

**SPIRITUAL TOOLS AND
STRESS REDUCTION
TECHNIQUES FOR
YOUTH**

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Resources for Parents & Children

OUR AGENDA

- The Youth Anxiety Epidemic Requires Psi Tools.
- The Psi Science of Mind Power
- How to Dialogue About Reality Based on Photos—Start with *Answers to Kids' Deep Questions in Photos* and make your own booklet.
- Understand Gen Y and Z, based on my interviews with global youth for six books.
- Visualization Tools for Resilience and other Stress Reduction Methods, including EFT.



WHY YOUTH NEED PSI TOOLS: THE ANXIETY CRISIS

- The 2023 CDC report on Youth Risk Behavior found 57% of high school girls felt persistent sadness or hopelessness in 2021, double the 29% for boys. 1 in 3 girls had seriously considered suicide and 13% had attempted it. “Young people are telling us that they are in crisis,” concluded Dr. Kathleen Ehtier.
- Why the rise? Isolation during COVID and major emphasis is on the harms of social media, but my interviews with global youth focus on pressure to succeed and worry about the planetary future. Sleep deprivation is common (over 80%), tied to social media.



WHAT IS PSI?

- Psi, a Greek letter, refers to the psyche and anomalous events.
- IONS' Dean Radin's definition: nonlocal consciousness (no space, no time) that effects psychic phenomena.
- Radin finds psi applications fit into seven categories: communication and control, healing, intelligence, forecasting, archeology, dowsing, and counseling.

noetic.org/wpcontent/uploads/2020/12/IONSx-Applications-of-Psi.pdf



RECENT PSI EXAMPLE

- Reading a Zoom energy tools student's mother, who had recently passed over, I saw her with a large white poodle.

The student emailed this photo in response:

“That’s Sophie!! Our standard poodle, Mom used to watch her when we went out of town. She loved her ♡”

*Song prediction story





THE SCIENCE OF PSI

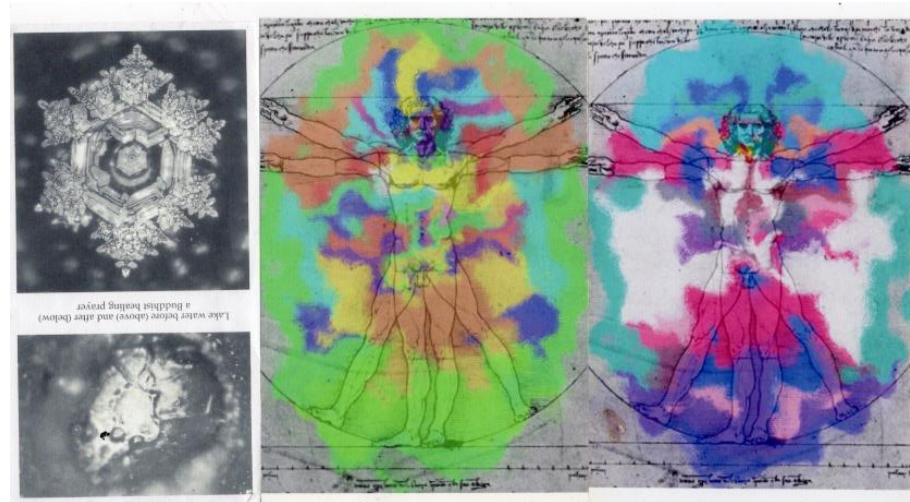
- Quantum mechanics: non-locality=all is connected through what acts like an information field.
- Physics: Mind influences matter through mere observation (double-slit experiment) or intention or emotional connection. Everything is wavy vibration and frequency, including matter, which responds to us.
- Resonance: HeartMath Institute: we are influenced by the earth's and sun's magnetic resonance activity and we "feed the earth's info field," hopefully with heart-centered coherence (Global Coherence Initiative). <https://www.heartmath.org/research/science-of-the-heart/global-coherence-research/> Meditate with heart focus.

Bill Bengston cures mice & humans with resonance and information using his "cycling" technique, which can be transmitted in water.

- Subtle energy anatomy: evidence for biofields/auras, chakras, meridians, and nadis that we can influence for well-being.



AURA/BIOFIELD PHOTOS



EVIDENCE FOR THE POWER OF THOUGHT & INTENTION

Different diseases & reactions in same person with Dissociative Identity Disorder

Placebo (Harvard Prof Ted Kaptchuk)

Hypnosis

Physical reaction to images like films

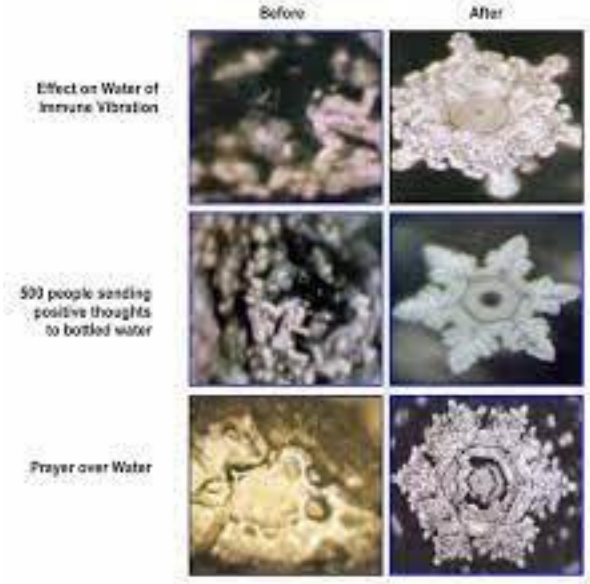
Strengthening a muscle by imaging exercising, doing mental rehearsal

Intention changes matter, i.e., chocolate, tea, wine (Dean Radin & Stephan Schwartz)

Spontaneous remission of terminal diseases (IONS bibliography, *Cured* by Dr. Jeffrey Rediger)



DR. MAARU EMOTO "HIDDEN MESSAGES IN WATER" (REPLICATED BY RADIN, ETC)



MIND POWER EXPERIMENTS

Clairvoyance and ESP

Fill a large envelope with pieces of colored paper. With your eyes closed, pick one and “see” what color it is.

Draw a card from a deck with your eyes shut and “see” what color it is or what suit.

Tear out four magazine color pictures. The sender focuses on visualizing the content of one of the images from a separate room. Then the receiver looks at the pictures to pick the target.

Make ESP cards with index cards by drawing five each of the following shapes: square, circle, three stacked wavy lines, star, and triangle (or print them from wikipedia.org/wiki/Zener_cards/). Select a card, send the image mentally, and have your partner tell you which card you selected.

Have someone secretly put an object in a bag and then tune into its color, size, shape, and texture by doodling. When I hide a banana in a paper bag, students got that it was yellow with a little green, smooth, and elongated.

Telekinesis

Mind Moves Matter (like the character Matilda, the placebo effect, or studies of healing prayer):

Throw dice with the intention to get a specific number or a coin to get heads or tails.

Intend to bend a candle flame, levitate a toothpick, swirl water in a bowl, separate clouds, or put ice cubes in two glasses and concentrate on melting one.

Ground or unground then try walking on a narrow board, or walking with eyes closed, or riding a skateboard or bike while grounded and then ungrounded. Or, have your partner stand and decide to ground or unground without telling you her choice. Give a gentle push to her shoulder to see if she is grounded or ungrounded when his eyes are open. To unground, think about being someplace else, like going to a tropical paradise to get out of your body. Reverse the experiment.



**HOW TO EXPLAIN THE MEANING OF
LIFE?
USE STORIES AND PHOTOS.
ASK QUESTIONS.**

A: God is love.



Q: What is God?

A: God is patterns in the universe. Look for the spiral in the shell, the rose, our DNA molecules, and the M74 galaxy, home to about 100 billion stars, a little smaller than our Milky Way galaxy. Water also spirals down a drain. What other patterns do you see? How do you define God?



Answers to Kids' Deep Questions
in Photos

Gayle Kimball, Ph.D.

Q: How do we know what's real and not real? Which is the real duck?



A: Please look at the basketball passes in this video: www.theinvisiblegorilla.com/videos.html. You'll see why this is interesting after you watch. Albert Einstein said, "It is the theory that decides what we can observe." When we see something, reflected light waves go to light receptors in the retina of the eye and then to the optic nerve to send the message to the brain. People who are color blind will see colors differently than you. Some birds and fish can see shorter wavelengths that we can't see. People who see a car accident or crime may remember it very differently. People used to know for sure that the earth was the center of the solar system and that the earth was flat like a disk rather than round. Doctors only believed in the need to wash their hands while working with a patient beginning in the 19th century. Our bodies look solid but are mostly empty space because the atoms that make up our body are 99% empty space. The earth seems to be still but the earth rotates, giving us night and day. Just because we think we see something doesn't mean it's real.

GLOBAL YOUTH

Transforming Our Future



**Gayle Kimball, Ph.D.
with 4,000 Youth**

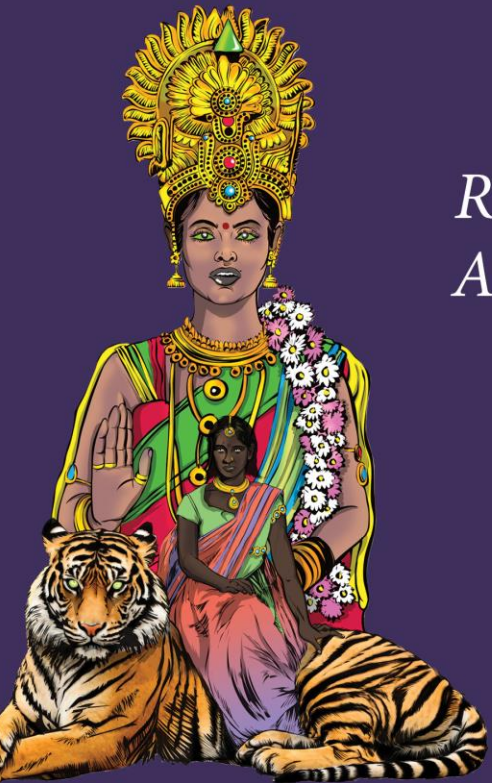
UNDERSTAND GEN Y AND GEN Z

Y: 1981-1996
Z: 1997-2012
ALPHA: 2013

Based on my interviews and open-ended surveys of over 4,000 youth from over 80 countries

YOUNG
WOMEN'S
GLOBAL
REVOLUTION

BRAVE



Vol. 2
*Regional
Activism*

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Kimball,
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YOUNG
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Vol. 1
*Global
Themes*

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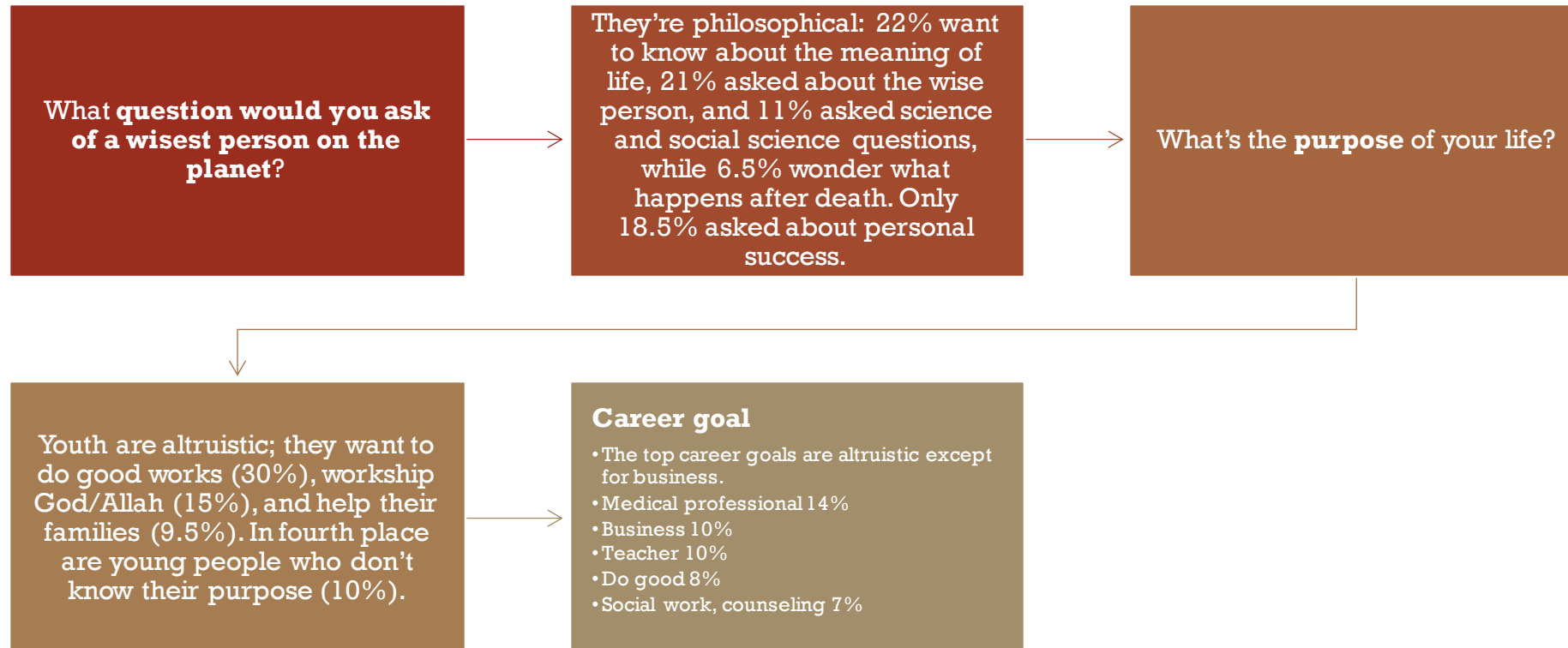
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LISTENING TO 4,000 GEN Y FROM 88 COUNTRIES WITH OPEN-ENDED QUESTIONS



YOUTH VIEWS 2

What **bothers you** frequently?

School work (19%) bothers youth, followed by human nature (10.5%) and their peers (10%).

What's one thing you'd **change about adults**?

Adults are too bossy and strict (15%), too arrogant (12%), have bad habits like smoking and drinking (11%), and should be more understanding (10.5%).

When have you felt **most loved**?

Family is the top source of love (28.5%), especially in difficult times like being ill (20%). Getting praise for school or sports success generates love for 8%, and feeling understood by 6.5%.



UNDERSTANDING GEN Z

- *Climate Girls Saving Our World* draws from Skype interviews with 54 climate activists from 31 countries. My interviewees believe Generation Z is powerful because they're informed by the internet about global issues, they're more moral, and are more media and technology savvy than their elders who threaten their future with their destruction of the environment.
- The typical Climate Girl activist is, according to her self-report, first-born (two-thirds of them), optimistic, communicative, whole-heartedly feminist, determined, passionate, and caring. They were often motivated to take action by well-known girl activists or by their parents.

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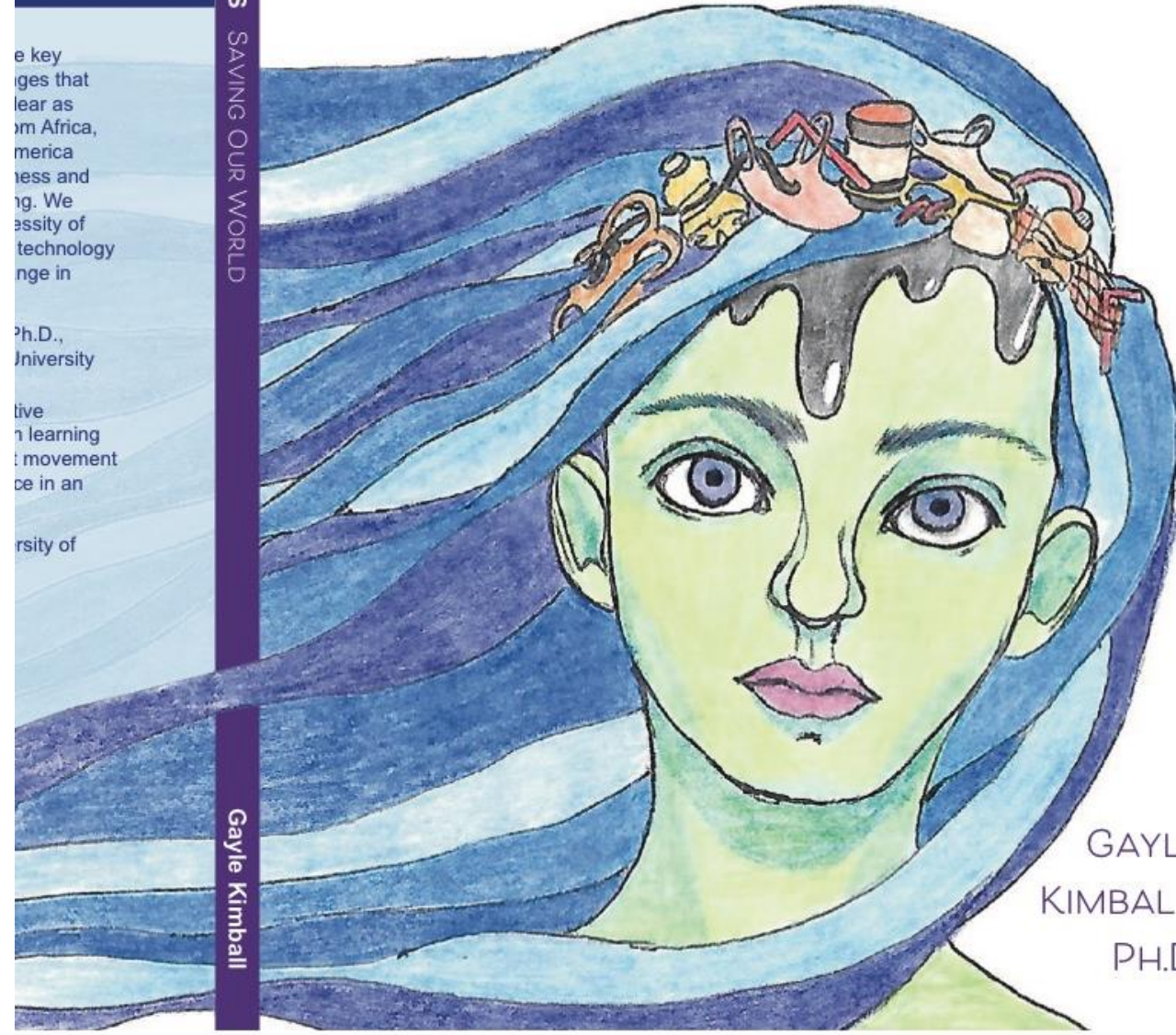
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CLIMATE GIRLS SAVING OUR WORLD

Gayle Kimball

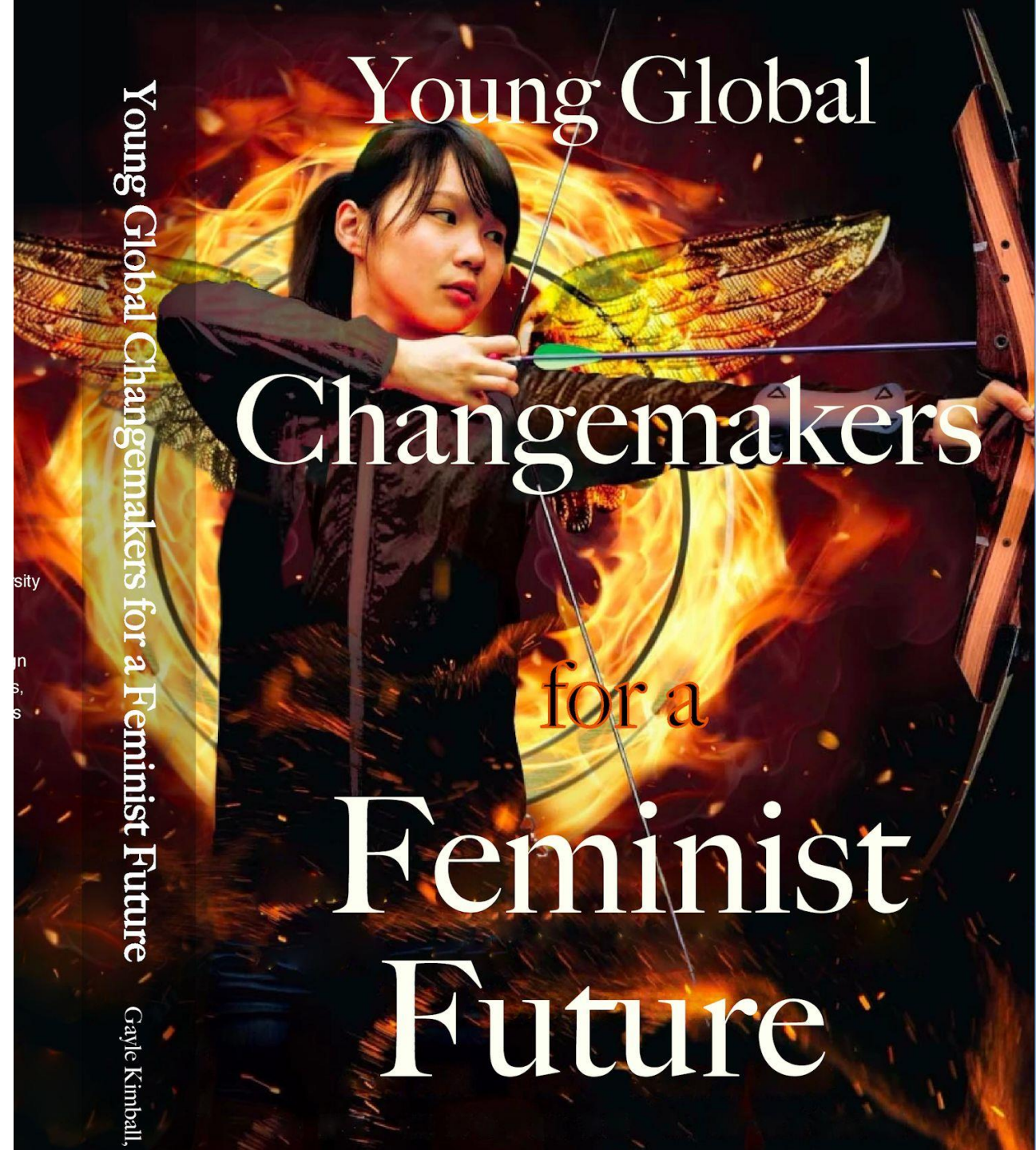
CLIMATE GIRLS SAVING OUR WORLD



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GEN Z

- A defining characteristic of these Gen Z activists featured in *Young Global Changemakers for a Feminist Future* (2023) is insistence on self-definition. As Maria said in Uruguay, “We are constantly constructing and deconstructing ourselves.” They resist traditional socializing forces including religion, family, and social norms. None of them emphasize their religion as a powerful motivation.



Questions for Parents
Parenting: Questions from
Kids
Develop Stress Reduction and
Tools for Kids

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CALM PARENTS AND CHILDREN: A GUIDEBOOK

Gayle Kimball, Ph.D.

CALM

PARENTS AND CHILDREN A GUIDEBOOK

Gayle Kimball, Ph.D.

PSI TOOLS FOR RESILIENCE & STRESS REDUCTION

- **Meditation:** James Gordon, MD. Soft Belly Breathing. Or think “smell the roses” and “blow out the candles.” He also advocates shaking, dancing, drawing your feelings, being in nature, etc.
- **Brain Gym:** cross the midline to transform homolaterality to bilaterality. Use figure eights for healing. Give yourself a hug with one arm on elbow the other in armpit, switch. Do yoga.
- **Acupressure Tapping:** EFT (see articles on my website. Benefits in group tapping). TAT, Ho’oponopono.
- A daily **gratitude** journal (Prof. Robt Emmons)
- Make a **Vision Board** or movie about your desired future.
- Do a **kind act** daily for connection: Discuss it at dinner. Take turns **listening** to each member of your household. **Limit media and isolation.**



HOW TO ACHIEVE GOALS

- **Get a balloon or imagine one. Blow your goal into it. Fill it 100% with amusement, then enthusiasm. Imagine your fairy godmother drive up in her coach and use her wand to fill the balloon with gold miracle dust. Turn the balloon into helium and send it on its way to the goal.**
- **Cindi Dale: imagine streams of sunlight charging your goal. How do you experience them? You can ask your invisible helpers to assist (angel, religious icon, etc.) Charge or “enchant” a rock, connecting it to your helper. Touch it to connect. You can also send healing streams of light to help others.**



Kids' mind power

fun visualizations for kids and the inner child in adults

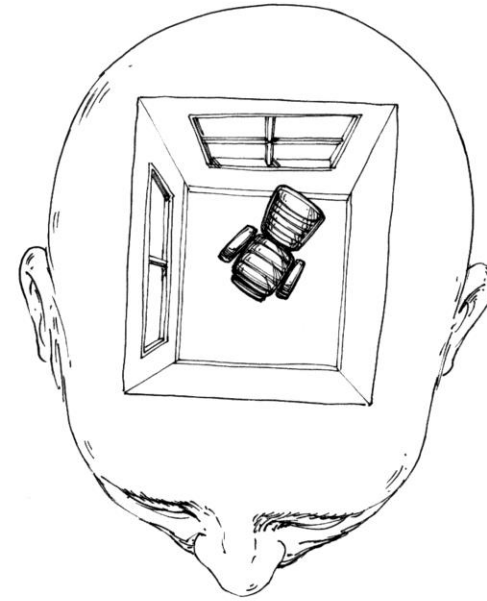
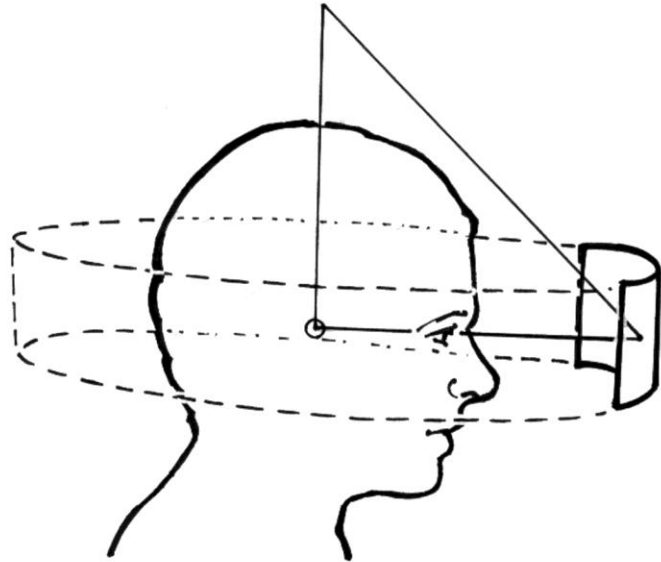


gayle Kimball, ph.d.

MIND POWER VISUALIZATIONS INSPIRED BY LOUIS BOSTWICK

- **Ground:** Draw the grounding cord as a drainpipe and draw all the things and people you're releasing. Take a deep breathe. Let it out, win sounds and whatever yucky feeling you want to release. Put smiley faces around the grounding cord to stay amused.
- **Center:** Imagine a room in the center of your head. Decorate it and see yourself sitting in a throne in charge of your space.
- **Energize:** Imagine a gold sun and stand up into it and feel it hug you or tickle you.
- **Build Boundaries:** Imagine your energy bubble surrounded by your favorite thing, i.e., baseball glove, flowers, rainbows.
- **Healing:** Imagine a small gold sun or bubble in your hand. Fill it with healing happy energy from the earth or the stars. Send it to the person you'd like to give a blessing to, including you.





WAYS TO GET ANSWERS

- Ask from the room in the center of the head and reading screen (see *Essential Energy Tools: How to Develop Your Clairvoyant and Healing Abilities*)
- Muscle test or experiment with a pendulum.



MUSCLE TEST



RESOURCES FOR YOUTH

- gkimball@csuchico.edu www.gaylekimball.info
- www.gaylekimball.info/bookstore: *Calm Parents and Children*, *Answers to Kids' Keep Questions in Photos*, CD "Mind Power for Kids"
- Cosmic Kids Yoga (online) and <https://parentingchaos.com/mindfulness-relaxation-books-kids/>
- <https://edenmethod.com/the-five-elements-for-children/>
- www.energypsych.org/blog/strategies-to-manage-screen-time-with-kids
- *The Seven Spiritual Laws for Parents*, Deepak Chopra
- *Just Breathe: Meditation, Mindfulness, Movement, and More*, Mallika Chopra.

- *Find Your Calm: A Mindful Approach To Relieve Anxiety And Grow Your Bravery*, Gabi Garcia
- *The Mindful Child and Mindful Games*, Susan Kaiser Greenland.
- *Anxious Kids Anxious Parents*, Reid Wilson and Lynn Lyons
- *Transforming Stress for Teens*, Rollin McCraty, et al.
- *The Spiritual Child*, Lisa Miller.
- *Reiki Meditation Children's Manual*, Angela Newman
- *Meditation for Children* Deborah Rozman

