

The ★ Magic Mat

and its little secret...



FREE
DVD
INCLUDED

A magical tool for developing happy, relaxed, loving and healthy children

Carmen Clews

Welcome to your magic mat, your own special place where magic happens.

You will go on a journey, which can make you feel happy inside, where you can find out who you really are. The magic mat also knows a little secret, which will be revealed to you at the end of today's journey, so listen very carefully.

Let's start by asking
the magic to begin.

By saying a special word
you can stir up and connect
to all the magic in the world and beyond.

Take a deep breath in and say
AhhhhhMmmmmmmmm
for as long as you can.

Do this three times.

Ahhhhh Mmmmmmmmm



Start the magic with
some movements to get it going.

Standing up,
imagine you are sprinkling magic dust
on to the mat.
With arms stretched
out wide,



Pressing both hands onto the mat,
soak up all that
lovely magic into
your hands.

sprinkle, sprinkle



and tall above
your head,



pat, pat

pat, pat

Down your arms,
over your shoulders,
on your face
and to the top
of your head.

Pat the magic from your hands all over your body.

Starting at your feet, then ankles
and up your legs.

Then all over your bottom
and onto your tummy and chest.

Hey! Congratulations, you are now
completely covered in magic, so let's have some fun.



Did you know that many animals have special
abilities that help make them happy?

By copying these animals, you might also learn these
same special abilities.

Choose those you feel you need today.

Stay for as long as you feel comfortable and
remember to breathe
in and out through your nose.



Butterflies feel free

Sit with the soles of your feet together. Gently flap your arms and legs together like wings flying to freedom, where shall we fly to today?
Breathe a few times before bringing your wings down to rest.

Tortoises look within to feel safe

Bend forward, sliding your forearms under your legs, round your back and bring your head towards your feet. Stay in your shell, feeling safe.



Bears trust in themselves

Standing up, bend over from your waist and hold onto your ankles, one in each hand or wherever you can reach. Keeping your legs straight, watch where you go as you lumber around like a big heavy bear, trusting that you know exactly where you want to go.
Come up slowly when you're back on your mat.



Leopards are confident

Standing with your hands and feet on the ground,
bravely walk around using opposite hands and feet.

Growl and feel what it is like
to be as confident as a leopard.



grrrrrrrrrrrowl

Giraffes stand up for themselves and their loved ones

Stand up tall on your tiptoes,
raise your arms high in the air
and walk around.

Kick straight long legs
out in front of you, one at a time,
feeling what it's like

to stand up for yourself.

Do this a few times before
coming back to your mat.



frrro oaaaaarrpp

Elephants remember who they really are

Walk around the room swinging your trunk.

Stretch it high up into the air
and let out a big elephant trumpet sound,
letting everyone know who you are
as you bring your trunk back down.

Cobras are flexible in their bodies and minds

Lie on your tummy and place your palms down next to your ribs.

Arch and lift your chest, feeling your flexibility.

Lift up like a cobra,
stretching your body and mind.

Breathe a few times and
slowly lower yourself
back down.



Peacocks feel proud

Sit upright with your legs wide apart.

Slowly walk your hands as far forward
as you feel comfortable.

Think about how proud
your beautiful
feathers make
you feel.



Dragonflies are not attached to things

Lie flat on your tummy with your arms by your sides and forehead down.

Gently lift your head to look straight ahead.

Softly flap your little dragonfly wings out to the side
not being attached

to what you look or feel like.

Breathe a few times
and slowly lower yourself back down.



Breathe a few times and slowly
come back upright.

the little secret

And now it's time for you to find out about the little secret.



The magic is inside of you; it always has been and it always will be. You can stir it up and soak it in at any time, and anywhere.

Closing your eyes, quietly breathing and thinking happy thoughts.

Sitting on the bus,
in a quiet spot in the playground,
in your garden,
in your bedroom,
anywhere...



Whenever you want to connect to the magic, you don't always need the magic mat to take you there, it is already inside you.

Congratulations on finding your own true magical self.