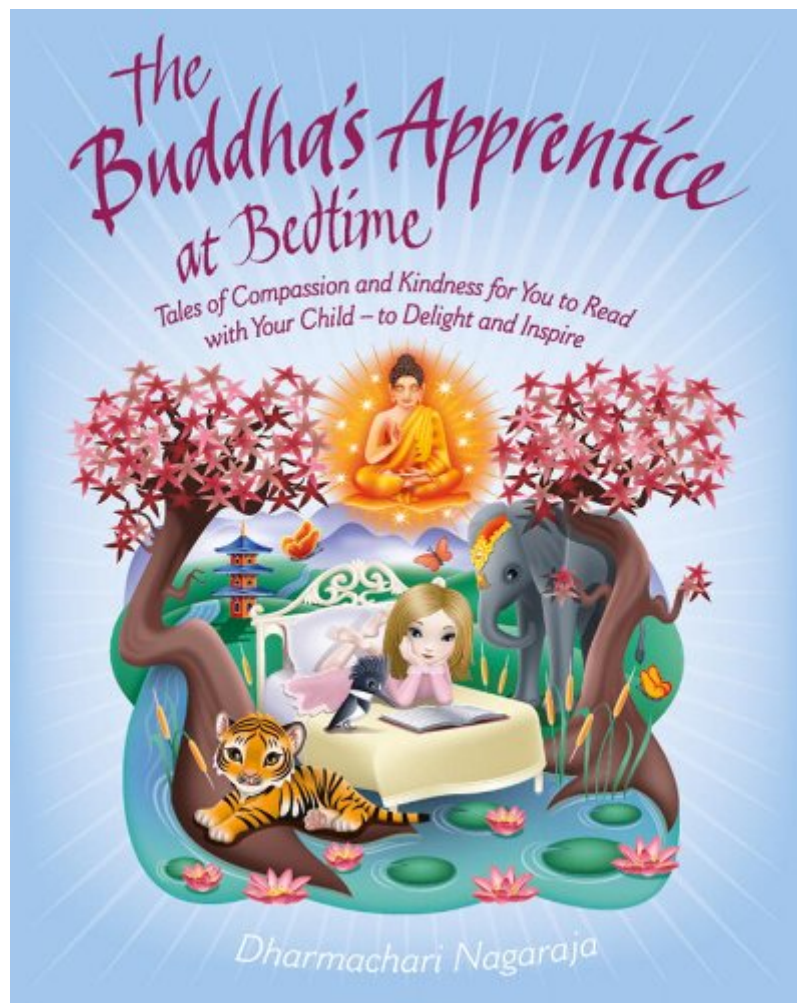


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# The Buddha's Apprentice At Bedtime: Tales Of Compassion And Kindness For You To Read With Your Child - To Delight And Inspire



## Synopsis

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.

## Book Information

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## Customer Reviews

The stories in this book have worthwhile messages for kids and adults. However, these stories use relational aggression and unkind language to set up these lessons. There are specific examples of people planning to be deceitful, lying, teasing, sarcasm, yelling and just being mean. Sometimes the way a lesson is "taught" to a character in the story is through an unkind act (i.e. "I let you see and feel what the little rabbit saw and felt as you hurt it.") I do not think exposing my children (4 and 6 y/o) to this is worthwhile when there are stories that teach virtues without specific ways to be unkind. If a person is unkind (I know this is reality) that can simply be said instead of providing examples specifically (see below for quotes). The lessons at the end are also a bit forced and preachy. At the end of most of stories (stopped reading them to my children after a few and skimmed the rest) I didn't feel at peace. The following are just a few examples from the book of dialog that I did not enjoy reading to my children: "You'd forget your own head if it wasn't stuck on" said her mother (to her daughter) "It's just a dumb animal" laughed Hazel "Are you a bit stupid? You talk to animals do you?" "Hey stupid pig get a move on." ... "Lazy pig!" cried Priscilla " Who are you calling stupid and lazy?" grunted Pig. "Guards lock up all the children" I have read the first Buddha Before Bedtime and I liked it much more. The stories seem similar to what the tales might have been originally and the messages are more blended into the story. I thought this would be as good and bought it before seeing it. I will return it. There are better books out there for stories that teach principles and/or virtues. I rate this three stars because this is just not my thing but I understand others might be fine with content - the intent is good.

No matter your religious views I am sure we all want our kids to be kind, respectful, confident and calm kids. This book tells tales that bring those lesson to life and so many more. With beautiful images and inspiring and uplifting stories this has become our new go to bedtime book. I love that my kids go to bed feeling good about themselves and with a new lesson blooming in their minds! 5 stars!

As a Christian, I'll admit I do not know much about Buddha. But that doesn't mean I couldn't be objective when reading The Buddha's Apprentice at Bedtime. The beginning of the book has several pages explaining Buddhism, a history of where it comes from and the belief system. I learned a lot here and Nagaraja provides a great summation in simple terms. I liked the Eightfold Noble Path and all that it included falling under the three categories of wisdom, ethics and concentration. I was apprehensive to read this to my children so I read it through first. I did not read them the beginning history but they loved the rest of the book. The stories themselves are great life lessons for little

ones, regardless of what their beliefs are. My favorite was "The Shiny Red Train" because it was so applicable to my children. Each story ends with a saying that summarizes the moral of the story and this one was great for toddlers: "Doing the right thing means not being selfish, however unfair life seems to be. It can be painful not to have all the things other people have, but we can always be grateful for what we do have." The illustrations are simply amazing with bright, vivid colors that bring the pages to life. Each page is completely filled with words which was hard for the attention span of my three year old but my five year old listened to the entire page without trying to turn ahead to see the next picture. The Buddha's Apprentice at Bedtime is a great collection of moral stories that are perfect for young children and the issues that they deal with daily.

I love this book and purchased it after my children devoured the original book, 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 appropriate to teach children. These kind of stories are very rare and I believe this kind of storytelling is just what our children need to hear more of. Bravo to the author!!

My 3-year old isn't as interested in it as I'd hoped, but I'm still working on it. I love the pictures and the stories, her focus strays after a minute since I'm not turning the pages very often. I think she'll like it more as she gets older.

This book offers a great way to introduce the practice of Buddhism to young people. The stories are intelligently written and the artwork is colorful and amazing. Both my son and daughter have enjoyed these stories over and over again. We often find ourselves discussing the lesson learned afterwards. What is particularly helpful are the mediation instructions found within the book. They go through breathing techniques and ways to calm yourself down. This is particularly valuable at bedtime when you are trying to get your kids to quiet down and go to sleep.

My daughter will likely soon outgrow nighttime story time, but in the meantime she is really enjoying hearing these stories every night. We choose a meditation to help wind down, then read a story. They are usually about 3-5 pages long, which is perfect for this mom who is very worn out by the end of the day!

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