

BUDDABUGZZ 

Mindful Fun, for Little Ones

ZENJI & the Muzzy Bug

by Aislī Madden



THE
MINDFUL
& MAGICAL
SLEEP
SOLUTION!



Zenji & the Muzzy Bug was purposely designed to help children become relaxed and sleepy at bedtime.

This read-aloud story encourages children to listen to their inner voice and to believe in their inner strength. Characters Zenji and Karma illustrate how it is possible for children to feel better physically and mentally, by being mindful and focusing their thoughts.

Buddabugzz is a new children's brand, created to promote positive mental health from infancy. Infused with wellbeing and mindfulness techniques, Buddabugzz help to develop self-confidence, positive thinking and coping skills, which will benefit children throughout their lives.

About the author:

Aisli Madden is an Irish graphic designer, illustrator and TV presenter. She believes that children's emotional and mental welfare should be a priority and created Buddabugzz to make mindfulness and wellbeing practices, fun and accessible to young children from all walks of life.



Zenji & the Muzzy Bug is the first book in the Buddabugzz Sleepwell Series.

SNOOZE ALERT:

Parents run the risk of nodding off, when they read this story aloud!



WILL CAUSE DROWSINESS!

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2nd Edition, September 2015
eBook ISBN: 978-0-9570626-2-7
Printed edition ISBN: 978-0-9570626-1-0
Publisher: DesignBOS - www.designbos.ie

Edited by Helen Coppinger

Pose rendering: Lorant Szekely, Original photograph of Teddy, courtesy of István Benedek

With special thanks to:

Helen Coppinger, Lisa Delaney, Garry Walsh and Colm Nicell for their much appreciated pro bone work, to my family, friends and to all of my kickstarter backers for their kindness, support and for believing in Buddabugzz, and to my late mum Deirdre, whose footsteps I follow, even though her boots are too big to fill.

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This book was originally published in July 2015, using funds raised on:
www.KICKSTARTER.com

sleepwell ...with Buddabugzz



COMING SOON

The Buddabugzz Sleepwell series has been purposely designed to restore calm and promote sleep, by integrating well-being and mindfulness techniques into the bedtime stories. For more information, visit our website.

www.buddabugzz.com

www.facebook.com/buddabugzz www.twitter.com/@buddabugzz

"Listen to the voice within yourself and your body and mind will become clear..."

- Dogen Zenji (1200 - 1253)



Mindful Fun, for Little Ones

ZENJI & the Muzzy Bug

Written & Illustrated by
Aisli Madden



Zenji the Buddabug was
feeling very **WOOZY**.

His chest was **wheezy**,
his forehead was **clammy**
and his whole body **ached**.

In fact he was **feeling**
rather **Cranky** indeed!

Zenji had caught a
Muzzy Bug!



zenji was bored.

The Muzzy Bug was contagious so he couldn't play with his friends. Instead he played with Teddy, who wasn't much fun at all.

"I'm so miserable,"
Zenji cried.

"Don't feel sad!"
said a little voice out of thin air.

"Did you speak,
Teddy?!" zenji asked,
as he peeped over his blanket
in shock.

"It wasn't Teddy... it was me!"
the little voice said.



“My name is Karma.
I’m the little voice that
lives inside your head.”

Zenji looked down and saw
a tiny Buddabug **glowing**
beside his bed. Karma looked
exactly like Zenji only
much, **much** smaller.

“Everybody has a
little **magic** inside them,”
Karma whispered.

“You just need to
believe in yourself.”





“If you **focus**
on this moment, you can make
magical things happen.”



With that, Karma floated
slowly above Zenji's bed
and began to **chant**...

“Lie on your back
with your eyelids closed,

Now **clench** all your fingers
and **wrinkle** your nose,

Stretch your legs out
as long as they go,

Then **relax**
your whole body
from your head
to your toes...”



“Breathe in
happy thoughts that
make you feel glad,
Then exhale
all the yucky ones
that make you
feel sad.



Do this
three times
and soon you will see,
that there's
oodles of magic,
in the air that you
breathe.”

Scary things
Yuckiness
Bullies
Worry
Muzzy
Boogeymen
meanies
Guts &
Furicles
Monsters
Teasing
Nightmares
Ghosts

Family
Friends
Playing
Cuddles
Teddy Bears
Budda-budda
Love
Kisses
Smiles
Happiness
Magic

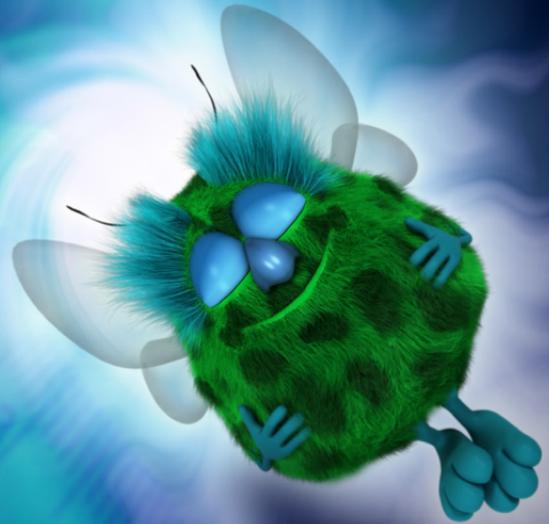


As Zenji listened to Karma
he **focused**
on each breath he took,

and each breath he took
made him sleepier and
sleepier.

Then slowly but surely,
**Zenji began to
shrink!**

The sleepier Zenji grew,
the **smaller**
and smaller
and smaller,
he shrank...



until he became so small...



...he floated inside
his own body!

Zenji drifted
down,
down,
down,

deep into his chest,
where he found
tell-tale signs of the

Muzzy Bug.