

Buddha At Bedtime Tales Of Love And Wisdom For You To Read With Your Child Enchant Enlighten Inspire Dharmachari Nagaraja

A collection of thirteen retold Buddhist tales from all over Asia, illustrating various aspects of Buddhist thought.

Collects stories about fairies and magical creatures appreciating nature, in a book that also promotes the use of meditation for children.

Buddhist parables for children.

Recounts the life of Prince Siddhartha, describing how he became Buddha as well as his spiritual beliefs and practices.

The most beautiful fish in the entire ocean discovers the real value of personal beauty and friendship.

Meditation helps us to cut through the agonizing clutter of superficial mental turmoil and allows us to experience more spacious and joyful states of mind. It is this pure and luminous state that I call your Wildmind. From how to build your own stool to how a raisin can help you meditate, this illustrated guide explains everything you need to know to start or strengthen your meditation practice.

Growing up in the modern world, our children have to cope with ever-increasing amounts of stress, which can hinder their development. The ancient wisdom of Buddhism, with its

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emphasis on peace, love and compassion, is the ideal basis for helping any child to face these challenges with inner confidence and calm. Building on the age-old art of storytelling, this beautiful book re-tells 20 ancient Buddhist tales in a way that is thoroughly fun and accessible to children. Featuring superb, full-page illustrations, the stories will transport kids into an imaginary world of enlightenment and discovery where they will meet delightful characters and discover an easy-to-understand Buddhist message - one that will help them think about how they can apply values such as patience, perseverance, honesty and generosity to their own lives. Designed to be read aloud by a parent or read by older children on their own, these compelling narratives provide a pleasurable, soothing transition into sleep.

"The magical book that will have your kids asleep in minutes." —The New York Post This groundbreaking #1 international bestseller is sure to calm racing minds and make bedtime easy and fun for kids and parents! Do you struggle with getting your child to fall asleep? Do anxiety or worries ever interfere with bedtime? Join parents all over the world who have embraced *The Rabbit Who Wants to Fall Asleep* as their new nightly routine. When Roger can't fall asleep, Mommy Rabbit takes him to see Uncle Yawn, who knows just what to do. Children will join Roger on his journey and be lulled to sleep alongside their new friend. Carl-Johan Forssén Ehrlin's simple story uses a unique and distinct language pattern that will help your child relax and fall asleep—at bedtime or naptime. Reclaim bedtime today! "A book whose powerfully soporific effects my son is helpless to resist." —The New York Times New York Times Bestseller USA Today Bestseller Publishers Weekly Bestseller Translated into 46 Languages "On the cover of [*The Rabbit Who Wants to Fall Asleep*] there's a sign that reads, 'I can make anyone fall asleep'—and that's a promise sleep-deprived parents can't resist."

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—NPR “For many parents, getting kids to fall asleep can be a nightmare. But [The Rabbit Who Wants to Fall Asleep] . . . promises to make the process easier and help kids to drift off to sleep faster.” —CBS News

Collection of traditional Buddhist tales following the Buddha through his various prior births. Growing up in the modern world, our children have to cope with ever-increasing amounts of stress, which can hinder their development. The ancient wisdom of Buddhism, with its emphasis on peace, love and compassion, is the ideal basis for helping any child to face these challenges with inner confidence and calm. Building on the age-old art of storytelling, this beautiful book re-tells 20 ancient Buddhist tales in a way that is thoroughly fun and accessible to children. Featuring superb, full-page illustrations, the stories will transport kids into an imaginary world of enlightenment and discovery where they will meet delightful characters and discover an easy-to-understand Buddhist message—one that will help them think about how they can apply values such as patience, perseverance, honesty and generosity to their own lives. Designed to be read aloud by a parent or read by older children on their own, these compelling narratives provide a pleasurable, soothing transition into sleep.

The Buddhist Jataka tales are simple lessons in living with honesty, wisdom, and compassion that contain the power to transform the hearts and minds of those who hear them. They are stories of the Buddha’s past lives—in such forms as a boar, a parrot, a monkey, or a peacock—that have enchanted children and adults for millennia. Their animal characters powerfully and sometimes humorously demonstrate the virtues and foibles to which we humans are prone, and they point the way to more enlightened ways of living. Mark McGinnis retells the Jatakas in poetic and accessible language, rendering the Buddhist teachings they

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contain abundantly clear. Each tale is brought to life by Mark's full-color illustration, making the book a visually stunning entrée to this edifying and highly entertaining literary tradition.

Kiera Van Gelder's first suicide attempt at the age of twelve marked the onset of her struggles with drug addiction, depression, post-traumatic stress, self-harm, and chaotic romantic relationships—all of which eventually led to doctors' belated diagnosis of borderline personality disorder twenty years later. *The Buddha and the Borderline* is a window into this mysterious and debilitating condition, an unblinking portrayal of one woman's fight against the emotional devastation of borderline personality disorder. This haunting, intimate memoir chronicles both the devastating period that led to Kiera's eventual diagnosis and her inspirational recovery through therapy, Buddhist spirituality, and a few online dates gone wrong. Kiera's story sheds light on the private struggle to transform suffering into compassion for herself and others, and is essential reading for all seeking to understand what it truly means to recover and reclaim the desire to live.

Friendship. Romance. Family. These are the three areas Ethan Nichtern delves into, taking as departure points the indelible characters--Westley, Fezzik, Vizzini, Count Rugen, Princess Buttercup, and others from Rob Reiner's perennially popular film--as he also draws lessons from his own life and his work as a meditation teacher. Nichtern devotes the first section of the book to exploring the dynamics of friendship. Why do people become friends? What can we learn from the sufferings of Inigo Montoya and Fezzik? Next, he leads us through all the phases of illusion and disillusion we encounter in our romantic pursuits, providing a healthy dose of lightheartedness along the way by sharing his own Princess Buttercup List and the vicissitudes of his dating life as he ponders how we idealize and objectify romantic love.

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Finally, Nichtern draws upon the demands of his own family history and the film's character the Grandson to explore the dynamics of "the last frontier of awakening," a reference to his teacher Chogyam Trungpa's claim that it's possible to be enlightened everywhere except around your family.

This collection of Japanese fairy tales is the outcome of a suggestion made to me indirectly through a friend by Mr. Andrew Lang. They have been translated from the modern version written by Sadanami Sanjin. These stories are not literal translations, and though the Japanese story and all quaint Japanese expressions have been faithfully preserved, they have been told more with the view to interest young readers of the West than the technical student of folklore.... In telling these stories in English I have followed my fancy in adding such touches of local color or description as they seemed to need or as pleased me, and in one or two instances I have gathered in an incident from another version. At all times, among my friends, both young and old, English or American, I have always found eager listeners to the beautiful legends and fairy tales of Japan, and in telling them I have also found that they were still unknown to the vast majority...

A Children's Picture Book To Teach The 10 Merits Of The World-Honored One And The 4 Muni Qualities In Shakyamuni, With Life Examples Showing Kids How To Develop These Traits

Sometimes life seems like it's all about hurrying—so many places to go! And sometimes it's hard when things don't go your way—it can make a piggy angry and sad. So how do young piggies find a peaceful place in a frustrating world? They meditate! They find a quiet spot, a special place with a few simple things, and just breathe. They do this every day, feeling their

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breath going in and out. They slow down and calm down. Now it's easier to deal with whatever comes their way, and they have time to notice all the magical things in life, too!

In this charming and accessible picture book, Ian Lendler and Xanthe Bouma offer a heart-warming account of the childhood of the Buddha. A spoiled young prince, Siddhartha got everything he ever asked for, until he asked for what couldn't be given—happiness. Join Little Sid as he sets off on a journey of discovery and encounters mysterious wise-folk, terrifying tigers, and one very annoying mouse. With Lendler's delightful prose and Bouma's lyrical artwork, Little Sid weaves traditional Buddhist fables into a classic new tale of mindfulness, the meaning of life, and an awakening that is as profound today as it was 2,500 years ago.

In this collection of short stories, David Michie offers life-enhancing insights with the same heart-warming compassion that pervades his Dalai Lama's Cat books.

"Whatever dreams he was having, Jason knew they had nothing to do with his physical body. His eyes were firmly shut and his consciousness withdrawn from his senses when all this was going on. Yet in his dreams he experienced sights, sounds and even visceral sensations much more intensely than when he was awake. From this he understood that you didn't need a physical body to see, or smell, or endure any kind of experience with an acuteness that was more real than reality. From an early age he deduced that heaven or hell need not be material places so much as states of mind – and no less glorious or horrifying because of that. There were no limits to mind

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untethered from form.” What if you could re-live the enchantment of childhood bedtime—but with magic that is real? What if you felt the wonder you once sensed when you believed that anything is possible? Or were inspired to see the world through fresh eyes? In this compendium of delightful short stories, David Michie draws us into the extraordinary experiences of everyday people as they encounter those tell-tale cracks exposing reality as not quite what it seems. Four female book club members are unexpectedly propelled, by the same black and white photograph, to discover a shared purpose beyond their wildest imaginings. An earnest young seeker finds that drawing aside the veil to an immeasurably more wonderful reality, doesn’t depend so much on the arcane books he reads as on a source much closer to home. A cat-crazy woman, who wishes her beloved felines would talk to her, is shaken when she realises what they have been trying to communicate all along. Through intriguing storylines and revelations, David Michie offers life-enhancing insights with the same heart-warming benevolence that pervades his Dalai Lama’s Cat books. How better to gently unwind at the end of the day - and to prepare for the infinite possibilities we may encounter in the realms of our dreams?

This book is a collection of the most beloved stories, teachings and parables attributed to Gautama Buddha, enlightened teacher and sage who lived and taught in the northeastern part of ancient India. Since the narrative of the Buddha’s life was retold across cultures and across times, it is only natural that the facts mingled with various

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legends and folk stories, thus creating an invaluable source of wisdom that is not only inspirational, but also utterly entertaining.

A beautifully illustrated story of hope and personal transformation from the life of Buddha that addresses many of the issues confronting both children and adults today. This is the story of Prince Siddhartha and how he became Buddha, the Awakened One. Lyrical verse and beautiful full-color illustrations depict each major life event in Siddhartha's development. His message of nonviolence, loving-kindness, and unselfishness is vitally necessary for today's--and tomorrow's--children. A story made for the telling--open this tale to a child and shore up the possibility of a bright and loving future!

Buddha at Bedtime Tales of Love and Wisdom Watkins Media Limited

A colorful introduction to Buddhist fables A monkey, caught in a monsoon, finds shelter in a cave amid the rubble of a temple. The monkey is not alone. A lion, a jackal, a turtle, and a dove bicker in the cramped space, until a statue of Buddha comes to life. "Hush, children, hush." Buddha says. "I will tell you a story to pass the time." From the tale of the clever monkey outwitting a hungry crocodile to that of a bird and turtle rescuing a friend, the six amusing parables told by the Buddha will introduce young readers to the famous cycle of fables in Buddhist literature known as the Jatakas, or birth stories, which Buddha originally told to his disciples to illustrate his teachings. Joined with stunning linocut illustrations, Jeanne M. Lee's *I Once Was a Monkey* form a book

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notable for both its beauty and its wisdom.

This colorfully illustrated multicultural children's book presents Chinese fairy tales and other folk stories—providing insight into a vibrant literary culture. *Chinese Myths and Legends* is a delightful collection of seven classic Chinese stories that make for great reading adventures. From the stories of Pan Gu and Nu Wo, creators of the world, to Bai Su-Tzin, a snake who took on human form and found true love, this mesmerizing book includes myths of creation, mortality, and love. More than just a Chinese children's storybook, *Chinese Myths and Legends* also explores the origins of each tale, as well as its impact on Chinese culture and history, inviting you and the children you love to enjoy the many layers of meaning. The included pronunciation guide, as well as information for further reading, makes this a perfect tool for educators, librarians, and parents.

Can the world's meanest person find kindness and forgiveness? Find out in "A New Leaf". Adapted from a well known Buddhist story of Angulimala - a tale of how we can always learn from mistakes to be a better person. An invaluable lesson for both young and old.

Ellen the Elephant travels through the magical forest to dreamland.

A beautifully illustrated collection of classic Buddhist tales that will calm your child's mind before bedtime—complete with a series of mindfulness meditations

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for kids and their parents Growing up in the modern world, our children have to cope with an ever-increasing amount of stress, which can feel worrying to both them and us. The ancient wisdom of Buddhism, with its emphasis on peace, mindfulness and compassion, is the ideal basis for helping any child face these challenges with inner confidence and calm. Building on the age-old art of storytelling, this beautiful book retells eighteen ancient Buddhist tales in a way that is thoroughly fun and accessible to children. Featuring original, full-page illustrations, the stories will transport children into imaginary worlds of enlightenment and discovery. Here, they will meet all sorts of delightful characters and discover easy-to-understand Buddhist messages that will empower them to think about how they can apply values such as patience, honesty, authenticity and generosity in their own lives. Designed either to be read aloud by parents to their 4–8-year-olds, or to be read by the older age range on their own, these compelling narratives help to focus and calm the mind, providing a soothing transition into sleep. The selection of gentle mindfulness meditations at the end provides an extra practical dimension that can be used at any time to help enhance a sense of a calm and contentment.

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For kids ages 8 to 12, this is an accessible and fun meditation and mindfulness how-to book filled with full-color illustrations, written by Mallika Chopra and with a foreword by Deepak Chopra. Just Breathe is a fun and accessible, fully illustrated go-to meditation guide written by none other than Mallika Chopra, wellness

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expert and the daughter of Deepak Chopra. For kids ages 8 to 12, this book is full of specific exercises to help deal with day-to-day challenges and tips to lead a healthier, happier, and more connected life. The book includes practical advice on breathing techniques and guided meditations for a number of topics and scenarios, including: Dealing with stress Getting to sleep Building self-confidence Focusing on school/tests/other work Ridding oneself of anxiety Beginners will learn the basics of meditation and how to get started, and those more experienced will learn how to improve their practice. This book will also teach kids how to prepare their own meditation spaces. Just Breathe is the go-to book for kids who want to learn more about mindfulness and meditation.

Age range 4 to 8 Lyrical text and luminous illustrations tell the story of Prince Siddhartha--from his time as a boy in the palace, to journeying in the world where he sees pain and suffering, to his meditation and enlightenment. A beautifully illustrated picture book about how Prince Siddhartha grows up to become the Buddha that teaches children (and the adults reading to them) about empathy, kindness, and finding peace in our lives.

Do you have a real relationship with God, or do you just have a religion? Do you know God, or do you just know about God? In *How Big Is Your God?* Paul Coutinho, SJ, challenges us to grow stronger and deeper in our faith and in our

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relationship with God—a God whose love knows no bounds. To help us on our way, Coutinho introduces us to people in various world religions—from Hindu friends to Buddhist teachers to St. Ignatius of Loyola—who have shaped his spiritual life and made possible his deep, personal relationship with God. The heart of the Buddha's story in a handful of words—beautifully illustrated by a world-renowned artist. *The Day the Buddha Woke Up* is a board book that will captivate children of all ages. It's the perfect way to introduce young children to the story of the Buddha—the clear, gracefully written story puts the Buddha's awakening into language children can understand. The simple arc of the Buddha's questions, his quest, and his ultimate understanding will provide a meaningful and peaceful story that children—and their parents!—will love returning to again and again.

Practising Buddhist and master storyteller Dharmachari Nagaraja weaves a thrilling narrative spell while at the same time conveying basic life lessons that will help children to develop their personality, deal with their anxieties, and find peace and confidence as they grow up. The stories explore themes from the Eightfold Path, which is Buddhism's practical route to a happy life. Topics covered, with the lightest of touches, include speaking in a kind and truthful manner, behaving with compassion, thinking selflessly and avoiding the pitfalls of

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egotism. Although providing gentle guidance on the art of living well, which is the basis of true happiness, each story is also compelling in its own right, featuring characters, settings and events that every child will find absorbing. Each narrative concludes with an affirmation that helps to draw out its positive message, while the superb, specially commissioned illustrations will delight your child and provide a starting-point for discussion and further enjoyment. The helpful introduction provides insights into the value of Buddhist principles for children and shows how visualisation, imaginative thinking and even first steps in meditation can help to nurture young minds and hearts.

“In the full bloom of spring, in a beautiful garden, in a place called Lumbini, a prince was born.” So begins the extraordinary story of the life of Siddhartha Gautama, the prince who would become the enlightened Buddha, the Awakened One. This classic tale follows Prince Siddhartha’s journey of truth-seeking and discovery, including his life-altering encounters with human suffering and his realization of the Four Noble Truths. Today, millions of people all over the world follow the Buddha’s teachings on meditation, selflessness, and compassion. Rendered here in exquisite original watercolor illustrations, this inspiring story is brought to life for young readers curious about one of history’s most monumental and influential figures.

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Building on the age-old art of storytelling, this beautiful book retells 20 ancient Buddhist tales in a way that will aid relaxation and prepare your child for sleep. Angels have the power to guide and protect us throughout daily life, and this collection of bedtime stories introduces their loving energy to your child. The tales are both magical and compelling with settings and characters sure to capture the imagination of every child. Offering a gentle introduction to the techniques of meditation and visuali...

A father's diary, an artist's memoir. By the author of the best-selling *Three Golden Keys*. While my father was in China and Tibet, he kept a diary, which was later locked in a red box. We weren't allowed to touch the box. The stories I heard as a little boy faded to a hazy dream, and my drawings from that time make no sense. I cannot decipher them. It was not until I myself had gone far, far away and received the message from my father that I became interested in the red box again . . . In New York, Peter Sis receives a letter from his father. "The Red Box is now yours," it says. The brief note worries him and pulls him back to Prague, where the contents of the red box explain the mystery of his father's long absence during the 1950s. Czechoslovakia was behind the iron curtain; Vladimir Sis, a documentary filmmaker of considerable talent, was drafted into the army and sent to China to teach filmmaking. He left his wife, daughter, and young son,

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Peter, thinking he would be home for Christmas. Two Christmases would pass before he was heard from again: Vladimir Sis was lost in Tibet. He met with the Dalai Lama; he witnessed China's invasion of Tibet. When he returned to Prague, he dared not talk to his friends about all he had seen and experienced. But over and over again he told Peter about his Tibetan adventures. Weaving their two stories together - that of the father lost in Tibet and that of the small boy in Prague, lost without his father - Sis draws from his father's diary and from his own recollections of his father's incredible tales to reach a spiritual homecoming between father and son. With his sublime pictures, inspired by Tibetan Buddhist art and linking history to memory, Peter Sis gives us an extraordinary book - a work of singular artistry and rare imagination. This title has Common Core connections. Tibet Through the Red Box is a 1999 Caldecott Honor Book and the winner of the 1999 Boston Globe - Horn Book Award for Special Citation. Collects essays that discuss how to teach children the Buddhist path Easy, fun, and everyday Buddhism activities for kids With a busy schedule of school, sports, and time with family and friends, growing up can be stressful and confusing--but that confusion can transform into curiosity and excitement about the world and your place in it. Buddhism for Kids shows you how Dharma, or Buddhist principles, can help you find your center and feel more aware of the

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world around you. Using easy-to-follow meditations for kids, interactive projects, and illustrated versions of classic Buddhist stories, Buddhism for Kids makes learning Dharma easy and fun, categorizing each activity by Morning, Day, or Night so you can practice at your own pace. Buddhism for Kids includes: DIY Dharma--Explore your own Truths through fun games and creative activities based on the teachings of Buddhism. Stepping stones--Find relaxation with unique meditations you can do on the way to school, at lunch time, or right before bed. Anytime story--Follow along with imaginative, illustrated retellings of Buddhism stories--each including a short moral to reflect on. Make your own spiritual path with Buddhism for Kids, the kid-friendly guide to everyday peace of mind.

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