

## The Three Stars

If you would like to try some relaxation exercises with your children, involving angel energies, you could try the game "The Three Stars":



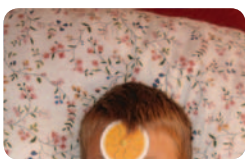
- » Place all the symbol cards upside down on a smooth surface (table, floor, etc.)



- » Let the child mix the cards up, and draw one of the 21 Angel Symbol cards.



- » Have a look which Angel Symbol the child has drawn, and find the appropriate story from the book.



- » Now the child can stretch out comfortably on a mat, or blanket, on the floor. It should spontaneously decide which part of the body it wants to put the symbol on, while listening to the story:

- on the Thought-Star (in the middle of the forehead = eye chakra),



- on the Feel-Star (right on the heart = heart chakra) or



- on the Fear-Star (above the navel = solar plexus).

At this point, you should observe the child:



- » **If it often puts the cards on the Thought-Star**, it is probably a thinker, tending to mull over things. It might be cerebrally oriented, and intellectually overcharged. This is not necessarily negative. The child simply wants to understand things, is eager to learn, and curious about life, and everything life offers.



- » **If it often puts the cards on the Feel-Star**, then the child is full of heart. Possibly too full. Maybe it takes too many things to heart. Or it may have a wide-open heart chakra, radiating lots of love.



- » **If the symbols are frequently put on the Fear-Star**, it might hint at (hidden) fears. It could also mean that the child is well-centred, and balanced. But don't worry: working with the symbols helps you realize and transform these blockages.



Symbol cards can sometimes show a too much or a too little. For example, the card number 09 "Dunael". The topic behind this symbol is self-centredness. This could mean that the child gets, or needs, too much, or too little, attention. It is constantly put on a pedestal, and seeks attention.



After reading the story, you could talk to the child (the group of children) about the text. Maybe it does not want to let go of the symbol any more. You could create a separate angel corner, decorating it with beautiful flowers, stones, or children's drawings. There, the child can put its Angel-Symbol on a piece of paper, with its name on it.