

Kidz Gita

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Kidz Gita - 
The Song Of Little Krishna

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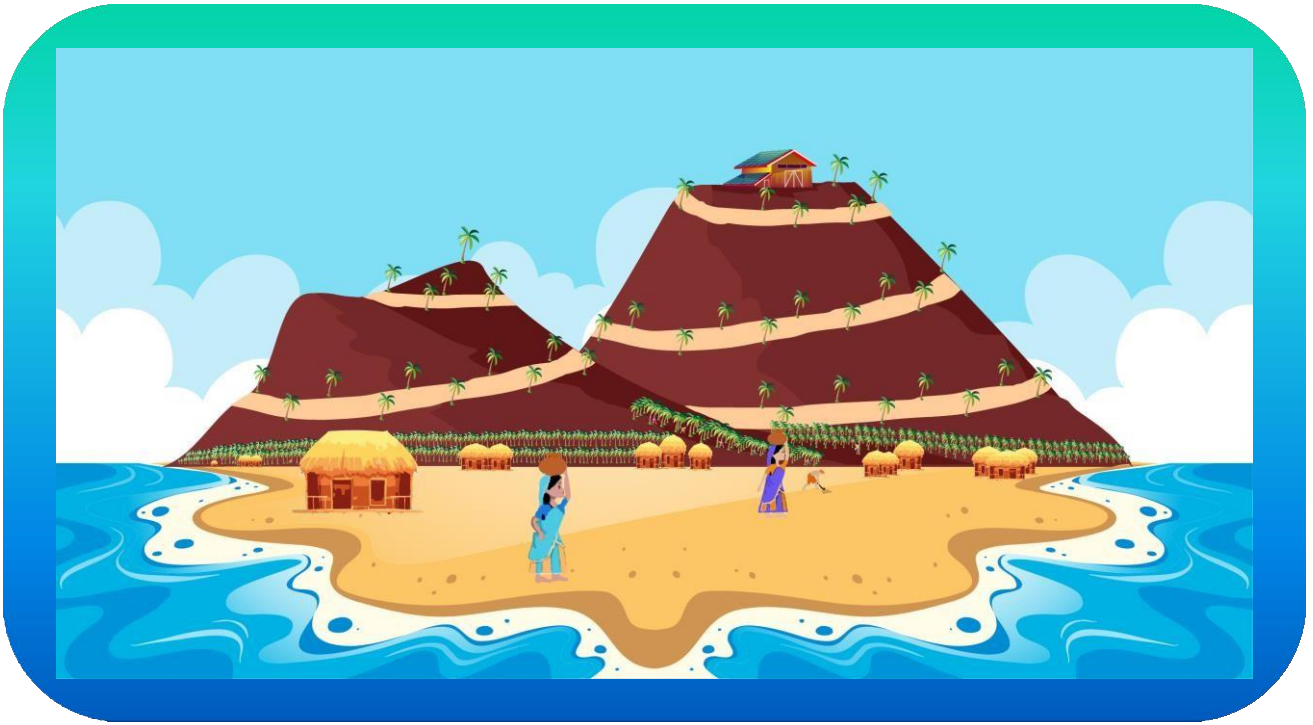
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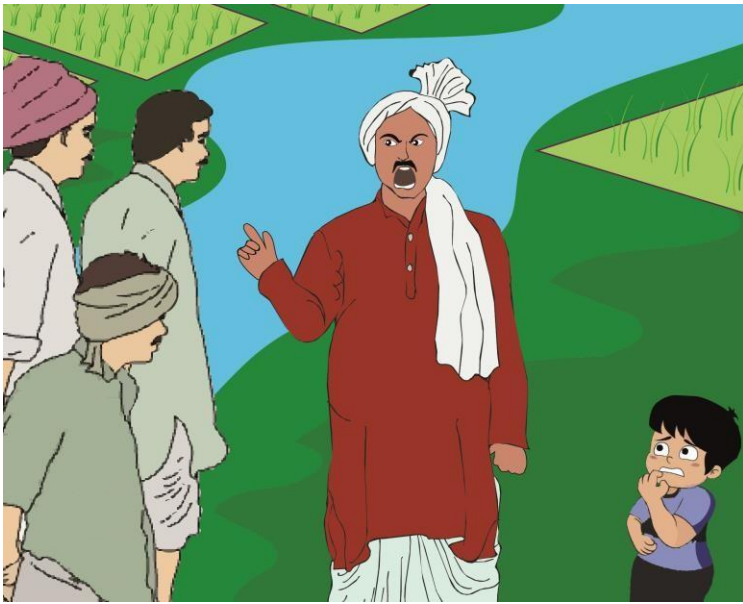
The Breeze Of Self-Awareness

The Man Who Conquered Tsunami



A long time ago, there was an island named 'Trikut' in the Indian ocean. On the island, there was a hill 'Uttagire' with a top that was wide and flat. In the stretch between the foot of the hill and the ocean, was lying a beautiful tribal village.

On the top of Uttagire, there was a family with a father and son owning and cultivating the hill land. They employed people from the tribal village to work in their paddy fields and coconut grove that were on slopes of the hill.



The man's name was Nanda, who believed people in his fields worked only under his fear. So, he yelled at them often for no apparent reason. His son's name was Ekansh, a ten year old boy. He found tribal people naïve and illiterate.

Sometimes his father's disposition towards villagers puzzled Ekansh. When he tried to understand by way of questioning, Nanda got away by saying Ekansh was too young to understand his actions. Sometimes he said, “When you take up the responsibility, you would understand and also be compelled to yell at them to get the work done.”

Each day the young boy would watch people working on the Hill and his father yelling at them.

The story continues in the book “Kidz Gita – The Song of Little Krishna”

This story proposes “Self-awareness” as one of the Anger management skills. It shows how the boy “Ekansh”, the hero of this story, develops the skill of Self-awareness and how it helps him to rescue his village from getting submerged under the great waves of the Tsunami.

The Breeze of Dharma

The Story of Two Wolves



Amsu: Krsna, yesterday you shared a lovely breeze story on Anger. It was so fascinating to know about deep respect and strong conviction Yudhishtira had upon his teacher Drona. Being a prince from the royal family, he stood steadfast on his learning and had utmost control over his anger. I was wondering, could ordinary people like me practice it in everyday life? Could you simplify and give us a trick to keep anger at bay?



Who asked you to hunt down the angry wolf ?? I did not propose to give up anger. Did I?



There are two wolves inside us;

One is good and does not harm. When no offence intended, he lives harmoniously with all the life around him and stays calm.

He will fight only for the right things and in the right way.

He saves all his energy for the right fight.

This story illustrates key terms like Duty, Responsibility, Daya, and Dharma interestingly. When we choose to follow the path of Dharma, it helps to regulate the emotional upheaval we go through and helps us to lead a balanced and meaningful life.

Kidz Gita - The Song Of Little Krishna

Breeze of Calmness

Breeze of Dharma

Breeze of Choices

Breeze of Tolerance

Breeze of Review and reflection

Stories on Fear Management

Befriending your Fear

Breeze of Mastery

Breeze of Swadharma

Breeze of Unveiling Maya

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