



# Little Bodhi's Mindful Adventures

Theingi Win



Little Bodhi, a cheerful child with big, curious eyes, lives in a village nestled beside a whispering bamboo forest. He loves to explore, but his mind often bounces from one thought to another like a playful little frog. Today, he's supposed to be helping his grandmother pick berries, but his gaze is already lost in the clouds.



As Bodhi reaches for a juicy red berry, a bright butterfly flutters by, instantly catching his attention. He chases after it, giggling, completely forgetting the berries. Oops! He stumbles slightly, missing the berry and almost stepping on a tiny flower.



His kind grandmother, with a gentle smile and wise eyes, watches Bodhi from under her wide straw hat. She sees his busy mind and knows just the right teaching for her energetic grandson. She calls him over with a warm, inviting gesture.



Grandmother sits Bodhi down beside a clear, bubbling stream. She hands him a smooth, round stone. "Watch this stone," she whispers, dropping it into the water. "Feel the ripples, hear the splash, see how the water flows around it. Just like the stone, we can be still and watch our thoughts."



Bodhi tries his best to focus on the stream. His brow furrows in concentration, then relaxes into a playful grin as a tiny fish darts past. He giggles, then remembers the stone and tries again, taking a deep breath and truly looking at the water. It's harder than it looks, but he's determined.



Suddenly, Bodhi notices the shimmering scales of the fish, the intricate patterns on a floating leaf, and the gentle hum of a busy bee collecting nectar from a nearby flower. He'd never truly seen or heard these tiny wonders before! His eyes widen with delight.



Later, while painting a picture of the forest, Bodhi remembers his grandmother's lesson. Instead of rushing, he focuses on each brushstroke, mixing colors carefully. His painting becomes vibrant and full of life, capturing every detail he observed. He feels a quiet joy in his focused effort.



One afternoon, Bodhi's friend, Lily, accidentally knocks over his carefully built tower of blocks, making him feel a surge of frustration. But then, Bodhi takes a deep breath, just like he learned. He remembers to be present and kind, understanding it was an accident. He helps Lily rebuild the tower, even taller this time.



Bodhi shares his "present moment" game with Lily. They sit together, eyes closed, listening to all the sounds around them – the distant chirping of birds, the rustle of leaves, their own quiet breathing. Lily's face lights up as she discovers the peaceful world within.



Now, Bodhi often pauses, takes a deep breath, and truly experiences the world around him. He still loves to play and explore, but with a calm, happy heart. He understands that every moment is a special gift, full of little wonders waiting to be discovered.