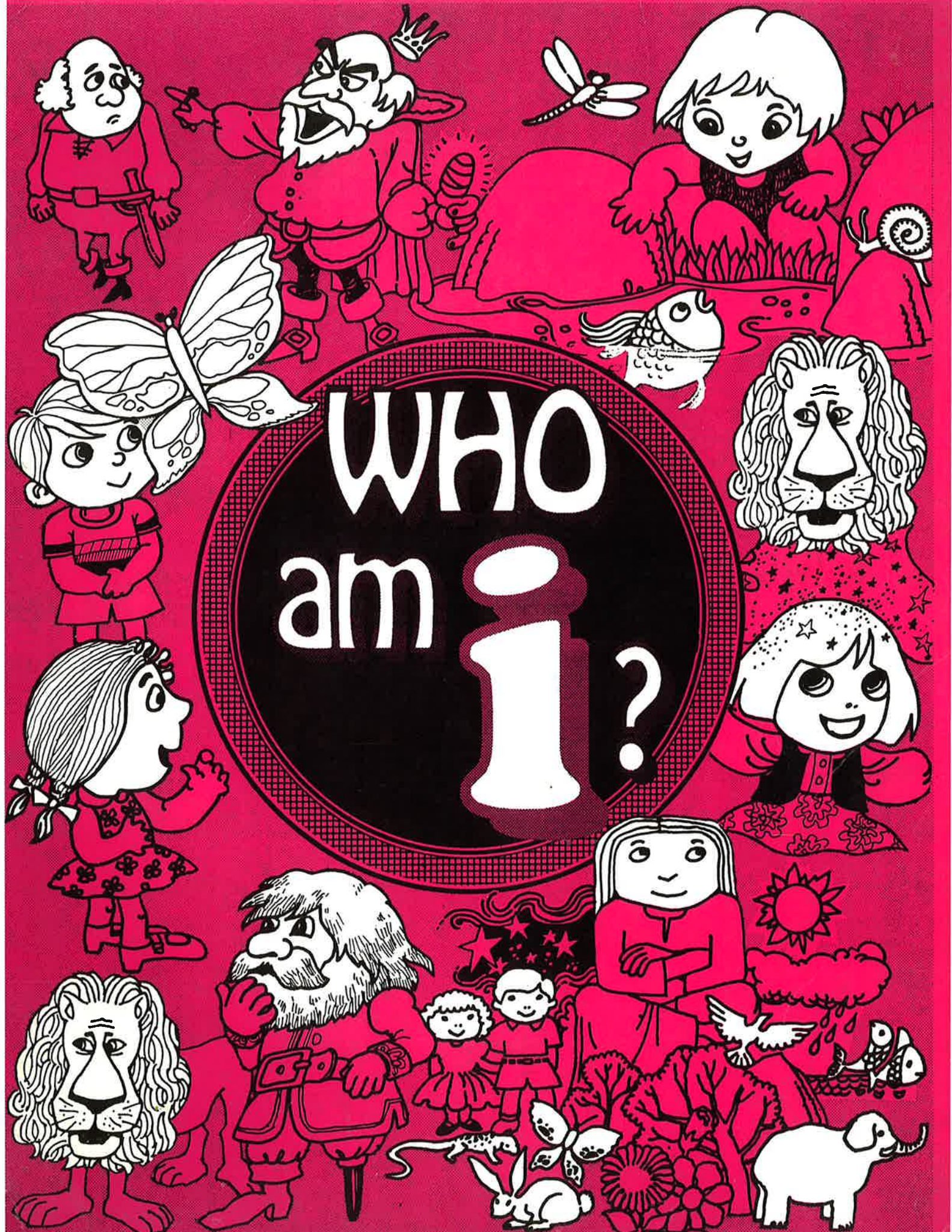


WHO
am i?





SPIRITUAL PHILOSOPHY FOR YOUNG CHILDREN

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Introduction

The first six years of a child's life are crucial in the development of their total personality. In these early years, the child establishes the foundation for their basic character and beliefs. This book is a collection of stories that acquaint young children with ethical and spiritual ideas which inspire them to be truth-seekers.

Young children are active learners. They need to touch, see, and hear the world around them. Telling a young child something does not necessarily mean that they have understood or will remember it. Children learn best when they actively participate in the learning process. Each story includes ideas for discussion and follow-up activities. Involving the children in these stories, discussions and activities will allow them to experience and absorb new information.

All stories revolve around ethical and spiritual concepts. These concepts are broad and universal in nature. Some of the stories use the word 'Supreme' to represent an all pervasive, all loving Supreme Being. Many people often refer to this infinite idea as God, the Almighty, Higher Power or Creator. If the children are more familiar with another word, use it in place of the Supreme.

Children are more likely to incorporate these ethical and spiritual principles in their behavior if they see adults exhibiting the same. It is necessary that the adult models the ideas presented in the stories in their daily lives. While it is impossible to be flawless, the children will learn from the adult's effort. Mistakes can be springboards to greater understanding and growth.

The Stories

Children love stories. When listening to a story, anything is possible for a child. Whether they are talking with an elf or climbing an enchanted mountain, children become absorbed in a story. The learning that occurs while listening to stories takes place within the creative realm of the mind. It is also at this level that deep learning takes place.

The adult can read or tell these stories in their own words. By following a few simple guidelines, anyone can be a storyteller. Some points to remember are:

1. **RELAX** - children are more attentive when the adult is relaxed and enjoying the story.
2. **KNOW THE STORY** - read the story before hand. Make mental notes of important points and imaginative ways to enhance the story.
3. **BE DRAMATIC** - use different voice tones and sound effects.
4. **BE AWARE OF YOUR AUDIENCE** - watch the interest and understanding of the children, and if necessary, change or shorten the story.

Repeat the stories several times and check for understanding. Children need to experience new information often before they fully absorb it. Add new twists to the story and ask questions that will show the child's understanding. Ask open-ended questions such as 'What might happen if the girl takes the golden bucket?' Closed questions like, 'Should the girl take the golden bucket?', only require a yes or no answer. In contrast, open-ended questions allow the child to think more deeply and freely. Once the children have grasped the concept, retell the story every few months to see how the children's understanding has grown.

NON-HARMING (KIND DEEDS)

The Magic Bucket

Once upon a time in a land across the sea, there lived a boy and a girl named Jack and Jill. They had no mother or father, and lived alone. Jack and Jill did not know how to make friends. When they met people they said mean words or laughed at them.

One year it did not rain for a long time. Most of the crops withered and died. People had little food, and Jack and Jill did not get much to eat. "I am so hungry," said Jill.

"Yes, no one wants to share their food with us," answered Jack. He began to cry. Just then came the sound of little bells and a flash of light. A tiny elf with a blue cap and shining face stood near the children. "For goodness sake, why are you both crying?" asked the little elf.

Wiping away his tears, Jack muttered, "We haven't eaten anything for a long time. No one will share with us."



"Don't worry, I have some milk for you in this wooden bucket," said the little elf.

The children took the bucket and drank the milk until they were full. "Now the bucket is empty," said Jill.

Jack looked into the bucket and his eyes opened wide. "Look, the bucket is filling up again!" he shouted.

"Now you will never be hungry anymore," said the little elf. "This is a magic bucket, it will always be full." Then he warned, "Watchout! The bucket will overflow if you are not careful." After speaking, the little elf disappeared into the woods nearby.

"He left so quickly. I wanted to talk with him more, what did he mean by being careful?" said Jill.

"Don't worry, with the magic bucket we will never be hungry again," smiled Jack.

The children went walking down the road holding the bucket of milk. Soon they came to a little girl with a torn dress. "You look funny," laughed Jill.

"You look silly," teased Jack.

The little girl looked down at her dress and began to cry. As soon as the girl began to cry, the milk in the bucket started to overflow. "Our bucket is spilling!" said Jill.

"The little elf warned that if we were not careful the bucket would spill. What shall we do?" asked Jack.

"I know," said Jill. "Little girl, we are sorry. Please have some milk."

When the girl drank the milk, the bucket stopped overflowing. Then the little girl took out some ginger cookies from her pocket. "Would you like some of my cookies?" she asked.

"Thank you," said Jack and Jill as they took the cookies. The three children smiled as they ate their cookies. Jack and Jill had made their first friend. "It feels good to make a friend," said the children.

After they said their goodbyes, Jack and Jill went into the nearby town. In a field, some children were playing ball. "That looks like fun," said Jack. "I want to play too." Then he ran to the children and grabbed the ball.

"Hey," said the children. "That's our ball." Just then the milk in the magic bucket started to spill again.

"Oh, no," cried Jill. "The milk is spilling out again."

Luckily, Jack remembered the words of the little elf, 'if you are not careful.' "I know what he meant," said Jack. "As long as we use kind words and do kind deeds, the milk in the bucket will never overflow."

Turning to the children he said, "I'm sorry for taking your ball. Could I play with you?" The children looked at each other and said, "Sure, you both can play."

"Very good," said the fairy and smiled. Kate smelled the sweet fragrance of the

Jack, Jill and the children spent the whole day playing ball. After finishing, they all shared the milk from the magic bucket.

After that day, Jack and Jill never said a mean word to anyone. Everywhere they went they made friends and shared the magic milk. Soon they became known as the kind-hearted children.

QUESTIONS AND DISCUSSION

1. Did you ever get hurt? How did it feel?
2. Have you ever hurt anyone? How did they feel?
3. Can words hurt more than hitting?
4. Can people hurt animals and plants? What about rocks, toys and furniture?
5. How do you feel when you do kind deeds?
6. How would the world be if everyone tried not to hurt others?

ENRICHMENT

- * Dramatize the story.
- * Draw pictures from the story. Have the children dictate a description of the picture. Write this on their pictures.
- * Ask the children to make up their own stories about children doing kind deeds.

KIND TRUTHFULNESS

Honesty And Her Pail

Long ago there lived a girl who was so truthful that she was named Honesty. Every day, Honesty helped her parents by fetching water from a well with their only pail. One day, as Honesty lowered the pail into the water, the rope broke. "Oh no! My pail fell into the well. I can't reach it," said Honesty. She began to cry.

"Don't cry, little girl," said a soft voice.

"Who's talking to me?" asked the girl. She could not see anyone.

"I am. Look into the well," replied the soft voice.

When Honesty looked into the well she saw a beautiful yellow fairy smiling up at her.

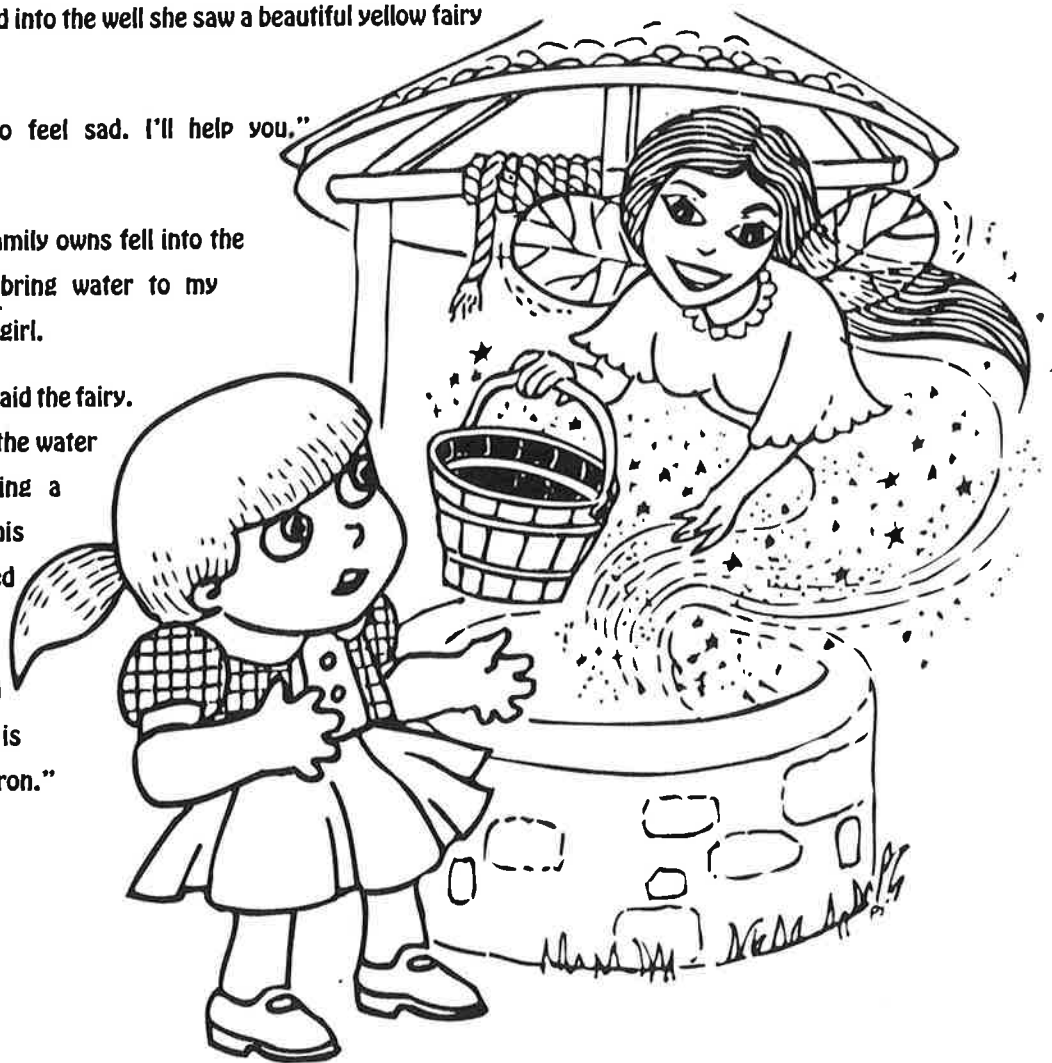
"You don't have to feel sad. I'll help you," said the fairy.

"The only pail my family owns fell into the well. Now I can't bring water to my parents," cried the girl.

"I'll get your pail," said the fairy.

The fairy dived into the water and came up holding a golden pail. "Is this your lost pail?" asked the fairy.

"Oh no," answered Honesty. "My pail is made of wood and iron."



"Yes! That one is mine," said Honesty jumping up and down with joy.

"You are such a truthful girl that you deserve all three pails," said the fairy with a big smile.

"Take them as a present from me. I give them to you with love."

As the yellow fairy had offered them so sweetly, Honesty could not refuse her. She thanked the kind fairy and walked happily home with water for her parents and two shiny new pails.

QUESTIONS AND DISCUSSION

1. Did someone ever tell you something that was not true? How did it make you feel?
2. Have you ever told something that was not true? How did it make you feel?
3. What might have happened if the girl said the golden pail was hers?

ENRICHMENT

- * Dramatize the story.
- * Draw pictures from the story. Have the children dictate a description of the picture. Write this on their pictures.
- * Role play different scenes where the children have to decide whether to tell the truth or not.

NON-STEALING

The Baker And The Mouse's Tail

Once upon a time there was a little mouse who lived in the baker's shop. This little mouse stole flour from the baker's kitchen. The baker tried to catch her, but the mouse was always too quick.

Every day the little mouse kept nibbling away at the baker's flour. "I have to get a cat to catch the mouse," thought the baker.

The next day the baker brought a cat home to catch the little mouse. Unfortunately for the baker, the cat and the mouse soon became good friends.

One day while they were playing together, the cat accidentally bit off the mouse's tail. "Ouch, my beautiful long tail is missing," said the mouse. "Give it back to me."

"No. I will not give you back your tail until you give me some milk," said the cat.

"All right, I will get you some milk if you promise to give me my tail," said the mouse.



The mouse hopped and skipped until it reached the barn where the cow lived. She asked the cow, "Please, cow, will you give me some milk for the cat? Then he will give me my long tail."

"Moo," said cow. "If you want milk, you must go to the farmer and get me some hay."

So the little mouse hopped and skipped to the farmer's house. She said, "Farmer, will you give me some hay to take to the cow, who will give me some milk to take to the cat, so I can have my long tail?"

"If you want some hay, you will have to give me some bread from the baker," answered the farmer.

Now, the mouse became worried, she knew the baker was unhappy with her for stealing the flour. When she reached the baker's shop, shyly she said, "Kind baker, please give me a loaf of bread to give to the farmer, who will give me some hay, to give to the cow, who will give me some milk, to give to the cat, who will give me back my beautiful long tail."

"Yes, mouse, I will give you some bread, but, you must promise not to steal my flour anymore."

So the mouse promised. The baker then gave the mouse a loaf of bread. She took the bread to the farmer who gave her some hay. The mouse took the hay to the cow who gave her some milk. Then the mouse took the milk to the cat who meowed and said, "Thank-you little mouse, here is your beautiful long tail." From that day on the mouse never took the baker's flour again.

QUESTIONS AND DISCUSSION

1. Has anyone ever taken something of yours? How did you feel?
2. How would you have felt if they had asked first?
3. Is it all right to take something if you do not have any money?
4. What might happen if someone takes something that is not theirs?

ENRICHMENT

- * Dramatize the story.
- * Draw pictures from the story. Have the children dictate a description of the picture. Write this on their pictures.
- * Role play different situations where the children have to ask to take something. What do they do if the other person will not let them take it.

UNIVERSAL LOVE

Peter And The Terrible King

Once upon a time there lived a little boy named Peter. He was a boy who loved everything. Peter lived in the land of a terrible king. This king was very mean. He was so proud that he announced, "I am king of everything, everyone should worship me. Anyone who will not obey me will be thrown in jail."

Peter was sad when he learnt what the king had said. "I will not worship the king," he said. "The Supreme created everything, and I will love the Supreme in everything."

When the king heard about Peter, he was very angry. "Peter," roared the terrible king. "Will you promise to worship me?"

"No, king, I cannot," said Peter.

"Then you must go to prison," said the king.

Peter was brave. "You cannot hurt me unless it is the will of the Supreme," he said.



The king called the guards to take Peter to prison. The next day the terrible king shouted to his guards, "Tie up Peter and let wild elephants trample him."

The soldiers tied Peter and laid him down on the road. But when the wild elephants came near, Peter quietly talked to them. The elephants would not step on him. They felt the love inside of Peter.

When the terrible king heard this, he became furious. He ordered his soldiers to throw the boy off a high cliff. When the guards threw Peter off the cliff, a flock of birds swooped below him. They caught Peter and gently lowered him to the ground.

"Why did the birds catch you?" asked the guards.

"The birds knew that I loved them," he said.

When the terrible king heard that Peter had again survived, he was furious. He told the guards to bring the boy to him. The king yelled, "I will take care of him myself." But as he lifted up his hands to hit Peter, a flash of light came and a large lion leapt towards the cruel king. The terrified king cried, "Save me, Peter, don't let the lion eat me. Teach me to love everything like you do. I will even let you be king."

Peter called the lion away and the king was saved. From that day, Peter became the king. His first job was to help the ex-king learn about love.

QUESTIONS AND DISCUSSION

1. Why wasn't Peter ever hurt by the king?
2. Where is love?
3. Is love inside you?
4. Can you feel love for the trees, animals and rocks?
5. Why do we need to love everything?

ENRICHMENT

- * Dramatize the story.
- * Draw pictures from the story. Have the children dictate a description of the picture. Write this on their pictures.
- * Ask the children to run and touch everything for which they feel love.
- * Go to the park or on a nature walk. Tell the children about the different plants. Have the children hug the trees.
- * Give each child a small plant to care for and love.

The Old Lady And The Wise Man

Once upon a time, there lived a rich woman named Dame Dim. She lived alone in a huge mansion. She always wore the most expensive jewelry and ate the finest food. As Dame Dim grew older, she grew more and more unhappy.

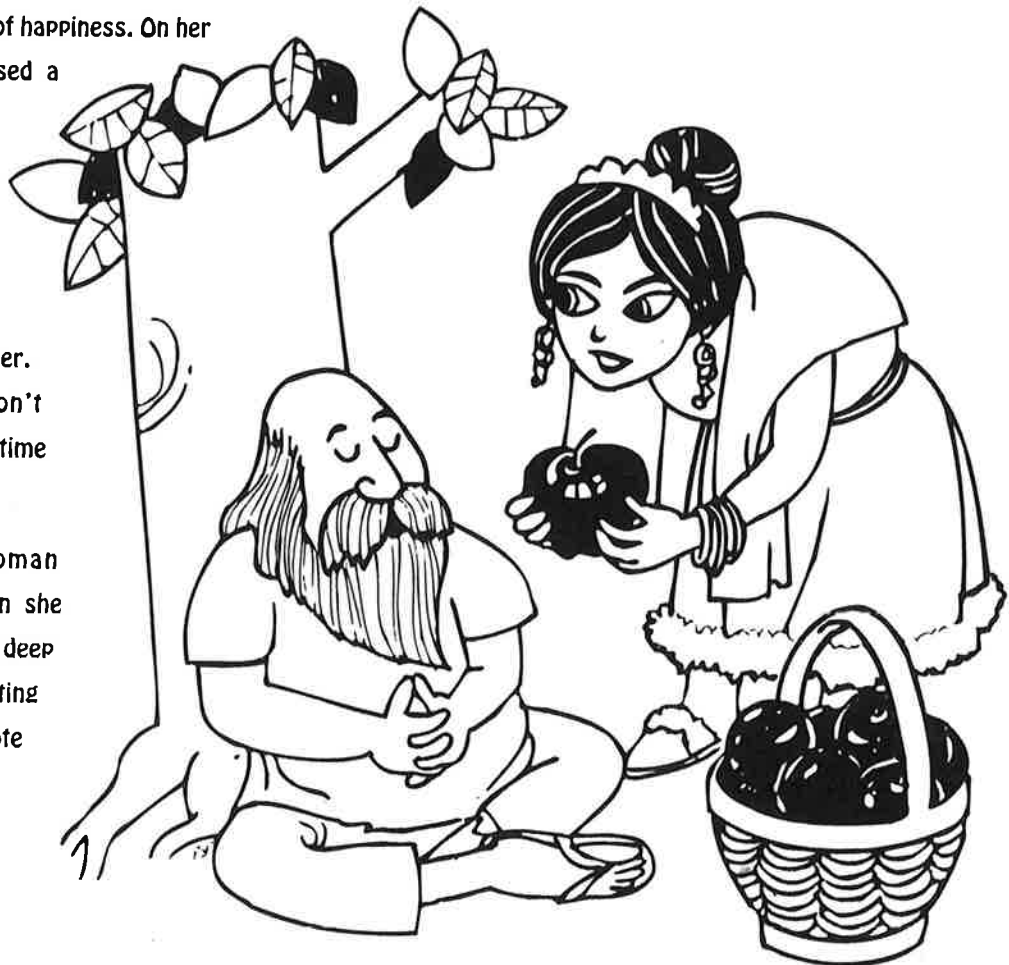
In a forest outside her town, there lived a wise man. He rarely spoke, but he often smiled. His face shone with an inner light. He knew the secret of happiness.

One day, when Dame Dim was going to the market, she thought, "I never smile and I feel so sad. What is the secret of happiness? I'll ask the wise man."

In the market she bought a basket of the biggest red apples. She would give them to the wise man when she asked him the secret of happiness. On her way, Dame Dim passed a poor woman. The poor woman said, "Can you give some food for my starving family?"

Dame Dim rushed by her. She answered, "Don't bother me. I have no time to help you."

When the rich woman reached the wise man she found him under a tree, deep in meditation. Not wanting to disturb him, she wrote on a piece



of paper: "WHAT IS THE SECRET OF HAPPINESS? I SHALL RETURN TOMORROW." She wrapped the note around one red apple and left it at his feet.

The next day, carrying the basket of red apples, she set off to the forest where the wise man lived. Again on her way she passed the poor woman. The poor woman asked, "Can you give some food for my starving family?"

Rushing by, Dame Dim said, "I have no time to help you."

When the rich woman reached the wise man he was again deep in meditation. The woman thought, "I will leave another note. The note said, "WHAT IS THE SECRET OF HAPPINESS? I SHALL RETURN TOMORROW." She wrapped the note around one red apple and left it at his feet.

Early the next day, she set off carrying the basket of apples. Again, she passed the poor woman. The poor woman began to follow her saying, "Can you give some food for my starving family?"

Dame Dim just kept walking faster calling, "I have no time to help you."

When she reached the wise man he was waiting for her. She offered him her whole basket of red apples saying, "Wise man, what is the secret of happiness?"

The man took out the two apples she had left for him with the notes and added it to the basket. He then got up and gave the basket of apples to the poor woman who had followed her. He told Dame Dim, "The secret of happiness is to take what you need and to share the rest. Then you will have everything you want."

The rich lady suddenly understood how selfish she had been. "I must take what I need and share the rest," thought Dame Dim. After that she shared all she owned with those who were in need. The more she shared, the more happiness she felt inside her. Dame Dim finally found the secret of happiness.



QUESTIONS AND DISCUSSION

1. Do you know anyone who does not have enough to eat?
2. Do some people have too much?
3. What would happen if all the people who owned many things shared with people who did not have enough?
4. How do you feel when you share?
5. Can we use things like electricity and trees as much as we want?
6. What would happen if we kept on using up all the trees?
7. What can you do with things you do not need anymore?

ENRICHMENT

- * Dramatize the story.
- * Draw pictures from the story. Have the children dictate a description of the picture. Write this on their pictures.
- * Have the children collect all the clothes and toys they no longer use. Encourage the children to give them to a family or organization that needs them.
- * Have the children recycle papers, cans and make a compost heap.



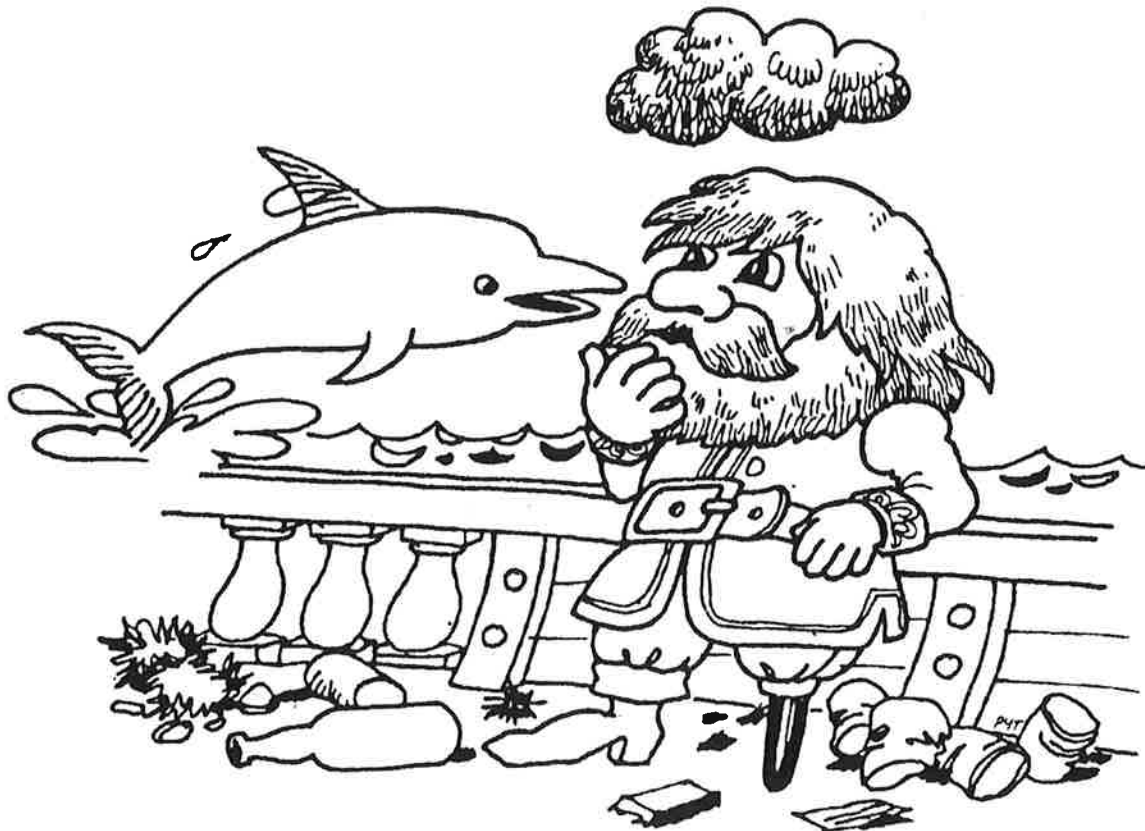
CLEAN AND CLEAR

Captain Grimy

Over the seven seas, there lived the dirtiest sea captain in the world. He had gum wrappers stuck in his hair, soot on his nose, and cobwebs in his beard. He had only one leg, the other was a wooden peg. None of the other sailors knew his name, so they called him Captain Grimy.

Ever since Captain Grimy lost his leg he thought, "I look so ugly with only one leg." He stopped taking baths and stopped cleaning his boat. Soon Captain Grimy and his boat were so dirty that people laughed at him. The more they laughed, the dirtier and meaner he became.

Everyday Captain Grimy walked along the beach collecting old cans and bottles. He took the junk and dumped it where the fisher folk fished. Their nets soon became tangled with junk. Even worse, the fish became sick from the garbage in the water. Captain Grimy grew so filthy and smelly from collecting junk that no one wanted to go near him.



One day, the fisher folk saw a beautiful blue dolphin leaping and jumping beside their boats. The fisher folk knew that the dolphins were the kindest and most helpful of the sea creatures. They called out, "Kind dolphin, please help us."

"What can I do?" asked the dolphin in a high pitched voice.

"Help us clean up Captain Grimy," they called.

"Where can I find him?" asked the dolphin. Just then she saw a sooty black cloud moving over the water towards her. "Ah, that must be Captain Grimy," thought the dolphin. She leaped and jumped through the waves to his boat.

"How do you do?" said the dolphin.

Captain Grimy could not believe that the dolphin had talked to him. The blue dolphin reminded him how beautiful life is. He thought, "I'll wash my face so it is bright and shiny for the dolphin."

After cleaning his face he rushed back to talk to the dolphin. "My," said the dolphin. "What a beautiful face you have." This made Captain Grimy feel warm and nice inside. "Thank you," said Captain Grimy blushing. "You have a nice face, too."

From then on, the blue dolphin visited Captain Grimy every day. He looked forward to these visits so much that he became cleaner and friendlier each time. He stopped collecting junk and throwing it in the water. The other sailors were happy to see Captain Grimy becoming cleaner and cleaner. They had a meeting and decided to buy a new wooden leg for him to use instead of the peg.

When Captain Grimy opened their gift, he smiled and said, "Thank you, this is a very nice wooden leg."

Just then, the dolphin swam to the boat and called out, "From today, you are no longer Captain Grimy. You are Captain Shiny."

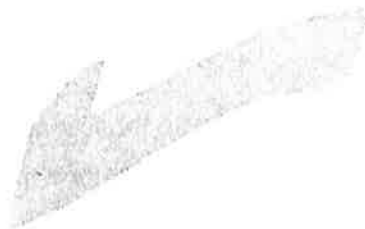
After that Captain Shiny would scrub his body and his boat until they both shone. He smiled at everything he saw, and everything smiled back at him.

QUESTIONS AND DISCUSSION

1. Have you ever played so much you became very dirty? Was it nice to feel like that?
2. What might happen if you were always dirty and never washed?
3. How would you feel if your house was always dirty?
4. Captain Grimy also felt unclean on the inside. He felt angry and unhappy. Have you ever felt like that? What did you do to make yourself feel better?
5. What can you do to make others feel happy and shiny on the inside?

ENRICHMENT

- * Dramatize the story.
- * Draw pictures from the story. Have the children dictate a description of the picture. Write this on their pictures.
- * Let the children help wash their clothes and clean the house. (Young children love any activity involving water.)
- * Go to the children's favorite park or beach and pick up garbage so it looks beautiful again.



HAPPY-HEARTED

The Happy Shoemaker

There once lived a shoemaker who was so happy-hearted that he sang all day. Many children visited the shoemaker to hear his songs. Next door to the happy shoemaker lived a rich man who did not like his singing. That very rich man sat up all night counting his gold. In the morning he went to bed, but the shoemaker's cheerful singing kept him awake.

"I cannot sleep a wink," thought the rich man. "How can I stop the shoemaker from singing all day?" Suddenly, he had an idea. The next day he sent an invitation for the shoemaker to visit him. When the shoemaker received the invitation he came at once.

"Good morning," said the rich man. "You are such a pleasant neighbor that I want to give you this bag of gold. You must keep it for yourself, you cannot give it away."



“Thank you. I never saw so much gold in my whole life, but I don’t want it,” said the shoemaker.

But the rich man insisted. So the shoemaker agreed and took the bag of gold home. He sat on his bench and began to count it carefully: 10, 20, 30. “There is so much gold, I am afraid to let it out of my sight,” he thought.

At night he took the bag of gold to bed with him. The shoemaker could not sleep because he kept thinking about where to hide the gold. He tried hiding it in the attic. Then he tried hiding it in the chimney. Then he tried digging a hole in the yard. Each time he felt it was not safe enough.

The shoemaker began to worry all day about the gold. He could not work; and he could not sing. He did not have time to talk to his friends. Soon the shoemaker was no longer happy, and his friends did not visit him anymore. Finally, the shoemaker grabbed the bag of gold and ran next door to the rich man’s house. “Please take back your bag of gold,” he said. “Worrying about it is making me unhappy.”

Then the shoemaker was happy again. He could work, sing and visit with his friends just as he did before.

QUESTIONS AND DISCUSSION:

1. What does it mean to look on the bright side of life?
2. How do you feel when you smile?
3. What might happen if someone was always crying and complaining?
4. Do others have to make you happy, or can you make yourself happy?

ENRICHMENT

- * Dramatize the story.
- * Draw pictures from the story. Have the children dictate a description of the picture. Write this on their pictures.
- * Have the children role play or draw things that make them happy.
- * Make a ‘happy collage’. Have the children cut out ‘happy pictures’ from magazines or their own drawings to make a big happy picture.
- * Learn some ‘happy songs’ that the shoemaker might have sung.

HELPING HANDS

The Rain Of Stars

Once upon a time there was a little girl named Keisha. She had no mother or father. She had only a scarf, jacket, dress and a pair of shoes. Instead of feeling sorry for herself, she felt love for everyone. She sang this song: "To love is to give, to give is to love; to have is to give with love."

As she walked across the countryside she met a little boy who was crying. "Why are you crying?" she asked.

"My head is cold and I don't have a hat."

Right away, Keisha took off her head scarf. She said, "Here, you may have it to keep your head warm."



“Thank-you,” said the little boy as he wrapped the scarf around his cold head. When Keisha had walked a little further she met two children. They were huddled together. They were so cold that their teeth chattered. Keisha felt sorry for the children. She said, “Please take my jacket and my dress to help you keep warm.”

The two children were so happy, they thanked Keisha as they put on her clothes. Keisha waved good-bye and walked on happily.

Finally, Keisha had walked so far she reached a forest. Night was beginning and it was cold. Keisha met a poor little girl crying without any shoes. She thought, “This little girl needs my shoes.”

“Do not cry,” Keisha said. “Wear my shoes. They will help your feet keep warm.”

The girl stopped crying and put on the shoes. She thanked Keisha and walked away with her feet feeling much warmer.

So Keisha stood alone in the forest in the bright starlight with nothing left to wear. Looking up at the twinkling stars, she wondered what she should do next. Suddenly, the stars shone brighter. Sparkling star dust fell about her. She rubbed her eyes. When she looked again she saw that she was wearing a new warm dress, new boots and a woolly hat. On the ground lay pieces of gold. The stars had given her new clothes. “Oh thank you,” said Keisha as she put on her new warm clothes. For all the days of her life, she had enough money to help any unhappy children she met. The more she gave, the more she had.

QUESTIONS AND DISCUSSION:

1. Have you ever helped someone else? How did that person feel? How did you feel after doing it?
2. Has anyone ever helped you?
3. What might happen if someone was not thankful?
4. Which people need the most help?

ENRICHMENT

- * Dramatize the story.
- * Draw pictures from the story. Have the children dictate a description of the picture. Write this on their pictures.
- * Role play different situations where the children can help another. Have children make up their own role plays.
- * Visit an old people’s home or organization where the children could help. They could sing some songs or help prepare a meal.



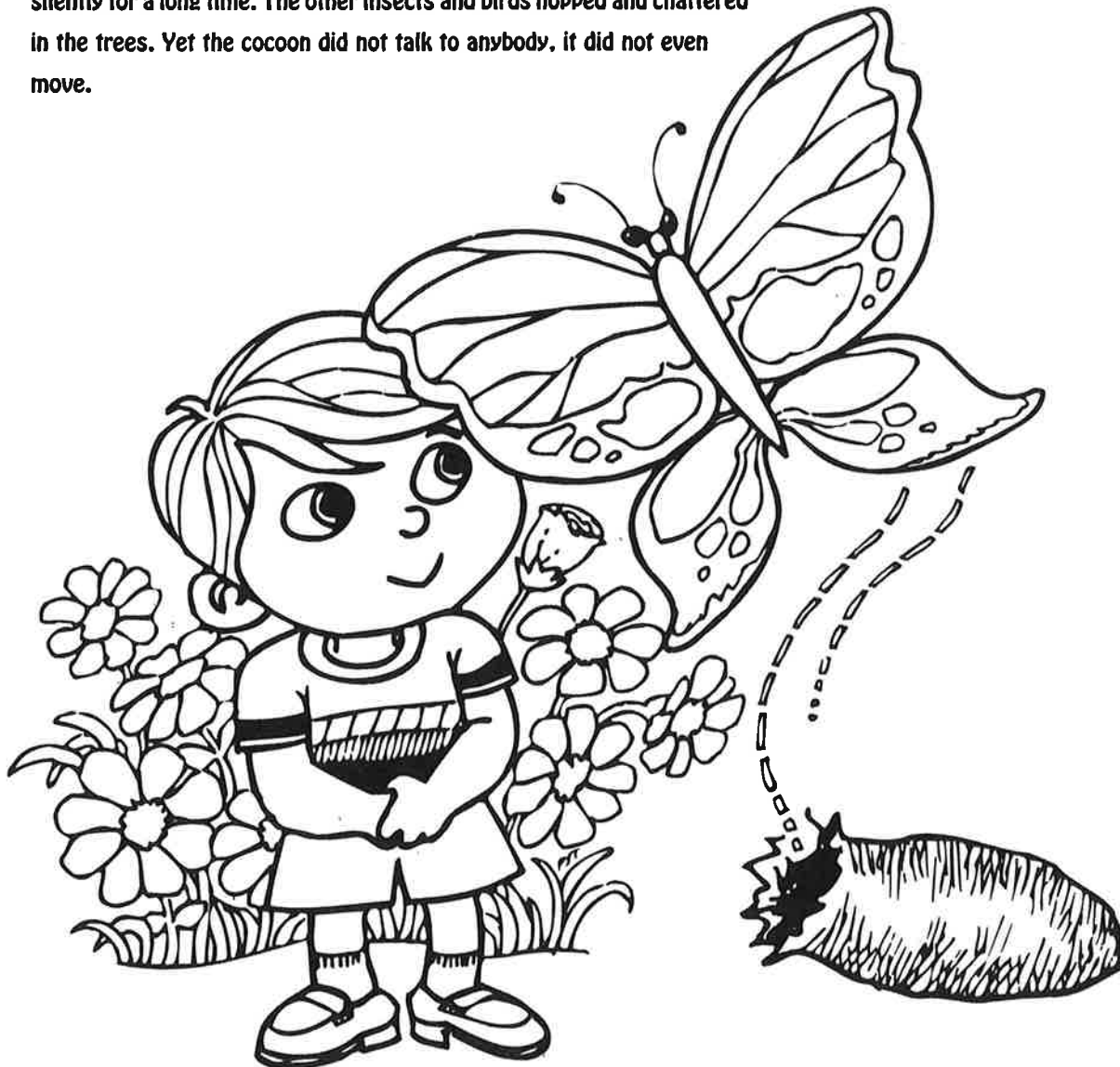
SPIRITUAL STUDY

The Butterfly Book

There was a little boy in kindergarten named Beniy. He was too shy to run and play with the other children outside. He would always sit in a corner of the playground and just watch.

One day the teacher brought out a beautiful book to read while the children played. She sat beside Beniy and opened the book. The teacher read out loud the story of a green caterpillar:

One day the caterpillar said, "I do not want to crawl anymore. I want to stay in the corner by myself." So the caterpillar wrapped itself up into a cocoon and hung there silently for a long time. The other insects and birds hopped and chattered in the trees. Yet the cocoon did not talk to anybody, it did not even move.



Inside that dark cocoon the little caterpillar felt itself changing and changing. Then one bright morning the cocoon opened, and a beautiful butterfly joyfully sprang out. The caterpillar had become a beautiful butterfly. Now it fluttered from flower to flower.

Benji closely listened to the caterpillar story. When it was finished he said, "That caterpillar is just like me. I have sat quietly for a long time, now I want to be happy like that beautiful butterfly."

Benji jumped up and ran around the playground like a fluttering butterfly.

The other children were happy to see this new game, and they ran and jumped like butterflies, too.

After that Benji knew that books held wonderful stories for him.

QUESTIONS AND DISCUSSION:

1. Why are books important?
2. Are all books good to read? Why?
3. Ask the children to talk about books they like. Ask if they learnt anything from them.

ENRICHMENT

- * Dramatize the story.
- * Children make their own book. This can be done by the children drawing pictures and, if a child cannot write, dictating the story to an adult who writes it down.
- * Visit the library. If the children are not members, have them join. Go for a walk around the library to look at all the different sorts of books. Let the children borrow a book.

MEDITATION

The Wise Woman Of The Mountain

Once there lived two little children named May and Ray. They were always asking questions, but what they really wanted to know was about the Supreme. They asked their parents and their friends, but no one knew enough to answer all their questions. One day their grandfather said, "You should talk to the wise woman of the mountain. She knows much about the Supreme."

"How do we find her?" asked May.

"You follow the dirt path that leads to the mountain top. She lives at the top of the mountain. You must never leave the path, otherwise you will get lost."

"We will go tomorrow; and we promise not to leave the path," said the children.



The next morning the children got up early. They put food in their backpacks and started on their journey. They walked on the dirt path to the mountain until it came to a stream. The children did not know how to cross the stream.

Just then a big frog sitting on the bank croaked, "Good morning, where are you going?"

"We are going to ask the wise woman about the Supreme. Can you help us cross the stream?" asked Ray.

"You have to build a bridge," said the frog.

The children began to look for a log that they could use for a bridge. Soon they found a tree branch that could make a bridge. They laid it across the stream and crossed over it to the other side.

The children walked further along the dirt path. The path went through a dark forest. Away from the path, they saw some beautiful pink and yellow flowers.

"Let's go and see those flowers," said Ray.

"Okay, but Grandfather said not to go far from the dirt road," warned May.

The children went to see the beautiful flowers. Deeper in the forest they saw more flowers. Soon they were far from the dirt road. Suddenly, May looked up and said, "Ray, we lost the way."

The children became scared. The forest was dark and there were strange creatures living there. "What should we do? How will we ever find the path again?" said May.

On a branch in the tree next to them sat an owl. "Whoop whoop! Where are you going?" asked the owl.

"We are going to ask the wise woman about the Supreme. Can you help us find the path?" asked May.

"Whoop. Follow where I fly, and you will find the road," said the owl.

Following the owl, May and Ray found the road. Again they began walking on the dirt path to the wise woman. They walked on until they reached the bottom of the mountain. Then the children climbed up the mountain.

At the top of the mountain they saw the little hut where the wise woman lived. Ray and May went to the door – knock; knock. The wise woman opened the door and smiled at the two children. “What can I do for you?” she asked.

“Can you tell us about the Supreme?” said May.

“That is a very important question. First, you must rest and eat something,” said the wise woman.

After the children rested and ate, the wise woman called them near to her. “What do you want to know about the Supreme?” she asked.

“What does the Supreme look like?” asked the children.

“The Supreme has no body at all,” said the wise woman. “There are no eyes to see with, but the Supreme sees everything. It sees the baby birds in the nest, the hairs on your head, and even your secret thoughts.”

“What does the Supreme do all day?” asked the children.

“Though the Supreme has no hands to work, it takes care of everything. It makes the flowers bloom, the sun shine, and helps you,” answered the wise woman.

“Where is the Supreme?” Ray asked.

“The Supreme has no feet for walking, yet it is everywhere,” answered the wise woman with a big smile.

“Then why can’t we see it?” said May.

“The Supreme is playing hide-and-seek with the whole world. Only a few people are wise enough to find its hiding place.”

“Can you please tell us where the hiding place is?” asked the children.

The wise woman stood up, smiled and said, “The Supreme is hiding where most people never think to look.” Then the wise woman bent down close to the children’s ears. She whispered very softly, “The secret hiding place is inside your heart.”

Ray and May looked down at their chests and said, “We still can’t see the Supreme.”

“You have to look in a special way. Sit down and close your eyes. Go deep inside your heart and look for a sweet light. Inside your heart softly call the Supreme. There you will find the Supreme.” said the woman.

The children did as the wise woman told. Slowly they began to feel love warm their hearts. It grew and grew until it bubbled up like a fountain of joy. Then they felt the Supreme so full inside them. When they opened their eyes they were very happy. The children thanked the wise woman and climbed down the mountain. On their way they kept to the dirt path and smiled the whole way home.

After that, wherever they went, they told others about the secret hiding place of the Supreme.

QUESTIONS AND DISCUSSION:

1. Who knows how to meditate?
2. What happens when you try to meditate?
3. What might happen if you meditate every day until you are very old?

ENRICHMENT

- * Dramatize the story.
- * Draw pictures from the story. Have the children dictate a description of the picture. Write this on their pictures.
- * Arrange a visit by a meditation teacher who can tell stories to the children.
- * Go exploring outside to find good places to meditate.



REVIEW

The Fairy's Flower

One day Kate was walking towards the big forest. She heard that in this forest lived a beautiful fairy who had a garden where there was a special flower. The fairy would give the special flower to anyone who visited her. Many people tried to get her special flower, but they could never find the fairy. Kate said to herself, "I bet I can find the fairy."

Suddenly an owl hooted above her head, "Whoop, you will not find the fairy."

When Kate heard this she became so angry that she picked up a stone and threw it at the owl. The stone hit the owl's wing. "Ouch," squawked the owl and it flew away.

Kate kept walking through the forest until she reached a big gate with a hanging silver bell.



Kate rang the bell. Silently the gate opened and a monkey appeared. "Is this the fairy's house?" asked Kate.

"Yes," answered the monkey.

"Can I see her?" asked Kate.

The monkey answered, "She never sees anyone who hurts others."

Kate remembered how she had hit the owl with a stone. "I'll never do it again," said Kate. "If I go and take care of the owl, will the fairy see me then?" she asked.

"Yes, she may see you," said the monkey who then closed the gate.

Kate began searching for the owl in the forest calling, "Owl, please come out. I'm sorry for hurting you." Yet the owl did not come out because it was afraid.

"Owl, I have some candy in my pocket. If you come out, I'll give it to you," lied Kate.

The owl came out and flew near Kate. "Where's the candy?" asked the owl.

"You can have it later, let's first visit the fairy," Kate said. So they set off to the fairy's gate.

When they reached the gate Kate rang the bell and the monkey appeared. Kate said, "I've come with the owl as a friend. Now can I meet the fairy?"

The monkey told the owl to come inside and said to Kate, "The fairy never sees anyone who tells lies."

"I promise I won't lie again," said Kate, remembering she had lied about the candy. "In the woods lives an old woman who makes candy. If you bring candy for the owl, you can see the fairy," said the Monkey who then closed the gate.

Kate set out to find the house of the old woman. After walking for sometime, she saw the light of a small house in the woods. She ran as fast as she could and knocked on the door. No one answered; so Kate pushed open the door and went inside. She saw pots full of candies. Kate did not want to wait for the old woman. Grabbing a handful of candies, she rushed back to the fairy's gate.

On top of the gate sat the monkey. It looked at Kate and said, "The fairy doesn't see anyone who takes something that belongs to another."



"Oh no," thought Kate. "I shouldn't have taken that candy." Then she asked the monkey, "If I return the candy and ask properly for some, will the fairy see me?"

"Yes, she will," answered the monkey who then closed the gate. So Kate went back to the old woman's house. When she knocked on the door the old woman appeared. "Come in," she said.

"I've taken some of your candies without permission. Please forgive me," said Kate.

Then the old woman smiled, saying, "Because you have returned them, I forgive you. Take this pocketful of candied nuts as a gift from me."

"Thank you," said Kate.

As Kate walked back to the fairy's gate, she saw a little squirrel. It jumped in front of her and said, "Please, I'm so hungry. Can you give me some food?"

"I have some candied nuts but I can't give you any. It's for the owl and me to eat," answered Kate walking to the gate.

When Kate rang the bell, the monkey again opened the gate. Kate said, "I gave back the candy and I've brought some candied nuts for the owl. I promise that I won't take anything without permission. Now can I meet the fairy?"

The monkey took half the candied nuts to give to the owl. Then it asked, "When you were walking here did you meet anyone on the way?" asked the monkey.

"Only a squirrel," said Kate.

"That squirrel is an important friend of the fairy, like every creature is," said the monkey.

"Did the squirrel ask you for something?"

"Yes, it wanted some food."

"Ah, you wanted to keep the candied nuts mostly for yourself," said the monkey who then closed the gate.

Kate ran back into the forest, and gave the rest of the candied nuts to the squirrel. As she ran back to the fairy's gate, Kate did not see a puddle of mud. Whoops, she fell into the middle of it! Kate picked herself up and continued on to the gate. She looked so dirty. For the fifth time, Kate rang the bell and there appeared the monkey.

“You are too dirty,” said the monkey. “Only clean people can see the fairy. Go down the road to the lake and wash before knocking again.”

Kate hurried down the road to the lake where she bathed and washed her clothes. While waiting for her clothes to dry, she heard a mother deer crying in the nearby bushes.

“Why are you crying?” asked Kate.

“My baby deer has disappeared! What shall I do?” asked the mother deer.

“Don’t worry, I’ll help you,” said Kate.

They looked for the baby deer and found it sleeping under a tree. The mother deer was very happy. But Kate was now so deep in the forest that she could not find her way. She began to cry.

“Don’t cry,” said the deer, “The fairy is my dearest friend. She wants us to be happy. If you stop crying and calm yourself, then I’m sure you will find your way to the gate.”

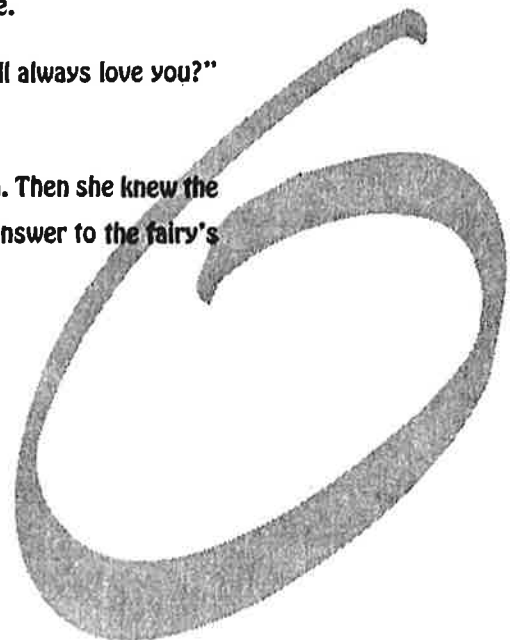
Kate began to think how beautiful the forest was around her. She thought how the fairy loved everything – the flowers, the trees, the butterflies. “I feel grateful for such life around me,” she thought. With these happy thoughts she walked through the forest and soon reached the fairy’s gate.

This time the monkey said, “The fairy is very happy with you for helping the mother deer and for your happy thoughts. Now she wants you to read this book. Read it and then come back.”

Kate took the book, sat under a tree and began to read. It was written by a very wise and kind person. It helped her understand how to feel love for every creature. After reading, she sat and closed her eyes. She thought so deeply about the Supreme that a light began to shine in her heart. When Kate finished she went and rang the bell at the gate.

“Hello,” said the monkey. “The fairy has one question for you. Who will always love you?” The monkey then closed the gate.

Kate sat for a few minutes and closed her eyes. She made her mind calm. Then she knew the answer. She opened her eyes, jumped up and rang the doorbell. “The answer to the fairy’s question is the Supreme will always love me.”



Now beautiful music started to play. The gate opened wide. Kate heard a sweet voice call out, "Welcome, welcome!" She saw a beautiful fairy dressed in a white gown standing by her garden of flowers. The fairy called, "Come near, my dear, come near."

"Here is a flower that I have grown for you while you were learning how to open the gate," she said. Then the fairy added, "This flower will help you know how to live and be happy. It has ten petals, just like what you learned today. What are they?"

Kate answered, "Not to harm anyone, not to lie, not to steal, to see all as the Supreme's friend, and to share with others. She continued, "To be clean, to help others, to read wise books and to know that the Supreme will always love me."

"Very good," said the fairy and smiled. Kate smelled the sweet fragrance of the flower and suddenly everything disappeared. She found herself on the path leading to her house holding a beautiful flower.

QUESTIONS AND DISCUSSION:

1. What were the things that the girl had to learn before she could meet the fairy?
2. Ask who amongst the children would be ready to meet the fairy. Why?

ENRICHMENT

- * Dramatize the story.
- * Have the children draw different scenes from the story. Collect them all and make them into a book. Let the children take turns reading the book to each other.



THE SUPREME IS KNOWN IN MANY WAYS

John And The Special Friend

Once there was a little boy named John who lived alone with his mother. Every day the Mother had to work hard to get enough food for them to eat. When John was little, he went everywhere with his mother. But now John was old enough to go to school. Soon was his first day of school. He would have to walk through a forest to reach it.

"The forest is dark and scary, please come with me mother," asked John.

"I'm sorry, but I have to go to work," she said. "When you reach the forest, call out with your whole heart: 'Special Friend, please come walk with me.' The finest friend will come and take you to school."

On the first day of school when John reached the woods he called with his whole heart, "Special Friend, please come walk with me."

Suddenly, a handsome boy appeared from behind the trees. The two boys walked to school



together. They laughed and played along the way.

Every day, John called with his whole heart, "Special Friend, please come walk with me." Everyday a handsome boy appeared from behind the trees.

One day at school, the teacher told the children they would have a school party. The teacher asked all the children to bring food from home to share.

John felt sad. He knew his mother was too poor to give food for the party.

On the day of the party John called with his whole heart, "Special Friend, come walk with me." His handsome friend appeared. But John did not smile when his friend came near. "Why are you so sad John?" asked his Special Friend.

"I don't have any food to bring to the school party," answered John.

"Don't worry. I'll help you. I have this jug of strawberry milk that you can have for the party," said the Special Friend. He gave John the jug of milk he was carrying.

"Thank-you," said John happily, and he took the strawberry milk to school.

At the party, when John poured the milk from the jug, a strange thing happened. No matter how many glasses he poured, the jug never became empty. The amazed teacher asked, "Where did you get this wonderful jug of milk?"

"My Special Friend gave it to me," answered John.

"I'd like to meet your special friend," said the teacher. After school, John called with his whole heart, "Special Friend, please come walk with me." His handsome friend appeared from behind the trees. When John tried to introduce his Special Friend to the teacher, the teacher could not see him. "Where is he? I can't see him," said the teacher. Then the teacher knew it was because John felt so much love. When he called with his whole heart, the Supreme came to him as Special Friend.

All that year and every year after, John always had his Special Friend to help him.



QUESTIONS AND DISCUSSION:

1. Who was really helping John? Why?
2. The Supreme has many names. Can you name some?
3. Ask the children how many Gods are there? The answer is only one.

ENRICHMENT

- * Dramatize the story.
- * Draw pictures from the story. Have the children dictate a description of the picture. Write this on their pictures.
- * Play hide and seek. When the children are alone hiding, ask them if they can feel that someone special is with them. Tell them, that even when they are by themselves, they are never alone.

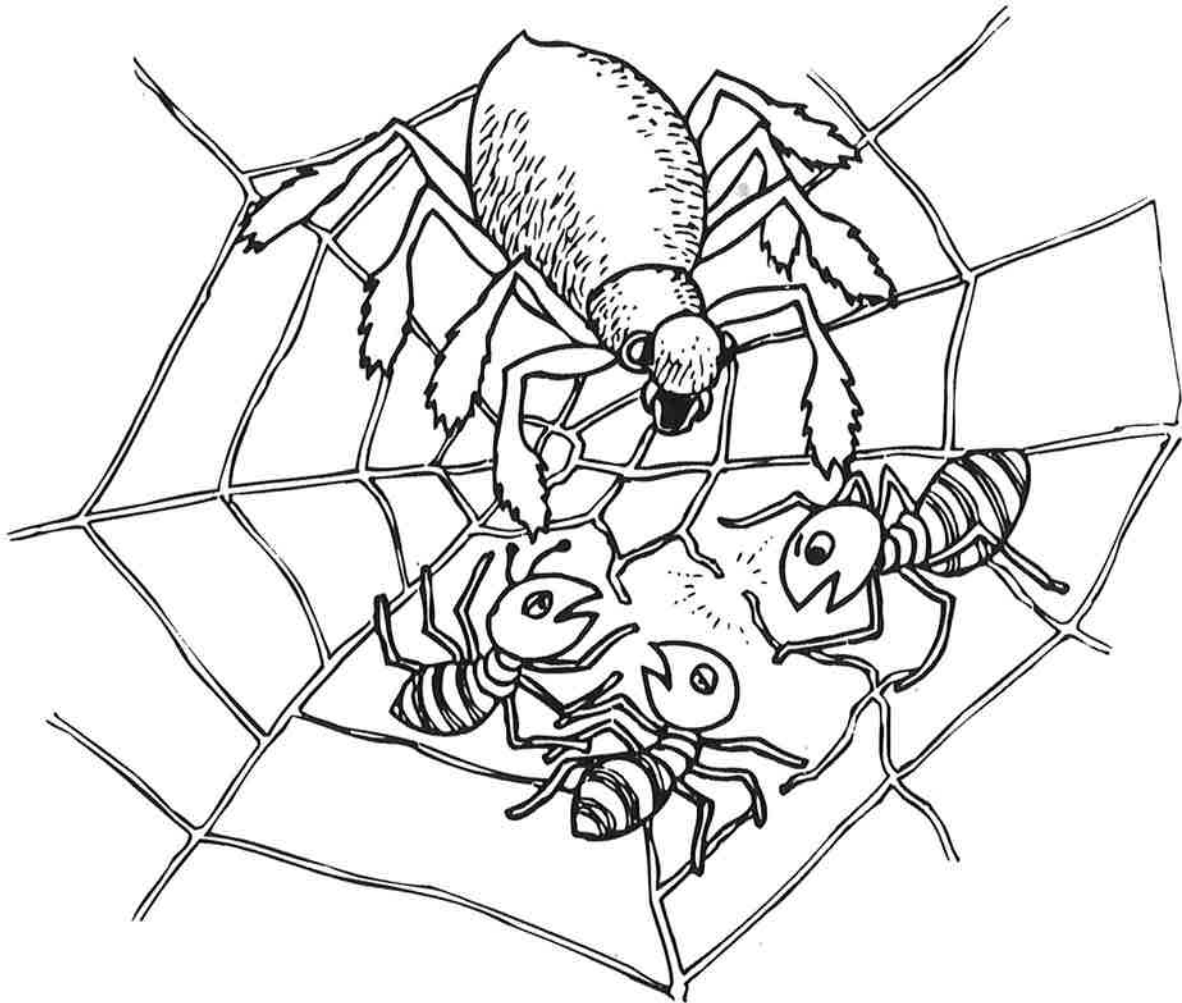
THE NATURE OF LIFE IS OF THREE TYPES-CALM, RESTLESS AND DECAY.

Annie The Ant

Once upon a time in a large green field lived a big family of ants. One ant was wise, brave and strong. Her name was Annie. She was always busy helping the family of ants find food.

Annie had two friends that were so hardheaded they never listened to anyone. First was Lazy who never wanted to work. The other friend was Speedy, who moved so quickly he usually ended up falling over.

One day, while the other ants were off gathering food, Speedy said to Lazy, "Let's go and look for food in that oak tree." He added, "I know a quick and easy way to get some cake crumbs."



“Are you sure?” said Lazy. “I wouldn’t want to work very hard.”

“Yes, I’m sure; come on,” said Speedy.

Luckily for Lazy and Speedy, Annie the ant was using her head. She thought, “I know those two ants are too impatient and too lazy to make sure it’s safe. I’d better follow them to see they don’t get into trouble.”

So the two ants started up the tree, not knowing Annie was close behind them. When they reached the first branch they saw some crumbs blown by the wind. Without looking, Speedy hurried to the food and Lazy followed right after him. Suddenly, they could not move their feet. “What is happening?” they cried. The two ants looked down at their feet. “Oh no! We’re caught in a spider’s web,” they shouted.

Just then the ants saw a big black spider crawling closer and closer! “Ah! Dinner,” said the spider as he smacked his lips.

“Help, help,” called Speedy and Lazy.

Annie saw the spider creeping towards her friends. Without any fear, Annie raced to the sticky web and started clawing and chewing away at the strands. The black spider was crawling closer and closer. Annie was clawing and chewing as fast as she could. “Hurry Annie! The spider is going to eat us,” cried the two ants.

Just when the spider was about to pounce on the ants, Annie freed them from the web. They all quickly ran down the side of the tree. The two naughty ants hung their heads low and said, “The spider almost ate us.”

“I’m too careless and you’re too lazy,” said Speedy.

“We’ll try harder from now on,” said the two ants.

The next day the three ants went gathering food together. Suddenly, they saw a big cat. The ants were afraid the cat might step on them with its big paws. “Meow, Meow”, they heard the cat say.

“What’ll we do?” said Annie.

“I don’t know,” said Lazy.

Speedy thought quickly and said, “There’s a hole in the ground over there. Let’s hide in there.” They ran as fast as they could, but the cat was coming too fast. They could not reach the hole in time.

“I’ll protect you,” said Lazy. She told them to run to the hole while she slowed the cat.

While Annie and Speedy ran to the hole. Lazy crept behind the cat. She opened her mouth wide and bit the cat's paw. "Meow." cried the cat as it stopped and licked its paw.

"Lazy, run to the hole! We're safe!" called the other ants. She quickly darted into the hole.

When all the ants were together safely in the hole. Annie looked at her friends and smiled. "You're not Speedy and Lazy anymore," she said. "Speedy, I'll call you 'Smarty' because your idea saved us. Lazy, I will call you 'Brave' for risking your life to help us reach the hole first."

From that day on the whole ant family called the two ants Smarty and Brave, and they never were Speedy or Lazy again.

QUESTIONS AND DISCUSSION:

1. There are three ways that nature shows itself. These are: calm, like Annie; always moving, like Speedy; and hardly moving, like Lazy.
2. Show the children pictures of people doing different things. Talk about each one and compare them to the three types of ants. Ask if they are more like Annie, Speedy or Lazy?
3. Discuss how the children sometimes are like Speedy or Lazy. Talk about ways they can be like Annie.

ENRICHMENT

- * Dramatize the story.
- * Draw pictures from the story. Have the children dictate a description of the picture. Write this on their pictures.
- * Have the children pretend to be different energies: running round in circles, lying down pretending to be dead and sitting and playing quietly.

THE EVOLUTIONARY CIRCLE OF CREATION

The Circle Of Love



First, there was only the Supreme. The Supreme wanted someone to love, but there was no one to love. The Supreme wanted to play, but there was no one to play. Then the Supreme thought, "I am all alone! I am going to make some playmates." So the Supreme started to create objects out of Itself.

The Supreme made a place to play. A vast space with no beginning and no end. In the Supreme's playground, it was so dark that no one could see. One could only hear. Yet there was nothing to hear. So the Supreme made a simple song like: 'OOMM, OOMM.' It was the first song.

After singing, the Supreme still felt alone and sighed. From that sigh, came the air. Wind whistled throughout the big playground of space. The Supreme liked the feeling of the soft wind blowing.



Still, it was very, very dark. The Supreme could not see anything at all; so It made many beautiful stars. With the shining light of the bright stars, the Supreme could see a long way.

The Supreme was so happy and began to cry joyful tears. The happy tears made giant raindrops that flowed and filled the sea. Then the Supreme swam in the sea and splashed in the rolling waves.

Tall mountains and little hills appeared from the sea. The Supreme sat on the mountain and hill tops and looked out over the water.

For a long time the Supreme played with the wind and the water—splashing in the streams and snoring with the sleeping rocks. Yet the Supreme still felt lonely. So It woke up the earth to grow tiny plants. They grew into trees and flowers. Colorful plants covered the earth.

Still the Supreme wanted more. It wished to watch something move and walk about more freely. It made ants, butterflies, fish, frogs, and snakes. Then lizards, birds, rabbits, kangaroos, and kittens came. There were so many different colored animals with different sounds: hss, chirp, and meow. They made lots of noise.

Even then the Supreme felt lonely. It wanted a special toy that could feel love and could love It back. The rocks, rivers and rhinoceroses never gave a single thought to the Supreme. They never thought about who had made them. So the Supreme wanted someone who could think and love. Someone who would help take care of this big playground and everything in it. So the Supreme made a little girl and boy.

Then the Supreme was very happy and not lonely anymore. There were people to love and they would give love back. The Supreme could help and teach the girls and boys. They also learnt how to help and teach each other. The girls and boys wanted to be so much like the Supreme. They knew that one day from their love they would become one with the Supreme. So this story is like a circle of love, because it ends where it began — with the love of the Supreme.

QUESTIONS AND DISCUSSION:

1. Why did the Supreme create our universe?
2. Name some things that the Supreme made. What did it make first?

ENRICHMENT

- * Dramatize the story.
- * Have the children draw different scenes from the story. Collect them all and make them into a book. Let the children take turns reading the book to each other.
- * Make a collage of all different types of creation, such as plants, space, animals, people and so on. The collage can be made from magazine cut outs or the children can draw their own pictures. Paste them in a circle in the order of the story.
- * Go on a scavenger hunt. Look for different things that the Supreme made.



THE GOAL OF LIFE IS UNENDING HAPPINESS

The Little Salt Doll And The Ocean

Once upon a time, there was a little doll made of salt. She lived in a house with her old spotted dog and a striped cat. The little salt doll loved sitting at home and talking to her dog and cat.

One day, the little salt doll was sitting out in the garden when a white bird flew over. It landed on a stone near her house. "Hello, are you a sea gull?" asked the salt doll.

"Yes, I am," said the sea gull.

"Are you going to the sea now?" she asked.

"Yes," answered the bird. "I'll be there by nightfall."

"How big is the sea?" questioned the salt doll.

The bird chirped and said, "Too big for me to tell."



The bird spread its wings and flew upward. The salt doll watched the bird soar in the sky. After the sea gull had flown away, she sat looking up at the sky for a long time.

That night the little salt doll asked her striped cat as it came in to rest, "Have you ever seen the sea?"

The cat licked its paw and said, "Yes, once when I was young I ran around by the sea for a whole day."

"I wish that I could see the sea, too," the salt doll told the cat.

That night, when the little doll curled up in her bed, she dreamt of the wide blue sea. Early the next day, she woke up before the sun had come up. She opened the door of her house and walked out.

"Little salt doll, where are you going?" whispered the window curtains in the breeze.

She answered, "I'm going to the sea. I want to know how big it is." Then she went out the door and walked down the garden path to the road.

The old spotted dog saw the little salt doll walking down the road. He ran after her and asked, "Where are you going?"

"I'm going to see how big the ocean is," she answered. "Do you know?"

The old spotted dog sniffed and said, "Too big to tell." As the little salt doll walked along the road, the sky became lighter. The grass along the road whispered, "Where are you going?"

"I'm going to see how big the ocean is," she answered, and continued along her way.

Day became noon, noon became afternoon. Soon a whole day had passed. At night, the little salt doll lay under a tree to sleep and dream of the ocean. In the morning she awoke and started to walk again.

"Salt doll, where are you going?" called the bushes along the road.

"I'm going to see how big the ocean is," she replied, and walked toward it.

Soon the dirt road became more sandy. Then it turned into a wide beach. At the edge of the sand, lines of waves were playing. The salt doll looked ahead excitedly.

"I've come to the ocean," she said, and she walked to the water's

edge. She stood at the end of the beach, staring into the vast sea. She wondered, "How big is the ocean?"

Overhead the seagulls called, "You can't know how big the ocean is? It's too big to tell."

The little salt doll thought, "Let me know how big the ocean is." She waded into the waves and felt their softness around her. Then she sat in the water. The

rolling of the waves rocked her back and forth. Little by little, she began to feel calm and peaceful with the wide water around her. Because the little doll was made of salt, she slowly began to dissolve. First her legs and arms melted into the ocean, then her whole body. Soon the little salt doll disappeared. She was no longer a doll but part of the wide blue ocean. Then she knew how very big the ocean is.

QUESTIONS AND DISCUSSION:

1. What happened to the salt doll? Was she happy or sad in the end?
2. With the children, make a list of all their favorite things. Then talk about which ones will eventually break or be all used up.
3. What will last forever? If we try to feel the Supreme inside us, we can feel happy forever.

ENRICHMENT

- * Dramatize the story.
- * Have the children draw pictures from the story. Have the children dictate a description of the picture. Write this on their pictures.
- * With the children, make a doll from a salt block. Add a face and some clothes. Act out the story with the salt doll and watch how it dissolves at the end. Let the children taste the salt block and water before she dissolves and then after. Tell the children the doll is still there, only she cannot be seen.



The Hike Up The Mountain

There once were three friends named Susie, Michael and Marie. It was summer time. The children decided to go for a hike up the mountain behind their house. "I heard you can learn a special secret if you can climb all the way to the top," said Susie.

The three children got up early and filled their backpacks with food and drink. They said their goodbyes to their families and started up the mountain path. On the way a little brown dog joined them. It followed at Susie's heels. "Why are you letting the dog follow us?" the others asked.

"I didn't invite the dog, but it wants to come. Let it walk with us. We have enough food to share with it," she said.

They walked for a long time up the tall mountain. "I'm getting tired of that dog," said Michael. He lifted up his leg and kicked the little dog. The dog yelped in pain.



"Don't kick it," said Susie. "We have to take care of animals, not hurt them."

"Oh, all right," answered Michael.

It was almost lunch time. The children sat down and unpacked their backpacks. The little dog looked skinny and hungry. It started to whine. "Go away dog, you won't get any of my lunch," said Marie.

"Come here little dog, I'll share my lunch with you," called Susie. The dog ran over to Susie and was happy to share her sandwich.

"People have a special job to look after the animals and plants," said Susie. Marie pretended that she didn't hear and kept on eating her lunch.

When the three had finished lunch, they set off up the mountain. They walked a long time. When they were near the top, Michael said, "I'm tired. I don't want to go to the top."

Then Marie said, "I'm tired too. Susie, you go alone and we'll wait for you here."

Susie said goodbye to her friends. With the little brown dog following at her heels, she ran the rest of the way. When they reached the top, Susie and the little dog looked at the land far below them. As they were enjoying the view, a beautiful white light appeared. From the light a voice said, "Susie, for climbing to the mountain top, you will receive a gift. But you must tell the dog to go away. A dog cannot see such a gift."

Susie looked at the little dog who sat at her feet. "This dog is my friend on this hike," she said. "It would be sad if I sent it away. I will not make the dog unhappy just so I can be happy."

When she said that, the white light grew bigger and bigger until it covered the dog. The dog turned into the white light. The light said, "That was not a dog. It was the Supreme in disguise, testing you. Because you were so kind to the dog, you will receive the gift.

The white light grew bigger until it covered Susie. She felt complete happiness and love for everything. It was the best gift Susie would ever receive.

QUESTIONS AND DISCUSSION:

1. Why was the Supreme so happy with Susie?
1. How do people show kindness? Why?
2. How should we treat animals and plants? Why?
3. What are some things that people can do that animals can't? Can animals meditate or know about the Supreme?

ENRICHMENT

- * Dramatize the story.
- * Have the children draw pictures from the story. Have them dictate a description of the picture. Write this on their pictures.
- * Arrange for a bird or animal visitor. Let the children learn how to care for it.
- * Visit an animal shelter. Arrange for a tour and a talk on why the animals are in the shelter.



MENTAL EXPANSION

Fatima

This is a story about a little girl named Fatima. She could talk to any animal. One day as she was walking home from school, she stopped by a pond. Flying around the top of the pond was a dragonfly. It skipped about on the surface but never went in the water. Several goldfish were swimming in the water. On the bottom of the pond, a snail was clinging to some rocks. Fatima said, "Dragonfly, why don't you go under the water?"

"Why should I?" said the dragonfly.

You would be safe from the birds who swoop down and eat you," answered Fatima.

"They haven't eaten me yet," said the dragonfly who then flew away.

Fatima then spoke to the fish. "Goldfish,



why don't you find a way to get out of the water? I heard some fish can do that."

"It's unbelievable," said the goldfish. "Nobody's done that." Without listening to her, the goldfish dived deeper into the water.

So-Fatima called down to the snail, "Snail, you could crawl out of the water and find many plants to eat."

"Leave me alone," answered the snail.

"I just want to help you," replied Fatima.

"We don't want your help," said the snail who crawled under a rock so it could not hear Fatima anymore.

Fatima gave up her idea to change the dragonfly, the goldfish, and the snail. As she was walking back home, she saw an old man sitting in front of his door. She greeted him happily. Then Fatima told of her talk with the animals and how they didn't want to change.

The kind old man listened. Kindly he told her, "Before you change others, there are things that you can change in yourself."

"Why do I want to change? I am fine as I am," pouted Fatima. She left the old man just like the dragonfly, goldfish and snail had left her.

It was not until she grew older that Fatima realized she had to learn more about changing herself, before she tried to change others.

QUESTIONS AND DISCUSSION:

1. What might happen if someone never wanted to learn anything?
2. Will we ever stop learning new things?

ENRICHMENT

- * Dramatize the story.
- * Have the children draw pictures from the story, then have them dictate a description of the picture. Write this on their pictures.
- * Using clay or play dough, ask the children to make different objects or characters from the story. Then ask them if they can find a new way to make them?

THE FLOW OF DIVINE LOVE

The King's Thumb

Once long ago there lived a king. His best friend would go everywhere with him. On their outings, the friend would advise the king on what to do and what not to do. One day the king and his friend were hunting. During the hunt the king cut his thumb. It hurt so much that the king asked, "Friend, why did that happen? I hurt my thumb and ruined our day of hunting."

"I don't know," said his friend. "But everything that happens is for the best."

The king said, "That's such a silly answer. How could my injured thumb be for the best? I never want to see you again."

"Everything that happens is for the best," said the friend. He turned and left the Kingdom.



The next week, the king wanted to go hunting again. His thumb still hurt so he wrapped it in a big bandage. The king rode far from the kingdom and soon was deep in the jungle. In a very dense and bushy area of that jungle lived a tribe of people. They took away any strangers they caught in their area. This was where the king was now hunting. Slowly, the warriors of the tribe crept around the king. Then with a roar, they leapt out and captured him.

"We have caught a stranger on our land. We will take him away," said the leader.

Another said, "First, we must check his body. We can only take those who are fit and healthy."

They looked and found that the king had an injured thumb. The tribe let him go free. The king ran away from there as fast as he could. As he was running, he saw his friend sitting alone in the jungle.

"I'm very happy to see you again," said the king. "I'm sorry that I was angry and sent you away."

"What has happened to you?" asked the friend.

"A tribe captured me while I was hunting. They were going to take me away, but they let me go because of my injured thumb. You were right, the cut thumb turned out to be for the best after all," said the king.

"It's for the best that you sent me away," said the friend to the king.

"Why is that?" asked the king.

"I go everywhere with you. If you hadn't sent me away, I would have been with you on that hunting trip. As I have no injury, the warriors would have taken me away. Everything that happens is for the best." The king smiled, and the two friends went home together.

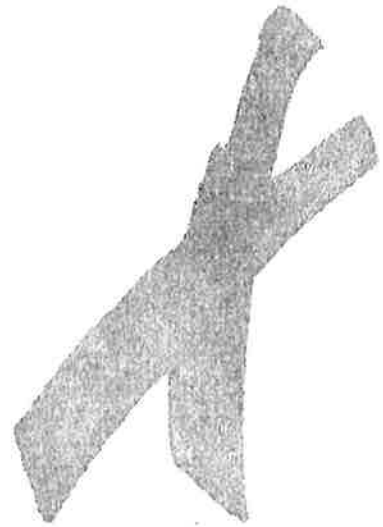


QUESTIONS AND DISCUSSION:

1. With children make a list of bad things that could happen to them. For example, they might lose a favorite toy. Ask the children if they could learn something good from it. Such as to keep toys in a special place so they will not get lost.
2. The Supreme always loves us, it wants us to learn from happy and sad times. Talk about different times when the children could remember the Supreme.

ENRICHMENT

- * Dramatize the story.
- * Have the children draw pictures from the story. Have them dictate a description of the picture. Write this on their pictures.
- * Let the children help prepare a meal. Before they start, have them close their eyes for a moment to remember the Supreme. During the meal preparation ask the children to talk about the Supreme. Before eating, sing a thank-you song and have the children close their eyes and remember the Supreme.



HELPING OTHERS

Paloma And The Golden Wings

Paloma was a baby bird who lived in a nest with her brothers and sisters. Everyday her brothers and sisters would fly off and play. Yet when Paloma tried to fly, her little wings were not strong enough. "Why can't I fly like the other birds?" she asked her mother. Her mother didn't know, she would just shake her head.

Every night Paloma dreamt that she had golden wings, strong enough to fly to the mountains far away. One summer night, a noise nearby awakened Paloma. A strange bird, pale as a pearl, was standing besides her. "I am the wishing bird," said the visitor. "Make a wish and it will come true."



Paloma remembered her dreams and she said, "I wish for a pair of golden wings." Suddenly, there on her back were beautiful golden wings! When she went to thank the wishing bird, it had vanished. Curious, Paloma flapped her wings. She flew higher than the tallest trees. Paloma was so happy that she flew until the sun rose over the mountains.

As she soared over the treetops, she noticed a little hut with a man sitting beside it. Paloma flew nearby and saw tears glistening in the man's eyes. "Why are you crying?" asked Paloma.

"Oh, little bird, my child is sick. I am too poor to buy the medicine that will make her well."

Paloma felt sorry for them. She said, "Don't cry, I will give you one of my golden feathers. You can use it to buy medicine for your child." She plucked a feather from her wings and dropped it next to the poor man.

Paloma sang: "To love is to give, to give is to love."

"Oh, look at your wing," said the man. Where the golden feather had been, there grew a real brown feather, as soft as silk.

The next day when Paloma was flying near the mountain, she saw a little girl. As she flew closer, she noticed the little girl looked very skinny and sad. "What's the matter little girl?" asked Paloma.

"I am very hungry. I don't have any food," answered the little girl.

Paloma did not like to see the little girl so hungry and unhappy. She said, "Take one of my golden feathers. You can use it to buy some food." The little girl suddenly looked much happier. She thanked Paloma and ran away.

From then on, little by little, Paloma gave away all her golden feathers to anyone who really needed help. Each time she gave a golden feather, a soft brown one grew in its place. After she gave her last golden feather, her wings were all a light dusty brown. She did not really miss her golden feathers because they had made so many people happy. From then on, when she flew over the mountains, she would smile and wave to all the people she had helped.

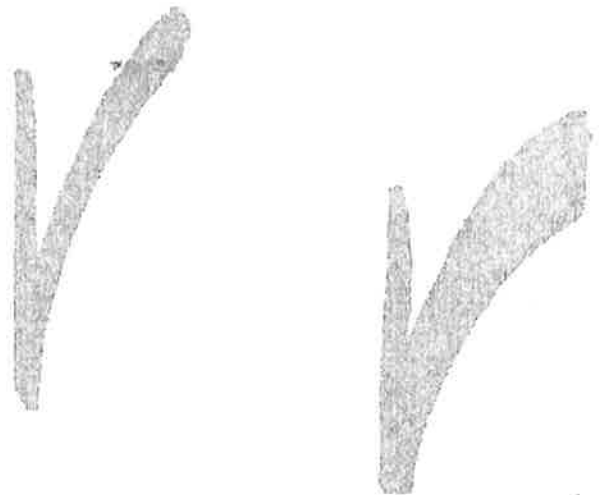


QUESTIONS AND DISCUSSION:

1. What are some different ways we can help people?
2. Why was Paloma happy when she gave away her golden feathers?
3. Can we help animals and plants? How?
4. Do you always have to get rewards, like stickers and presents, for helping others? Why?
5. How does it feel to help someone?
6. When we help others, we are really helping the Supreme. That makes the Supreme happy.

ENRICHMENT

- * Dramatize the story.
- * Have the children draw scenes from the story. Have them dictate a description of the picture. Write this on their pictures.
- * Let each child choose an individual project where they help someone or something. For example, a child could help their parents around the house. One could help a friend. Another could help in the garden.

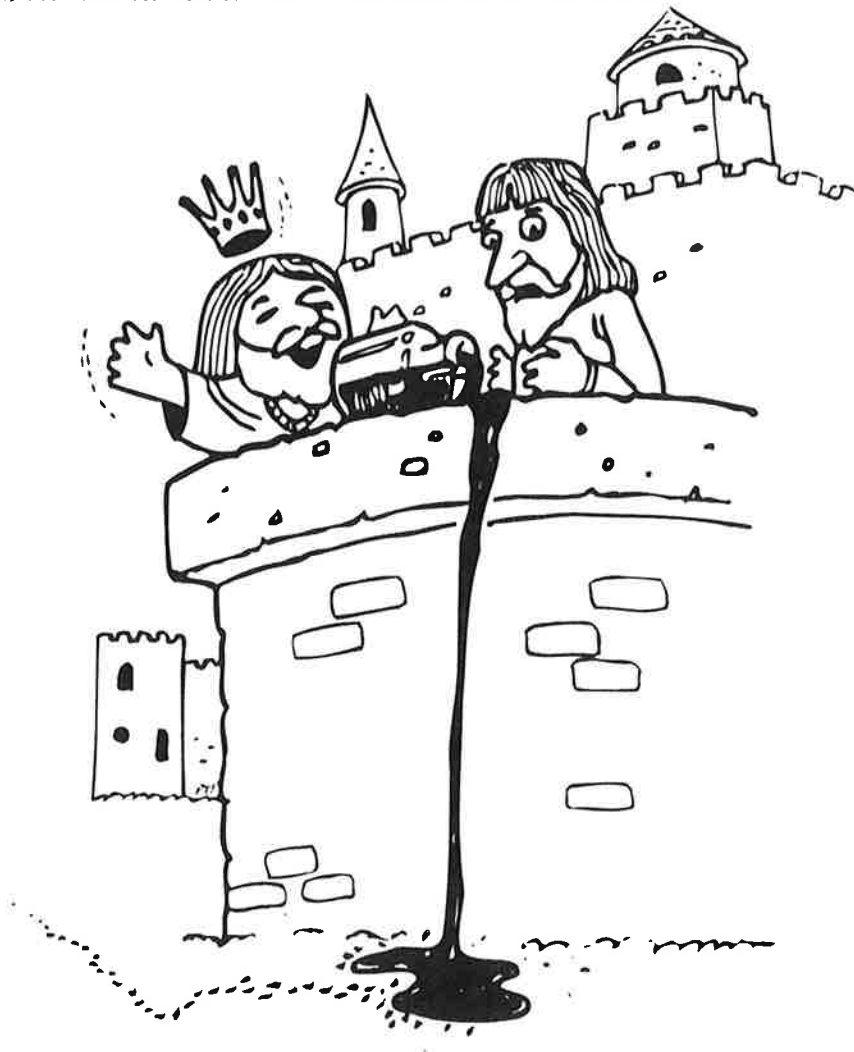


One Drop Of Honey

One fine morning, a king was sitting with his minister on a terrace of the palace. The two men were very selfish. They only thought about themselves. While they were chatting, they ate some bread with honey. The minister told the king a story about how brave he was. As the king listened, he became so excited that he waved his arms and knocked over the honey jar. Some honey spilled onto the edge of the window. "Let me wipe that up with my handkerchief," said the minister.

The king stopped him, proudly saying, "My dear minister, please do not bother about that drop of honey. We are much too important to clean up a mess like that. Continue with the story you were telling me."

Deep in talk, the two men forgot about the drop of honey. The honey,



though, slowly trickled down the wall to the road. Soon some flies found the honey and began to eat it. While they were enjoying it, a lizard darted out and swallowed the flies, who had been eating the honey that the king spilled. The sudden movement of the lizard woke up a cat nearby, who jumped at the lizard, who swallowed the flies, who ate the honey that the king had spilled.

Just then a dog was trotting by. It barked at the cat, who had jumped at the lizard, who swallowed the flies, who ate the honey that the king had spilled. Soon the hissing and barking of the cat and dog filled the street.

All this noise brought two women out of their houses. They were the owners of the cat and dog. The owner of the cat blamed the owner of the dog for the noise. The owner of the dog blamed the owner of the cat. Soon the two women began to shout at one another.

The husbands and friends heard the shrieks of the fighting women and came out to see what was happening. Then each husband and their friends took a side and they started to fight. Within a few minutes, the street was full of fighting men and women.

When the awful noise reached the king and the minister, they looked over the balcony and saw the fighting below. "That fighting is disturbing me," said the king. He then ordered the palace guards to stop it.

The guards ran out to stop the fighting, but no one listened to them. A guard shot an arrow into the crowd. One man was hit. This made the people very angry. Quickly the news spread throughout the land. No one would listen to the king or his guards. The kingdom was in a terrible state.

Finally, the princess asked her father to let her rule. "The people will not listen to you. Let me try," said the princess. The king did not know what to do so he agreed and turned over the kingdom to his daughter. The princess wanted to help the people and make sure they had all they needed.

Everyone was happy that the king no longer ruled. They loved the new queen who worked hard to bring happiness to the kingdom. All this started with one drop of honey.

QUESTIONS AND DISCUSSION:

1. Discuss why the king had to stop being the king.
2. Discuss reactions to different situations. For example, what happens when you throw a rock into water? What happens if you surprise your mother by giving her a present? What happens if you tease your friend?

ENRICHMENT

- * Dramatize the story.
- * Have the children draw pictures from the story. Then, have them dictate a description of the picture. Write this on their pictures.
- * Perform some simple science experiments with the children, such as adding different colored water together. Mix baking soda, vinegar and water. (Many science experiment books are available at the library.) Discuss with the children how when they do one thing, something else happens.
- * Discuss how we can try and make good things happen.



There Is Only One Me

There once was a man who was very rich. He owned almost everything in the whole world. One day, feeling bored, he said, "I wonder if there is anything in the world that I do not have?" He told his friends, "Tell the people if anyone can bring me something new, I will give them half my riches. But, if I have it already, they will become my servant for life."

When the people heard the rich man's promise they came from many lands, bringing strange and wonderful objects. There was a dog smaller than a mouse. A giant as big as a house. A horse that could read, and many others. Each time someone brought something, the rich man called his guards. They would bring another one just like it. If the rich man did not have it, his magicians would make one with magic. The rich man never could lose. Soon, many people became his servants.



There was one brave little girl named Jane. She loved the Supreme and knew there was something that the rich man did not have. She thought, "In this whole world there is only one me. The rich man or magicians cannot make another me. I will win half of his riches."

When the people learned where she was going they said, "Jane, don't go and try. What can you possibly have that the rich man does not? You are only a little girl. Many tried before you, now they are his servants. Don't go!" But they could not stop her.

Finally, she reached the gate of the rich man who thought he owned everything. The guard called out, "What are you doing here? Go home."

"I have something to show the rich man that he does not have," she replied.

"How is it possible for a little girl like you? Show me first," said the guard.

"I won't show you, I'll only show the rich man," said Jane.

Reluctantly, the guard went and told the rich man. "What a silly child," said the man when he heard. "Let her try and fail." The guard accompanied Jane to a large room with many paintings on the wall. Slowly, Jane walked across the room. The rich man was sitting on a golden throne. He called out, "Little child, show me what you have brought. If I do not have it, I will gladly give you half my riches. If I have one already, you will be my servant."

Jane said, "As the Supreme knows well, and so do you, in this whole world there is only one me." She continued, "You cannot find another like me and your magicians cannot make another me."

The surprised man wondered that no one had thought of this before. He called his magicians and friends to bring another girl like her. In a short time they brought a girl that looked just like little Jane.

"That is not another me; she only looks like me. She does not think and feel like me. There is only one of me, as the Supreme knows well and so do you," said Jane.

Now the rich man did not know what to do. He sat silently a long time thinking about what she said. Finally, he smiled and said, "Yes, you are right. I will share half my riches with little Jane."

From that day, little Jane and the rich man became good friends. She taught him how special everyone is. The rich man let go the people he had made servants, and he learned to share all he owned. They both lived happily ever after.

QUESTIONS AND DISCUSSION:

1. Ask each child if there is somebody else the same as them?
2. Are twins the same people? They may look the same on the outside, but on the inside they are different.
3. Discuss how there is one thing that everybody has inside that is the same, the Supreme.

ENRICHMENT

- * Dramatize the story.
- * Have the children draw a picture of themselves. Collect them all and make them into a book. Let the children take turns reading the book to each other.
- * Have the children pretend to be different people. They can pretend to be old people, babies, mountain climbers and so on.
- * Bring out a mirror and let the children look at themselves. Have them make funny faces that no one else can make.



The Wise Woman And The Ten Little Eggs

Once upon a time a wise woman was walking through the field. She looked at the green meadows and the flowers of yellow and white. Birds were quietly singing. When the wise woman listened very closely, she could hear the sweet sound of the birds. In her heart was a deep love for all creatures. ⁴

After walking awhile, she sat down under a shady tree. She folded her hands in her lap, closed her eyes and began to meditate. The wise woman sat for one hour, then another. Soon the whole day had gone. For a day she had sat without moving, deep in the thought of the Supreme.



When she opened her eyes, she felt something strange in her hands. Looking down, she saw a little nest with four blue eggs in it. The mother and father bird had chosen her hands to build their nest. The mother bird flew down and gently landed on her shoulder.

"Hello, mother bird, why did you make your nest in my hands?" asked the wise woman.

"It is so peaceful here. My tiny eggs are safe in your hands."

"I must not disturb her or her little eggs," thought the wise woman. So all day and night she remained completely still.

Finally, her neighbors noticed that she had been gone from her home for a long time. "I think we should look for her," said a villager. "She might be in trouble."

To their surprise they found the wise woman sitting with a tiny bird's nest in her hands. The villagers decided to bring her food. Each took turns to feed her by hand.

Then one morning, she heard a gentle knock and the cracking of shells. The wise woman saw the little egg shells open and four little baby birds come out. The mother bird flew back and forth bringing worms to feed them. After some more days went by, the baby birds decided to climb out of their nest into the wise woman's lap.

"Hello, little baby birds, you are getting big enough to fly," she said.

One by one the little birds stretched their wings and flew away. The wise woman smiled, then finally stood up and went home. She was happy that she could help the family of birds.

QUESTIONS AND DISCUSSION:

1. Discuss the story. How could the woman sit still for such a long time?
2. Talk about how we know about the world with our eyes, ears, nose, mouth and hands. Discuss what each of the senses do.

ENRICHMENT

- * Dramatize the story.
- * Have the children draw pictures from the story. Have them dictate a description of the picture. Write this on their pictures.
- * Arrange several sensory activities such as: taste testing, listening to and identifying different sounds, matching different smells, and a mystery feely bag.
- * Amongst the children see who can sit still like the wise woman. Tell the children that they can sit still if they close their eyes, and try not to use their ears, mouth, nose and hands.

HOW TO REACH THE SUPREME

The Holy Shadow

Once upon a time there lived a man who was so very good that he made everyone happy wherever he went. He meditated every day and a beautiful light shone in his loving face. One day, some fairies saw him and felt pleased. They said to the Supreme, "One of your children is so very good that he is like the light of the sun. We would like to give him your blessings."

The Supreme agreed. So the fairies flew to earth and landed just in front of the wise man. "Wise man," they said. "The Supreme is giving you anything you want. Name it and it is yours. What money, what power you want will be yours at once."

Then the wise man answered, "What do I need? I'm in love with the Supreme, I have everything I need."



The fairies said, "You have to take a blessing. Would you like to be a wise teacher with many students? You can lead them along the path to Truth."

"No, I don't want that," said the wise man. "It is the Supreme who calls people to the path of Truth."

"Then would you like to have the gift of healing sick people? Then you can be famous for your miracles?"

"I do not want to be famous. It would make me think about myself too much, then I might forget the Supreme."

Now the fairies became confused. They had never seen a person so humble and devoted. But they had to give him a blessing. They said, "Wise man, you must take something."

"If it is so, give me whatever gift you decide," replied the wise man. "Only I don't want to know about it, or else it might make me forget my love for the Supreme." After saying farewell to the fairies, the wise man slowly walked away.

After much discussion, the fairies knew what blessing to give. As the wise man slept, they sprinkled the blessing on him. For the rest of his life, peace and happiness grew wherever his shadow touched. Dying plants sprang back to life at the touch of his shadow. Flowers burst into bloom. Crying children dried their tears. The wise man did so much good wherever he went, without ever knowing it. He became known as 'the Holy Shadow.'

QUESTIONS AND DISCUSSION:

1. Discuss why the wise man did not want anything from the fairies.
2. Talk about different ways the children could try to be like the wise man.

ENRICHMENT

- * Dramatize the story.
- * Have the children draw pictures from the story. Have them dictate a description of the picture. Write this on their pictures.
- * Trace over the children's shadows on a large piece of paper. Let the children paint their shadow. When they are dry, they can pretend it is the special shadow that makes everything feel happy.
- * Help the children find some other stories of great people.

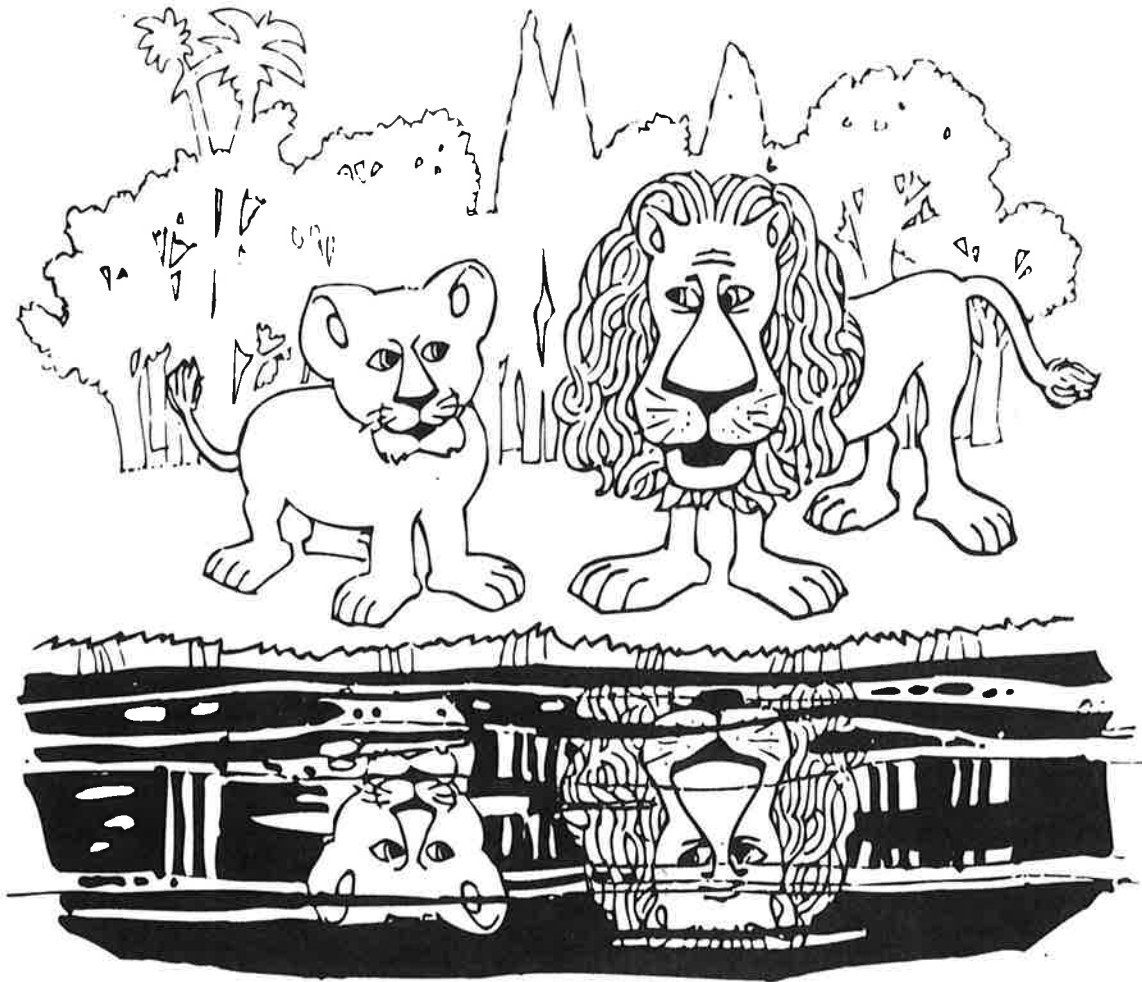
A GREAT TEACHER CAN HELP YOU REACH THE SUPREME

The Lion And The Sheep

On a grassy plain far away, a hunter killed the mother of a tiny lion cub. A herd of sheep found the orphaned cub and decided to let him grow up with them. As the lion grew older, he copied the sheep around him. He would munch grass and make a funny 'baa' sound like the other sheep.

Nearby, lived a big lion. One day while walking near the grazing sheep, he saw the young lion. It surprised him to see a lion cub acting like a sheep. "Someone needs to teach that lion he is definitely not a sheep," he thought.

Afraid that the young lion would run away, the big lion quietly crept up behind him. In one swift leap, he grabbed the young lion by the scruff of his neck.



The cub cried and squirmed, trying to escape. "Help. Let me go. I don't want to be eaten by a lion." he whimpered in fear.

Holding tightly to the cub, the older lion carried him to a nearby pond. "Little one, look into the still water of the pond."

But the cub covered his face in fear. "Please let me go back to the other sheep." he begged.

With roaring laughter, the older lion held the cub's head in front of the still water. "Open your eyes and see who you are."

One by one, the cub opened his eyes and looked at his reflection in the pond. "Why, I am the same as you. I am a lion! I always thought I was a sheep."

The large lion roared triumphantly, and the young lion copied him with a loud roar. He ran to the big lion's side. Together they went off to the jungle where the cub learned how to be a good lion. From then on, the young lion knew exactly who he was.

QUESTIONS AND DISCUSSION:

1. What did the big lion do for the little lion?
2. How do teachers help us?
3. Ask the children to describe a good teacher.
4. How can you be a good student and learn many things?

ENRICHMENT

- * Dramatize the story.
- * Have the children draw pictures from the story. Have them dictate a description of the picture. Write this on their pictures.
- * Children take turns pretending to be a good teacher.
- * Have the children visit a younger child or group of children. Ask them to help teach the younger child.

The Adventure of Trinika and Laren

Long ago, in a land far away, there lived two children named Trinika and Laren. These two children loved adventures. Every day after school, Trinika and Laren would go looking for a great adventure. One time, they rescued a bear caught in a trap. Another time they found footprints which Laren felt sure belonged to a dinosaur.

One day Trinika said, "I think we've had all the adventures we can find around here. We need to find a new place with exciting new adventures."

Laren agreed. That night, the children packed their bags and promised their parents they would be careful. Early the next morning they set off.

"Be brave and strong, my children," called the mother as they left. The children nodded and waved good-bye.



"I've heard there are some caves in the mountains," said Laren. "I bet we would have a good adventure there."

So the children walked and walked until they reached the mountains.

"Look!" said Trinika. "There's a big cave. Let's go inside."

When they came near, they heard a voice whispering, "Quickly, come inside or you will be captured." The children hurried inside the cave.

Inside they were surprised to find many people hiding in the dark corners of the cave. They all looked very frightened and hungry.

"Why are we hiding?" asked the children in a quiet voice.

A man came forward, "There is an evil band of robbers. Every time they see us, the robbers take our food. Sometimes they even beat us. We hide in here so they can't hurt us anymore," he said.

Trinika and Laren thought for a moment. "That is very unfair. You shouldn't have to hide and be scared all the time. Why don't you fight them?"

"We tried. Our magic woman even gave us an invisible cloak. It only works as long as you are brave and don't run away. Unfortunately, everyone who tried always became too scared and ran away."

"Let us try. We can't let the robbers be so unfair to you," said the children.

Trinika and Laren took the cloak. It was very big and sparkled in a magical way. They put it over their heads and, to their surprise, they became invisible.

As they left, the old magic woman came forward and quietly said, "Always remember that your strength is inside of you." Hearing that, the children left.

Following the man's directions, the children made their way to the robber's hideout. It was dark and scary. Quietly, they crept inside. The robbers were eating their dinner. As they ate, they told stories of how they would frighten the villagers.

"I'll chase them with my big knife," boasted one.

Another said, "I will take even the clothes they are wearing."

"I'm getting scared," said Trinika.

"Me too," said Laren. "They are all so big and mean."

"Oh no!" whispered Laren. "The magic cape isn't working any more. They'll see us."

Then Trinika and Laren remembered what the magic woman had said, "Our strength is inside

us." They closed their eyes and felt their strength growing inside. Soon they did not feel afraid. The invisible cloak was working again.

Laren opened his eyes and said, "let's make a trap."

"Yes," said Trinika. "There's a net we can use for the trap."

Feeling very brave, the children set the net over the door with a rope. When the robbers tried to leave, the children pulled on the rope with all their strength. The net fell over the robbers.

"Help, help!" they cried. But the more the robbers shouted and fought, the more they became entangled. Soon the robbers were so tangled up, they could not even move an inch.

The children ran back to the people hiding in the caves to tell them the good news. Still feeling frightened, the people came out of the caves. Reluctantly, they followed the children to the hideout. When they saw the robbers all tied up, they began to smile for the first time.

"Hooray for Trinika and Laren! We don't have to hide in fear anymore," they called.

"We will always help when someone is being unfair," answered the children.

The robbers were taken to a village far away where they had to learn how to help people instead of hurting them.

That night there was a huge feast to celebrate the children's victory. When it was over, Trinika and Laren carefully folded the invisible cloak and gave it back to the magic woman. She held her hand up and said, "No, you may keep it. I'm sure you will use it again in another adventure."

In the morning the children said good-bye. Feeling strength inside themselves, Trinika and Laren knew the magic was right. They would have many more adventures.

QUESTIONS AND DISCUSSION:

1. How can we make ourselves brave?
2. What are some things that are unfair in the world? How can we help?
3. Does everybody have to help if someone is being unfair? Why?

ENRICHMENT

- * Dramatize the story.
- * Have the children draw pictures from the story. Then have them dictate a description of the picture. Write this on their pictures.
- * Visit the library with the children and find more stories about brave people.
- * Arrange for the children to sponsor a child or school in a poorer country. The children could raise money for them, send them photos and pictures they have made.

