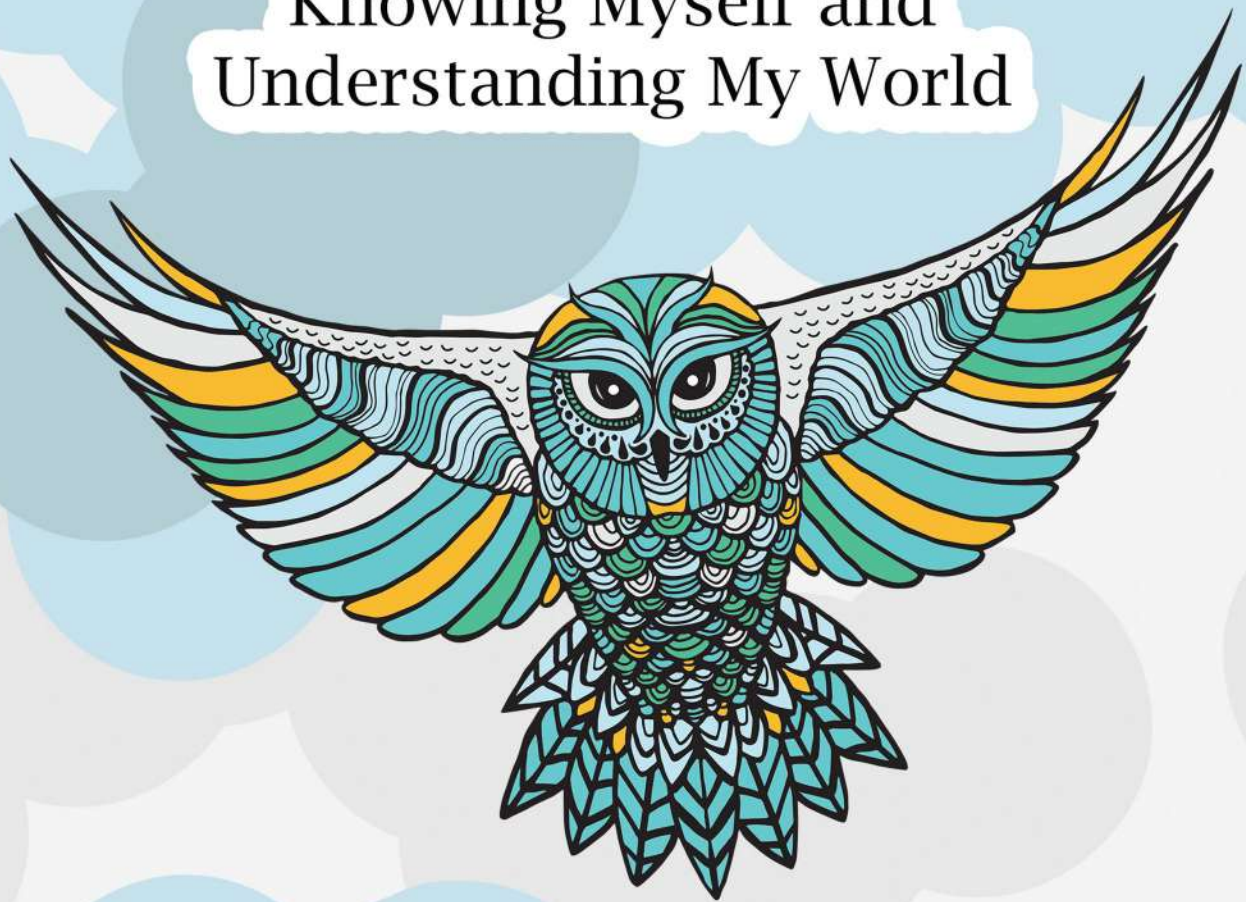


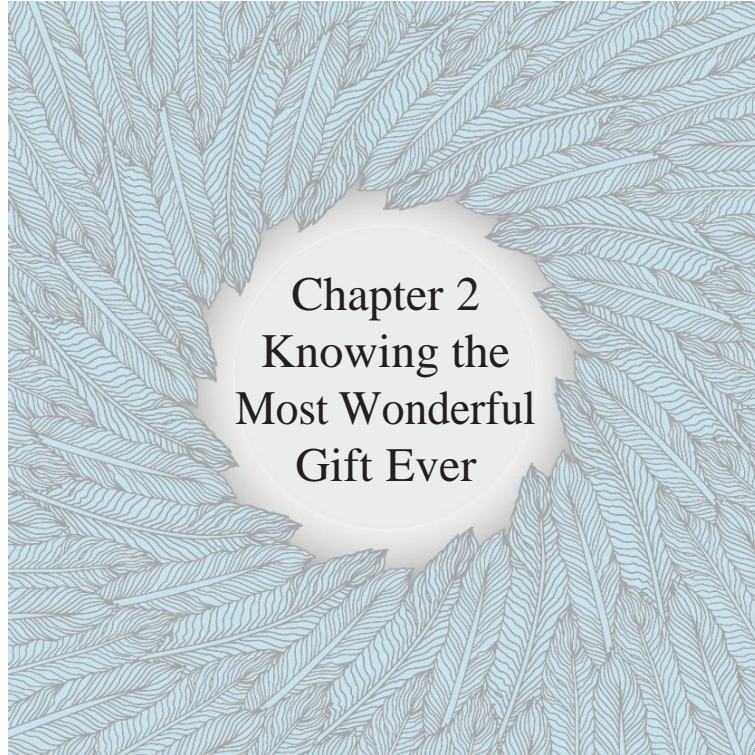
# My Guide Inside

(Book II)  
Learner Book

Knowing Myself and  
Understanding My World



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**Come on along!**

Discover your gift of Thought. You will know what to choose!

1. You can drop an unhelpful thought like a hot potato and just act on the helpful ones.
2. It is natural to act on thoughts that bring happy and secure feelings.
3. You have used this common sense many times to make wise choices.

Riddle Me This!

This is a gift that each of us is born with.  
This is something we are using all the time, don't say "air!"  
We are using it when we are sleeping.  
We are using it when we are awake.  
We are using it when we are in school or at home.  
When we are alone, we are using it.  
What is it?

That's correct! Thought!

"Thought is a gift." (6)

Thought is the way every one of us knows ideas.

Every one of us has the "gift of thought" to use as we choose.

Imagine that!

Humans can use thought to think up anything!

My guide inside helps me decide.

I choose which thought to use.

It is natural to act on thoughts that result in being happy and secure.

Thoughts create feelings. Give it a try.

Think a happy thought...it creates a happy feeling.

Think a fearful thought...it creates a fearful feeling.

## **Karan's Story**

Make pictures in your mind!

Milind has a little brother, Karan, and he has a problem. There are monsters that live under his bed. At night when Karan tries to go to sleep he can hear the monsters. They are under the bed just waiting to jump out and get him. The monsters scare him!

Every night, Karan leaps from the light switch to the bed. He knows that he is safe as long as he keeps the blankets up to his neck. If an arm or leg slips out he is in big trouble. That is when the monsters can attack! Karan feels fear at night. He stays awake wondering when the monsters are going to get him. Karan is even starting to look sick because he is not sleeping.

Milind has compassion for his little brother and tries to help him. He tells him the monsters are make-believe. There are no monsters under his bed! He lifts up the blanket for him to look under it. This does not help. Karan knows the monsters can become invisible so they can't be found. Milind also says, "Hey, Karan, you can drop a thought like a hot potato! You choose which thought to use."

Every night Karan thinks about the monsters and he feels fear. Then one night, he remembers when he thought there was a dragon outside his window. He knew he saw it! When he jumped out of bed to close the window blinds, he saw it was not a dragon. It was the shadow of a cat and the branches of a tree. It only looked like a dragon. Maybe Milind was right. Maybe he was just using his own thoughts to scare himself.

Karan laughed, and "POOF" the thought of a monster was gone! He even tried to bring it back to scare himself, but he couldn't. It was over! Milind came back in the room when he heard Karan laughing. Karan said he felt like he was being a scaredy cat! Milind laughed and said, "It's OK! We all feel like that sometimes! Like Dad says, "You've always got a chance to change your mind." Karan was happy to hear that. Instead of feeling fear, he felt confident and he fell fast asleep. Z Z Z ...



What do you think? Let's talk about it...



**Note! Show respect, share, look for BIG picture:**

***You have the gift of thought to use as you choose. Imagine that!***

How is this story like something you know?

Finish these sentence starters and share with a partner:

I used to believe...

But, now I understand...

It's natural to outgrow ideas. Just like you used to believe some things were real and you now understand they were just your thoughts. It's common sense that it was make-believe. Sometimes a thought pops into your head that is not helpful. Don't be fooled by your own thinking.

Karan's scary thoughts led to scary feelings.

He changed his mind, and then he felt the opposite; he felt confident!

Let's have Opposite Day Today!  
Any day can be Opposite Day...

Choose one and let's talk about it.

You can feel positive, which is the opposite of feeling negative.

You can feel at peace, instead of feeling angry.

~calm, not worried~

~confident, instead of fearful~

~happy, not unhappy~

~respect, instead of dislike~

~content, not uneasy~

~secure, instead of insecure~

~hopeful, not hopeless~

Instead of feeling mean; you can feel kind.

It is easy to have opposite day, if you just change your mind...

Thought is a gift to use as you choose,  
Act on the good thoughts,  
And you'll have nothing to lose!



**Karan knows...**

- Every one of us has the gift of thought to use as we choose.  
Imagine that!
- Thought is the way every one of us knows ideas.
- Thoughts create feelings.
- “You’ve always got a chance to change your mind.”
- It’s common sense to see which thoughts are make-believe.
- You can drop a thought like a hot potato!
- Act on the good thoughts.

**...Now you know, too!**

**Learn Power Words!**

- ❖ believe—accept as true
- ❖ common sense—knowing to make good choices, insight, wisdom
- ❖ confident—positive, sure of oneself
- ❖ content—satisfied and happy
- ❖ fooled—tricked
- ❖ imagination—creation in your mind
- ❖ negative—not helpful or useful
- ❖ positive—good or useful
- ❖ respect—see as worthy
- ❖ understand—to know

## **Learn to know and trust your inner wisdom—your guide inside.**

Read stories about real kids like yourself, and begin to discover how wise you truly are. This discovery leads to happiness and success.

Explore the principles of Mind, Consciousness and Thought. This knowledge has helped kids (and adults!) in communities throughout the world.

### **Kids are excited to tell you:**

"A thought is like a seed. It grows into a feeling that opens up inside of you. You decide to let it go, or keep it. You always have a choice. It's true for you, and for me."

"I hadn't thought about 'thought' and it made me think! The way you see life affects life."

"Knowing there is a power within to help us all out has been the most meaningful thing for me."

"The ideas we have shared ... could help not only me but most likely everyone in the world."