



paradigmnouveauenterprises

SYNERGISTIC EMERGENCE IN THE 21ST CENTURY

Yoga Readings

New Year's 2006

Meditation ... Easy as 1, 2, 3

Every night my kids meditate and journal with me. We've been doing this for a couple years now. I love it. It's one of the only times when they don't resist me, unlike when I tell them to clean their room and brush their teeth. They never worry about "trying to do it right." There's no mystery. It's as if they get to go to the safest place in the world where no one tells them what to do and they can sit and BE, as easy as 1, 2, 3.

