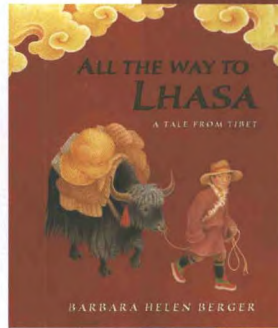
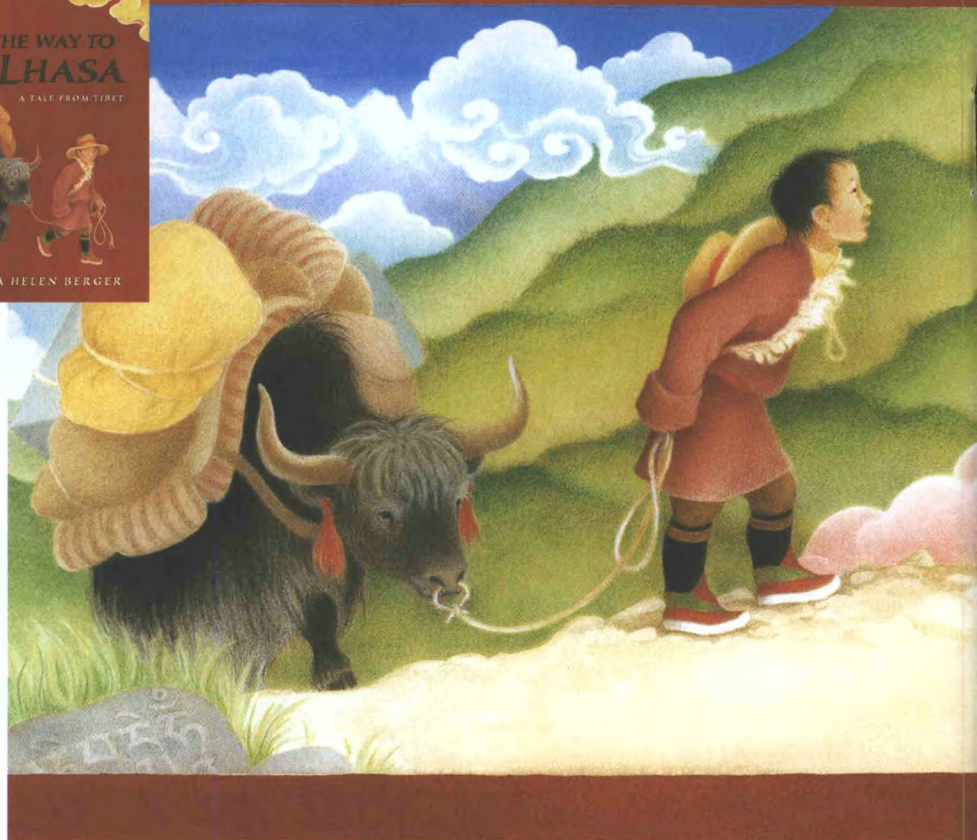


Journey to Tibet



The exquisite illustration on this page comes from a new children's book by Barbara Helen Berger, winner of the Golden Kite Award for Illustration. In *All the Way to Lhasa*, Berger takes young readers "through the looking glass" and into the enchanted land of Tibet. Through luminescent watercolors she brings power and beauty to the retelling of an original parable. Its wise and simple message will encourage children of any age to reach for that shining goal, even the ones that seem "very far." Published by Penguin Putnam. ❁



Explaining death to a four-year-old

Photo Ven. Roger Kunsang



Rinpoche with Chris and Melody Olanda

being asked to comment on how to explain the death of a grandpa to a four-year-old. She says:

"The majority answered, 'Tell the child, he is now a star in the sky.' Another said, 'Explain about religion, so they can at least have a choice what to think,' to which the male on the panel quickly responded by saying, 'Well, you would include going to hell and fire and damnation, of how bad will happen if you are bad.' And this is a good outlook for a four-year-old? He added to his answer, saying, 'Explain how living is precious and life is good.'

"My question is this: How would Lama Zopa Rinpoche give his answer if he were on this panel and asked this question?"

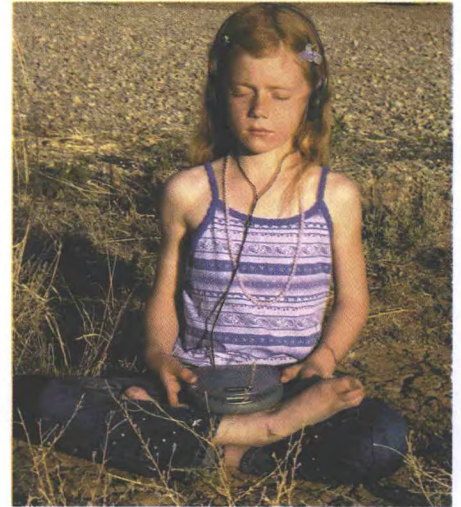
Jill Earl wrote recently from Australia to say that as she tuned into a TV program, *Beauty and the Beast*, a panel of about six women and one man were

Rinpoche's reply "[To talk about death in general, you can say that] if the person who died did good deeds – like being kind to others, not getting angry, being patient with others – then the person will be reborn as human, will have everything they want, be very beautiful, everybody will love that person, etc.

"If the person who died was very angry, was bad to others, harmful, selfish, etc., then he will be reborn as a creature, not a beautiful being, in the next life. Like a spider, a snake and so forth, or as a ghost, a hell being.

"If the child is very upset because it is a family member, or a friend, who died, then you can say the person did many good things and will have a good rebirth. So it just depends on the situation.

"Whatever the child wants to happen then you can say that, so it just depends on what kind of child it is. If the child is Buddhist, then you can say 'reborn in pure land;' if the child is non-Buddhist then you can say 'heaven.'" ❁



Sabina meditating outdoors . . .



. . . and indoors

Meditation makes children happy

Road-tested by eight-year-old Sabina, FPMT's new 'Meditations for Children' CD gets the thumbs up. The feisty strawberry blond, not known for her ability to sit still for very long, surprised her family by her attentiveness and dedication, and her voluntary return visits to her portable CD player to hear the calming voice of Vivian Nesbitt talking her through a meditation session.

Meditations for Children, (which is also available in booklet form,) takes children through three levels of meditation according to their ages and thinking processes. Children as young as five, and up to 15 years of age, can learn to breath and relax, as well as how to meditate when walking. Lama Zopa Rinpoche's 'Awakening the Heart' meditation, which he gave in 1984,

has been especially developed into a practice for this CD and booklet.

Copies of the CD (\$US15), the booklet (US\$10) or both for \$US20 can be ordered through FPMT Education Department. Email materials@fpmt.org

Also available is a series of plays for children: *The King and the Tree Spirit*; *The Crocodile and the Monkey*; *Gotami and the Mustard Seed*; *The Search for the 14th Dalai Lama*; *Prince Siddhartha and the Swan*; *The Life of Milarepa*; *Buddha and the Elephant*; and *The Birth of a Prince*. These are \$US3 each or \$US20 for the full set of eight plays. ☸