

# Magic Cloud Emotional Release for Children

When wanting to help children find ways to deal more effectively with an overwhelming emotional state, there are various stages to consider as important green lights along the way. Missing some of these steps can hinder or even drive the emotions in deeper, raising defenses or more opposition to the very release of painful or disturbing emotions.

As a parent, you may feel at times that you are pressing your face against the glass with them, looking helplessly through the window at what the child perceives is the cause of the heightened state of emotion they may be in. Staying calm, fiercely compassionate to their plight and most of all, giving time to this exercise becomes a valuable experience of building trust with them, as well as helping them move through and out of the emotional state back to a state of equilibrium.

Sometimes it requires you do this exercise within yourself in order to be available to your child's need. Practicing as often as possible also enables changes in the neurological networks of the brain that set up the automatic responses to specific stressors your child may experience.

1. Identifying and recognising negative emotions involved in the problem your child is experiencing
2. Finding the space between the contraction such emotions are causing to the way the child is viewing the situation. In other words, rising above the problem and finding the way to take their face away from the glass and seeing it from a higher place.
3. Letting in the Air..... not earthing more into the problem. using the breath as the equipment, vehicle to move through and out of the problem. Using imagination, visualisation to let go of the disturbing image.
4. Removing the Rubble and debris of the "Hurricane" and opening the window
5. How to keep the Window Open Let the Wind Purify You and help you Fly.



# Magical Cloud

Clouds are graceful and always changing, always “shapeshifting” surrendering to different forms. Just as water changes shape in a river to move around a rock, so to, clouds are made of water droplets and ice crystals and sail in the sky against the pressure of air and wind patterns. Looking up to the sky and seeing these shapes changing and seeing how what shapes may take the form of dragons, demons, or angels, or anything that might remind your child of the problem they face. Ask your child to share what they see in the clouds, what shapes, images etc. In the same way, notice what you see and feel, when you look up at the clouds. Start also by seeing if you can breath and move the clouds along the sky, keep breathing and let yourselves play.

Whatever you discover, help your child find the meaning for them. This could simply be seeing the movie of the drama play out through different images they are seeing in the clouds or just getting better insight or understanding through the shapes. Perhaps your child might want to create an image of a dragon or shape that might help them in their difficulty.

Cloud formations reflect the dark and light of your emotions and soul. When you experience worry, fear, anxiety, anger, frustration, hurt, picture them drifting across the sky like clouds, not attaching to the feeling. Keep breathing slowly and deeply. Let the air of your breath move them along. Practice letting emotions pass in the sky, light as feathers, formed, then formlessly disappearing according to the shapes your child is seeing. Seeing things come and go, taking shape then disappearing. Remember, when you hold on too tight, you stop the flow of the clouds, you keep the window shut, and stay stuck in the problem

Seeing the wind clearing away (breath) all the rubbish (emotions) that kept it all stuck in place. Breathing them away helps to open the mind to flowing with whatever comes and will allow it to become easier to do so.

Ask your child to squeeze together their thumb and middle finger at the time they are breathing out as they let go of those emotions. Let them know that they can keep this image in their own special cloud, that they can take out whenever they may want to step out of their intense emotions. All they need to do is close their eyes, see those clouds, use the wind of their breath to change the shapes of those unwanted emotions and feelings. Breathing away the debris so the wind can keep flowing and shaping the clouds into how they want them to be.