

Buddha at Bedtime

20 Mindful Stories to Inspire Peace, Calmness and Empathy Before Bed



Dharmachari Nagaraja

A reissue of the popular *Buddha at Bedtime*, which has over 70k lifetime sales, with a fabulous new cover.

This magical collection of 20 classic Buddhist stories will inspire imaginations, aid bedtime relaxation, enhance creativity, increase confidence and teach key Buddhist values, like empathy and compassion.

Each story focuses on an animal – i.e. the Grateful Bull, the Prancing Peacock and the Mischievous Monkey – with an important lesson at its core, making it a spring board for discussions about gratitude, consequences, bravery, and more.

This is the perfect book to introduce Buddhist values to young readers and their parents at bedtime in a fun and entertaining way.

This will publish simultaneously with the reissue of *Calm Buddha at Bedtime*.

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THE PRINCESS AND THE KINGSHUK TREE

Relax, be very still and listen – listen carefully to the princesses who lived in a grand palace in a distant land. Curious girls, so when they heard about a tree of beauty, they longed to see it. But this was no ordinary tree – it was a magic tree. Do you want to know why? Let's see if we can find out!

Now ... the young princesses had been well educated about everything in their own land – especially about all the animals, flowers and trees that could be found there. They even had a zoo in the palace, with exotic birds and animals from all over the world. And the collection of trees and flowers in the palace gardens was said to be beyond compare. So the princesses were very surprised one day to hear the gardener mention a special tree in the palace grounds, known as the Kingshuk, as none of them had ever come across it. The princesses were so intrigued by what they heard that they were determined to see it. That very day, after their lessons, the gardener and asked him to take them to see it. "It would be my pleasure, your Highnesses," he replied. "Follow me, and you will see a wonderful tree."



THE BRAVE LITTLE PARROT

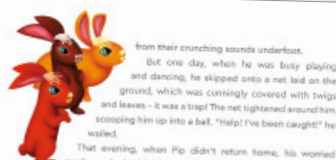
Relax, be very still and listen – listen carefully to this tale about a little blue parrot, who lived high up in the treetops of a tropical forest. One day, he surprised everyone, because, despite being only a small bird, he did a very brave thing. What do you think it was? Let's see if we can find out!

Now ... one morning a big, dark storm cloud climbed high up into the sky above the forest where the little blue parrot lived. The storm cloud was very angry and he roared and thundered, making a terrible noise. He threw silver bolts of lightning down onto the forest, and one struck an old dead tree, which burst into flames. Next, the cloud took a big, bold breath and blew the flames, making sparks jump into the surrounding trees, which then caught fire themselves. When the flames reached so high that they were licking at the bottom of the parrot's nest, the parrot had no choice but to fly, higher and higher into the air.

As the storm grew wild and the flames grew, the little blue parrot looked down and saw lots of his friends – the other animals who lived in the forest – running around, confused and frightened by the fire. They didn't know where to go to find safety.

The parrot was worried about them, but stayed calm and tried to think

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from their crunching sounds underneath. But one day, when he was busy playing and dancing, he skipped onto a net laid on the ground, which was cunningly covered with twigs and leaves – it was a trap! The net tightened around him, scooping him up into a ball. "Help! I've been caught!" he wailed.

That evening, when Pip didn't return home, his worried mother asked Old Silver to organize a search. He sent the rabbits out to look in the places where Pip usually played, while he himself headed for the places where he knew hunters often laid traps. He hadn't been searching long when he heard human footsteps. A man was coming – it sounded like a hunter! Alarmed, Old Silver raced on to the next trap and there he found said little Pip snuggled up in the hunter's net. Quickly, the wise old rabbit used his long, sharp teeth to gnaw through the ropes. Just as the footsteps were almost on top of them, Silver let through the last strand and Pip was free! They scampered away as fast as their little legs could carry them.

Pip's mother wept with joy when she saw her son unharmed. "I'm so glad you're safe!" she cried. "You gave me such a fright!"

"I'm sorry, mother," said Pip, clinging to her.

"It's all right, son," she replied. "But now do you see why it's so important to create time to listen and learn from others? There are some things in life that you really need to learn."

"Yes, mother, I realize that now," replied Pip. "I'm so sorry, Old Silver! I promise never to skip lessons again."

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The *Buddha at Bedtime* series has sold over 200,000 copies worldwide!