





Story of *Stillness*

*B*en couldn't believe it. He had fallen over again! His knee had just healed from the last fall and WHACK it happened again. Racing full pelt down the path at school, thinking about the big game on the weekend, when suddenly ... ouch!!!!

"Not again!" thought Mum as he hobbled into the house looking so upset.

"Why does this keep happening Mum?" Ben asked sadly, "and just before the big game?"

"Oh Ben," sighed Mum. "Do you think it's time we went inside your body to find out what's really going on."

"OK," agreed Ben, feeling that it was certainly worth a try.

Ben sat on his favourite chair where he could curl up without it hurting his leg. Guided by his mum's soft voice, Ben saw a magical staircase in front of him with ten steps going down. He stepped onto the top step number 10, and as he looked down to step number 1 he felt such a feeling of excitement that he had an urge to run right down the stairs. His mum's reassuring voice held him safely as he stepped down to step number 9 ... relaxing down to step number 8 ... 7 ... 6 ... feeling so safe ... 5 ... 4 ... 3 ... light and joyful ... 2 ... 1 ... jumping down into a shining ocean of love. Ben was happy to have a rest here as he felt so good.

Suddenly a magnificent door appeared in front of him. It looked just like the door to a magical castle and Ben knew that something amazing was about to happen. He could see the light that was gently seeping through the crack in the door, and as he excitedly pushed it open he was embraced by the most glorious light he had ever experienced. It was as if he were basking in a rainbow.

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He caught a glimpse of movement to his side, and as he turned he looked into the kindest, wisest eyes he had ever seen. It was his beloved friend Zangard, the wizard.

"Hello Ben," boomed Zangard, giving his friend a big hug. All of a sudden a magical car appeared out of nowhere. Ben felt a surge of excitement as Zangard invited him to join him inside the car. "Put on your seatbelt now," said Zangard. "This car can fly really fast!" Ben noticed an instrument panel in front of him with one big green button flashing wildly. "That is your take-off button," said Zangard. "This car has been pre-programmed to take us to where all the emotional pain from these accidents has been stored inside your body. It will take us exactly where we need to go. When you are ready Ben, you can press the flashing button and sit back and enjoy the ride."

Ben did just that, and soon found himself zooming around inside his body at breakneck speed.

"Whoa ...!" said Zangard. "Let's come in for a nice, safe landing. No crash landings here!" They landed right inside Ben's knee. They hopped out of the car, taking the flashlights that were there, and had a really good look around. It was gruesome, with bits of skin and blood all mangled up together. There was only one area that seemed to be normal, but when Ben tried to go there, he was blocked by a piece of tattered and bloodied skin that hung over the healthy area like a big, scary cobweb.

He felt frustrated and helpless and started to pull at the cobweb. But the more he pulled, the more helpless he felt. The cobweb just didn't budge.

"When have you felt like this before?" asked Zangard. "In your mind's eye, look down at your feet and see what if any shoes you were wearing when you felt helpless like this before." Ben looked down to see the joggers he used to wear when he was five years old. The whole memory popped into his mind. "Great!" cried Zangard. "Put that memory up on a big movie screen and for now let the screen go blank."

As Ben looked around, a crackling fire appeared, and Zangard invited Ben to join him. It was so cosy and warm. Ben felt very safe. They settled down to watch the movie of Ben's old memory up on the big screen.

Five year old Ben was at school. It was recess and he was very excited as tomorrow he was going on his first skiing holiday. He had been looking forward to this for weeks, and finally the time had nearly arrived. He couldn't wait.

"Let's play tag!" his friend Lachlan said. "It's your turn to be in Ben." Ben started racing around wildly after the other kids, but his mind was elsewhere, thinking about his holiday. He could see himself racing down the slopes at lightening speed, jumping over snow bumps and flying across the snow. Suddenly, he felt his foot catch on a tree root, and a sharp pain burned in his leg. He found himself flat on his face in the dirt. The pain in his leg grew unbearable, but worse still was the feeling of absolute helplessness as he realised that he couldn't even move. Little Ben had broken his leg!

As Zangard and Ben were watching this old memory from the safety of the cosy campfire, Ben felt quite upset.

"Lets go up onto the movie screen and help little Ben down to the campfire," suggested Zangard. They gently picked him up and brought him down to the campfire, sitting him tenderly next to Ben. Little Ben was feeling devastated.

Out of nowhere, Zangard produced a beautiful, colourful bunch of balloons containing special qualities. "Which balloons do you think little Ben needs?" asked Zangard.

Ben knew immediately that little Ben needed a big balloon of Focus, so he could really concentrate on what he was doing and not get sidetracked by thoughts. "Great!" said Zangard, handing little Ben the red Focus balloon. Little Ben breathed it in.

"What about a balloon of being Careful?" offered Ben.

"Absolutely!" agreed Zangard, giving him the bright green balloon of Care.

"A balloon of Inner Listening would help," said Zangard, handing him a sparkling purple balloon, "so little Ben will be aware and slow down when he is going too fast."

"And a pink balloon of Inner Stillness, so it's easy for him to slow down, become still and relax."

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"I know what else he needs," cried Ben enthusiastically. "Little Ben really needs a big balloon of Patience! He was so excited about the ski holiday that he just couldn't wait—and you know what, he was racing around for two whole weeks before that holiday driving everybody crazy."

"Wonderful idea!" smiled Zangard, giving little Ben a bright blue balloon of Patience. "And finally, a yellow balloon of Understanding, so he clearly realises that if he races around impatiently without thinking, he will probably hurt himself."

Little Ben breathed in all these magical balloon resources—breathing in the Focus ... the balloon of Taking Care ... the Stillness ... breathing in the Inner Listening balloon ... the Patience balloon ... and the balloon of Understanding. Little Ben felt so much better as these magical resources filled up his whole body and being.

"Little Ben, go back up onto the movie screen," suggested Zangard, "and play out that old scene the way it would have happened if you'd had all these magical resources." This time, even though the same thing happened, it wasn't a serious accident and he didn't break his leg. Little Ben was now able to understand that in fact, he had brought on the accident himself. With this new understanding, Zangard welcomed little Ben back to the campfire. "Little Ben, if you could give yourself some advice, what would it be?"

"Listen to my inner warning sign when it is telling me to slow down," said little Ben. "And when I take care and focus I will stay happy and healthy."

Ben looked over at little Ben, "Remember your balloons of Patience and Stillness little Ben, and relax. You are really special and I am so proud



of you. I'll keep you safe from now on." He gave little Ben a big hug and whispered in his ear, "I love you little Ben." They merged together in a loving embrace.

Ben felt little Ben growing up inside of him, filling him up with this powerful love and feeling so safe and secure with all the magical resources. Ben noticed that the campfire had disappeared and the knee area, which had been so bloodied and tattered, looked much cleaner than before. In fact, that horrible cobweb-like piece of skin had completely gone and the whole area seemed to be healing rapidly.

"If this healing area had some advice for you Ben, what might it be?" asked Zangard.

"It's saying slow down and be present to everything that I'm doing," said Ben happily. "Every moment is special!"

Zangard nodded in agreement.

They hopped back in the magical car and it took them all the way back to the door they first came through.

"Wow!" said Ben. "That was so cool!" Ben thanked Zangard and hugged him with joy.

"See you again soon Zangard," cried Ben happily as he stepped back through the door. He was about to race up the staircase when he suddenly remembered the wise words his body had told him. Slow down and enjoy each moment, it had said, and Ben decided to do just that. Instead of running, he walked joyfully up the steps, feeling grateful to have this new found patience, calm and understanding. As he reached step number 10, Ben felt relaxed and happy inside, and he secretly knew that little Ben was feeling really good too.

He softly opened his eyes and smiled at his mum. "You are amazing Ben," said Mum, "and look at your knee, it is already so much better!"

Ben's knee wasn't hurting at all anymore. The swelling had gone down and the big black bruise was already disappearing.

"Maybe you'll get to the big game after all," beamed Mum.