

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

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The Buddha and the Borderline - Kiera Van Gelder 2010-08-01

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.

The Story of Buddha - Geshe Kelsang Gyatso 2019-04-30

The story of Buddha's life is timeless and is as relevant today as it was 2,500 years ago when Buddha was alive. It shows how we can learn to

maintain a peaceful mind all the time so that we can be happy all the time, and in this way fulfill our own wishes as well as the wishes of all our friends. Few can fail to be inspired by this powerful story.

The Astral Traveller's Handbook and Other Tales - David Michie 2019-08-27

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 His eyes were firmly shut and his consciousness withdrawn from his senses when all this was going on.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 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?

I Will Be Fierce - Bea Birdsong 2019-04-23
Written by Bea Birdsong and illustrated by Nidhi Chanani, *I Will Be Fierce* is a powerful picture book about courage, confidence, kindness, and finding the extraordinary in everyday moments. Today, I will be fierce! It's a brand new day, and a young girl decides to take on the world like a brave explorer heading off on an epic fairytale quest. From home to school and back again, our hero conquers the Mountain of Knowledge (the library), forges new bridges (friendships), and leads the victorious charge home on her steed (the school bus). A 2020 Southern Book Prize Finalist

Prince Siddhartha - Jonathan Landaw 2011-10-11
Recounts the major events in the life of Prince Siddhartha, how he became Buddha, the Awakened One, and some of the teachings that he left behind.

[Buddhism for Kids](#) - Emily Griffith Burke 2020-02-11
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.

[The Buddha of Suburbia](#) - Hanif Kureishi 2017-05-04

"My name is Karim Amir, and I am an Englishman born and bred, almost..." The hero of Hanif Kureishi's debut novel is dreamy teenager Karim, desperate to escape suburban South London and experience the forbidden fruits which the 1970s seem to offer. When the unlikely opportunity of a life in the theatre announces itself, Karim starts to win the sort of attention he has been craving - albeit with some rude and raucous results. With the publication of *Buddha of Suburbia*, Hanif Kureishi landed into the literary landscape as a distinct new voice and a fearless taboo-breaking writer. The novel inspired a ground-breaking BBC series featuring a soundtrack by David Bowie.

Buddha's Book of Sleep - Joseph Emet 2012-12-27
Winner of BEST BOOK OF THE YEAR from COVR (The Coalition of Visionary Resources), that recognizes the best new products in the New Age industry. Enlightened sleep practices for the modern mind. Buddha's Book of Sleep is the first book to address sleep disturbances with techniques from mindfulness meditation. Yet this is a natural choice—mindfulness meditation has proven effective for psychological problems such as stress, depression, and anxiety, and these very issues are what become sleep problems

when your head hits the pillow. Divided into two sections, the book approaches sleep deprivation with a combination of wisdom and practical meditation exercises. The first section explains why mindfulness meditation, with its basis in self-awareness, is appropriate for dealing with sleeping problems, and details the practices of this increasingly popular form of meditation. The second section features seven specific exercises to do at bedtime or in the wee hours of the morning, or whenever your sleeping trouble occurs. With a foreword by Thich Nhat Hanh. Providing a new perspective on why you cannot fall asleep even when you feel exhausted, and arming you with easy-to-use mindfulness meditation exercises, Buddha's Book of Sleep will help you calm your hurried thoughts, and go from feeling always sleepy to getting the rest you need.

The Life of the Buddha - Heather Sanche
2020-03-24

"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.

Buddhism for Beginners - Thubten Chodron
2001-01-01

This easy-to-understand introduction to Buddhism is "written for people wanting to understand basic Buddhist principles and how to integrate them into their lives" (H.H. the Dalai Lama) This user's guide to Buddhist basics takes the most commonly asked questions—beginning with "What is the essence of the Buddha's teachings?"—and provides simple answers in plain English. Thubten Chodron's responses to the questions that always seem to arise among people approaching Buddhism make this an exceptionally complete and accessible

introduction—as well as a manual for living a more peaceful, mindful, and satisfying Life. Buddhism for Beginners is an ideal first book on the subject for anyone, but it's also a wonderful resource for seasoned students, since the question-and-answer format makes it easy to find just the topic you're looking for, such as: • What is the goal of the Buddhist path? • What is karma? • If all phenomena are empty, does that mean nothing exists? • How can we deal with fear? • How do I establish a regular meditation practice? • What are the qualities I should look for in a teacher? • What is Buddha-nature? • Why can't we remember our past lives?

The Buddha in Me - M. D. Christine H. Huynh
2021-01-12

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

My First Dharma Book - Christine H. Huynh M. D.
2021-05-26

A Children's Picture Book to teach kids about the Five Precepts, Five Mindfulness Trainings, and Buddha-nature. Teaching kids the moral foundation to succeed in life.

You Make Your Parents Super Happy! - Richy K. Chandler
2017-10-19

Hey! I think you should know that there is nothing your parents are more proud of... than YOU!' This simple graphic story helps children whose parents are separating to feel better. The book says why some parents have to live in different places, reminds the child how special they are to both parents, and reassures them that both parents will keep looking after them, and love them just as before. Getting to the heart of what children need to hear in what can be a confusing time, the story lets your child know that they are loved and safe, and that this will not change. Ideal for children aged 3-7.

Kuan Yin - Maya van der Meer
2021-05-04
Spirituality & Practice "Best Books of 2021" Award Winner Bank Street College of Education "The Best Children's Books of the Year" Two sisters discover the power of love and the true meaning of compassion in this princess-adventure story based on an ancient Chinese tale. Miao Shan isn't your typical princess. She likes to spend her time quietly meditating with the creatures of the forest or having adventures

with dragons and tigers. Miao Shan's heart is so full of love that her dream is to spread happiness throughout the land and help people endlessly. But her father has other plans for her--he intends to have her married and remain in the palace. With the help of her little sister Ling, Miao Shan escapes and begins her journey to discover the true meaning of compassion. During their adventure, Ling and Miao Shan are eventually separated. Ling must overcome doubts, fears, and loneliness in order to realize what her sister had told her all along--that love is the greatest power in the world. After the sisters' reunion, Miao Shan realizes her true calling as Kuan Yin, the goddess of compassion. A princess-adventure story like none other, this ancient Chinese tale of the world's most beloved Buddhist hero is a story of sisterhood, strength, and following your own path.

Everything Is Connected - Jason Gruhl
2019-02-05

A magical meditation on the powerful idea that we are connected to everything and everyone. Playful illustrations and funny, rhyming text show readers all of the many ways we are linked to every big, small, hairy, slimy, snuggly, scaly, floppy, flappy, bristly, buzzy, beautiful creature on Earth. "One of Bala Kids's inaugural releases, this waggish picture book takes its title to heart, emphasizing readers' connection to an eclectic roundup of people, objects, and phenomena."—Publishers Weekly "Jason Gruhl invokes Dr. Seuss with some light rhyming and brings up everything that entrances children—tarantulas, slime, comets, you name it. Ignasi Font's visually complex and incredibly funny illustrations (a blobfish that looks like Squidward?) will keep kids observing even on the hundredth read. The book is destined to become a dharma classic."—Tricycle Everything is connected. And since you are part of everything, you are connected to everything: to pharaohs, Ben Franklin, T. Rex, ancient Greece, to love and to poverty, hunger and peace!

Buddha Boy - Kathe Koja 2004-09

Condemned as a freak at his high school, Jinsen, called "Buddha Boy" by his classmates, is paired with Justin for a class project. While Justin discovers Jinsen's artistic side, he is forced into a cruel contest with the jocks who won't leave Jinsen alone.

The Buddha's Apprentice at Bedtime -

Dharmachari Nagaraja 2013-06-06

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.

365 Jataka Tales - Books Om 2007-12-01

The beautifully illustrated '365 Jataka Tales' impart ancient Buddhist wisdom and moral guidance in an easy and entertaining manner. These stories of the Bodhisattva, or Buddha-to-be, are tales from the previous lives of Buddha, where born as animal or human, he had to experience many a moral and ethical dilemma before attaining enlightenment. This book is the ideal gift for children, encouraging a more wholesome, positive and responsible outlook to life.

Angels at Bedtime - Karen Wallace 2019-01-24

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...

Is Nothing Something? - Thich Nhat Hanh

2014-03-20

In *Is Nothing Something?* Zen Master Thich Nhat Hanh answers heartfelt, difficult, and funny questions from children of all ages. Illustrated with original full-color artwork by Jessica McClure, *Is Nothing Something?* will help adults plant the seeds of mindfulness in the young children in their lives. Beginning with the most basic questions, "What is important in life?" and "Why is my brother mean to me?" and progressing through issues that we all wrestle with, such as "How do I know if I really love somebody?", "How long am I going to live?", and "What does God look like?", each page presents a question with a short answer from Thich Nhat Hanh, appropriate for beginning readers to work with on their own. The back of the book has the first complete children's biography of Thich Nhat Hanh, along with basic, kid-friendly instructions for mindful breathing and mindful walking. Both humorous and profound, *Is Nothing Something?* is the perfect resource for kids with questions, adults looking to answer them, and anyone with questions of their own.

When the Buddha Was an Elephant - Mark W. McGinnis 2015-12-01

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 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.

Hidden Among Us - Katy Jane Moran 2013
Folktale and thriller are brilliantly interwoven in this fast-paced novel. The mysterious boy who Lissy encounters at a deserted train station acts like he has known her all her life. Unnerved by his unnatural beauty, she sets about uncovering the dark secret of the village of Hopesay Edge.

The boy, Larkspur, is a member of the Hidden, an ancient group of elven people and Lissy quickly finds herself fighting to escape from a powerful elven magic. A bargain has been made that cannot be broken, and if the Hidden catch Lissy now, they will never let her go.

The Buddha in the Attic - Julie Otsuka

2011-08-23

NATIONAL BESTSELLER • National Book Award Finalist • Winner of the PEN/Faulkner Award
The acclaimed author of *When the Emperor Was Divine* tells the story of a group of young women brought from Japan to San Francisco as "picture brides" a century ago in this "understated masterpiece ... that unfolds with great emotional power" (San Francisco Chronicle). In eight unforgettable sections, *The Buddha in the Attic* traces the extraordinary lives of these women, from their arduous journeys by boat, to their arrival in San Francisco and their tremulous first nights as new wives; from their experiences raising children who would later reject their culture and language, to the deracinating arrival of war. Julie Otsuka has written a spellbinding novel about identity and loyalty, and what it means to be an American in uncertain times.

Don't miss Julie Otsuka's new novel, *The Swimmers*, coming in February 2022!

Fairies at Bedtime - Karen Wallace 2012-06

These 20 heartwarming, life-affirming stories feature mischievous leprechauns, mysterious elf kings and queens, will-o'-the-wisps, mermaids and mermen, and other magical creatures. Designed for parents to read aloud, or for children to enjoy themselves, these lovely fairy tales will send young imaginations soaring. At the same time, they'll inspire kids with down-to-earth lessons about respecting the natural world, embracing the possibilities of change, cultivating patience and faith, and taking pride in one's own unique talents.

Reconciliation - Thich Nhat Hanh 2006-10-09

Based on Dharma talks by Zen Master Thich Nhat Hanh and insights from participants in retreats for healing the inner child, this book is an exciting contribution to the growing trend of using Buddhist practices to encourage mental health and wellness. *Reconciliation* focuses on the theme of mindful awareness of our emotions and healing our relationships, as well as meditations and exercises to acknowledge and

transform the hurt that many of us experienced as children. The book shows how anger, sadness, and fear can become joy and tranquility by learning to breathe with, explore, meditate, and speak about our strong emotions. Reconciliation offers specific practices designed to bring healing and release for people suffering from childhood trauma. The book is written for a wide audience and accessible to people of all backgrounds and spiritual traditions.

The Cat Who Went to Heaven - Elizabeth Coatsworth 1958

A cat looks on as her master, a poor Japanese artist, works on a painting commissioned by a high priest. The artist must paint all the animals blessed by Buddha except cats, which have been excluded from paradise. Despite the risk, the compassionate artist decides to include a cat in his painting and is rewarded. Text copyright 2004 Lectorum Publications, Inc.

The Calm Buddha at Bedtime - Nagaraja (Dharmachari.) 2017

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 retells 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.

Buddhist Animal Wisdom Stories - Mark W. McGinnis 2004-11-09

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.

Londi the dreaming girl - Lauren Holliday
Londi loves to dream all day. But where will her dreams take her?

Kindness - Sarah Conover 2010

Collection of traditional Buddhist tales following the Buddha through his various prior births.

The Empty Pot - Demi 2012

When Ping admits that he is the only child in China unable to grow a flower from the seeds distributed by the Emperor, he is rewarded for his honesty.

Little Sid - Ian Lendler 2018-01-23

Unhappy, Little Sid leaves his home in search of happiness leading him on a journey of discovery full of wise-folk, tigers, and a mouse.

Wildmind - Bodhipaksa 2012-02-29

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.

The Day the Buddha Woke Up - Andrea Miller 2018-10-19

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.

The Kindness Book - Todd Parr 2019-10-01
Beloved and New York Times bestselling author Todd Parr uses his signature blend of playfulness and sensitivity to explore the value and joy in being kind to others. With his trademark bright colors and bold lines, Todd Parr takes on a topic more important than ever: being kind to each other. This idea is both a perfect fit for Todd's cheerful, child-friendly positivity and incredibly close to Todd's own heart. No matter what other people choose to do, you can always choose to be kind -- and what a wonderful thing to be! Today's parents and teachers are looking for ways to instill empathy and kindness in children at a young age -- this book is the perfect introduction to a timely and timeless topic.

[Buddha at Bedtime](#) - Dharmachari Nagaraja 2010
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.

[That's Funny, You Don't Look Buddhist](#) - Sylvia Boorstein 2010-10-05

In this landmark book, esteemed Buddhist teacher Sylvia Boorstein addresses this incisive question in a warm, delightful and personal way. With the same down-to-earth charm and wit that have endeared her to her many students and readers, Boorstein shows how one can be both an observant Jew and a passionately committed Buddhist.

A Tale for the Time Being - Ruth Ozeki
2013-03-12

A brilliant, unforgettable novel from bestselling author Ruth Ozeki, author of *The Book of Form and Emptiness* Finalist for the Booker Prize and the National Book Critics Circle Award "A time being is someone who lives in time, and that means you, and me, and every one of us who is, or was, or ever will be." In Tokyo, sixteen-year-old Nao has decided there's only one escape from her aching loneliness and her classmates' bullying. But before she ends it all, Nao first plans to document the life of her great grandmother, a Buddhist nun who's lived more than a century. A

diary is Nao's only solace—and will touch lives in ways she can scarcely imagine. Across the Pacific, we meet Ruth, a novelist living on a remote island who discovers a collection of artifacts washed ashore in a Hello Kitty lunchbox—possibly debris from the devastating 2011 tsunami. As the mystery of its contents unfolds, Ruth is pulled into the past, into Nao's drama and her unknown fate, and forward into her own future. Full of Ozeki's signature humor and deeply engaged with the relationship between writer and reader, past and present, fact and fiction, quantum physics, history, and myth, *A Tale for the Time Being* is a brilliantly inventive, beguiling story of our shared humanity and the search for home.

Nightlights - David Fontana 2003-03
Includes "issues index."

The Calm Buddha at Bedtime - Dharmachari Nagaraja 2017-11-14

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