



BEAMING BRIGHT, You're a Shining Light



PLAYFUL JOURNEYS FOR BABIES AND YOUNG CHILDREN

WRITTEN BY:
LYNNE COX

DRAWN BY:
PAUL FITZJALAND

MUSIC BY:
CONNIE SANDERS

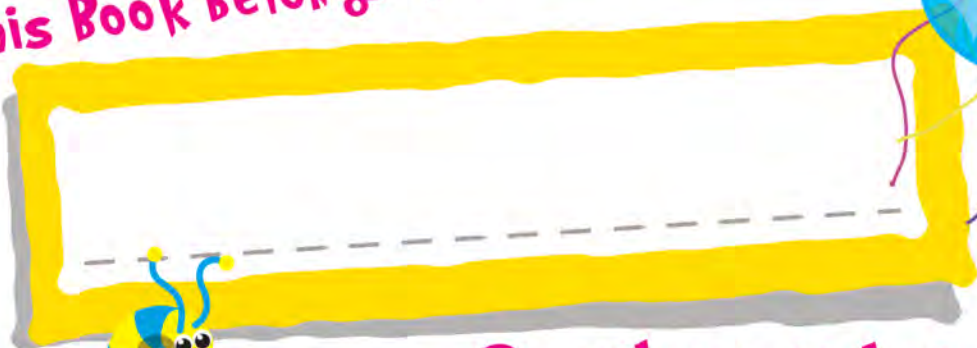


INCLUDES 70-MINUTE AUDIO DOWNLOAD!

Calm, nurturing, stories of joy for prenatal parents, babies, and young children. Read by the author and featuring the music of Connie Sanders!



This Book Belongs To:



OUR SHINING LIGHT!

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This book and CD is dedicated to our precious grandchildren Hannah May, Abigail Mary-Lynne, Rebecca Rose, Samuel Gordon and Fiona Therese along with Paul's children Annie and Penelope FitzZaland. Annie watched her daddy with delight as each illustration was composed. "Is this my story book Daddy?" "Yes Annie, it belongs to you too!"

Learn more about this & other projects at:

www.ShiningLight.ca
www.PaulFitzZaland.com





ABOUT THE AUTHOR:

The Beaming Bright, You're a Shining Light CD and book is the fulfillment of a dream for Lynne. She brings joy to the hearts of babies, children, and adults through her imaginative journeys.



ABOUT THE ILLUSTRATOR:

Paul FitzZaland is an amazing, world class toy designer, illustrator, & animator who brings joy to children. His drawings helped bring life to Lynne's wonderful stories.



ABOUT THE MUSICIAN:

Connie Sanders is a composer, musician, and poet. She composed this delightful music with love to enhance the stories of imagination for the children.



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Musical Composition Copyright - 2003 SOCAN/Lynne Cox

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PLAYFUL JOURNEYS

STORY THEME

I CAN CALM AND RELAX MYSELF
I AM CREATIVE
WHAT I FOCUS ON GROWS
I CHOOSE TO LOVE MYSELF
I APPRECIATE NATURE
I BELIEVE IN WISHES AND DREAMS
I AM FILLED WITH JOY
I FEEL MY PERFECT WHOLENESS
IT IS OK TO BE DIFFERENT
I APPRECIATE MYSELF AND OTHERS
I HAVE DISCOVERED A LOT ABOUT ME



HAVE FUN FINDING THE HEARTS & STARS
TOUCH A STAR AND MAKE A WISH!



A Fun idea!

As children become older, encourage them to make their own book mark with their picture so they can visually become part of each story!



Check out www.shininglight.ca for more information about our programs for parents & young children.


The **BEAMING BRIGHT**, You're a **Shining Light Lesson Plans** for parents, teachers, grandparents and caregivers has over 101 social and emotional learning activities for children. Every activity builds upon the story themes. This helps children strengthen their relationship with themselves and others.



Breathing Free

Find a comfortable place
And lay yourself down.
Take a deep breath
Feel the air flow around.

Like a breeze in you
That's soft and free,
Moving and flowing
So happily.

A colorful illustration of a child with brown curly hair, wearing a yellow shirt and blue shorts, flying a large pink kite with a floral pattern. The child is smiling and holding the kite string. The background features a blue sky with white clouds, green trees, and a river in the distance. Three speech bubbles contain text about breathing exercises.

Take another deep breath
Feel the air sliding by,
Filling your belly
As it grows to the sky.

Now let the air out,
Soft and slow,
As your belly goes down,
Relax and let go.

Take one more deep breath
Feel as tall as a tree!
Now let it out gently,
And feel the harmony.

SHINING LIGHT

Feeling relaxed and free
Your imagination opens wide,
And a beautiful glowing light
Appears before your eyes.

Glowing and shining softly
It warms you through and through.
The light is all around
And it feels so comfy too!

Giggles and laughter fill your ears
And it's so much fun to hear.
Listening very closely
A message is crystal clear.

Hear me -
Feel me -
See me, shining in you!
I am the light that shines so bright,
Loving you, through and through.



**You may not always feel me,
Hear, or see me shine.
But that is quite all right,
For I'm here all the time!**



**I shine all through the day,
And I twinkle every night.
I am forever sparkling,
Brightly colored light!**

**I will take you on a journey,
Full of playful things to do.
I will show you where to find me,
Each day the whole year through.**

**Simply allow your imagination,
To take you far, far away;
To all the wonderful places,
Waiting for you today.**

**Hear me -
Feel me -**

**See me, shining in you!
I am the light that shines so bright,
Loving you, through and through.**





Morning Sun



Have you ever noticed
How the bright morning sun,
Gets up to light the way
For each and everyone?

For happiness waits
For you throughout the day,
To find special moments
In your very own way.

It's full of surprises
The way it can come,
A wiggle, a giggle,
And you feel the fun!

Sometimes it's quiet
And then you will feel,
The warmth in your heart
That is so very real.

Let's create a moment
Especially for you,
To imagine all the favorite things
you **love** to do!

Hear me -
Feel me -
See me, shining in you!
I am the light that shines so bright,
Loving you, through and through.

Flashing Light

**You are looking around
When you happen to see,**

**A bright flash of light.
Oh! What could it be?**



**You stand very still
Looking up and then down,
While the flash of light bounces,
And bounces around.**



**Sun shines through the window
The flash is behind the chair.
Oh look! It's a mirror
shining light everywhere!**

**Laughing out loud
As you walk to the light.
You glance in the mirror
And see me shining bright!**

**I sparkle in your eyes.
I glow in your face.
I beam in your smile.
I'm in every place.**

**I show you your beauty.
I show you your light.
I show you your goodness,
So pure and shining bright.**

**Seeing love in yourself,
Is easy to do.
Just look deep inside,
For the goodness in you.**

**It is there, it is there!
Look closely and see.
It is waiting for you,
Ever so patiently.**



**Choose to love yourself
And be who you are;
A bright shining light,
A warm loving star!**

**Now feel the love
As the tingles flow through;
Loving, loving,
All of you.**



**Wrap your arms around you.
Give yourself a warm hug.
For now you have found,
Yourself to love!**

**Hear me -
Feel me -
See me, shining in you!
I am the light that shines so bright,
Loving you, through and through.**

Birds and Butterflies



Imagine you're outside
On a bright sunny day.
Feel the warmth and touch
Of nature's loving way.

You see little birds
On a branch slowly swinging.
And hear sounds of joy
As they begin singing.

You notice a bird
As it catches your eye.
Flying over to you
To some grass nearby.

You see its bright feathers
So delicate too.
While singing cheerfully
It looks straight at you!

With your heart full of joy
As you hear the melody.
It feels so good
To be in harmony.

A butterfly arrives
And joins with you too.
It flutters around
And around, close to you.

It stops for a moment
Spreads its wings open wide;
Showing its color and beauty
It does not hide.

As you watch the butterfly
It lifts up its wings;
And gently flutters away
To new happenings.

It only took a moment
I'm sure you will agree;
For the butterfly to share its beauty
It's the same for you and me.



The birds and the butterflies
Will often come your way.
Did you know they come,
To brighten up your day?



Hear me -
Feel me -

See me, shining in you!
I am the light that shines so bright,
Loving you, through and through.




Sand Castle Dreams

Moving with excitement
Like a spinning top.
You begin to twirl around
But suddenly, you stop!

Sand is here, and over there,
It's covering up your shoe!
As far and wide as you can see
It's everywhere around you.

You decide to build a castle
It reaches to the sky.
You know that this will be such fun
That's the reason why.






The sand slips through your fingers
As you pile it higher and higher.
The castle grows and grows and grows,
As high as you desire!

You see a pretty feather
And place it on the top.
Then suddenly you begin to dance
To skip and hippity hop.

Creative ideas and dreams
Begin to build in you.
Now I'll give you a moment
To imagine something new.





**When you dream a wish filled dream,
That you would like to see;
Dream it deeply, feel it deeply,
And soon it will be.**

**The more you really want it,
The deeper you will dream.
The more you really feel it,
The more it will build steam!**

Enjoy all your wishes and dreams,
As you learn, and grow.
Believe in yourself, and then just trust,
And soon you'll start to know.

That when the time is right for you,
And for your dreams to be;
They will appear before your eyes,
So real for you to see!



Hear me -
Feel me -
See me, shining in you!
I am the light that shines so bright,
Loving you, through and through.

Bubbles OF JOY!



Glistening in the sunshine
On a little shelf nearby;
Your favorite bottle of bubbles
Shines to catch your eye.

Just for **FUN** you pick it up
And blow bubbles in the air.
Blowing, blowing,
Bubbles are
everywhere!



Little ones and big ones
Dancing all around;
Glistening rainbow colors
Floating up and down!

Just then a shade surprises you
A cloud is floating by;
Covering up the sunshine,
Darkening the sky.





You feel a little drop of rain
Then see the bubbles pop.
Some begin to bounce around
Others flippity flop.

One lands in your hand
And bounces to your cheek;
To kiss it ever so lightly
Then splashes to your feet.

Here's a moment of JOY,
One that's so full of fun.
When you allow them in,
Good feelings always come.

Hear me -
Feel me -
See me, shining in you!
I am the light that shines so bright,
Loving you, through and through.






Rainbow Delight

The sun shines through the rain
And colors begin to glow.
Look a little closer
See a brightly colored rainbow.

Long, long colored ribbons
Coming from the sky.
Inviting you to gaze at them
As they catch your eye.

Bright, bold **REDS**
Delicious **ORANGES**
Sunshine **YELLOWS**
Grassy **GREENS**
Sky **BLUES**
Soft **PURPLES**



The colors are so perfect
You feel the same way too.
They touch you ever so gently
As wellness tingles through you.

Feel your perfect wholeness
With such pure delight!
While playing with all the ribbons
Of beautiful colored light!



Hear me -
Feel me -
See me, shining in you!
I am the light that shines so bright,
Loving you, through and through.

LOVING YOURSELF

Take a deep breath
Feel it drifting through.
You're beginning a journey
Of loving you.

Calming yourself
From head to toe;
Feel your body relax
As you let yourself go.

A shining light appears
Like a peaceful dove;
Sharing happiness and wholeness
And waves and waves of love.

Colors from the light
Brighten and glow.
Look very closely
It's red, orange and yellow.



**Green, blue and purple
Also come your way;
As you feel the tingle
Of each color ray.**

**The colors are different
To allow you to see;
Each has its own beauty
Just like you and me.**

**When you shine your light
In your own special way;
You build trust and kindness
In yourself every day.**

**Just be yourself
And love who you are;
And you'll begin to see
You're a bright
shining star!**

**For you are loved
And lovable too.
Just feel yourself
Loving, all of you.**



The gifts that you have
You'll soon get to know;
By seeing them bloom
And then grow and grow.

So relax into love
And deeply allow;
Your happiest dreams
To show up now.

When you wish to return
Take these feelings of love;
Right into the day
That you've been dreaming of.

Making up gently
And ever so slow,
You feel your body
Saying "Hello."

It's time, yes it's time
For you to start,
Living your life
With a bright, joyful
heart.





Wherever you look
Is where you are going.

So look for the
good
And it will come
flowing!

Now you feel awake
And full of love too,
Now that you know
To **LOVE** all of you.

Hear me -
Feel me -
See me, shining in you!
I am the light that shines so bright,
Loving you, through and through.

SHINING STAR



Imagine as you go to bed
With your blanket soft and cozy.
The one that's always there for you
When you feel a little dozy.

Now wrap your arms around you
And give yourself a hug;
To appreciate yourself today
For the fun filled journeys of love.



Ever, ever so softly
You hear a whispering sound.
“Look out, look out your window,
For love is all around.”

And now look up, look way up high
Into the crystal clear night.
You see the moon and dark blue sky
Filled with twinkling light.

You hear the gentle whispering sound
That’s sweet and soft and low.
A friendly sound that welcome’s you
With a cheerful bright “Hello!”

"Hello. I've come to remind you,
That you're a shining star;
Twinkling and sparkling with light,
See how bright you are!"

When you see the brilliant light
That glows inside of you;
You'll know that you can see it
* In another one too.

Remember - Oh remember,
That others shine so bright,
Only because they're just like you,
A wondrous shining light!

Precious and so lovable
That is who you are;
Beaming bright and glistening
A happy shining star!

Hear me -
Feel me -
See me, shining in you!
I am the light that shines so bright,
Loving you, through and through.



PLAYFUL JOURNEYS



**I've taken you on this journey
To feel and hear and see;
The love and light that lives within
And glows so happily!**

**With each brand new adventure
That you slip and you slide through;
Remember to laugh and have lots of fun
And remember to honor you.**


**Always love yourself
And you will watch yourself grow;
To trust that you will learn
All that you want to know.**

**For there are many journeys waiting,
Every day it's true.
Listening to this often,
You'll discover a lot about you.**

**You can hear me -
You can feel me -
You can see me shining in you!
I am the light that shines so bright,
Loving you, through and through.**







The **BEAMING BRIGHT, You're a Shining Light** CD and book is designed to develop a strong foundation of inner strength for children. How children feel about themselves from birth to aged six greatly influences how they interact in society. Parents, teachers, grandparents and caregivers can create positive, heartfelt moments with children as they listen to the CD or read the stories. Children will feel connected, accepted and loved.

On the Beaming Bright, You're a Shining Light CD for prenatal parents, babies and young children; the stories are accompanied by calm, nurturing, joyful music. Playful journeys inspire babies and young children to feel their precious, lovable nature. The words are spoken slowly so babies and young children can hear and feel the loving language blended into each verse.

Eleven delightful tales in the Beaming Bright, You're a Shining Light book encourage children to feel part of every story. As their imagination is stimulated they will have fun reaching for the stars, building sandcastles, touching rainbows, believing in their dreams and their unlimited potential. Enjoy finding the hidden hearts and stars throughout the book.

"It would be wonderful to see this CD and book in every home."

Jennifer Durkin, ECEBC – Early Childhood Education of B.C. Preschool Teacher

"The CD and Book are a powerful resource. The words and music nourish children's minds and hearts. One of the nicest gifts you can give a child."

Ted Kuntz, M.ED – Family Therapist.

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