

Stellar Dreams Fairy Tale - Meditation for Children Series / Book 3

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Planetopija
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22, 5 x 25, 5 cm, 39 pp
5+ ages

Sun-like stars light the night. The extraordinary beautiful crescent moon is already dancing in the sky. She invites you to a soft world of dreams and light.

The picture book *Stellar Dreams* is an excellent choice for bedtime reading. As a toothbrush that cleans the teeth before sleep, this literary lullaby washes off dark feelings that we may encounter during the day. Of course, we do not have to wait for the evening to embark on this journey among the stars. We can safely join the crescent moon and visit fluffy clouds whenever we are faced with unpleasant feelings that obstinately persist in us and steal the feeling of lightness in our lives. Petra came up with the idea for the book after doing a Taoist meditation on Inner Smile. In this meditation, we mindfully travel to different organs in the body which represent a storage for unexpressed emotions.

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