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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.

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We love all the Buddha at Bedtime books! They have great stories and colorful illustrations, as well as delivering great messages for children to learn. They are a great way to help teach your children about kindness, which I think is something we could all learn a little more about in this day and age!

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~~The Buddhas Apprentice at Bedtime~~

I have read the first Buddha Before Bedtime and I liked it much more. The stories seam similar to what the tales might have been originally and the messages are more blended into the story. ... buddha's apprentice. It was just as good as the original book. My children loved listening to all of the stories. The teachings are so meaningful and ...

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.

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

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.

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.

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

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...

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

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

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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.

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.

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.

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