and eBooks bringing stress management to Smart Boards and making classroom implementation easy. Her constant upbeat presence on Facebook and Twitter (Stressfreekids) make her a real-time resource for anyone seeking practical advice for stress free living. For more information visit [StressFreeKids dot com](http://StressFreeKids.com)

Reading the reviews I was a little worried this was only for helping children fall asleep. While we did fall asleep to Sea Otter Cove tonight we've enjoyed the others wide awake and love it. Not only do I enjoy following along with this with my four year old daughter I also enjoy watching her with it. Just this morning she was listening to Bubble Riding and I was making breakfast and it was so neat to see her eyes closed and swaying with the plants at the water spout. To address some complaints:

this is repetitive and the stories are simple but that is the point of meditation. It's not to get you wound up in the story but to lull the mind and body into a different state of being and this works perfectly for that. Also the voice does not have a lot of up and down to it but it shouldn't since it's again supposed to be relaxing you not working up your senses. Also this is perfect for my four year old daughter. I suppose some kids might not be up to sitting still for it by four but I wouldn't underestimate any child till they had a chance. After all worse case scenario they are a little young and you wait six months and try again. Also I find it really helps if I listen with my daughter because she learns through my modeling just as much as by enjoying the stories and journeys they sea child goes on.

One reviewer said that this CD was repetitive. Actually, it's not -- my kids are always asleep by the time we get to the Caterpillar relaxation on the first CD, and here we get to do relaxation with Angry Octopus first off. So there is that important variation. And, with kids, different animals inspire the mind to various stories -- my children don't see these as redundant at all. The CDs are the same in terms of having such soothing, relaxing, and inviting presentation -- and that is great! I love the way that these discs send our imaginations thinking before bedtime, and the way our thoughts turn to positive thinking and stress management so that our brains can process that data during sleep. Definitely a home run. Thank you for the great work!

Indigo Ocean Dreams is important in light of current research regarding the brain and the detrimental effects of stress. As early humans struggled to endure, their brains became "hard wired" for survival. Today, though, only on rare occasions do we fight or run for our lives. Modern human brains when stressed, nevertheless, elicit the same fight or flight response our ancestors experienced. The problem lies in our inability to consciously recognize our brains still react to modern stress in a primal manner. Our brains still trigger hormones meant to optimize survival. Bodies become battle ready. Yet, unlike our ancestors, we experience few events that tell our brains, "Stop stressing. The danger has passed. Let's relax, feel safe and appreciate the fact we live for another day." Conversely, our ancestral brains learned how to reduce the deleterious effects of stress through relaxation and rest. With fire as a major safety tool and language a close second, humans developed the habit of nightly evaluating events. These reviews, especially the most meaningful, became part of a storytelling tradition. Children grew up hearing life-lesson stories. The flickering fire, the protection and warmth of shelter, and the hypnotic tone of the speaker's voice lulled listeners into a relaxed, trance-like state. Herein lies the antidote for contemporary stress,

what stress-reduction scientists call the "relaxation response." Indigo Ocean Dreams helps children relax in a healthy, natural way. The stories speak to life as manageable and safe. Guided imagery and soothing suggestions induce the relaxation response and provide problem-solving lessons. Unlike the case with many relaxation recordings, the speaker's voice and delivery are pleasant. As a mental health therapist, I find this CD immensely useful. I suggest families purchase a copy and use one of the four stories nightly for at least a month. I have seen phenomenal success in some very tough cases. Indigo Ocean Dreams: 4 Children's Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness

Very soothing narration of stories with good messages. The ocean sounds are also very nice. My 7 year-old daughter likes this CD at bedtime.

My boys (ages 6&8) love this cd. They listen to it nightly as they are going to bed. I would say that they stories are for kids aged 4 - 10. I think over 10 and the stories seem too babyish but might be ok. The stories really seem to help my boys relax as they go to sleep and feel comforted. The narration comes from a man who has a very soothing and calming voice. In the background are very soothing sounds of the sea. Their two favorite stories are: The first story is angry octopus. It is about an octopus who loses his temper and feels out of control. He is taught not only that he can control his temper but how to control it. The relaxation exercises that follow are very useful and work wonderfully. The story affirmation weaver is also wonderful. It teaches kids about self esteem and telling themselves good things about themselves. The other two stories are Sea Otter Cove and Bubble Riding. These are also very calming and relaxing stories. I would recommend this cd for all kids. They don't need to be having a hard time for these stories to help them relax and distress.

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Indigo Teen Dreams: 2 CD Set Designed to Decrease Stress, Anger, Anxiety while Increasing Self-Esteem and Self-Awareness (Indigo Dreams) Indigo Ocean Dreams: 4 Children's Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness Indigo Dreams (3 CD Set): Children's Bedtime Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness Indigo Teen Dreams: Guided Relaxation Techniques Designed to Decrease Stress, Anger and Anxiety while Increasing Self-esteem and Indigo Dreams: Relaxation and Stress Management Bedtime Stories for Children, Improve Sleep, Manage Stress and Anxiety (Indigo D Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become

Free, 10 simple ways) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) Anger Management: 7 Steps to Freedom from Anger, Stress and Anxiety Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers) Dreams: Find Out All About Your Dreams For Greater Happiness And Success: Dreams & 9 Free Books (Dreaming, Dreams, Interpreting Dreams, Dream Meanings) The Power of Positive Energy: Powerful Thinking, Powerful Life: 9 Powerful Ways for Self-Improvement,Increasing Self-Esteem,& Gaining Positive Energy,Motivation,Forgiveness,Happiness ... Happiness, Change Your Life Book 1) High Self Esteem Hypnosis Bundle: Boost Your Confidence, Know Your Worth and Develop High Self Esteem with Hypnotherapy and Meditation The Six Pillars of Self-Esteem: The Definitive Work on Self-Esteem by the Leading Pioneer in the Field How to DECLUTTER Your Mind: How to Regain your Self Esteem & Self Confidence: How to Stop Worrying and Relieve Anxiety: Deliver Me From Negative Self Talk The Indigo Notebook (Indigo Notebook (Paperback)) The Indigo Notebook (Indigo Notebook (Hardback)) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) BULLSHIT: 50 Swear Words to Color Your Anger Away: Release Your Anger: Stress Relief Curse Words Coloring Book for Adults Boundaries : The Power Of NO (Codependency, Social Anxiety, Assertiveness, Self Confidence, Self Esteem, Toxic Relationships)

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