

The Not So Foolish Fairy



by Irene Malek

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Not So Foolish Fairy

Once there was magic garden full of fairies, sprites and pixies who were busy at work, flitting from flower to flower.

Suddenly, the peace in the garden was shattered by voices coming from behind a large gray rock.

“Elder Elf, I know it’s never been done this way before, but it works,” said a young fairy. She looked up into the stern face of an older elf as her pink flower dress fluttered in the breeze.

“Look here, Trina, just do things the way we’ve always done them. You know that we don’t water the plants that way,” he said as his glasses slipped further down his nose.



“But when the other fairies put in an order for rain,” said the fairy, “sometimes the clouds are too far away. It often takes days for the rain to reach the plants. Many of them turn brown and die!! The Dew Drop Fairy likes helping us!”

“I don’t want to hear any more!” interrupted Elder Elf. “Trina, you’re being foolish. I expect you to follow the rules!” Trina could see by his face that he was annoyed, but she gathered her courage to say one last thing.

“Oh please see my plants. I promise to use the clouds if you don’t like what you see.”

Elder Elf sighed. He could see her determination.

“Alright, Trina. The elders and I will come tomorrow afternoon and decide once and for all. But just make sure that none of your toad friends are around. I don’t like those creatures!”

Turning away before she started to cry, she began her flight home. “Why don’t they ever want to try anything new or make new friends?” she thought.

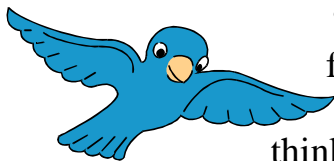
As she flew over the fishpond, she thought about the day Fairy Grandmother was giving her a goodbye hug. She told Trina,

“My dear, don’t worry about what others say. You must always follow your heart and listen to the little voice inside which tells you what is right and how to see the good in everything. Then your life will go the way it is meant to be.”

Early the next morning, the first sunbeam from the rising sun woke her. She jumped out of bed remembering that today was the day that the elder elves were coming. She put on her dress and sprinkled her wings with fairy dust. She checked her garden of roses and was pleased to see it sparkling with the morning dew.

“It looks wonderful! Dew Drop Fairy must have got my order last night for more dew and so the plants have enough water for the day. Now we’re ready for this afternoon’s visit from the elders.”

Little did Trina know that something would take her on an adventure that she didn’t expect. As she was checking the last golden-pink rose to make sure that the dew had run down into the plant’s roots, she heard a faint sound. It was one she’d never heard before. It surprised her because it sounded so sad.



“What is it? Someone or something is in trouble! I must find out!”

Where was the sound coming from? Just as Trina was thinking about what to do, a blue bird flew onto a branch close by her.



“Hello, Mr. Blue Bird! Do you happen to know what that sound is?” she asked. Mr. Blue Bird looked up and said,

“Yes, I’m sure it comes from Deep Forest near the Cascading Waterfalls. But I don’t know what it is, Trina. Sorry I can’t tell you more.”

And off he flew to the meadow.

“Well,” thought Trina. “I know in my heart that someone needs help. And I guess the only way to find out is to go there myself.”



With her gossamer wings shimmering, Trina began her journey to Deep Forest. Soon she was flying over the waterfall and then . . . she spotted it, right on the very edge!! . . . There, overlooking the huge precipice and the foaming water far below, was a scared baby duck, quacking for help. Quickly, Trina swooped down to where the duckling was.

“Don’t be afraid. Everything will be alright,” she said in a soft comforting voice. But all the duckling could say was

“Quack! Quack!”

“Quivering quackers, it’s Trina!! Am I glad to see you!!” said a voice. And out stepped Trina’s pixie friend, Quill. His job was to help newborn ducklings but he was always having problems.



“Quill, I thought you might be here when I saw the duckling.”

“Oh, I’m sooo upset!!” said Quill, wringing his hands. “Little Duckling wandered away from his parents this morning and because he’s so scared I can’t get him to do anything! And look! He’s so close to the edge that one quick move and . . . he’s over the edge!!!”

“Quill, just calm down. We can’t do anything unless we think calmly. First,” said Trina, following her heart like Fairy Grandmother had taught her, “we’ve got to make Little Duckling more comfortable.”

So they found the biggest leaf they could and put it around him to keep him warm. And with that Little Duckling sat down on the rock and went right to sleep.



All of a sudden, Trina had an idea.

“We’ve got to get a message to Little Duckling’s mother and father. Once they get here, they will know what to do! The only problem is that we don’t know where they live.”

Just when they thought that nothing was going to work, they heard someone say,

“Croak! Gonna do some diving, Trina?”



“Ughh!” said Quill. “It’s one of those ugly toads.”

But Trina didn’t pay any attention to him because she knew that all living creatures need a little kindness and besides, the toads had eaten the pesky insects in her garden.

“Hi, Mr. Toad,” said Trina. “No, I’m not interested in diving, but Quill and I do need help.”

Then, without even asking Quill, she told Mr. Toad the whole story.

“But, Trina,” whispered Quill, “he can’t find Mr. and Mrs. Duck. He’s too slow!”

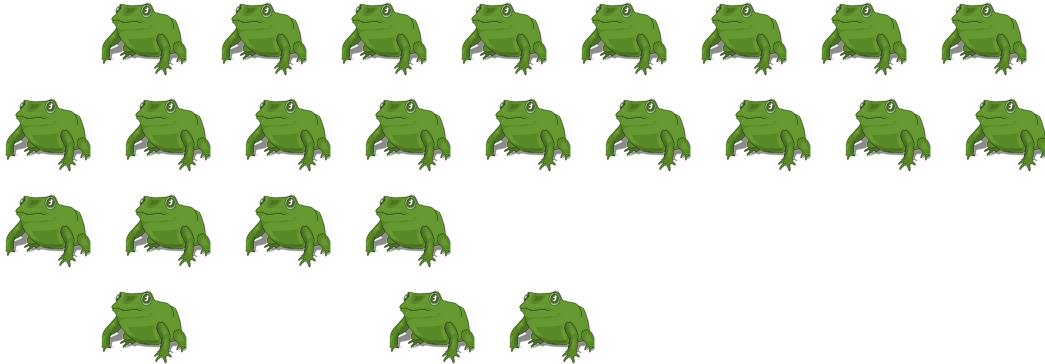
Finally Mr. Toad spoke up in his deep toad voice.

“Uhh, Miss Trina, I think I can help. I’ll send a message to the other toads in the woods. (Croak.) I’ll tell them it has to reach Mr. and Mrs. Duck real fast and that their missin’ duck is right here at Cascading Waterfalls.”

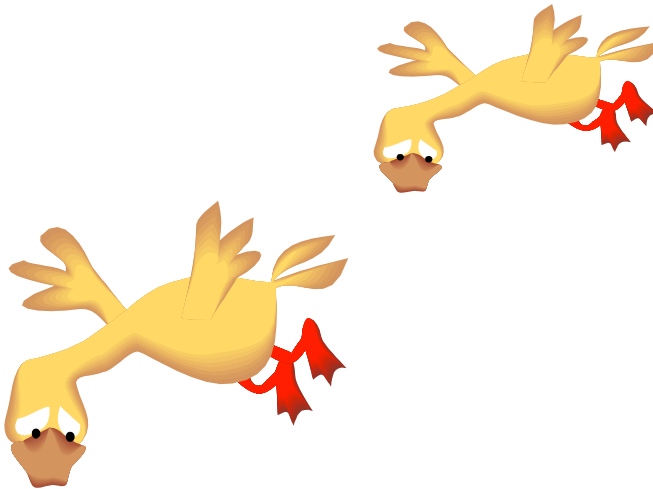
“Yes! Yes! Please do it quickly!” said Trina. Quill just rolled his eyes and began muttering under his breath,

“I don’t think it’s going to work!”

Immediately Mr. Toad began to send out his message in his deep voice. The sound was quickly picked up by another toad in the distance and sent on to a different toad until the whole forest reverberated with the deep croaking of toads.



Soon over the trees and almost knocking over Quill, landed Mr. and Mrs. Duck! With a cry, they both moved quickly to Little Duckling, bringing their wings around him and gently, gently moving him away from the ledge to safety.



“Oh, thank you for rescuing our baby!!” quacked Mrs. Duck looking at them all, including Mr. Toad who promptly turned a bumpy pink.

“You have all done a great service here this night,” quacked Mr. Duck.

Then Mrs. Duck looked at her watch and said with alarm,

“Well, we really have to get back to the rest of our family. I’m sure that Mrs. Chicken will be tired by now.”

So with Quill on Little Duckling's back and Little Duckling on Mr. Duck's back, carefully tucked under his feathers, they flew off toward home with one last "Thank yooooou !!"

"I'd better go too," said Trina "or I'll be late for Elder Elf's visit."



When Trina got back to the garden, her heart sank; not only were the elders there but . . . the entire fairy community!

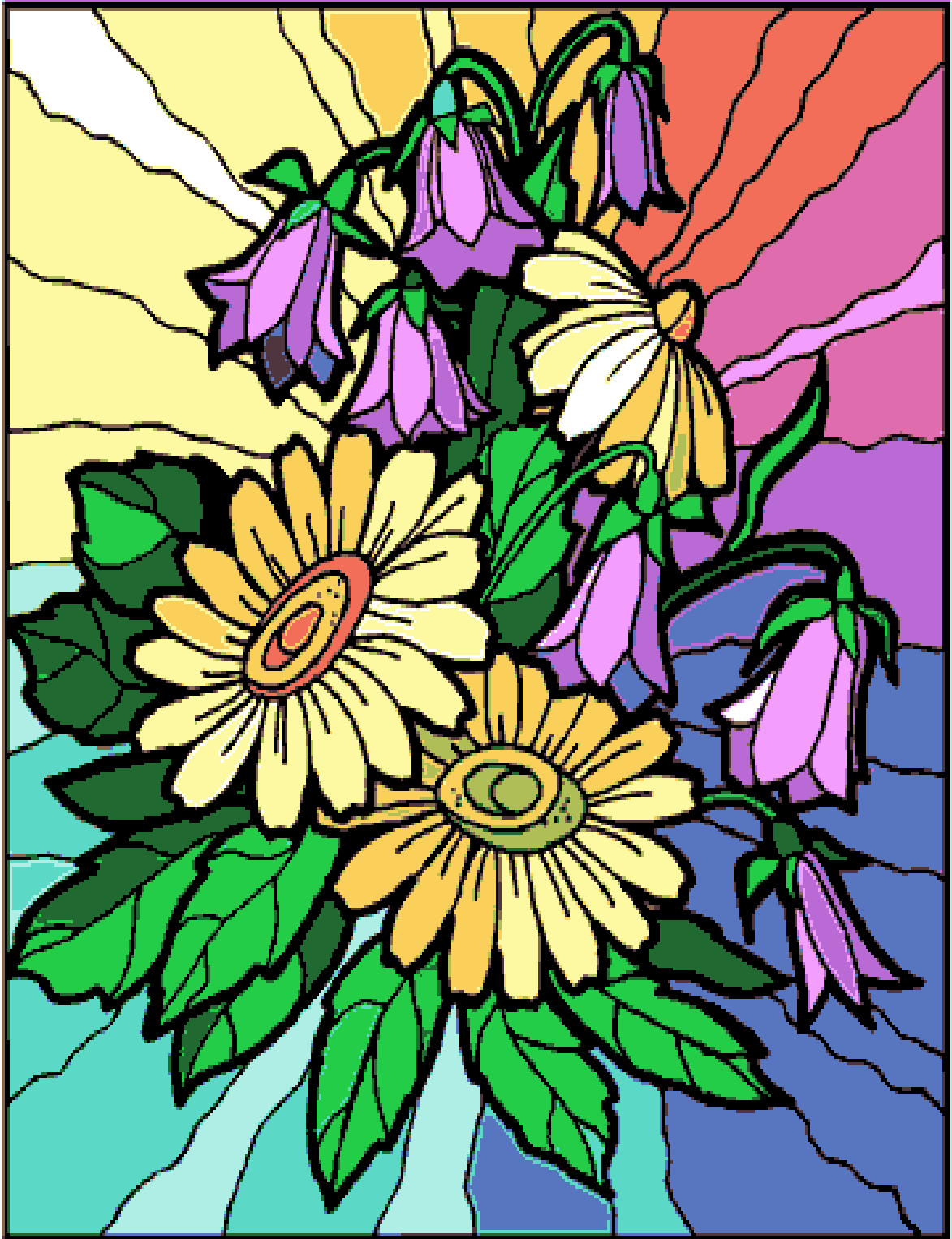
As soon as she landed, Elder Elf stepped forward. He was smiling.

"Trina, we already heard through the fairy network about your brave and kind deed. You thought about others instead of yourself. We also realize that we were mistaken about the toads and that we've been unkind to them. From now on the toads will be our friends."

As all of the fairies cheered, Trina looked over at her rose garden with a question still in her eyes.

"Ah yes, Trina, . . . you do have the healthiest plants in the garden. Starting tomorrow, we will *all* use the dewdrop method."

And so, because of one kind and not so foolish fairy, all of Fairyland became a happier and more loving place.



Questions

In order to anchor the concepts of ***Love***, take some time to ask your children a few questions to ensure that they grasped the main ideas. The discussion should only last as long as the children are interested. Stop before any interest is lost.

Here are some suggestions:

1. Would you like Trina as a friend? Why or why not?
2. Why do you think Fairyland became a more happier and loving place? What changes do you think might have happened?
3. How do you think Little Duck got lost in the first place?

Introduction to Activities

On the following pages, you will find other suggestions that are offered as optional activities for you and your children. These are designed so that children not only understand the ideas about ***Love*** but have an opportunity to practice and develop the habit of being loving and kind.

Why Have Follow-up Activities

- Activities help to anchor the concepts that are presented, making the principles real for children. The younger the child, the more important it is to have activities which engage the child in a hands-on approach. Children are not really capable of abstract thinking until age 6-8 years.
- Children need structure to assist them in developing good habits. Instead of getting trapped in a pattern of lecturing or nagging, here's a simple way to engage children in a positive way that is far more objective and an awful lot more fun!

How to Have Successful and FUN Activities

- Be flexible and enter into these activities with a spirit of playfulness. None of these should be ponderous or strained. Your child and your inner child should (*and will*) have fun together.
- Don't have expectations about whether your child is learning what you think he or she should be. Many times just the fact that you are

placing attention on a value shows your child that it is important. The outward appearance may not appear immediately because the seeds may still be germinating. Be patient and don't try to force your child to display the value outwardly.

- Whatever you do, make sure that you don't compare one child with another. This will kill any spiritual growth in either one of them.
- Sometimes in order for the principle or value to take hold in a child, a certain amount of repetition is required until the beginning of a habit starts to form. This doesn't mean that the activity should be boring. Look for any new changes that might allow you to bring in a little variation in the routine.
- Be consistent. Try not to let the routine slip past because of being too busy. If your children are excited about doing the activities, they will more likely make sure that the activity is not missed. Encourage them to remind you when to do it and allow them to get things ready and set up for it.

Follow-up Activities

A. Daily Practice

- Heart Chart: Make a chart to help keep track of little acts of kindness that a child does. When you make your chart explain to the child that Trina would like to help him to be kind and that he can help by making a reminder chart. Give him all the materials that he will need. If he is a very young child you should pre-cut the hearts for him. Or if you think that he is capable then you could show him how to cut the heart out by folding the paper in half and drawing half a heart on the fold.
- Each time you see something, no matter how small, you or *the child* puts a small check or heart on the Heart Chart. If the child is experiencing difficulty in this area, you may have to be very alert and attuned to notice the smallest little act. It may be as simple as smiling at you in the morning when he first wakes up.
- . Put them on 2 separate envelopes: one marked *Privileges* and the other *Activities*. The child can pick which one he wants but you have

- to be ready to do or allow whatever he picks to take place as soon as possible.
- Keep the child interested in the chart by noticing things daily. Encourage him to start noticing kindness in himself so that he gets the idea that he is becoming a kind person. When a certain number has been achieved (not too few or not too many because it shouldn't be too hard or too easy) then maybe you and the child could decide together on something special to do.
 - You don't have to reward him with candy or a treat but it could be something like a favorite meal, taking a walk in the park, going to a favorite place, having some friends over, seeing a special movie, going to the library, or being allowed to have a special privilege. You could even decide on these ahead of time and write them on slips of paper

B. Arts and Craft Activities

1. *Make a 'Love Book'*. Put together a book of blank pages and staple it. (Assist young children in any of the areas that it is needed but allow them to do it if they are capable.) On the cover, draw a large heart and write the words "I Love" or "I Am Grateful For." Children can then draw pictures of people, places, big and little things. If they are too young to print, you could print the sentences they tell you about each page. When it is finished they can read it as often as they want.
2. *Make a 'Family Love Book.'* Pages for this could be a little larger. Each page could have a picture of one of the members of the family so that each member has their own page to work on. Later, you could put all the pages together and staple them. Written sentences can be included for each page. This makes it more interesting for everybody to read.
3. *Grow Trina's Garden* Plant seeds and when you water them send them loving thoughts and watch them grow better. You might also try misting them like the dew drop method.

C. Role Playing for Younger Children

Let children act out the story of Trina or the different sections of the story.

- Encourage them by asking them to show you how Trina and the toads saved the duckling.
- Act out how all the fairies and elves in Fairyland treated the toads when they first saw them and later how they changed.
- Show how Trina looked after her garden and used the 'dew drop method'.

D. Quiet Time/Self-Reflective Activities

- First, you may want to imagine yourself in Trina's beautiful garden and the rest of Fairyland, looking at all the wonderful flowers and breathing in the fresh air. With your eyes closed, see if you can picture every incredible flower, bird, fountain, stream, forest and animals that you can.
- Another time, find a quiet place to sit with your child and think about someone (it could also be a pet or a favorite place) you love. Breathe deeply in and out through your nose. Think of the nicest time you ever had with them and capture that feeling again. Stay in this feeling until it becomes as deep as you can make it. Now send this feeling to other people you know and possibly to the whole world.
- You could vary this time by listening to some beautiful music. If the child feels like it you could share what you experienced.

Additional Books and Videos on Love

A. Topics to Study

- Find out who Mother Teresa was and what she did to help others.
- Explore the life of Gandhi and what he did for the love of his people and his country.

B. Books to Read for Younger Children

Mama, Do You Love Me?

by Barbara M. Joose, Barbara Lavalley (Illustrator)

Set in the Arctic, a little girl learns that her mother loves her ‘more than the whale loves his spout’ and will love her ‘till the stars turn to fish in the sky,’ even if she stayed away to sing with the wolves or turned into a walrus.

Velveteen Rabbit

by Margery Williams Bianco

A little boy’s love for his toy rabbit brings immortality to it.

C. Books to Read for Older Children

Charlotte’s Web

by E. B. White, Garth Williams (Illustrator).

Begins with a little girl’s impassioned love for a pig and her attempts to save him from the ax. Later blossoms into the pig’s love for his best friend, Charlotte the spider and how they both sacrifice themselves for the love of the other.

Heidi by Johanna Spyri

The story of a little girl and her deep love for her grandfather. The story takes us on an adventure of being separated and then the joy of being reunited again.

Henry Higgins or *Henry and Ribsy*

by Beverly Cleary, Louis Darling (Illustrator)

The story of a boy’s love for his dog and the troubles he has keeping it.

The Secret Garden

by Madeleine L'Engle. The love of a little girl breaks through selfishness of those around her and triumphs in the end.

Lassie Come Home

by Rosemary Wells

The story of one determined dog to get back to the family he loves through the rough country of Scotland.

Anne of Green Gables

by Lucy Maud Montgomery

Another story where the love of a little orphan melts the hearts of those who she goes to live with.

D. Suggested Videos

Free Willy (1993) -- Wincer, Richter

Wayward 12-year-old, ordered to remove paint from aquarium walls, befriends and helps train an orca whale, eventually exploited by his owner.

Sound of Music (1965) Julie Andrews, Christopher Plummer

This classic musical set amidst the splendor of Austria's Alps chronicles a young governess' budding romance with her employer, and the family's daring flight from Nazi rule.

Old Yeller (1957) Dorothy McGuire, Fess Parker

Heart-warming story of a boy who bonds with a feisty stray dog in 1860s Texas and the trials and tribulations they face.

Annie (1999) -- Alicia Morton, Kathy Bates

A movie musical, in which an charming orphan seeks her true parents but finds unlikely friends and adventures instead.

Heidi (1993) Jason Robards

A grumpy grandfather and his orphaned Swiss niece become tragically separated. But love conquers all obstacles

Spiritual Quotes for the Universal Principle of Love

Principle: Love

Values: Self-Esteem/ Self-Respect, Caring/Thoughtfulness, Kindness/Compassion, Nurturing

Summary: *All living things require love to survive, including ourselves. We must first attend to our own needs for love before we can love others. When we neglect ourselves emotionally, we become emotionally toxic and are not whole enough to give love to others. When we change the inner dialogue from the inner critic to that of the inner companion, we bolster our **self-esteem** and **self-respect**. Then we are free to **nurture** all individuals by being the **caring, compassionate, thoughtful and kind** beings we truly are.*

Have benevolence toward all living beings, joy at the sight of the virtuous, compassion and sympathy for the afflicted, and tolerance towards the indolent and ill behaved.

Jainism Tattvarthasutra 7.11

You have heard that it was said, “You shall love your neighbor and hate your enemy.” But I say to you Love your enemies and pray for those who persecute you, so that you may be sons of your Father who is in heaven; for he makes his sun to rise on the evil and on the good, and sends rain on the just and on the unjust. For if you love those who love you, what reward have you? Do not even the tax collectors do the same? And if you salute only your brethren, what more are you doing than others? Do not even the Gentiles do the same? You, therefore, must be perfect, as your heavenly Father is perfect.

Christianity Matthew 5.43-48

May generosity triumph over niggardliness,
May love triumph over contempt.

Zoroastrianism

Excerpted from Yasna 60.5

As a mother with her own life guards the life of her own child, let all-embracing thoughts for all that lives be thine.

Buddhism

Khuddaka Patha, Metta Sutta

Anas and “Abdullah reported God’s Messenger as saying, “All (human) creatures are God’s children, and those dearest to God are those who treat His children kindly.”

Islam Hadith of Baihaqi

Treat the aged of your own family in a manner befitting their venerable age and extend this treatment to the aged of other families; treat your own young in a manner befitting their tender age and extend this to the young of other families, and you can roll the empire on your palm. . . In other word, all you have to do is take this very heart here and apply it to what is over there. Hence one who extends his bounty can bring peace to the Four Seas; one who does not cannot bring peace even to his own family.

Confucianism Mencius I.A.7

The bodhisattva should adopt the same attitude toward all beings, his mind should be even toward all beings, he should not handle others with an uneven mind, but with a mind which is friendly, well-disposed, helpful, free from aversions, avoiding harm and hurt; he should handle others as if they were his mother, father, son, or daughter. As a savior of all beings should a bodhisattva behave toward all beings. So should he train himself if he wants to know full enlightenment.

Buddhism Perfection of Wisdom in
Eight Thousand Lines 321-22

Rabbi Yohanan ben Zakkai said, “Go forth and see which is the good way to which a man should cleave.” Rabbi Eliezar said, “A good eye”; Rabbi Joshua said, “A good friend”; Rabbi Jose said, “A good neighbor”; Rabbi Simeon said, “One who foresees the fruit of an action”; *Rabbi Elazar said, “A good heart.”* Thereupon he said to them, “I approve the words of Elazar . . . for in his words yours are included.”

Judaism Mishnah, Abot 2.13

Gentle character it is which enables the rope of life to stay unbroken in one’s hand.

*African Traditional Religions
Yoruba Proverb (Nigeria)*

What sort of religion can it be without compassion? You need to show compassion to all living beings. Compassion is the root of all religious faiths.

Hinduism Basavanna, Vacana 247

Those who act kindly in this world will have kindness.

Islam Qur’an 39.10

Love covers a multitude of sins.

Christianity 1 Peter 4.8

A man once asked the Prophet what was the best thing in Islam, and the latter replied, “It is to feed the hungry and to give the greeting of peace both to those one knows and to those one does not know.

Islam Hadith of Bukhari

Greater love has no man than this, that a man lay down his life for his friends.

Christianity John 15.13

It is not always physical bravery that counts. One must have the courage to face life as it is, to go through sorrows and always sacrifice oneself for the sake of others.

*African Traditional Religions
Kipsigis Saying (Kenya)*

I have three treasures. Guard and keep them:
The first is deep love,
The second is frugality,
The third is not to dare to take the lead in the world.
Because of deep love, one is courageous.
Because of frugality, one is generous.
Because of not daring to take the lead in the world, one becomes the leader
of the world.
Now, to be courageous by forsaking deep love, to be generous by forsaking
frugality, and to take the lead in the world by forsaking following behind—
this is fatal.
For deep love helps one to win in case of attack, and to be firm in the case of
defense.
When Heaven is to save a person, Heaven will protect him through deep
love.

Taoism Tao Te Ching 67

God drives away flies for a cow which has no tail.

*African Traditional Religions
Yoruba Proverb (Nigeria)*

We who are strong ought to bear with the failings of the weak, and not to
please ourselves; let each of us please his neighbor for his good, to edify
him. For Christ did not please himself; but, it is written, “The reproaches of
those who reproached thee fell on me.”

Christianity Romans 15.1-3

A lawyer stood up to put Jesus to the test, saying., “Teacher, what shall I do
to inherit eternal life?” He said to him, “What is written in the Law? How do
you read?” And he answered, “You shall love the Lord your God with all
your heart and with all your soul, and with all your strength, and with all
your mind; and your neighbor as yourself.” And he said to him, “You have
answered right; do this, and you will live.”

Christianity Luke 10.25-28p

The world stands upon three things: upon the Law, upon worship and upon
showing kindness.

Judaism Mishnah, Abot 1.2

“I should be a hostel for all sentient beings, to let them escape from all painful things. I should be a protector for all sentient beings, to let them all be liberated from all afflictions. I should be a refuge for all sentient beings, to free them from all fears. . .

“I should accept all sufferings for the sake of sentient beings, and enable them to escape from the abyss of immeasurable woes of birth and death. I should accept all suffering for the sake of all sentient beings in all worlds, in all states of misery, for ever and ever, and still always cultivate foundations of goodness for the sake of all beings. Why? I would rather take all this suffering on myself than to allow sentient beings to fall into hell. I should be a hostage to those perilous places—hells, animal realms, the nether world—as a ransom to rescue all sentient beings in states of woe and enable them to gain liberation.”

Buddhism Garland Sutra 23

Rabbi Baruqa of Huza often went to the marketplace at Lapet. One day, the prophet Elijah appeared to him there, and Rabbi Baruqa asked him, “Is there anyone among all these people who will have a share in the World to Come?” Elijah answered, “There is none.” Later, two men came to the marketplace, and Elijah said to Rabbi Baruqa, “Those two will have a share in the World to Come!” Rabbi Baruqa asked the newcomers, “What is your occupation?” They replied, “We are clowns. When we see someone who is sad, we cheer him up. When we see two people quarrelling, we try to make peace between them.

Judaism Talmud, Taanit 22a

Bodhisattvas see all beings like parents see their only son. They are delighted to see him practicing goodness, but when their son is ill they are filled with empathy and are constantly concerned. Likewise when Bodhisattvas see any being enmeshed in the illness of illusion, their hearts ache with compassion.

*Buddhism Mahaparinirvana Sutra,
Taken from “The Wisdom of the
Tibetan Lamas”*