

And of course, as your brain cools under the gentle fingers of this pure fresh **blue** water so its able to reorganise all the information it has stored and that helps you to understand it more easily. It also helps you to take in new information more easily, so in effect this beautiful fresh **blue** water is helping you to learn more easily too.

And so, as that cool soothing water continues its way down through your brain and into your spine all the way down to your waist, so it runs along the thousands of branches of nerves which go from your spine to every part of your body. All the way down your arms into your wrists and hands and to the very tips of each and every one of your fingers and all the way down your legs into your ankles, feet and toes right to the very tip of each and every toe. Bathing, cooling, soothing and massaging each and every cell and releasing tension and tiredness as it goes and that's replaced by energy giving calmallowing you to feel so very, very happy and so very, very relaxed.

And to help you relax even further the water is washing on down through the muscles of your head, face, neck and shoulders, washing away tiredness and tension and replacing it with energy giving calm.

And so it continues down from your shoulders, through the muscles of your back to your waist and down through your arms, your wrists and hands and into the tips of each and every finger, bathing, cooling, soothing and massaging as it goes. And so it continues down through your chest muscles into your tummy. And as this happens your breathing becomes easier, as the fresh pure water washes away tiredness and tension from those muscles and replaces it with a clear **blue** film of calm. And that calm is a very special energy source which you can store in your muscles, to use whenever you need it, at home, at school and at play.

Serious point number2. This technique will bring about change in your child. This includes raising confidence and self esteem. That could mean a bit more back chat than you are used to. A child suddenly more independent, less malleable than you are used to. My advice to you is this:

WELCOME IT LOVE IT EMBRACE IT

If your child is going to become strong and independent outside the home and be able to stick up for himself or herself, who else are they going to feel safe enough to practice on but good old reliable, loving, mum and dad. Just bite your lip, smile inwardly and KNOW you are on the right track.

The pendulum will spring back to a more middle position, I assure you.

Lighter now.

Don't forget to pepper your child's name throughout the story. Begin by writing their name in the space provided in the note on the Garden door (top of page 2) and use it at every appropriate point in the story to personalise it for them. Any problems email info@edinburghstudies.co.uk putting the word GARDEN in the Title.

The story can be read at any time of the day or night, but for best results they should be in bed ready for sleep. You can read it every night for the rest of their lives if you both want, but generally, they will tire of it after about 10 -14 nights, though younger ones might want it for weeks on end.

Read it as often as they like but especially around exams or stressful times at school or at play or at home.