

Us Beings from the Magic Meadow -Love Yourself!-

A book by Thomas Meyer



Pictures by Bettina Rabe
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Dear children...

I have written a book, just for you, about the Magic Meadow. At first the Magic Meadow was only intended for adults, until it turned out, that the Magic Meadow can help children just as well.

Children are little adults, and adults are little children. Only when they don't know enough about each other, then they can't understand one another, and then they need the Magic Meadow. Everybody for themselves as well as for another.

Tim and Tina are two children. Children, just like you, your friend, or your brother or your sister. Everything that they experience on the Magic Meadow applies to you as well. No matter whether you are a boy or girl, and regardless of whether you are only 9 or already 12.

Just wait and see. Once you read this book, or have somebody read it to you, then you will understand just what I'm saying.

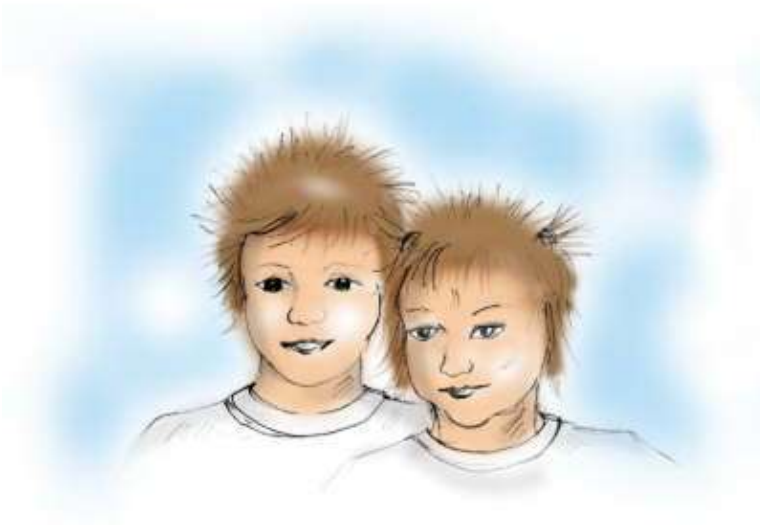


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Wir von der Zauberwiese
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Us Beings from the Magic Meadow *-Love yourself!-*



The twins were about 9 years old. Both of them had short, stubbly, messy hair, so that sometimes it was difficult to tell which one of them was the boy and which one was the girl. Thinking about it, they really didn't look much different from you or your sister.

Just like other children do, Tim and Tina lived at home with their parents. Still they were different.

Tina was loud, got into fights, beat up the other children, and disturbed the other kids in school. She had a fold on her forehead, the one that people get when they are angry a lot.

Tim, on the other hand, was quiet and peaceful, almost shy. He was a good worker in school, and he had big, sad eyes that were always a little wet. He cried a lot. Actually, he cried more than he spoke.

Their mother cried a lot as well. It was the father of the family who made her cry so much. He was loud, he was rough, and often he drank too much alcohol. Then, when he had been drinking, he was especially loud. When that happened, and that was often, Tim would be even shyer than he usually was, and he would cling tightly to Tina, who would whisper in his ear, "I'll protect you."

Of course she knew that she had to protect herself as well, because when the father was drunk and she got into his way, it wasn't a rare occurrence that he hit her or pushed her out of the way. Both Tim and Tina knew that their home wasn't a happy one.

Tim and Tina saw other children in school who got to live in happier, healthier homes than the two of them. Sometimes they were jealous of these classmates.

Tim dreamed of living in a family where everybody loved each other. He always tried to be good and loveable, but he felt that whatever he did, it was never enough.

Tina wanted nothing more than to help her mother. She dreamed of a land in which children could protect their mothers, and in which fathers wouldn't get to say more than their children.

In school, Tina often got bad grades. It was because at home she was too hyperactive, too excited and too disturbed to sit down and study. Tim was different. He studied a lot.

Tina went around beating up the boys and bothering the other girls. It was her inner anger at her situation that made her do this.



When she had beaten up a few children and had let out all that anger and disturbance, then she felt better for a while but the feelings soon returned.

When Tim and Tina were alone, then they tried to let each other know what was going on within them. But because the only adult example they ever had was their quiet mother, they were much better at saying nothing than at communicating what they felt. The only way that the children had in these moments to show each other care, was to hold each other and snuggle, to let that affection help them a little.

Tina always said that one day, when they would be adults, they would move out and would live together. But Tim always threw in that they couldn't go and leave the mother alone. The mother, that was so quiet and sad, who would never leave the angry father anyways.

They kept thinking and wondering, trying to figure out why their father would behave in such a mean and harsh manner. They knew their grandfather, their father's father. They had seen him act just the same. He was dead by now, but when he was still alive, they were

always afraid of him when he came for visits. And even their father still seemed to fear him the way that he did when he was just a child. In the meantime, the always-so-sad mother was called to speak to the teacher. She was asked why Tim was always so sad, and why Tina was always loud and disturbing to the class. But the mother could not answer. All she could do was shrug. After all, she was so sad herself. There was nothing she could have thought of saying. When the father became aware of these things, that there were trouble or complaints from the school, he made that angry face and he said, "I do not want to hear anything like that ever again!" He looked at his children and the mother in a way that was threatening, giving his wife a look as though everything was all her fault.



Tim loved reading books, and he didn't leave the house very often. He loved reading stories about big, happy families, in which the children were happy.

Tina liked going outside. She would play and hang around on the streets, and loved to play rough games.

In the last while however, there had been a change in the life of the twins.

One day Tim and Tina were out on their own again, Tina running ahead as she always would, when an old lady crossed their path. Maybe she shouldn't have done this, seeing how Tina saw her too late, ran right into her, and all of the old lady's groceries that she had just bought and was carrying, rolled all over the road. Tim came up to the scene, and the two children helped the old lady pick up the groceries that had spilled and rolled everywhere by now.

The old lady's name was 'Aunt Lina'. She did not appear to have a last name because even the sign on her door bell only said "Aunt Lina". She had to be at least 80 years old already, even though she had those very young eyes and laughed a lot. She invited the kids to come over to her home, an apartment on the third floor of a very old building, with all the rooms inside furnished in a very old-fashioned way. There were those wonderful, huge soft couches and armchairs, and there were pictures on the walls. The pictures showed animals and children, who were playing and laughing and jumping about happily. The kids were being served cocoa and cookies, and as they were visiting with Aunt Lina, they forgot the time and the world that was around them all the time.

Tim and Tina began visiting Aunt Lina more often now, because she could tell those wonderful stories. Stories, which one never quite knew, whether they were real or make-believe but that were always funny and interesting.

Tim and Tina sat on those big couches that were so soft, that they almost disappeared in the pillows, and they listened and paid attention to every word that Aunt Lina had to say.



In Aunt Lina's apartment, there was this big blue cat named Hermy. Most of the time Aunt Lina was holding Hermy on her arms and petting her without ever stopping, and it appeared that Hermy just had to be the happiest cat in the whole world that there ever was. Besides the cat, there was also a parrot. He was red and green, and his name was Sir James. He kept repeating that name, again and again, as if this was a title given to him in person by the Queen of England.

One day, when Tina was pretty hyperactive, and Tim's eyes were particularly sad again, Aunt Lina said, "Today I want to tell you a particularly beautiful and special story. A story that is different from any other story I have told you, because it is a story that deals directly with the two of you. You two are the main characters. This is really ONLY about the two of you. It is the story about the Magic Meadow, of YOUR Magic Meadow!

While telling you the story, I am going to play music, beautiful Magic Meadow music. It's best for you guys to just lie down on the couch now, close your eyes, and just dream of yourselves. "

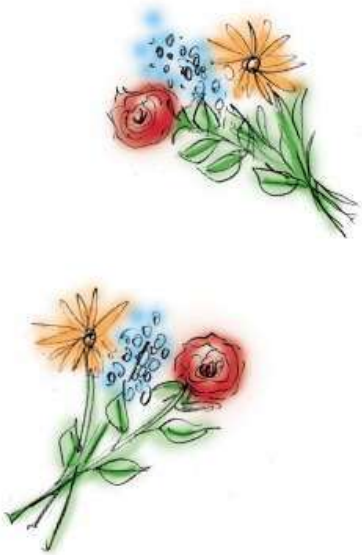


The words
“Magic Meadow” sounded good, and Tim and Tina closed their eyes and lied down comfortably. A beautiful melody began to play, something like the introduction to a fairy tale. Because, after what Aunt Lina had been telling them, they were expecting something like a fairy tale.

“The Magic Meadow”, began Aunt Lina, “is an ancient story that the humans had always had in their heads and hearts. Some people call it paradise, some call it the land where milk and honey flow. Whatever the case may be, everybody is able to imagine such a place...

This place serves a special purpose. It is there to teach children, just like yourselves, what it is that happens with the soul, with the hopes, with the feelings in your heart, and the ideas in your heads.

Why is one person loud, another person quiet, yet another person sad, and a fourth and last one funny?
You can learn all of this on the Magic Meadow.



So, now imagine that you are there. Imagine a wonderful, beautiful meadow. You can see colorful flowers, beautiful butterflies, everything smells like fresh green grass and the birds are singing, maybe even more beautiful than nightingales.

Some of the colors appear to be especially important. Red roses for the love, light blue forget-me-nots for the affectionate snuggling, and orange gerbera grow in excess all over the Magic Meadow.

You are now there, and a magician, dressed in blue, his name being Bartholomew, comes towards you and will now take the lead. You become quieter and quieter, at the same time you can hear the beautiful music, and you get to know the many magical beings that call the Magic Meadow their home. By now, you feel as though you, yourselves, have arrived there fully on that meadow.

“Welcome to our meadow”, said the blue-clad magician Bartholomew. “Glad that you are here! Your name is Tim, and your name is Tina. How do I know this? Well, we know almost everything here on the Magic Meadow. I can tell you already, that this Magic Meadow is able to help you feel better about yourselves. The dark blue color of my cloak shows you that I stand for understanding and for reason. I am able to make clear those things that you have not been able to understand so far.

I know that Tina is often very loud and angry, and I know that Tim is often sad. But I also know that you are always nice and loving to

each other. Especially Tim, since he is the quiet one. But also Tina, because even though she can be so wild and mean to others, she would never do a thing to her brother whom she loves. I know that when you are sad, you try to cheer each other up. This means that both of you, each one, have two sides to you.

The one side I call the “Golden Part”. It’s the side of you that is so loving and kind to others. Tina has that part, and Tim has that part in him as well.

The other side of you is the little child inside of you. The little child that is either completely sad and helpless, like the child in Tim, or that acts up and misbehaves while still being only sad, like the one in Tina.

The Magic Meadow wants to tell you something about your feelings, how all of this even comes to be. Please follow me.”



On the Magic Meadow, there were many crystal balls in different colors, all of them transparent so that one could see inside them. In one of those balls, Tim and Tina saw a family with a father and a mother. They were waiting for their child, who was just coming home from school, as they could see in another one of those transparent crystal balls. One

could see that the child was carrying a paper, an exam that he had failed. Looking at that child, one could see that he barely dared to come home. He already knew that the father would become angry and scold him, and that the mother would just be quiet and sad.

“You see”, said the blue-clad magician, “This child is afraid, and he will also be afraid of the next exam in school. He is so afraid because he fears coming home to this family.”

In a different crystal ball, Tim and Tina saw a different family and again another child that was just coming home from school. Just like the other child before, this child had failed its exam as well. But while one could of course see that it was disappointed because of the bad grade, this child was not afraid. It ran straight on home, carrying the paper, and it knew that, as one could see in the crystal ball, it would be hugged and held, and cheered up instead of put down over the failing. The mother first of all cheered the child up, sat down with it, and then together they looked at the exam and talked about what could be done, so the next time things would go better.

“Now imagine that the sad and scared child has to go through this same thing again and again, like in the first case with the angry father and the quiet mother. In your home things are similar, so you can imagine it all well. This child will always be afraid of going to school and failing.

Now compare this frightened child, with the child who doesn't need to fear. It is obvious, that it will feel a lot better all over. It will have more faith in itself and the world, while the other child will grow to be fearful and mistrusting.

A child has to make all its first experiences at home, because almost all children just happen to live at home with their parents in the first years of their lives.

That's how the children suffer. Either they become as loud and misbehaved as Tina, or they become as sad and quiet as Tim. And nobody is at fault for this: neither the parents nor the grandparents. After all, the grandparents were already responsible for raising the parents when they were children.

Everyone can pass on to their children what they themselves learned when they were children, unless one day they end up on the Magic Meadow.

Children that grow up in families where nobody really talk to each other, where there is screaming and maybe even fighting, have no choice or chance but to become insecure, to be scared and frightened. “

“How do you know about all of this?” Tim asked.

“How can one know so much about something such as our feelings?”



“Those are things that we on the Magic Meadow have always known. It’s just that it is very very difficult to reach the people and bring this knowledge across to them. There are those pink know-it-alls, the ones who have all the say in the world. Those are usually people who think that they already know everything there is to know, who think they know what is best for children, who think that to learn math in school is more important for children than to learn how to treat themselves and others lovingly.

And one day, when you are adults, you might have children of you own. And the pink know-it-alls, they are simply adults that have forgotten that, until a short while ago, they were children themselves.

In school, the treatment of children should become the main subject, the most important one of all. Is there a more important chore or job

than to treat children properly and teach them what is important, right, and good? Children need to grow up with love, not with strain. I bet that is something that you yourself have thought of and felt and wished for before, right?”

“Why is it that the people know so little about the Magic Meadow?”

“The Magic Meadow of the pink know-it-alls is made up of success, money, rules and laws that they make for others, often without sticking to them themselves. It’s the world of the pink know-it-alls against the world of the Magic Meadow.

I mean, in reality, the pink know-it-alls wish that they could come to the Magic Meadow as well. They just don’t know how to make it there, or even, that such a place exists.”

“On that Magic Meadow, is there a place of help for children that are sad?”

“That is why you are here. We wanted to see what will help you best. I’m telling you that you are made up of two parts: the golden part that is loving and kind to others, and the part that is the sad and whiny little child, that either cries or cusses or complains. Somewhere deep down inside of you, you always believe that you’re at fault. That is your bad conscience. Your golden part only works for other people. When you want to help another person, then you know just what you have to do. Even Tina, who is usually so rude and wild, is loving and kind in these situations. But when you are dealing with yourselves, then you don’t know what to do, because somewhere down the road, you have begun to doubt yourselves. Children grow up best, when they never lose these feelings that have to do with their own innocence and the fact that they are loveable. Newborns, be they animals or humans, have these feelings right from the start.

A squirrel cracking a nut is a happy squirrel because squirrels just happen to enjoy cracking nuts. But if the squirrel has a father who is constantly nagging at the little squirrel for cracking the nuts the wrong way, then the squirrel will begin to doubt whether it is a good squirrel, and whether it is even allowed for a squirrel to be cracking nuts at all.



In nature, there are many negative feelings, all of which animals can sense and feel as well. When a dog gets beaten a lot, then he will either become fearful, or he will begin to bite.

You have your eyes and ears to take up messages, which then, together with your feelings, make up a whole. But because you often need to make decisions, you need a feeling for right or wrong, and for that you need experiences. What is right and what is wrong? There are some things that you know, that you just don't need to learn. For example, a little newborn baby knows shortly after it is born, that it has to come to its mother's breast to drink milk.

The little birds know half their songs right from their day of birth, and then they need to learn the other half from their parents as they grow up. The more lovingly the birds, the other animals' parents, or your human parents teach their children these important things, the more secure the children will feel each day and with every task of their life. Still within the mother's womb, a child will already look for the comfort and safety that it will be looking for all its life still after its birth. When these feelings of comfort and safety are not present in your family, then the bad conscience comes about in your minds. It grows like a weed, and it suffocates the happiness, the will to live, the ease that

every child should have. The bad conscience is what leads children like you, Tina and Tim, to have no faith in themselves and, therefore, leads the children to become either sad, like in Tim's case, or very angry, like in Tina's case. "

"How come" asked Tina, "that in the bright blue sky, where the sun shines, there still is a rainbow, so big and shiny and colorful?"

"The rainbow is the symbol of the Magic Meadow. The colors stand for your feelings. You should never forget how important the feelings are, that is what the rainbow is there to remind you of. That is why it can't ever be missing. The rainbow is the bridge between the dream that you are now dreaming, all the way up back into the reality.

It has been shown, that children, and also adults, have an easier time imagining their feelings when they are marked through colors. So the love is red, the affection is light-blue, the tranquility is green, the bad conscience is purple, and the fear is white, Orange are the dreams. While you are here, you are going to see how well one can feel with all the colors.

I now want to introduce some of the magic beings to you. You see that most of them wear silver: the fairies, the elves, the giants and the dwarfs. Silver stands for the honest, open speech, because it is so incredibly important to be honest and open when one speaks about one's feelings.

On the Magic Meadow, there are no lies. The magic beings are friendly, and some of them I particularly want to introduce you to, since they are specialized in dealing with children just like you.

Let's just look over there, at that purple ball. In it, there is a dwarf, dressed in purple. He is dressed in this color because it symbolizes the bad conscience. And this bad conscience leaves him ashamed, constantly, of and for everything. "



There he sat, the little dwarf with the purple hat and the purple suit, and said, "I am the bad conscience. I play a terrible role. Whenever I am a guest in somebody's heart, for example like in yours, Tina, or in yours, Tim, then I know that I cause nothing but sadness."

"Yeah, so, why do you even come over to us?"

"Well, because you always call on me. Because when you live in a family like yours, then the bad conscience is simply a part of it all. And when somebody calls on me, then I have no choice but to come by. I don't do good for you. Even without me, you'd already know when you are doing something wrong. Think about the boy who failed his exam and who came home and was treated lovingly and cheered up by his mother. He won't have this bad conscience because he knows that he did not fail or do something bad intentionally or on purpose, just like you do not fail or do something bad intentionally or on purpose.

To have a bad conscience would mean that you failed your exam or behaved badly intentionally or on purpose.

Did anybody help you with your homework? Did anybody ask you whether you needed help with it? No! You see?

How old are you? You are 9 years old. Do you think that a 9-year-old

child has to be able to do and know all on his or her own already? No! There you go. And then when I come by, the Magic Meadow's purple dwarf, then the conscience becomes worse and worse, even though you are really innocent and there is no reason for feeling guilty or bad. Then you get used to my presence at all times, your bad conscience. And then, because you are so used to me being there, I am there before you even do anything at all. That is what makes you sad or angry, but it makes no sense because really, you are innocent, not guilty of a thing. "

That's when the dark-blue Magician Bartholomew said, "So, my dear bad conscience, now you've told us just about enough about yourself.

Walk on over to the next crystal ball. There, the light-blue fairy of affection waits for you. "

The little purple dwarf did as he was told, and the beautiful, light-blue fairy took him and held him, kissed him, gently struck his head, and said, over and over again with a voice so gentle and soothing, "Dear bad conscience, you are innocent. You are a good conscience, and when we treat you lovingly and affectionate, then you will no longer be the bad conscience, but the healthy sense of self-esteem and sense of self-worth, that every magical being and every human, big or small, is entitled to and simply deserves."

While the fairy kissed and held the little dwarf, his purple suit, as well as his purple hat began to change into a light-blue color that matched that of the fairy's dress. Over and over again she cheered him up and wiped away his tears of shame and sadness, and held him, just like one would hold a very little child. Then, after all this cheering up, this loving, warming of the heart, and showing of affection, the little dwarf, like a newborn baby, left his purple crystal ball, like a baby would leave its mother's womb.

"What do I do now?" Asked the formerly bad conscience. "When I can't cause people to have a bad conscience anymore, then I am jobless!"

"No you aren't", said the light-blue fairy of affection. "I will give you a wheelbarrow and I'll call you Fred. Your new job will be to take your wheelbarrow and use it to load the worries and problems of the

children who come to the Magic Meadow. Then, in turn, after you dump them out, you will bring them hope, care, and cheers from all of us.”



“Why is affection so important?”, asked Tim. “And how come affection can do so much and bring about so many changes?”

Bartholomew, the dark-blue magician, asked the light-blue fairy to explain the meaning and importance of affection on her own. So, free to speak, the fairy took the word and answered the original question with a soft and gentle voice. “See, every baby, shortly after it is born, is treated with affection. When this is not the case, the baby can become very ill shortly after birth, simply from this lack of affectionate love. Life starts with the comfort of affection and with the care and closeness that one’s mother can provide. In the animal world, the mothers do not do anything, other than find food for their young and care for them. They give much love to their little animal babies that are totally helpless without their mother’s love and care. A human baby is particularly helpless, and therefore it depends on even more love and affection, attention and caring from its mother.

The little baby’s world is made mainly of its mother’s lovingly stroking hands, her soft, warm skin, the warmth of her body and her gentle

voice. The baby always wants to stay in this wonderful environment, and that is why a baby, when its mother leaves for even just a moment, will cry and scream, all out of fear that its mother won't return. Only when the baby has learned, that the mother will always return and that it won't be left behind, a trust and security develops. Then the baby will be able to wait for the mother to return, and in the meantime, while it is waiting, it can dream of when its mother will return.



And even older children, like Tim and Tina for example, or our sad little dwarf, can benefit from loving affection and gentleness when they are saddened or afraid. This is because the longing for affection is something that is present right from the beginning, right on from birth in every single being, animal or human, big or small. This everlasting wish and longing for affection exists even in adults. It's just that they often have forgotten, that in order to receive affection and be treated lovingly and gently, they have to give back the same, and treat others just as affectionately as they themselves wish to be treated. “

“Yes, I understand that”, Tina said, “but I do so many things wrong! I am loud, I get bad grades in school, and I get into fights with the other children in my class.”

“Why do you do that? You do it simply because you were never treated affectionately enough. You don’t do the things you do wrong intentionally. In fact, you would actually like to be just like the other children that don’t get into fights, that are happier than you, and who just don’t have a bad conscience because there is nobody at home that scolds them, gets them in trouble, and makes them feel bad. Of course they have limits there, like, they are not allowed to start an open fire or act rude and offensive all the time, but inside of them, there is also no incredible anger that Tina carries around inside of her, that makes her do these uncontrollable, angry, senseless and destructive acts, or this constant sadness that Tim has to endure. Because these other children experience affection at home, these feelings that the two of you know, don’t come up inside of them. Because of affection, these negative feelings are not born.”

Tim asked at this point, “Why aren’t we the same, Tina and I? We come from the same parents, after all.”

“Every child, even the sibling-child, brings its own personality into the world, which then, even amongst siblings, leads to a different development of their personalities. These different personalities and developments are just a given in nature, and nobody can control them or is at fault for them, We are all different, and that’s just a part of it. When a person is born, it is already determined how he or she is going to develop, whether the person is going to be quieter like you, Tim, or whether the person is going to be more loud and wild, like you, Tina.

In the further development of the young child the affectionate, caring and trusting talks with the parents are also of great meaning and importance.

The mother listens to the child, takes what the child has to say or ask seriously, and tries to answer every question as correctly and honestly as possible. She also speaks about herself, taking turns speaking with the child and answering the child’s questions.

That way, children have one affectionate and loving experience after another, and they develop a sense of what they’re worth. The feeling of self-worth and self-love they will always have and will never doubt no matter what.”



“Yes, but how are we supposed to even get it, this feeling of affection and of love, when all that we have ever experienced was different from it all?”

“Go on inside the golden crystal ball”, said the dark-blue clad magician Bartholomew, “and meet your golden parts. They can do it”

Tim and Tina saw two big, golden but transparent crystal balls. And inside these balls, they saw themselves: Tim clad in a golden suit and Tina in a golden dress.

“Hey, that’s us!” Tina laughed. And then she said with another laugh, “But I would rather have a suit with pants instead of a dress!”

And of course she got the suit for her golden sister, which she herself was.

“Who are you, golden magical beings?” asked Tim still lacking trust a little.

That’s when the golden siblings of Tim and Tina answered, “We are your golden selves, your golden egos, if you will.”

“I am the golden Tina.”

“And I am the golden Tim,” responded the two golden ones,

“And where are you coming from?” asked the twins.

“We are made of you, parts of you. Always have been there, always have been. And we have always been busy, but always for other people and never for you. We spent too little time caring about whether you were sad, Tim, or whether you were being angry and misbehaving because of it, and then as a result, sad about it as well, Tina. And now we have decided that we finally want to care about you two.”

“And how are you going to do this?” asked Tim, full of curiosity.

And the golden Tina asked, “What do you do when your sister is sad?”

“I care for her and cheer her up then.”

“And how do you do that?”

“I pat her on the shoulder and I stroke her cheek, and maybe I tell her a little story that I can think of just that moment.”

“You see, exactly what we will do as well. Everyone is going to take care of themselves now. I, the golden Tina, am going to care for my little sad Tina. “

“And I, the golden Tim, am going to my little Tim who is sad as well.
“



And then they all cuddled with each other, the golden Tim and the golden Tina with their corresponding siblings. And it was nothing but cuddling and snuggling, and again and again the golden Tina said to the little Tina, and the golden Tim said to the little Tim “You are innocent. You are a lovely girl, and I love you just the way you are, even with all your bad behavior and even when you’re loud.” And just the same way the golden Tim talked to the little sad Tim and the dark-blue magician Bartholomew added, “Should you ever be so sad that you cannot manage to cheer yourselves up, then come back to the Magic Meadow and listen to this beautiful meadow’s story again.”

“And now, how does this whole Magic Meadow thing continue?” Tina asked.

The magician Bartholomew explained, “The more often you deal with the Magic Meadow, the more you are going to like yourselves, and the more you are going to feel like this kid that you saw in that one crystal ball, the one that was treated lovingly at home in spite of his failed exam. You are going to like yourself more and more, just the way you are, and not the way that you think you should ‘have’ to be. Then you, Tim, are going to have an easier time becoming livelier and happier. And you, Tina, are going to be able to become quieter. As you go on, you are going to live with more and more affection and love for yourselves.”

“Is there more one can do on the Magic Meadow?” asked Tim.

“But yes,” said Bartholomew. “You can also learn to change your bad attitude towards other people or things that are causing you difficulties and problems.”

Now the dark-blue clad magician Bartholomew took the children to a crystal ball so large, that Tim and Tina and both their problems all fit easily within it. In the crystal ball was a mirror in which Tim and Tina each saw themselves in their golden suits, standing in front of the mirror, and then as their sad inner child to the left of the mirror. In the left half of the crystal ball, the particular problems could be seen:

“Your father that is always angry, or your mother, that suffers much and often cries. You call your inner children, you want to help her, but your inner children cannot hear you because they are so sad themselves. Or sometimes, they simply are too far away from you. You are both afraid that nothing will ever become better, and so there is this little white bird, sitting in a cage to the right of you. The little white bird is the sign of your fear, and as long as it is sitting in the cage, your fear has not been changed. And on the right side behind the mirror, you see a beautiful picture showing the solution to this fear and the problems. This picture is in orange, because as you have already learned, orange is the color of dreams.

There you see what it would be like if the situation with your parents would not yet be improved, but how you would still feel that much better because you would no longer blame yourselves as the source of all these problems.

Then Tim will finally smile happily, and Tina will look friendlier, instead of angry and is not going to go around beating up the other children.

But it could also be, that within the crystal ball of dreams, you would see your teachers, and they would finally be happy with you and will give you good grades.

What is there on the Magic Meadow, that you could do to reach these goals?

You go back onto the Magic Meadow now, with the roses for the

love, the forget-me-nots for the affection, and the orange gerbera for the dreams. When you get there, you find a grey ball, one that you can look within, and one that that you can also shout into. Finally you are allowed to complain, even cuss, because it is all pretty unfair that you have all these other problems while other children don't, especially now, that you know about your innocence and the fact that none of what went so wrong has ever been your fault. Inside the grey ball, there are your parents, your teachers, and the nasty routines, behaviors and situations that you want to change. Maybe you will say, "I finally want to stop being so sad! I want to be as happy as the other children are, and I want our parents to be as loving and as understanding as theirs. I want our father to be loving and nice to our mom, Tim and me. I have now understood that it is not my fault, and that it isn't my parents' fault either. I wish that all of this sadness would finally stop. I find that there has already been enough sadness and blues, crying and feeling down and scared within our family.

For once, we have to finally get to be happy, too, don't you think?!?"



And Tina could shout,"
I want to stop behaving so badly, in school and everywhere else. I still don't want to be a goodie-two-shoes, but I want to feel better about myself. I want to stop disturbing others, stop beating them up, stop screaming and stop using so many cuss words all the time. I

want parents that understand me. And I want you, father, to not be so angry and strict, and you, mother, to not be so sad anymore. We are your children, and I am your daughter, and I wish that we would all feel better than we do now when things are so angry, sad and cold within our family. All of us are innocent, but yet we have all done plenty of things wrong, simply because we did not know any better. It is time for things to finally get better!”

And then you can say a prayer. You can speak to God, to Buddha, to Allah, to the Creator, to whoever you believe in. Or you can simply speak to fate, the fate that has often been so unfair in your life. And your prayer may sound something like this:

“Dear God, dear fate, dear Jesus, dear Buddha, dear Allah, dear Creator, please give me the strength to bring change in me, what I am longing for is to change for the better. Please make it so that the golden part of me will be able to love that sad little child within me, that it will treat it well and affectionately, even when it has done so much wrong and will do more wrong yet and will probably never be perfect at all.”

And then the two of you go on into another ball. It is grey, and your parents are sitting in it. And you, Tim and Tina, will ask your parents “Why are you the way that you are, why do you treat us like you do? Why can’t you behave and act differently? Why can’t you be happier, mom? Why are you so strict and angry, pa?”

And here on the Magic Meadow, your parents understand that they should actually be different. Your mother says, “Dear Children, I would like to be happier. But this sadness has been inside of me already since I was a child. My mom herself was already rather sad herself. I would so very much like to be different, but I just can’t. Here on the Magic Meadow I can see it all much clearer, because in real life I put the blame on myself. Maybe I can learn from your example, and then maybe I will go onto the Magic Meadow as well. Forgive me please, that I make you so unhappy.”

And your father is present as well. And the father also answers to the question, the question about why he always has to be so angry and loud and strict.

“Dear children, here on the Magic Meadow I understand a lot of

things much better than I usually would. The way I am with you, is the way that your grandfather, my father, was with me. He was strict and loud and angry, just like I am with you, this was how he raised me. In my own way, I love you very much. It's just that, even though I do love you so much, I don't know how to show it. I don't know how I can change what I am like, because when I am out there in the daily world, I just don't see a way. I am so stubborn and righteous I always think that I am right, just like those pink know-it-alls. I would love to be able to change. And when I am the way that you cannot stand or handle, then please, don't see a mean father trying to push around his children, but see a little boy that was treated wrongly in his childhood, just the way that, when your mother is sad, you see that little girl that was made so sad when she was just a child."



And then there might just be another ball, one in which the school can be seen; your class and the teachers that are part of it all, and your classmates. They all stand there, looking at you, and you ask them, in this ball of school, "Why are you always so strict with us? Why can't you understand us? Why can't you see that the problems that we have in school, are problems that we bring from home?" And on the Magic Meadow, the teachers will respond, "Oh, we already know all of that. It's just that we don't know how to deal with it all. It's not like we can talk much with your parents, or make them

understand a thing, because just like they don't listen to you, and just like they don't understand you, they don't bother listening or understanding us either.

Tim is often so quiet and sad, that sometimes we completely forget that he is even there. Tina is always so loud, misbehaved and cheeky, and the more we call her to order, the ruder and cheekier she gets. We certainly would have to find a way to treat her with more care and positive attention, if only we knew how. All we are ever told is what to teach you and how to do it, but no one ever tells us to treat you nicely, carefully and lovingly. Unfortunately, a few of us are pink know-it-alls that didn't get enough love in their own families, either, and that are now not quiet up to their job of a teacher, in which dealing with children in a caring manner is, or at least should be, the priority. Everyone around them can see it, except for themselves; that's what makes them pink know-it-alls. In truth, we all would have to go to the Magic Meadow. Please forgive us that we haven't been there yet."

And the classmates that ask you why you are always so sad or so angry, to them you say, "Why aren't you nicer to us? Why don't you include us in what you do, talk to us, get to know us, and help us feel and behave better?"

In response, the classmates answer, "Some of us come from families in which everything works just the way it does in yours. And so, we cannot talk. Just as you can't talk about yourselves, we can't talk about ourselves.

And us, the children from the families in which things go better, we just lack the understanding for why and how you are the way you are. We cannot even imagine that a home could be so much different from our own.

We don't really pay attention to Tim because he is so quiet all the time, which is just boring. And you Tina, we view you as a challenge, and we like to bug you, so that maybe you will act up even worse, and then we can laugh at you when you are acting as our clown. It's just that we've never been to the Magic Meadow before. We probably all need to go there, for one reason or another, but we don't know where that meadow is. Well, not yet, anyways."

And then, if you still don't feel better, then you go on over to the five colorful fairies. The fairies that bring you dreams in orange, love in

red, affection in light-blue, calmness in dark-green, and innocence in light-violet. You see their loving faces, and you feel safe and loved. The red magic fairy tells you over and over again how loveable you are, the light-blue fairy strokes your head, the green fairy calms you down, and the light-violet fairy speaks to you to make you understand that you are free from any guilt. The orange fairy gives you dreams. Dreams of other children that also had problems that they never thought would become any better, and who, with the help of the Magic Meadow, learned to love themselves, and then realized how good it feels to have those loving feelings for one's self.



Then, when you are back in front of the mirror and step into the crystal ball of the day, then you will see that nothing has changed much about the problems that you have tried to solve, but that you have changed. In your faces you can see that your sad inner children have recovered, and that you now better understand what you can do to make yourselves feel better.

There, suddenly, a giant stepped out in front and said, "My name is Andrew. To make sure that everything will work out just like that, just cling to me. I can protect you."



Andrew was seriously huge, a real giant. He had a big red nose and big round, rolling eyes, and he smiled and laughed the entire time.

“I will hold my big hand above you and make sure, that you’ll never lose your golden parts again.”

And the little Fred, the former bad conscience, said, “If there are any bad thoughts left over, then call me. I will come with my wheelbarrow and take all the bad thoughts and the remaining guilty conscience, and I will bring you happiness and hope instead.”

Then came the light-blue fairy of affection and she said, “Never forget that out of everything, what I stand for, the affection is the most important thing of all. Affection is the mother of all feelings, the queen if you will. Whatever you do, don’t forget me, my dears.”

And then she took Tina and Tim, and she gently struck their heads and cheeks for a very long time, both of them having their eyes lightly shut, and smiling like they could not have smiled any happier.

Then, suddenly, the little witch that hadn’t said anything so far spoke up. “The two haven’t gone on the flight over the meadow yet! I am the little witch Trina, and I do the flights around the Magic Meadow.”



The dark-blue magician Bartholomew smiled, and he said, “I am sorry Trina, I had almost forgotten about you!”

“Come on, hop up on my broom!”

Tim and Tina didn’t hesitate and sat down on Trina’s broom, and then they began to fly across the whole wide Magic Meadow. Once more they saw the green grass, the colorful flowers, the fairies and elves, the giants and the dwarfs. Out of those, they, of course, noticed Andrew with the big red nose, and Fred, with the now light-blue hat and the wheelbarrow, the most. And all the magic beings waved and shouted, “Come back soon! We will always be waiting for you!”

Tina and Tim would have loved to keep laying like this much longer, to just keep on dreaming, but Aunt Lina asked them to open their eyes.

“Now, you still haven’t asked me where I come from. But now you know it: from the Magic Meadow!”

This night at home, Tina and Tim slept very well. They each dreamed

of their golden part, of the Magic Meadow, the rainbow, and all the nice and lovely magical beings.

Within the next few days, both children noticed that everything had become a little easier for them. Tina was no longer so loud, and Tim was no longer so sad. The twins saw their parents through different eyes, and even going to school didn't seem as difficult anymore as it once did.

A few days later, they decided to visit Aunt Lina again. But when they arrived, Aunt Lina was gone. The apartment was empty.



On the wall next to the door there was a letter. Tina and Tim took it off the wall, and this is what it said,

“Dear Tim and dear Tina:

You now know where I had come from. I cannot stay here, have to return to Magic Meadow to the other fairies and my other fellow magical beings. Please don't be sad, there is no reason to. After all, all you ever need to do is close your eyes, and then you will be right with me again. To make sure that you won't forget me or the Magic Meadow, I have added a CD to this letter. On it, you can hear the

voice of Bartholomew. He will guide you and help you find your way onto the Magic Meadow when you decide to come over and visit all of us.

And now, so you better not forget it, you are the most loveable children in the world, but only, if you also love yourselves.

Love,
Aunt Lina”

Tina and Tim hugged each other, and cuddled together for a very long time. They both knew that they had experienced something magical and wonderful, and they both, each for themselves, felt that they would never again be as sad as they once were.



[The colors of the Magic Meadow](#)

Gold: The color of your own good qualities.

Red: Love from you for you.

Green: Calm and peace for you.

Orange: Dreams from you for you.

Light-Blue: Affection from you for you.

Dark-Blue: Wisdom and understanding.

Silver: The color of the free and open spoken word.

Light-Violet: Your innocence.

Grey: Sadness.

Purple: A bad conscience.

Pink: Arrogance, stubbornness, righteousness.

White: Fear.

**Some key-terms for you to look up
& understand.**

Achievement:

An invention people made so they can compare each other and see who is better. Achievement is not nearly as important as knowing your golden part and knowing how to use it for yourself. Your achievements will become better when you love yourself.

Adults:

They have an inner child as well. When their golden part cannot be seen, this meaning that they don't treat others with love, then the inner children of these adults might not have been treated lovingly themselves in their own childhood.

Affection:

This is the most important thing that you need, and the most beautiful thing that you can give away. You can even give affection to yourself, in words and in actions. In order to learn to give yourself affection, go onto the Magic Meadow.

Anger:

A normal emotion, and it is your job to control its effects. The Magic Meadow can help you with this.

Beatings:

When your parents beat you, then this has to do with the fact, that your parents themselves were beaten when they were children. You are never at fault when you are being beaten, even when you have done something wrong. Nobody makes their mistakes on purpose.

Being Alone:

It can sometimes be difficult, but can also be a time for thought, quiet and finding inner peace. When you are alone, the Magic Meadow might also help you pass the time.

Being Lazy and Being Active:

This has much to do with the worth that one perceives oneself as having. Someone who feels good about themselves enjoys doing many things.

Boys and Girls:

Boys and girls are different, these difference are intended by nature for many good reasons. In our world, they are often treated differently, and that is not always right, because whether you are a boy or a girl, you are not obligated to live up to the specific expectations that this society has for your gender.

Girls are often treated more unfairly than boys, having to do with views that people once had on the genders. Girls, just like boys, should do what feels right to them, whether it is about what they want to work as or whether it is about who they want to fall in love with.

Child within You:

That little fearful child in you, that is ashamed, that is afraid and doesn't dare to help itself, or doesn't know how to help itself.

Conscious:

The part of us, and all that is around us, that we are aware us. This only makes up a small part of our soul.

Dreams:

When you are awake, they can help diminish fear and sadness. The dream of the Magic Meadow, for example, is a dream that helps diminish these negative feelings.

Egocentric People:

They are often people who have never suffered, who have always felt well and take that for granted. Their golden parts are underdeveloped.

Fear:

An important feeling that tells you, “Watch out!” So that, what you fear, will not come true, or that it will at least not be so bad. Protect yourself from danger.

When you carry around too much fear, then you will become sick. This fear comes from your soul, and it is made up of what you are missing at home: love and attention.

Everybody feels fear, even your parents and your teachers. When you can talk to somebody about your fears, then you can ease them, or maybe get rid of them entirely.

Feelings:

They rule our reasoning. Only when our feelings are balanced, our reasoning can be used effectively. Our decisions depend on the experiences that our feelings have made.

Guilty Conscience:

A part of your soul that tells you when you have done something wrong. It makes sense that it is there, but when there is too much of it, it is harmful for you. When your guilty conscience takes over, then it is like a sickness, or it lead you on the way of becoming sick.

Golden Part:

The part within you, that has an easier time helping others than it does helping yourself. This part of you is smart and handy, and on the Magic Meadow it can take care of your little inner child.

Innocence:

All people are innocent, even those, who do bad things. There are no evil babies. The people become evil later on, or actually, they are made evil. Actually, all people want to be good people, and the apparently bad people believe that they are being good.

Jealousy:

An unpleasant, sometimes angry, feeling of wanting to be, or wanting to have, what another person is or has. On the Magic Meadow, the jealousy becomes less.

Justice:

This is something that plainly does not exist in this world. Nothing is ever fully fair. Nonetheless, everyone should do their part achieving as much justice for themselves and their surroundings as they can.

Love:

A care for other beings that should be unconditional and that nobody has to earn but simply deserves. Love that one has to earn all over again each day, that is no real love. Everyone is worthy of being loved, including you.

Luck:

It plays a huge part in all our lives, but it simply cannot be forced. It is either there, or it isn't. But when it is there, enjoy it and hang on to it for as long as you can. All people define "luck" differently, but for all people, it means that something worked/is working just right for them.

Magic Meadow:

The inner stage of your imagination and dreams, to learn about your feelings, to change your feeling, and to learn what you are worth,

Parting and Goodbyes:

Often a sad issue. Learn to dream of the person that you are missing, and then goodbyes will be easier for you.

Pink-Know-It-Alls:

People who know it all better and usually don't have much niceness or care to offer others. They like to place blame and guilt onto others. Just like everyone else though, they need love and affection, and the reassurance that their own behavior is merely a result of their own childhood that already lacked love.

Poverty:

Not having enough money is not as bad as not having enough love. People in poorer countries are often happier than we are here, because they are more focused on another than on material possessions.

Responsibility:

From now on, you have the responsibility to take care of yourself, to better yourself according to the Magic Meadow's rules.

Sadness:

A feeling with the purpose of letting you sense losses. A constant sadness belongs on the Magic Meadow, and results from the family of the child that has caused this incredible sadness.

Sense of Self-Worth:

That means, that you love yourself the way you are, and that you can accept who and what you are.

Sub-conscious:

It saves all our experiences, memories, and feelings. The sub-conscious holds all our wisdoms and abilities. When we free our sub-conscious, we can use what is in it, and maybe come up with some great ideas to do amazing things.

Suffering:

At first it appears senseless and cruel, but then, on the other hand, it helps the golden part to become even more caring and affectionate, and to care for the feelings of others.

Will to Get Ahead:

The will to get ahead should serve the purpose of being good at a thing (sports, for example), but not necessarily being better than others. There is no need for competition, it is good enough to enjoy being good at what you do.

Wishes:

You are allowed to have them. To dream of them coming true might shorten the waiting time or can cheer you up when they cannot be fulfilled.

Thomas Meyer, physician in Hanover in his own practice.

20 years experience in therapy regarding the soul, founder of his own method of therapy: The Magic Meadow Therapy. A therapy that has shown notable success, having helped just about every patient that has come and sought it out.

Thomas Meyer also applies his Magic Meadow Therapy to children, for whom this book is written and thought up for. Prior to this book, a Magic Meadow Book for adults has been released in German, and it will, in the near future, be available in the English language as well.

The German, and current only version of the adult book is available under ISBN-3-00-010388-0

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