

Red Apple Mindfulness Meditation

By Chuck Hartman | Written August 8 & 9, 2021 | From: The Mister Chuck Channel | <https://youtu.be/PDp2pDOGmc4> | <https://www.chuckhartman.com>

Sit quietly and take in a deep breath through your nose, and release the breath through your mouth. Make sure you are taking deep breaths from your diaphragm. Your diaphragm is a muscle that rests at the base of the chest and separates the abdomen from the chest. So, when you breathe from your diaphragm, your stomach should push out when you breathe in and relax when you breathe out. If your shoulders rise and fall as you breathe in and out, then you are not breathing from your diaphragm. Make sure your stomach is pushing out when you breathe in and relaxes when you breathe out--this is how you know your breathing from your diaphragm.

Sit quietly and take in a deep breath through your nose, and release the breath through your mouth. You may even close your eyes if you wish. Take in a deep breath through your nose, and release the breath through your mouth. Once more, take in a deep breath through your nose, and release the breath through your mouth.

Now imagine a tree. This tree is not any ordinary tree; this tree is an apple tree. Now, imagine that you are a flowering bulb on this apple tree. Continue to take in a deep breath through your nose and release the breath through your mouth. Again, take in a deep breath through your nose, and release the breath through your mouth. Once more, take in a deep breath through your nose, and release the breath through your mouth.

Now, imagine the warm sunshine shining down on you. Welcome the light of the sun in and enjoy the warmth the sun provides. Continue to take deep breaths.

Now, as you take in all the cheerful warmth of the sun, begin to let go of feelings of anger, feelings of fear, and feelings of jealousy. As you breathe in through your nose, imagine that you are breathing in the warmth of the sun. As you breathe out, imagine that you are blowing out anger, fear, and jealousy.

As you continue to take deep breaths, imagine something magical begin to happen. Imagine that your flowering bud becomes a small green piece of fruit.

Continue to take in a deep breath through your nose and release the breath through your mouth. Again, take in a deep breath through your nose, and release the breath through your

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mouth. Once more, take in a deep breath through your nose, and release the breath through your mouth.

As you take in the cheerful warmth of the sun and release anger, fear, and jealousy, imagine that your green fruit gets bigger and bigger and bigger. Continue to take in a deep breath through your nose and release the breath through your mouth.

Now, imagine that your green fruit starts to mature into a big red juicy apple. Continue to take in a deep breath through your nose and release the breath through your mouth. Again, take in a deep breath through your nose, and release the breath through your mouth. Once more, take in a deep breath through your nose, and release the breath through your mouth.

You are now a ripe red juicy red apple. You are in control of your feelings. You are growing well. You should now feel relaxed and focused. You may open your eyes if they are closed. Anytime you need to feel clarity and focus or release feelings of anger, fear, and jealousy, merely repeat this exercise. I'll see you again soon for more mindfulness exercises.

Explanation & Focus

Today's mindfulness exercise will help children release feelings of anger, fear, and jealousy and welcome feelings of positivity. The exercise can be replicated at home, and the red apple theme can be replaced with what is most meaningful to you or your child. The feelings that are being released in this exercise can also be replaced with feelings that hinder your child. The focus of this meditation is expelling the maladaptive (breathing out) and welcoming the adaptive (breathing in), so your child can mature well (like a green apple that becomes red by receiving in the sunlight).