

## **Some recent feedback from Aotearoa/NZ**

"Dance into an Inner Light" came into my life as a resource for my work as a trainee teacher. Quite quickly it has become an essential study aid for myself and a healing tool to be shared with my family and friends. As an educator, I can identify the magic combination of sound, visual and language elements which make it a profound yet approachable resource. I consider the tone of the "Fantasy Journeys" to be simple and non-threatening and of value as a relaxing and focussing tool for children in the classroom, in groups or for individuals. Parents particularly will find it of use to share with their children in the process of developing relationships and self healing. Thank you Birgit for this wonderful "book".

*Margot Schweigman, parent and educator, Motueka*

"The book is lovely - a great one to pick up and be reminded on how to just  
BE - Well done!  
Ethan absolutely LOVES the dolphin CD.  
Really amazing to see him respond to this; he is so cool (as is the CD)."

*Linda Peat, naturopath & healer, Tasman*  
(Ethan is her 17 years old autistic boy)

"I am presenting at the world conference for gifted and talented

children in Canada (August 2009) and I would love to take your book."

*Rose Blackett, educational psychologist, Christchurch*

"A very exciting event for me was to receive DANCE INTO AN INNER LIGHT. I very much enjoyed reading it. The music and meditations have helped me get through what have been some very, very hectic days recently. So a big hug and a "Thank you."

*Horace Dobbs, medical research scientist and dolphin researcher, Ferriby*

"Kia ora Birgit  
I have used the book with my class of New Entrants to year 4. Many of the children have never experienced meditation. The book has helped me to introduce them to another way of developing ways to relax and de stress.  
They really enjoy the stories and are more settled and focused after a session. Thank you!  
Hei konei ra  
Sarah"

*Sarah Coup, Te Whanau o Pakarana, Parklands School Motueka*

## Dance into an Inner Light

“What a beautiful colour that front is !!. was the immediate thought, like being brought in to a song was the response to opening the package. It was looking at something magic, mind you having swum with dolphins is the ultimate for anyone.

On reading the finished book, the author has displayed a great insight to the mind of children, who see the world in pictures and first learn a pattern of thinking from what they hear, who they feel and what will allow them to grow within today’s society with more clarity about ‘who they are’ ‘that they too are ok’ they are strong, the world of fantasy translated into a magic place for young ones to grow in – what a change this will make for the future young ones that may have this book to turn to, and the CD to listen to, it will help many parents that are struggling to help their young ones grow with a positive attitude in the rage of the present day society.

Congratulations, Birgit for letting New Zealand enter your world of magic, an insight to what may have lead you to write such a book, with the knowledge and understanding only a young one would know... what they needed to hear.

May this be an inspiration to our parents for their children to listen and read, to close their eyes and walk into the world of light, love and laughter, so that they may pass this on.”

*Moira Buchanan*  
*Founder – Advocate – Consultant*  
LBCTNZ – Hope Train International  
[www.lbctnz.co.nz](http://www.lbctnz.co.nz)

The Learning and Behaviour Charitable Trust of New Zealand is made up of a number of people who all share a common vision, and christian ethos, of raising the social awareness in the area of hidden disorders, learning, and/or behaviour difficulties.

## A few statements to provide an overview of user's comments



"We used *Dance into an Inner Light* with hyperactive children and children with learning disabilities and could increase their concentration span considerably."

Norbert H., St. Leonhard Primary School, Austria

"The meditations were great to resolve tensions and conflicts between the students, (...) and to discover the underlying emotional roots of disruptive behaviour. "

Werner F., Montessori School, Germany

"My daughter is autistic and she greatly benefits from the inner journeys. She is listening to the CDs again and again and creates wonderful artwork with it."

Gabrielle B., Germany

"The fantasy journeys helped to relax the children before and during treatments. They were also used successfully in the wards to relieve the staff and distract the children and help them cope with their situation."

Gerhard O., Haunersche Children's Hospital, Germany

"I am using the guided imageries to help children to access their subconscious and reveal unexpected solutions to heal and grow."

Dagmar H., therapist, Germany

"The book helped my son to access and to express his feelings. We are doing the imageries on a regular basis, and he loves it. He is much more self-confident and less frustrated. (...) His tantrums and sometimes aggressive behaviour vanished and he can cope better with challenging situations, in school and in our family."

Richard B., Switzerland

"As a nurse on emergency wards you sometimes don't have enough time to really care for the needs of the little patients. There is so much going on for them, and we are not trained to deal with their emotional needs. (...) The journeys distract them and let them see beyond their present situation. They give them hope and confidence. (...) Some children connected really well with their dolphin friend and said it helped them recover."

Brigitte St., Haunersche children's hospital, Germany

"Some children have to get used to the meditations first, and it helps to do them on a regular basis. Especially in groups it takes them a while to adjust. But once they are into it, they are led into a state of deep relaxation, and when they come back, they are much calmer, focused and balanced."

Alfred R., Primary School, Germany

"I use the meditations to settle down the class before introducing new topics and to clear stuff which occupies their minds and hearts and might hinder them from concentrating. Meanwhile, they ask for the journeys."

Rita F., Primary School, Germany

"We can highly recommend the regular use of the guided fantasy journeys in class. Especially the younger children react very well to the meditations and are coming up with unexpected answers and ideas. (...) This definitely helps to bring up their creative potential and to inspire them."

Barbara K., Freie Primary School, Germany

"The journeys are designed in a sensitive and respectful way. They leave plenty of space for individuality and, at the same time, provide a framework to make the child feel guided and safe. (...) The wording is chosen carefully and with insight and creates a positive and balancing atmosphere."

Silvia v. B., therapist, Switzerland