

## The Buddhas Apprentice At Bedtime Tales Of Compassion And Kindness For You To Read With Your Child To Delight And Inspire

Planting Seeds: Practicing Mindfulness with Children is the fruit of decades of development and innovation in the Plum Village community's collective practice with children. Based on Thich Nhat Hanh's thirty years of teaching mindfulness and compassion to parents, teachers, and children, the book and enclosed CD cover a wide range of contemplative and fun activities parents and educators can do with their children or students. The activities are designed to help relieve stress, increase concentration, nourish gratitude and confidence, deal with difficult emotions, touch our interconnection with nature, and improve communication. Planting Seeds offers insight, concrete activities, and curricula that parents and educators can apply in school settings, in their local communities or at home, in a way that is meaningful and inviting to children. The key practices presented include mindful breathing and walking, inviting the bell, pebble meditation, the Two Promises or ethical guidelines for children, children's versions of Touching the Earth and Deep Relaxation, eating meditation and dealing with conflict and strong emotions. Also included, are the lyrics to the songs on the enclosed CD that summarize and highlight the key teachings, as well as a chapter on dealing effectively with conflict in the classroom or difficult group dynamics, based on a conference with Thich Nhat Hanh, teachers and students. The accompanying CD has inspiring recordings of all the songs in the book as well as a guided pebble meditation, total relaxation, and children's touching the earth. Beautiful, color illustrations by Wietske Vriezen Illustrator of Mindful Movements (ISBN-13: 978-1-888375-79-4) accompany the various practices. Any adult wishing to plant seeds of peace, relaxation, and awareness in children will find this book and CD helpful. It is full of wisdom on how to simply be with children and nourish their compassion for themselves and others. Illustrated by Wietske Vriezen Illustrator of Mindful Movements (Mindful Movements – Ten Exercise for Well Being, ISBN-13: 978-1-888375-79-4). Includes 1 audio CD.

Intuition and spiritual growth are inherently linked, according to professional psychic and therapist Sherrie Dillard. This groundbreaking guide offers a personalized approach to spiritual development, introducing four different psychic types and revealing how to develop the unique talents of each. Designed for both beginning intuitives and advanced psychics, this book presents a simple, step-by-step plan: Take the insightful quiz to learn whether you are a physical, mental, emotional, or spiritual intuitive Discover more about each type's nature, personality, strengths, and potential challenges Develop your psychic abilities with the meditations and exercises designed for your specific intuitive style Throughout the book, Dillard shares remarkable stories from her professional practice to illustrate the incredible power of intuition and its connection to the spirit world, inner wisdom, and your higher self.

The Buddha's Apprentice at Bedtime Tales of Compassion and Kindness for You to Read with Your Child - to Delight and Inspire Watkins Media Limited

Building on the age-old art of storytelling, this beautiful book 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 children into an imaginary world of enlightenment and discovery where they will meet delightful characters and discover an easy-to-understand Buddhist message, which will help children think about how they can apply values such as patience, perseverance, honesty and generosity to their own lives.

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 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.

A collection of 20 narrative-based meditations designed for use by parents of children aged 4-8, aimed at helping children to focus their minds, release their worries, believe in themselves and trust in the world around them, and dealing with topics including bereavement, nightmares, and anxieties at school.

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...

The Hugo and Nebula Award-winning novel from the New York Times bestselling author of *The Moon and the Sun*. On an Earth scarred by nuclear war, Snake harnesses the power of venom to cure illnesses and vaccinate against disease. The healer can even ease patients into death with the power of her dreamsnake. But she is not respected and trusted by all, and when she tries to help a sick nomad child, the frightened clan kills her dreamsnake. Ashamed of being misjudged and grieving the loss of her dreamsnake, Snake has one choice to maintain her livelihood: she must travel to the city, which jealously guards its knowledge. And before she faces the prejudices and arrogance of the people there, Snake must make her way across a barren desert, surviving storms and radiation poisoning, helping those she can—all while a madman stalks her every move . . . “[Dreamsnake] is filled with scenes as suspenseful as anyone could wish . . . but most of all it addresses the humanity in all of us.” —The Seattle Times “A haunting, rich, and tender novel that explores

the human side of science fiction in a manner that's all too uncommon." —Robert Silverberg "A splendid tale, combining the sensitivity and attention to mood of the new generation of SF writers with a gripping and well-worked-out adventure . . . The novel is rich in character, background and incident—unusually absorbing and moving." —Publishers Weekly "Instead of kicking butt, the lead character is dedicated to saving lives. . . . Snake's blighted world is expertly drawn, and her encounters with dysfunctional societies can be bracing and challenging reading." —The Guardian "This is an exciting future-dream with real characters, a believable mythos and, what's more important, an excellent, readable story." —Frank Herbert, author of the Dune series

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.

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 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.

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 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.

"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.

Fleeing home from his military service in Afghanistan when his wife dies in an apparent freak household accident, Dr. Mike Scanlon struggles with the tragedy, his inability to bond with his new baby daughter and a downsizing in his medical practice only to discover a shocking secret that changes his understanding of everything. By the Edgar Award-winning author of *Come Home*. 300,000 first printing.

This book describes the paleomagnetism of sediments and sedimentary rocks, how sediments and sedimentary rocks become magnetized, and how the physical and chemical processes involved can affect the accuracy of paleomagnetism. Topics covered include depositional and post-depositional remanence acquisition, the detection and correction of compaction-caused inclination shallowing, reduction diagenesis of magnetic minerals, chemical remagnetization, and rotation of remanence by grain-scale rock strain. The book also has a chapter on environmental paleomagnetism, including examples of the new technique of high-resolution rock magnetic cyclostratigraphy and its application to sedimentary sequences. By emphasizing the accuracy of sedimentary paleomagnetism and the magnitude of post-depositional processes that can affect it, the book will be invaluable in the geologic interpretation of sedimentary paleomagnetic data. *Paleomagnetism of Sedimentary Rocks* will be welcomed by paleomagnetists, students of paleomagnetism and all Earth scientists who use sedimentary paleomagnetic data in their research. Additional resources for this book can be found at: [www.wiley.com/go/kodama/paleomagnetism](http://www.wiley.com/go/kodama/paleomagnetism).

"Atkinson and Jewell invite each of us to reimagine one's connection to the land while cultivating nature close to home. A must-read for anyone searching for inspired solutions for designing or refining a garden." —Emily Murphy, founder of Pass the Pistil From windswept deserts to misty seaside hills and verdant valleys, the natural landscapes of the American West offer an astounding variety of climates for gardens. *Under Western Skies* reveals thirty-six of the most innovative designs—all embracing and celebrating the very soul of the land on which they grow. For the gardeners featured here, nature is the ultimate inspiration rather than something to be dominated, and *Under Western Skies* shows the strong connection each garden has with its place. Packed with Atkinson's stunning photographs and illuminated by Jewell's deep interest in the relationships between people and the spaces they inhabit, *Under Western Skies* offers page after page of encouraging ingenuity and inventive design for passionate gardeners who call the West home.

SPECIAL FOR THIS EDITION: The Return of Jamie & Claire -- a sneak preview of the next *Outlander* novel! Plus the short story *Lord John and the Hell-fire Club*. Adored bestselling author Diana Gabaldon brings us the first book in a new trilogy featuring many of the characters from her wildly popular *Outlander* series. In her New York Times bestselling *Outlander* novels, Diana Gabaldon introduced millions of readers to a dazzling world of history and adventure -- a world of vibrant settings and utterly unforgettable characters. Now one of these characters, Major Lord John Grey, opens the door to his own part of this world -- eighteenth-century London, a seething anthill of nobility and rabble peopled by

soldiers and spies, whores and dukes. Great Britain is battling France for supremacy on three continents -- and life is good for a soldier. The year is 1757. On a clear morning in mid-June, Lord John Grey emerges from London's Beefsteak Club, his mind in turmoil. A nobleman and a high-ranking officer in His Majesty's Army, Grey has just witnessed something shocking. But his efforts to avoid a scandal that might destroy his family are interrupted by something still more urgent: the Crown appoints him to investigate the brutal murder of a comrade in arms, who may have been a traitor. Obligated to pursue two inquiries at once, Major Grey finds himself ensnared in a web of treachery and betrayal that touches every stratum of English society -- and threatens all he holds dear. From the bawdy houses of London's night-world to the stately drawing rooms of the nobility, and from the blood of a murdered corpse to the thundering seas ruled by the majestic fleet of the East India Company, Lord John pursues the elusive trails of a vanishing footman and a woman in green velvet, who may hold the key to everything -- or nothing. The early days of the Seven Years War come brilliantly to life in this historical mystery by an author whose unique and compelling storytelling has engrossed millions of readers worldwide.

A 'big-book' edition of Alison Lester's all-time favourite Australian beach book, perfect for library and classroom storytimes. Ages 1+.

A sampling of the writings of Chinese women poets from ancient times to the twentieth century is accompanied by brief biographies and a discussion of their influence on Chinese literature.

The tickle monster flies in from Planet Tickle to share his talents, moving from one part of the body to another.

It's Christmas Eve and Winnie and Wilbur are super excited. They've posted their letters to the North Pole and made everything festive. But then disaster strikes. Santa gets stuck in their chimney! He desperately needs help with his deliveries otherwise Christmas just won't happen. It's a fun and festive Winnie and Wilbur adventure!

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 notable for both its beauty and its wisdom.

Drawn from Thich Nhat Hanh's Dharma talks given to young people, *A Pebble for Your Pocket* presents the basic teachings of the Buddha in accessible and modern language. Combining the stories and meditation practices from the previous edition of *A Pebble for your Pocket* with those collected in *Under the Rose Apple Tree* plus several new stories, this completely revised edition is written in a conversational style, and is comprised of Buddhist parables, and stories from the author's own childhood experiences. They elucidate principles of Buddhism and mindfulness practice, and give the young reader and their parents concrete advice on handling difficult emotions such as anger, from which the title - a pebble for your pocket - is taken. Written in a highly accessible style that doesn't rely on lot of jargon or difficult vocabulary requiring breaks for explanation, Thich Nhat Hanh emphasizes the importance of the present moment through vivid metaphors, original allegories, and colorful stories. Young readers will learn about handling anger, living in the present moment, and "interbeing" — the interconnectedness of all things. Thich Nhat Hanh offers various practices that children can do on their own or with others that will help them to transform anger and unhappiness and reconnect to the wonders of nature and the joy of living in the present moment. This revised edition contains teachings and stories that the whole family can enjoy, as well as practices such as transforming anger in the family, instructions on how to invite the bell, breathing and sitting meditation, touching the Buddha inside, and others. This revised edition of *A Pebble for your Pocket* remains a unique and classic title in a market with few other substantial offering on this topic. It's teachings on spirituality and awareness are thought provoking on a child's level. This significantly expanded version includes all stories and practices previously published in *Under the Rose Apple Tree* plus 3 never before published stories. With 10 b/w illustrations by Philippe Ames and Nguyen Thi Hop. Ages 6–13. (Second graders and up)

With Meg Murry's help, the dragons her six-year-old brother saw in the vegetable garden play an important part in his struggle between life and death. Simultaneous.

A Mom's Choice Gold Award Winner! Being present means... Noticing when someone needs help Waiting patiently for your turn Focusing on what's happening now Follow a group of friends at school, at home, and at the beach as they experience just what it means to be present. More Awards for What Does It Mean to Be Present? The Living Now: Books For Better Living Award The Nautilus Silver Award for Children's Picture Book The Moonbeam Gold Children's Book Award for Mind-Body-Spirit/Self-Esteem Collects stories about fairies and magical creatures appreciating nature, in a book that also promotes the use of meditation for children.

"It is 1483, and Sir Thomas Lemuel Hawke, a Cornish knight, is about to ride into battle. On the eve of his departure, he composes a letter to his four young children, consisting of twenty virtues that provide instruction on how to live a noble life, and on all the lessons, large and small, that he might have imparted to them himself were he not expecting to die on the battlefield. "Why am I alive? Where was I before I was born? What will happen to me when I die? Whatever well our lives are drawn from, it is deep, wild, mysterious, and unknowable..."Rules for a Knight is many things: a code of ethics; an intimate record of a lifelong quest; a careful recounting of a knight's hardest won lessons, deepest aspirations, and most richly instructive failures; and an artifact, a relic of a father's exquisite love. Drawing on the ancient teachings of Eastern and Western philosophy and religion, on literature, and poetry, and on the great spiritual and political writings of our time, Ethan Hawke has written a parable that--in the story of a young man's journey toward a life of authenticity and meaning--captures the instinctive movement of the heart toward truth and beauty. Rules for a Knight has the appeal of Arthurian legend; the economy of Aesop; and the vitality, intelligence, and risk-taking that could only emanate from Ethan Hawke"--

Around the beginning of the common era, Indian Buddhists began to collect fables, or jataka tales, illuminating various human virtues and foibles—from kindness, cooperation, loyalty and self-discipline on the one hand to greed, pride, foolishness, and treachery on the other. Instead of populating these stories with people, they cast the animals of their immediate environment in the leading roles—which may have given the tales a universal appeal that helped them travel around the world, surfacing in the Middle

East as Aesop's fables and in various other guises throughout East and Southeast Asia, Africa, Russia, and Europe. Author and painter Mark McGinnis has collected over forty of these hallowed popular tales and retold them in vividly poetic yet accessible language, their original Buddhist messages firmly intact. Each story is accompanied with a beautifully rendered full-color painting, making this an equally attractive book for children and adults, whether Buddhist or not, who love fine stories about their fellow wise (and foolish) creatures.

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.

A sleepy house is roused when music drifts in through an open window. Chairs begin to rock, dishes dance, and a boy awakens to the revelry. As the music fades, everything is sleepy once again. With soothing text and whimsical illustrations, Caldecott Medalist Shulevitz has created the ultimate bedtime story.

Elmer and Wilbur visit their Aunt Zelda. She may be getting old and deaf, but she is fun and has lots of interesting things to show the two young elephants. A warm and funny Elmer adventure extolling the virtues of cross-generational relationships.

The first children's book to illustrate the Dalai Lama's quotes. Forward by H.H. the Dalai Lama. The book focuses on H.H. the Dalai Lama's advice about compassion, kindness and happiness, as well as practical advice for situations children need a hand with (making mistakes, getting angry, etc). The quotes included in the book are short, funny and easy to understand, while the illustrations portray children from different cultures and countries, thus educating children about lifestyles around the world. More info: [www.dalailama4children.com](http://www.dalailama4children.com) Paperback (Soft cover), 28 pages.

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.

One of the preeminent political philosophers of the 20th century makes a compelling argument for the political cogency of literary writing in this book which among to his intellectual autobiography and an introduction to his work.

A maid with a plan. A squire with a secret. A missing jewel. A kingdom in turmoil. Maven and Reeve have three days to solve the mystery of the Fire Star. If they don't, they'll lose everything. This could be a complete disaster . . . or the beginning of a friendship. Bestselling author A. L. Tait is back with the intriguing story of two unlikely allies and a mystery to solve that could change their lives.

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 18 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. And 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.

An off-the-beaten-path tour of the city's hidden highlights, and the stories behind them. London is full of curiosities. Who knew that beneath the Albert Memorial lies a chamber resembling a church crypt? Or that there are catacombs under Camden? Who would expect to find a lighthouse in East London, sphinxes in South London, dummy houses in West London, or a huge bust of film director Alfred Hitchcock in North London? How many of those who walk past Cleopatra's Needle pause to consider why a 3,000-year-old Egyptian monument stands beside the Thames? How many know that what was once London's smallest police station can be seen in Trafalgar Square? Or that pineapples are used in the architectural design of so many buildings? Or why there are memorials to the Mayflower and Pilgrim Fathers in Rotherhithe? Learn more about the capital of curiosities in this delightful guide for lovers of history, trivia, and travel.

Winnie decides she needs a seaside break, so she and Wilbur zoom off to the coast. Winnie makes a beeline for the sea to cool down. Wilbur makes a beeline for anywhere other than the sea - he hates water, and can't bear getting wet.

Winnie is having so much fun in the water that she doesn't notice her broomstick being washed out to sea. She waves her magic wand in an attempt to get the broomstick back but it doesn't really go according to plan. The mix of magic and mayhem that follows involves a surfer and a whale and, predictably, it's poor Wilbur who gets the worst of things... In this paperback with audio CD edition, children can listen to the story with accompanying music and sound effects that really transport listeners to the seaside!

May you, my baby, sleep softly at night, and when dawn lights the world, may you wake up to birdsong. Part poem, part lullaby, this gentle story celebrates a baby's wonder at our beautiful world. From Australia's favorite picture-book creator, Alison Lester, comes a timeless book to share and to treasure.

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