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A few words from the Animals

Most humans rush their way through life; not only at their jobs, but also in their spare time. It seems like the work never ends: after a long workday, there's cooking, doing dishes, ironing clothes, washing the car, doing the laundry, cleaning windows... it goes on and on. And to make things even more hectic, they worry about getting in shape, finding the love of their life as fast as they can and... you get the idea.

We, the animals, would like to encourage you to take a couple of deep breaths and to let everything go. Please do this every day and every time you do this, look within and check if there's any chaos going on. If there is, just keep on breathing and letting everything go until there's no heaviness left. If you find you can't do this, use some easy-going or happy music, but be sure to check no negative or uncomfortable feelings arise when you listen to it (music can do a lot to your mood without you even being aware of it).

Furthermore, we would love for you to see that nothing has to be a chore. There is so much aliveness in the present moment and in the space around you. Ask the monkey (see 1st short story); he'll tell you that everything is energy. If there's some negative energy on the outside, don't let it in, but try to imagine an egg-shaped shield around you, completely transparent, but not penetrable by negativity. This may help you.

Also, there's so much love within your heart, whether you're aware of it or not. Let it be free. For goodness sake, please don't lock it up. It gets even better! While it might take some practice to master this, you can even control your own emotions. Sure, there's a time for sadness too, but it would be amazing to see you folks smile a lot more. Embrace the moment, smile, sing a happy song or think of something nice... whatever helps you best. This way, nothing has to be a chore and you can be a lot happier.

Please note that we are much smarter than a lot of people think. And we don't forget all that easily either. Just like you humans, we live, we're aware, we observe and we have feelings too. If you're mean to us, we get angry. If you fear us, we may act unexpected. If you love us and remain peaceful, we may need time to get to trust you, but some of us may just become your friends. However, be careful around what you call 'dangerous' animals. If you are loving and peaceful, they are unlikely to attack you, but do stay safe. Also beware of pets with bad owners. You can earn their trust in time, though. Please note that dogs are never innately vicious or overly scared. If they show such behavior, either their owner, previous owner or trainer is/was bad to the dog or you are a bad person or treating the dog poorly.

We would also like to share our view on love. It seems as though some humans want a partner solely because they don't want to be alone or because this other person gives them something else they want (other than love). We think that's a tad strange. The perfect partner isn't the one with tons of money, the perfect job or the perfect looks. Honestly, the perfect partner is the one you love deeply. Be a good person, be patient and try to be happy on your own first. If you do all that, you will meet the right person and when it's the love of your life, the feeling will be so intense that you can be absolutely sure that it's the one. You may at first mistake someone else to be that one, but if you do, don't worry; you'll be with your soul mate eventually.

All in all, we would simply like to see more love and harmony. Forget about becoming successful, rich and popular and about getting a ton of possessions. It simply doesn't make you happy. You may at one point in your life have very little in human terms, but you'll thank us for advising you to embrace life itself, the present moment and the love in your heart.

For as long as you have them, cherish your true friends and all the kindness you receive from everyone. And if you can, help some people out; even if you don't know them. Think how much better the world would be if we all lived without haste, peacefully, patiently and with our hearts...

With love, patience and compassion,
The animal Kingdom



The Monkey

Once upon a time, in a magical forest far, far away, there lived a playful monkey.

"Where's my tree?", the monkey asked. "Just look up", the banana replied, "You must see the wonders before you and up high." "But it's just wood", the monkey uttered. "It's much more", the banana said, "When you eat me, you will feel like the tree." The monkey ate the banana, but still didn't see the tree; he only saw some wood and leaves.

Then he found a nut. "Can I eat you?", the monkey queried. "Are you nuts?", the nut asked. "Maybe I am", the monkey replied. "Look up in that tree. There's a much bigger treat waiting for you there!", the nut exclaimed. "What tree?", the monkey asked. "If you can't see it, go talk to the rock", the nut said.

Thinking it was worth the try, the monkey went to the rock. "Hi there", the monkey greeted the rock, but it remained silent. "I heard you have knowledge for me", he tried again. But there was no response... "Where are the trees?", he asked. The monkey waited patiently for a reply, but didn't get one.

Then he started paying attention to everything that he felt. "The banana!", he shouted suddenly. It gave him energy and made him feel alive. Eating the banana would make him feel like the trees, he recalled. So, trees were alive? They were energy? He tried to see it with his eyes and suddenly he did. "I see it now!", he said excitedly, "Thank you, rock!"

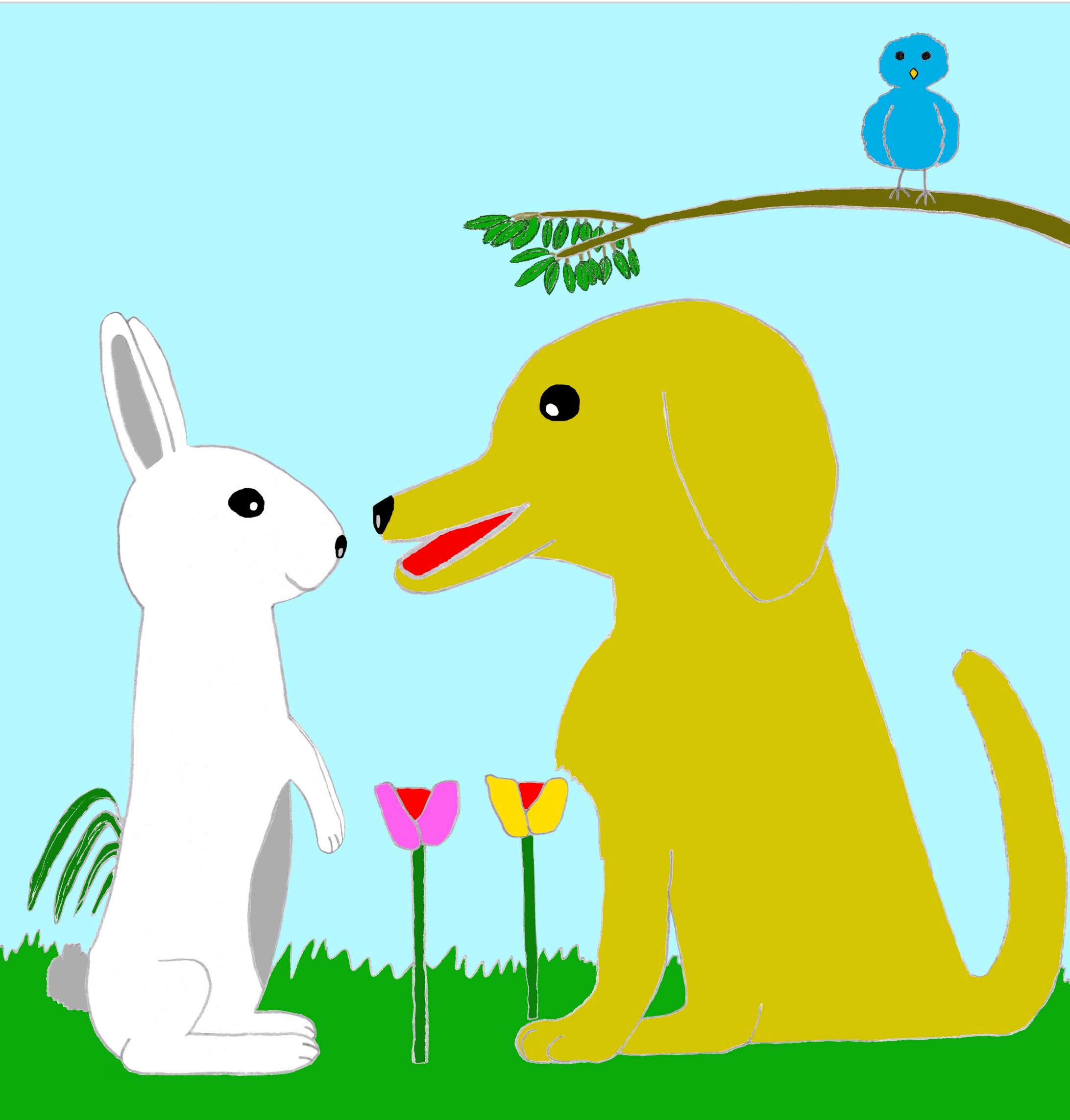
The trees greeted the monkey that day and seeing them gave him joy, for now he had seen what the trees truly were. Jumping from tree to tree, the monkey was now happy as can be. But afraid he'd hurt the trees, he refused to eat the bananas. "Go on", the trees said, "you can eat the bananas. They're yours, after all." "But I don't want to hurt you", the monkey said. "You won't", responded the tree, "The bananas will return another day. That is our promise." The monkey was still full of doubt, but nevertheless he took a banana. Carefully, he took a bite. "This is great", the monkey thought and ate all the bananas he could see. Soon, he ran out of bananas...

"You like them, don't you?", the trees asked him, "Why don't you cherish them more? They are like us. They too consist of energy and are true wonders!" The monkey got really hungry, but kept the words from the trees in his heart.

"They must be right", he thought when he saw the first bunch of ripe bananas. He took a bite and tried to see if the trees were right. They were! He slowly ate the banana and decided he had to treasure what he had and that he should see everything for what it truly was. It was magnificent... everything was energy! But why had he never seen this before? He thanked the trees, the bananas, the rock, the trees again and then finally everything he could not see; for after all, everything was energy... even that which he couldn't see.

He was a happy monkey indeed.

The Bunny



In a rabbit-cage in a backyard one day, a bunny was born and raised. She lived with her parents, her brother and sisters and that's all that she ever needed. She loved to hug and she loved to share; she was a bunny that truly did care. And even though irregularly her heart did beat, with the size of her heart, no-one could compete.

Then –it all came suddenly- from her family she was separated. She did not complain, but she sure felt the pain of having to leave them behind. But she received love from a boy and a dog, for which she was truly grateful. Outside, she could always see the sky above, which was not ever hidden by any bit of fog. And in the backyard, she could hop freely and give other animals a great, loving hug.

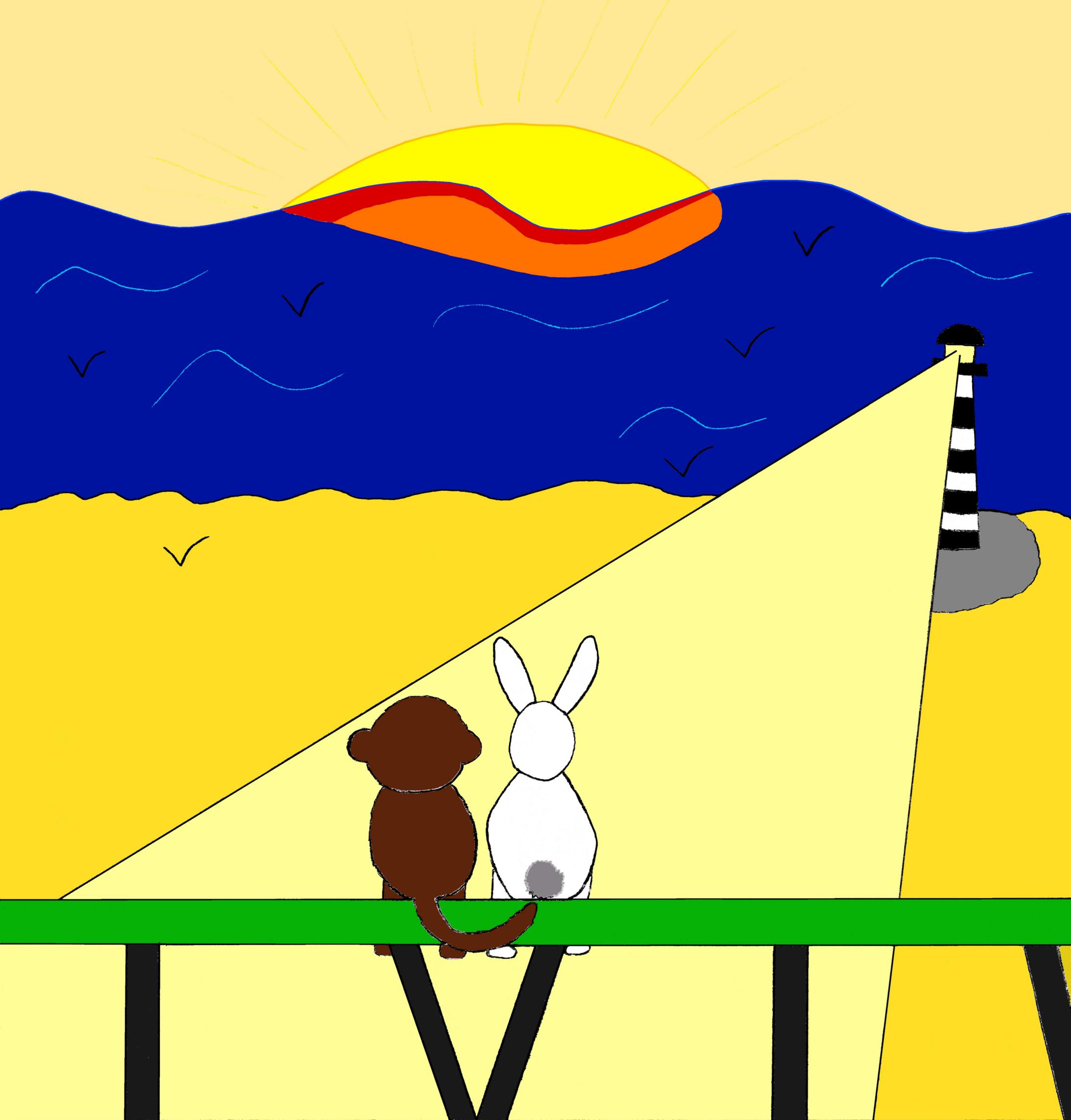
So although she missed her family, she still was happy as can be, for she had love and she could share the feeling that she did care. The world wasn't perfect and this she knew, but not once from her mouth did this spew. Instead, with love the world she did feed, because for this there was a need.

A dog called "Hope" admired her soul and thought of her when he'd drink from his bowl. He'd think to himself, "What a great friend! Back to her, love I must send!" And so he did and it was wise, because he could see in her eyes, that it made her happy and it made her smile; it made him feel it was all worthwhile. Then, another thing he realized: the bunny's love would never end.

Sometimes, she would hear the cello. And, oh my, it was such bliss! It was as if the music would passionately give her a kiss. For happiness, she did not need this, but boy, it made her feel good! And no matter how happy, no matter how sad, it always uplifted her mood.

"Who is this bunny", the angels wondered, "whose love does never end? We must surely see to it, that her wishes we shall grant." They asked the bunny, "What do you want?" She answered, "Not a thing." "But there must be something", the angels persisted, "Just ask for anything." "Love", she said, "but I already have it." This made the angels gasp. "So much love and yet no demand", they thought to themselves, "This soul is truly grand!"

See, world, this was a bunny that understood life; a bunny we all love to see. This was a bunny that did not know strife; a bunny that we all can be. Just embrace the love and share it with all; even with those who want you to fall. Hop through the days and stay in the present, so that life is something you won't lament. See all the beauty and know all the sorrow, but focus on one thing you feel: the love in this world and the love in your heart. Then you will see that life is true art.



The Bunny and the Monkey

A bunny lived in a backyard in a rabbit-cage, all alone. A boy would come to see her daily and greet her in a cheery tone. She had much love in her heart so small, she could not keep it in at all. So one day when she walked freely in the garden, she went on a trip to share the love she had.

She hopped into a nearby forest, knowing there were animals to hug. But whenever she'd come near them, their shoulders they would shrug. Her love they did not accept, but she'd still give them a warm embrace. She knew that in that special place, of love, there still had to be a trace. And thus she shared all that she had within.

Having hugged every animal in the forest, she decided to go into town. Little could this bunny have even known, that she was going to be in for a big letdown. That day, she heard the birds, but they didn't come to greet her on the ground. The cats too said neither 'hi', nor 'goodbye' and this her did astound. And while she knew a dog that would always hug her, the ones she met didn't even turn their heads. Even children didn't touch her fur. They would only point at her, not recognizing the love she spreads.

"The world needs love!", she screamed out loud, but the world wouldn't listen to her shout. In disappointment, she wanted to go home, but she had forgotten the way back. "Help me!", her heart screamed out to someone she'd later meet; someone for whom her heart would forever beat. She recalled a lighthouse she had seen once in a beautiful dream. She saw it and approached it, for a good idea this sure did seem; after all, this is where she was once saved by her soul mate.

At the beach she then arrived, where her heart would be revived. She sat down and stared attentively at the sea. She had dreamed of this miraculous place, but why could this be? She tried to figure it out and then came a monkey. She noticed him and she could tell something about him made her feel well. She said 'hi' and into his eyes she gazed. For some reason, by him she was amazed. She asked for a hug and got magic in return.

Both the monkey and the bunny felt an incredible wave of love in their hearts. They now knew they had known each other in a previous life. "You", the monkey thought, "I want to make you my wife!" And the bunny, she felt the same. They both felt the burning flame; the warmth of love in their hearts. And so, "I think I love you", the monkey said, afraid she didn't feel the same. But she sure did and they stayed at the beach for hours, which seemed to them like mere minutes.

"You and I, we're not the same", the bunny remarked. "Well, does it matter?", the monkey asked. The bunny replied, "No it doesn't, for we have love, but what if there's a monkey waiting for you?" "There isn't", answered the monkey, "there isn't one for me in the woods." "Then promise me you'll stay with me", the bunny said and this the monkey did.

"I am lost, though, and I need to find my home", the bunny stated. Then the monkey answered, "Do you see that light coming from the lighthouse, Bunny? That will lead us back home." "You're right, Monkey!", she exclaimed, "I could see it from my house."

Now reunited in this life, these soul mates were together and went home; happily ever after.

Copycatting

Some people copycat others to be popular. More often than not, this doesn't bring them the happiness and the friends they actually want. And even worse, they will never be understood and respected for who they are.

Copycatting won't get you the life you want. Just be yourself and you'll do a lot better in the long run.

The Parrot

Dreams

We all have dreams we want to chase. You may have wild fantasies or just a small, realistic wish. Whatever your dream is, if chasing it makes you happy, then do it. Some wild dreams will come true, while others may not. Unless you try to achieve your goals, you will never know. And if you can't get what you wish, you learn from trying to get it.

The Hedgehog

Energy

Even though you might not see it, even solid items -like rocks- have energy. The small pieces in solids, called particles, are naked to the eye and they vibrate. So you could say that everything is alive, although a rock may not grow or make children. If you focus on a rock, you may feel it is alive. And in a way, everything is.

The Monkey

Fear

Fear is a natural response to dangers, which will motivate you to go to safety. However, the brain isn't perfect and sometimes we become afraid because of previous bad experiences. For example, you could be bitten by a dog once, but that doesn't mean you'll be bitten again. If you know what makes dogs bite and how to avoid getting bitten, there's no need to be scared. Knowledge can keep you safe too. It may be difficult to take away someone's fear, but don't let their fears be in the way of your friendship and kindness. A warm heart will help most who are afraid.

The Fly

Feelings

There are a lot of different feelings. Emotions are one type of them, like jealousy for example. They reveal how you feel about something, but don't show you facts. Then there are desires, which seem to tell you what you want, but they aren't often accurate. If you long for something materialistic or for control, you actually seek happiness, which can be found simply by digging deep into your heart or by being around nature. Finally, there is intuition. At important moments, you may feel you have to do something or avoid something. Some people have hearts that tell them all the time what's right and wrong, but they too make mistakes. Many mistake desires and emotions for intuition, but when you're sure it's your intuition telling you something, you can trust it knows what you have to do. Be aware of other feelings and think critically if you should listen to them and what you should do.

The Camel