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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 ...

~~The Buddhas Apprentice at Bedtime~~

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.

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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.

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

Includes "issues index."

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

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.

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...

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