The Secret Friend

Activities for 8-12 year olds

This section introduces activities which parents and teachers can carry out with their children/students - adapting it to their particular needs.

Once upon a time, in a dark, green forest, lived a fairy. She was a very happy fairy. But there was one sad thing, whenever the fairy tried to tell anyone anything nobody listened to her... as she had a very soft voice, like a whisper.

Now, near that forest was a village. The people there were very noisy and spent the whole day talking, shouting, and quarrelling with each other. They had no time to do good things like watching the sunrise, going for a walk, playing in the sand. The king of that village was a tired old man whom nobody listened to.

One day, a strange thing happened. The sun did not rise. The birds did not chirp and flowers did not bloom. In fact, a strange rumbling sound was heard and a huge dragon, with a long, thorny tail, breathing fire stamped into the village and began to break houses, carry people away and destroy the fields. The people were very frightened. They went to their king and asked him what to do.

The old king shook his head and thought for a long time. Then he told them, to kill the dragon they have to find the Magic Word, which only the fairy in the forest knew. So they must go to the forest in absolute silence, otherwise the fairy will hide herself and they will never find her.

The villagers promised to do what the king told them. They set out for the forest in silence with lamps in their hands.

At last they came to a little hut. They knocked and the door opened. But there was another door. So they knocked again, the door opened again. They entered, but again there was another door. As they kept knocking, doors kept opening and they kept entering.

At last, they entered a room, which was full of light, and seated in the middle was a lovely fairy with her eyes closed. The villagers all sat down quietly round her. She opened her eyes and said "Peace". As soon as she said the word, the villagers knew that this was the magic word.

Note: Part of the material for this article comes from actual activities carried out with the children at The Gnostic Centre, during workshops on 'Courage' and 'Discovering your Hidden Treasures'.

[1] Jayashree Singh

They looked at her and suddenly she disappeared. Everything had changed. They were back in the village and the dragon was breaking everything around. The villagers now faced him and together all of them said "Peace". As soon as they said the word, the dragon vanished into thin air, the village became a beautiful place and sun rose high in the sky. The people now lived happily with their magic word all around them.[1]

Calling Peace...

Would you like to know the secret of this fairy? Don't be surprised to know that she always lives in our heart – deep within our heart and it is not so difficult to listen to her even if she is as soft as whisper. But we need to prepare ourselves. We need to use the magic word - Peace.

Would you like to listen to this soft whisper within you then….

Make peace your dearest friend.

Call your dearest friend 'Peace' to make your body, mind and feelings calm and quiet.

Now when you feel peace with you, you can start your journey within your heart.

Sit comfortably and relax yourself. Feel your body... Is any part tensed or uncomfortable in your body? Take soft and long breaths as though you were inhaling the fragrance of pink roses. Just feel the white bird of peace coming down to you and sitting in your mind and body. Remain absolutely calm, quiet, and comfortable. Let no thought or feelings create any wave within you. Now feel your heart and hear your heart beats till they become louder and louder. Then with each beat you will find a door opening in your heart. Whenever you feel ready just step inside and keep going till you pass through the second, third, fourth and many doors. And as you pass through all the doors you will come across a room with beautiful treasures in it. You will see different kinds of treasure there, in many different forms, and colours.

Become aware and observe carefully –

How are you feeling there? Quiet, Joyous, Peaceful, or something else?

Feel the Space there. Is it warm or cold?

What all do you see there?

What colours do you see?

Is anyone calling to you? Listen carefully, someone might be calling you softly and wanting to tell you something very special...

Collect everything... all you felt or saw, as you might want to bring back the treasures you got. As you come back, watch the way carefully as you might want to go there again to bring back more treasures.

Checking oneself...

Put the following jumbled up letters in order to know:

- What in you helps you to listen to the fairy?
  ROCAUEG
  CNECTANRIOOTN
  EPECA
  HESCFRUEENSL

- What takes you to the disturbing dragon?
  GIFHT
  NEAGR
  OESIN
  EFRA

Try this out...

'Peace'... this is indeed a magic word that you can also try when you feel the dragon disturbing you. But first you need to know when do you feel the dragon disturbing you.

- Is it when you feel afraid...
  - of the dark
  - of some insect or an animal
  - when you have to say or present something in front of someone or in your class
  - of hurting your feelings
  - of any particular sports
  - of getting hurt in the play ground
  - or anything else...?
- Or you have a fight with you dear friend?
- Or you want to get something that you want to have?
- Or you don't know what will happen next?
- Or you feel you will be left alone?

Try and experiment with the magic word Peace – whenever you feel the dragon disturbing you call peace as you call your dearest friend with the faith that your friend Peace will certainly come to you. See if the disturbing dragon disappears or not...

✍ **Jayashree, Yogita, Aditi**