

# NLP for KIDS Technique: THE ZEN MIND TRICK

If your kid has had a traumatic experience and keep reliving it in their mind, they are stuck in the past.

If your child is dreading something that's coming up soon and are already feeling anxious just imagining it, they are living in the future.

What can really help bring them peace of mind in these situations is to bring their attention firmly back to the present moment.

Here is where it's important to possess the mind of a Zen Master!

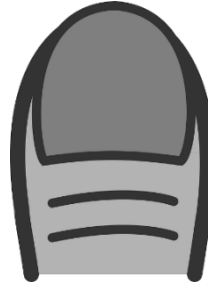
**“Energy goes where attention flows”**

*-Tony Robbins-*

Having a Zen state of mind is to be fully present in the now, which in turn leads to peace of mind and a beautiful sense of calm envelops you.

So how do you get your child's attention back to the present when the past is haunting them (eg: that embarrassing moment they had at school) and the future is tormenting them (eg: the negative thoughts about the next time they have to face that uncomfortable situation)???

*Teach them this and thank me later...*



## Zen Mind Trick: STEP by STEP

1. Look at the **fingernail** on your thumb  
(I mean really look at it!)
2. Focus on **one particular point** on it and don't label it or go off on a tangent in your imagination...
3. Breathe slowly and deeply
4. Just look at that point you've chosen and **focus all your attention on it** until your mind starts to quiet down
5. After about a minute your mind should be quiet and **you are back in this present moment.**  
(This will bring you back from the mind trap of PAST/FUTURE thinking and will allow you to reset.)

**NOTE:** You can also use this technique with a sound (like the humming of the refrigerator) or a feeling (like your clothes in contact with your skin) instead if you prefer. The same principal as above applies but instead of focusing on an image you could focus on the sound of your breathing or how the soles of your feet feel in contact with the ground for example.