

Download File If The Buddha Had Kids Raising Children To Create A More Peaceful World Charlotte Kasl Read Pdf Free

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Jizo Bodhisattva Aug 24 2019 Jizo is an important bodhisattva or "saint" of the Mahayana Buddhist tradition. Most prominent today in Japanese Zen, Jizo is understood to be the protector of those journeying through the physical and spiritual realms. This bodhisattva is closely associated with children, believed to be their guardian before birth, throughout childhood, and after death. Here, an American Zen master offers an engaging and informative overview of the history of this important figure and conveys the practices and rituals connected with him, including a simple ceremony for remembering children who have died. Inspired by her own personal experience with Jizo practice, Bays explains how the Buddhist teachings on Jizo can bring peace to those confronted with suffering and loss.

[A Pebble for Your Pocket](#) Dec 09 2020 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 offerings 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)

[Buddha: Discover This Children's Book About Buddha](#) Jan 10 2021 Buddha is an impactful figure that is responsible for the birth of Buddhism. Your child can learn about this man and the life that he lived in this fact book, and you also can learn of the popular teachings this guy had. Pick up a copy today to learn more!

The Buddha in Me Aug 29 2022 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

Little Buddhas Jan 22 2022 Edited by Vanessa R. Sasson, *Little Buddhas* brings together a wide range of scholarship and expertise to address the question of what role children have played in Buddhist literature, in particular historical contexts, and their role in specific Buddhist contexts today.

The Ultimate Guide to Raising Teens and Tweens Nov 27 2019 Are you concerned or frustrated with the choices your child makes when it comes to their peer groups, study habits, and use of social media? Do you feel your child is pushing you away and your connection is weakening? Are you unsure of the next steps you should take to help your child succeed? A whole new set of parenting concerns arise during tween and teenhood that can be overwhelming for any parent. *The Ultimate Guide to Raising Teens and Tweens* offers a step-by-step plan for raising your adolescent through this tumultuous time. Douglas Haddad provides specific, proven tools for you to help your child become a problem solver and grow to be smart, successful, and self-disciplined. In *The Ultimate Guide to Raising Teens and Tweens*, you will: Discover the secrets of effective communication with your child Learn the techniques to stop behavior problems right in their tracks when they happen Know the strategies to best motivate your child and unlock their potential Find out how to set appropriate limits and hold your child accountable for their actions Understand today's "child-limiting challenges" and the solutions for handling them with your child Every parent wants the best for their child, and these years can be fraught with challenges: bullying, violence, gambling, sex, smoking, alcohol, substance use, eating disorders, depression, suicide, unhealthy eating, lack of physical activity, etc. Making sense of these challenges, this book offers exercises for incorporating the ten child unlimited tools into your parenting style and anecdotes to illustrate strategies and techniques. Supported by current research, the tools found in these pages will serve as a guide for any family with tweens or teens.

Kids Creation (Nepal) Aug 17 2021 June 2015 issue of children magazine *Kids Creation* (Baal Sirjana or बााल सिरजाना) 80 pages long magazine has poems, articles and art of children of various age and articles related to children in English and Nepali languages.

[Growing Happy Kids](#) Jul 04 2020 Offers a parenting plan based on Buddhist training to raise inwardly strong children and the connection between inner confidence and lasting happiness.

[Buddhist Understanding of Childhood Spirituality](#) Jun 22 2019 This book explores the spirituality and religiosity of children and adolescents through the language, thought and imagery of Buddhism. Drawing on his experience working with children in therapeutic practice, the author sets manifestations of spirituality in childhood, such as awe and wonder, alongside the Buddha's teachings.

[The Complete Buddhism for Mothers](#) May 14 2021 "Become a calmer and happier mother with *The Complete Buddhism for Mothers*. Parenthood can be a time of great inner turmoil for a woman yet parenting books invariably focus on nurturing children rather than the mothers who struggle to raise them. These books are different."--

[Raising Resilience](#) May 02 2020 In every spiritual tradition, we find teachings on the virtues and qualities that we most want to pass on to our kids—such as generosity, kindness, honesty, determination, and patience.

Today, a growing body of research from neuroscience and social psychology supports these teachings, offering insights into cultivating these virtues in ourselves and in our families. Raising Resilience is a practical guide for parents and educators of children from preschool through adolescence, detailing ten universal principles for happy families and thriving children. Bridging the latest science with Eastern wisdom to explore ourselves and share with our children, Dr. Christopher Willard offers a wealth of teachings on: • Getting through Giving—the many types of generosity we can model for kids, and the fascinating new findings on the power of giving • Why Doing the Right Thing Is the Right Thing to Do—living in harmony with oneself, one's family, and one's community • Less is More Parenting—how letting go of what's no longer necessary creates space, freedom, and the possibility for something new • Building a Wiser Brain—three types of wisdom and how to steer kids' "under-construction" minds toward wise action • Even the Buddha Had Helicopter Parents—releasing anxiety about over- or under-parenting and the desire for the "perfect" family • The Buddha and the Marshmallow—patience in spirituality and science, including practices to strengthen patience in yourself and your children • What Sets Us Free—how truthfulness and honest behavior create safety and freedom for everyone • Growing Up with a Grit and Growth Mindset—the best ways to encourage resilience and determination through reinforcing and rewarding the "growth mindset" • The Kindness Contagion—cultivating lovingkindness, compassion, and empathy • Finding Balance in a Broken World and Staying Steady through the Stress—how to abide life's inevitable ups and downs through the attitude of equanimity "The practices in this book ultimately come together to help us build thriving, happy, and resilient families and communities, regardless of how we categorize them," writes Dr. Willard. Raising Resilience is an accessible resource to help each one of us and our family members, "evolve and grow into our best selves."

Buddha Baby Nov 07 2020 Want to learn a thing or two about a young Chinese-American woman with a penchant for Hello Kitty toys, who could be found squeezing into jeans at Old Navy while being asked for detailed explanations of Yo-Yo Ma's success? Then get ready for: WHO Lindsey Owyang, raised on Spaghetti-O's and Aaron Spelling productions WHAT Her Secret Asian Man finally proposes! WHERE Springtime in San Francisco and it's raining stone cold foxes HOW Lindsey wants to make her peace with Chinatown & country, but will a crotchety Chinese grandmother stand in her way? WHY Because she never expected her hottie crush from sixth grade to show up now ... As Lindsey continues her quest for identity, family secrets, and true love, will she find double happiness, or will she be tempted by one last lion dance with a stranger? Ultimately, Lindsey realizes that Chinese girls really wanna have chow fun.

The Buddha and the Baby Jan 28 2020 These dialogues with child, adolescent and adult psychotherapists and child psychiatrists focus on their personal as well as professional experiences. All the contributors have a long-standing practice of Buddhism or other forms of meditation. The relevance of this to their clinical work with infants, children, adolescents, families and adults is described. Buddhist principles such as suffering, impermanence, non-attachment, no-self and the Four Noble Truths influence the contributors' practice of psychotherapy with children and with the child in the adult. Similarities and differences between the two traditions of Buddhism and psychotherapy are highlighted in these dialogues, which are embedded in deep, personal and transforming experiences that are shared by the authors.

Buddha at Bedtime Jul 28 2022 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.

Gautama Buddha (Junior Lives) Sep 05 2020 Meet the heroes who changed the world! Young Siddhartha renounced all worldly things in search of the ultimate truth. This is the powerful story of his self-discovery and his path to enlightenment as he went on to become one of the world's greatest religious leaders—Gautama Buddha. Fourth in a series of illustrated books created for young readers to get to know our world heroes better, this engaging biography, peppered with little-known facts, takes the reader through the remarkable life of Gautama Buddha, who taught the world to look for peace and wisdom and to find happiness within themselves.

Planting Seeds Feb 29 2020 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 over 30 years of teaching mindfulness and compassion to parents, teachers, and children, the book and enclosed CD covers a wide range of contemplative and fun activities parents and educators can do with their children or students. They 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 2 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 reinforce 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, 6 mindfulness cards, and 3 cut-out mindfulness posters

Siddhartha Gautama: "The Buddha" Mar 31 2020 Siddhartha Gautama was born to an Indian king and later changed Indian culture through his beliefs. This inspiring biography allows readers to explore the incredible life of Siddhartha Gautama and learn how he later became known as The Buddha. Buddhism, the Four Noble Truths, and the Eightfold Path are discussed through captivating facts and sidebars, interesting images and photos, and supportive text. An accommodating index and glossary aid in the better understanding of the content and vocabulary. Through the easy-to-read text, readers will also learn about the Indian caste system, Buddhist monks, and how people believe the state of nirvana can be reached.

The Sweeper Feb 08 2021 A beautifully illustrated picture book that tells the classic Buddhist tale of a young servant girl's profound and life-changing encounter with the Buddha—for children ages 5-10. Inspired by Buddhist tradition, this original story tells how Padme, a young servant girl, meets the Buddha as she is sweeping her master's house. When she laments that she is so busy that she would never have time to meditate, the Buddha gives her the instruction to "sweep and clean." This simple mindfulness practice transforms Padme's life, and when she encounters the Buddha many years later, he teaches her how to send compassion out to others. This beautifully illustrated picture book is a wonderful way to introduce children to the power of mindfulness meditation practice.

Buddhism for Mothers Feb 20 2022 Teaching how to become a calmer and happier mother through Buddhist teachings, this enlightened book helps mothers achieve their full potential to be with their children in the all-important present moment, as well as to gain the most possible joy out of being with them.

How to Raise an Ox Dec 29 2019 The writings of Zen master Dogen are among the highest achievements not only of Japanese literature but of world literature. Dogen's writings are a near-perfect expression of truth, beautifully expressing the best of which the human race is capable. In this volume, Francis Cook presents ten selections from Dogen's masterwork, the Shobogenzo, as well as six of his own essays brilliantly illuminating the mind of this peerless master.

The Buddha's Apprentice at Bedtime Oct 19 2021 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.

Going on a Pilgrimage: Teach Kids The Virtues Of Patience, Kindness, And Gratitude From A Buddhist Spiritual Journey - For Children To Experi Sep 17 2021 Take your child on a Buddhist pilgrimage and have them experience spiritual growth and develop the virtuous qualities of adaptability, patience, and gratitude. This 32-page picture book presents the experience of a group of children going on a pilgrimage to the four holy sites, representing the four important events of the Buddha's life - his birth, Enlightenment, First Sermon, and Nirvana. From their journey, they learn to develop the merits of patience, kindness, and gratitude so they can apply them to their daily practice. From this, they elicit the fragrances of the Four Immeasurables - loving-kindness, compassion, joy and equanimity.

But the Buddha Didn't Raise Children Mar 24 2022 Have you ever wondered how many of the spiritual masters and enlightened teachers have been parents? What have you learned from them about parenting? Are parenting and spiritual growth two separate paths? What can we learn from the spiritual teachings? And what can we learn from parenting? Having been a mother for over forty years, and on the path of spiritual growth for many decades, the author offers us a personal account of her insights that bridge the daily realities of parenthood and the lofty teachings of the masters. Written with levity, honesty, and depth, this book can offer parents and seekers some guidance on how to better cope with the challenges of parenting while nurturing one's spiritual growth.

If the Buddha Had Kids Sep 29 2022 Zen and the art of raising children to make peace in the world . . . In this wise and insightful volume, Charlotte Kasl applies her signature blend of spiritual guidelines, exercises, and practical advice to a stage of life that leaves many of us searching for answers. If the Buddha Had Kids draws from Buddhist, Quaker, and other spiritual traditions to help parents raise children who value cooperation, compassion, and understanding, emphasizing that finding peace within a family is the first step toward creating a peaceful world. Beginning with creating a healthy bond with your child and moving through all stages of life, encouraging empathy, respect, fascination, and curiosity, Kasl explores the spiritual journey of parenting. She also draws on her decades of experience as a healer and practicing psychotherapist to tackle very practical concerns such as the roles of electronics, money, sexuality, and education, and what it means to find one's voice. This lively book promises to bring inspiration, humor, and wisdom to the joys and struggles of raising children in our contemporary world, and will serve as an enlightening companion for all moms and dads.

[Buddhism for Mothers of Young Children](#) Nov 19 2021 From the author of the acclaimed *Buddhism for Mothers*, a guide to discovering the path to meaningful, spiritual, and satisfying motherhood A combination of personal narrative and stories gathered from mothers, this guide shows how spiritual and mindful parenting can help all mothers?Buddhists and non-Buddhists?be more open, attentive, and content. By guiding mothers on a spiritual path, this evocation also helps them cultivate wisdom, open-heartedness, and a better understanding of themselves.

[The Buddha's Apprentices](#) Jul 16 2021 Sumi Loundon's *Blue Jean Buddha* was hailed by the *New York Times Review of Books* as "a bellwether anthology"--mapping the spiritual trails followed by a generation of American Buddhist youths. *The Buddha's Apprentices* examines that territory in fuller detail, telling twenty-six more stories of this powerful spiritual path, including the stories of many teenagers. The book shows us the common challenges that spiritually hungry young adults of today might face, with a focus on the identity issues around personality, profession, and lifestyle. Also included are several affirming essays from prominent older Buddhists, recalling their first encounters with Buddhism. *The Buddha's Apprentices* inspires, examining the tectonic shifts that young, spiritually-inclined people undergo as they leave home, search for partners, consider commitment and marriage, and build their lives. Furthermore, they tell of how Buddhism changes and enhances their abilities to face life's difficulties. Sumi Loundon's rich and youthful commentary lets us appreciate each contributor's individual voice, and helps us to see how they contribute to the always-evolving chorus of modern Buddhism. *The Buddha's Apprentices* can be considered a sequel to Sumi Loundon's *Blue Jean Buddha*, but goes beyond that work by giving extra attention to teens and young adults and including pieces from Thich Nhat Hanh, Lama Surya Das, and a truly diverse array of younger author/contributors.

[Little Buddhas](#) Jun 02 2020 Edited by Vanessa R. Sasson, *Little Buddhas* brings together a wide range of scholarship and expertise to address the question of what role children have played in Buddhist literature, in particular historical contexts, and their role in specific Buddhist contexts today.

Stealing Buddha's Dinner Aug 05 2020 Winner of the PEN/Jerard Award Chicago Tribune Best Book of the Year Kiriyaama Notable Book "[A] perfectly pitched and prodigiously detailed memoir." - Boston Globe As a Vietnamese girl coming of age in Grand Rapids, Michigan, Nguyen is filled with a rapacious hunger for American identity, and in the pre-PC-era Midwest (where the Jennifers and Tiffanys reign supreme), the desire to belong transmutes into a passion for American food. More exotic- seeming than her Buddhist grandmother's traditional specialties, the campy, preservative-filled "delicacies" of mainstream America capture her imagination. In *Stealing Buddha's Dinner*, the glossy branded allure of Pringles, Kit Kats, and Toll House Cookies becomes an ingenious metaphor for Nguyen's struggle to become a "real" American, a distinction that brings with it the dream of the perfect school lunch, burgers and Jell- O for dinner, and a visit from the Kool-Aid man. Vivid and viscerally powerful, this remarkable memoir about growing up in the 1980s introduces an original new literary voice and an entirely new spin on the classic assimilation story.

Buddha's Diet Oct 26 2019 There's a lot you probably don't know about the Buddha. For one, the real Buddha was thin. And before he became the "Enlightened One," he was a pampered prince named Siddhartha. He tried dieting once and didn't like it any more than you do. Instead, he sought a "middle way" between unhealthy overindulgence and unrealistic abstinence. The instructions he gave his monks about eating, more than 2,500 years ago, were surprisingly simple. Fast forward to today, and modern science confirms what Buddha knew all along. It's not what you eat that's important, but when you eat. You don't need to follow the latest fads or give up your favorite foods. You just have to remember a few guidelines that Buddha provided-guidelines that, believe it or not, will help you lose weight, feel better, and stop obsessing about food. Sure, Buddha lived before the age of doughnuts and French fries, but his wisdom and teachings endure, providing us with a sane, mindful approach to achieving optimum health.

[The Great Ullambana Festival](#) Jul 24 2019 Learn the true meanings of the Ullambana festivity, along with the story of Moggallana, both of which commemorate the Buddha's joyous celebration on the teaching of love for our parents, gratitude, and the making of offerings. This 32-page children's picture book presents the many meanings and practices of the Ullambana celebration for kids to fully experience this meaningful Buddhist yearly celebration! It retells the renowned story about Moggallana, one of the Buddha's chief disciples, and his acts of love and gratitude for his mother. The history and traditions of the Ullambana Festival, the Buddha's teachings on gratitude, and ways of making offerings are explained with descriptive illustrations.

[Buddhism Plain and Simple](#) Jun 14 2021 *Buddhism Plain and Simple* offers a clear, straightforward treatise on Buddhism in general and on awareness in particular. When Buddha was asked to sum up his teaching in a single word, he said, "Awareness." The Buddha taught how to see directly into the nature of experience. His observations and insights are plain, practical, and down-to-earth, and they deal exclusively with the present. Longtime teacher of Buddhism Steve Hagan presents the Buddha's uncluttered, original teachings in everyday, accessible language unencumbered by religious ritual, tradition, or belief.

[The "I"s in Me](#) Apr 12 2021 Interbeing, Interdependent, Impermanent - big words can be understood by little kids! The concepts of non-self, non-reality, and interdependence with the doctrine of causes and conditions

are introduced at a child's level.

If the Buddha Got Stuck Jun 26 2022 Zen and the art of getting unstuck . . . Perennial favorites, Charlotte Kasl's *If the Buddha Dated*, *If the Buddha Married* and *If the Buddha Had Kids* have inspired readers with their empowering balance of spiritual and psychological wisdom. This wise yet lighthearted book extends on Dr. Kasl's trademark insight to speak to anyone who's ever experienced being stuck in life. With her signature clarity, wisdom, and wit, she presents seven simple yet profound steps on the path to change: Notice Where You're Stuck; Show Up; Pay Attention; Live in Reality; Connect with Others, Connect with Life; Move from Thought to Action; and Let Go. Full of insight from Buddhist and other teachings that emphasize the joy that comes with letting go of fears and attachments, *If the Buddha Got Stuck* is an inspirational and practical roadmap to a happier, more peaceful, and more fulfilling life.

Brave Parenting May 26 2022 How do we build resilient children who can handle life's challenges? As parents today, we often feel that our role is to protect our children from the world: to cushion them when they fall, to lift them over obstacles, and to remove sharp rocks from their path. But controlling a child's entire environment and keeping all pain at bay isn't feasible—we can't prepare the world for our children, so instead we should focus on preparing our children for the world. "The solution is not removing impediments from our children's lives," writes Krissy Pozatek, "it is compassionately encouraging them to be brave." We need to show our kids how to navigate their own terrain. If our kids face small hurdles, small pains, at a young age and learn to overcome these obstacles, they will be much better equipped to face larger trouble later in life. Early lessons in problem solving teach self-confidence and self-reliance—and show us that our kids are tougher than we think. Krissy draws her lessons from her experience guiding children in wilderness therapy and from her Buddhist practice—showing us that all life is as unpredictable as mountain weather, that impermanence is the only constant, and that the most loving act a parent can do is fearlessly ready their child to face the wilderness. For parents of children of all ages.

My First Dharma Book Dec 21 2021 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.

If the Buddha Had Kids Oct 31 2022 Zen and the art of raising children to make peace in the world . . . In this wise and insightful volume, Charlotte Kasl applies her signature blend of spiritual guidelines, exercises, and practical advice to a stage of life that leaves many of us searching for answers. *If the Buddha Had Kids* draws from Buddhist, Quaker, and other spiritual traditions to help parents raise children who value cooperation, compassion, and understanding, emphasizing that finding peace within a family is the first step toward creating a peaceful world. Beginning with creating a healthy bond with your child and moving through all stages of life, encouraging empathy, respect, fascination, and curiosity, Kasl explores the spiritual journey of parenting. She also draws on her decades of experience as a healer and practicing psychotherapist to tackle very practical concerns such as the roles of electronics, money, sexuality, and education, and what it means to find one's voice. This lively book promises to bring inspiration, humor, and wisdom to the joys and struggles of raising children in our contemporary world, and will serve as an enlightening companion for all moms and dads.

The Calm Buddha at Bedtime Apr 24 2022 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.

Holidays in Heck Sep 25 2019 *Holidays in Heck* takes the reader on a globe-trotting journey to far-reaching places including China, Kyrgyzstan, Afghanistan and the Galapagos Islands. The collection begins after the Iraq War, when P.J. retired from being a war correspondent because he was "too old to keep being scared stiff and too stiff to keep sleeping on the ground." Instead he embarked on supposedly more comfortable and allegedly less dangerous travels - often with family in tow - which mostly left him wishing he were under artillery fire again. The result is a hilarious and oftentimes moving portrait of life in the fast lane - only this time as a husband and father of three. Adventures include: - The first stag hunt in Britain after hunting had been banned. If the British had been half as caring about Indians and American colonists as they are about animals, they'd still rule the world. - A month-long tour of mainland China's economic hubs where P.J. learned that the entire Chinese concept of political freedom and individual liberty can be summed up in the words, 'New Buick'. - A harrowing horseback ride across the mountains of Kyrgyzstan - no towns, no roads, no people. "If something happened to my horse it would be shot. For me, the medical treatment wouldn't be that sophisticated."

Sitting Together Mar 12 2021 An all-in-one set to implement a family meditation course, regardless of your tradition or level of experience. This three-volume set provides a complete curriculum for adults and children to learn about mindfulness, meditation, and Buddhist teachings together, either in the home, in partnership with other families, or with a local center. The Adult Study Guide (280 pages) offers thirty-six lesson plans including meditation practices, homework, readings, and reflection questions for group study. The Children's Lesson Plans (296 pages), used in conjunction with the Adult Study Guide, provides step-by-step instructions for teachers on meditation exercises, stories, crafts, songs, and games. The Activity Book (136 pages) is a perfect companion to enhance the children's education with over 50 coloring pages, puzzles, and other fun activities. This comprehensive curriculum for adults and children ages 3–12 has five units on meditation, kindness, ethics, character, and service. It is perfect for any family, Dharma center, yoga studio, or religious, educational, or community organization that wants to incorporate a mindfulness program for children and their families. To fully implement the Children's Lesson Plans some additional materials will be needed, such as inexpensive arts and craft supplies, download of children's songs, and children's storybooks, often available in libraries. Visit mindfulfamilies.net for more resources.

Puffin Lives: Gautama Buddha Oct 07 2020 Gautama's ideas went against the established beliefs of centuries. His teachings did not rely on the idea of a Supreme God or gods who could rescue humanity from its sorrows; instead he believed that nirvana lay within each person; and could be achieved by following the right path. Even though he was one of the most influential men who ever walked the earth; very little is known about the life of Siddhartha Gautama; the man we call the Buddha. His teachings were followed for 1;500 years in India; and became the guiding principles of life for both rich and poor; high born and lower caste. Today; the religion he founded is followed all over the world. Here is the fascinating story of his life—from his youth as a privileged prince to his renunciation and attainment of nirvana; how his teachings changed all those who came in contact with him; and the story of the tumultuous lives of people and kingdoms in ancient India.