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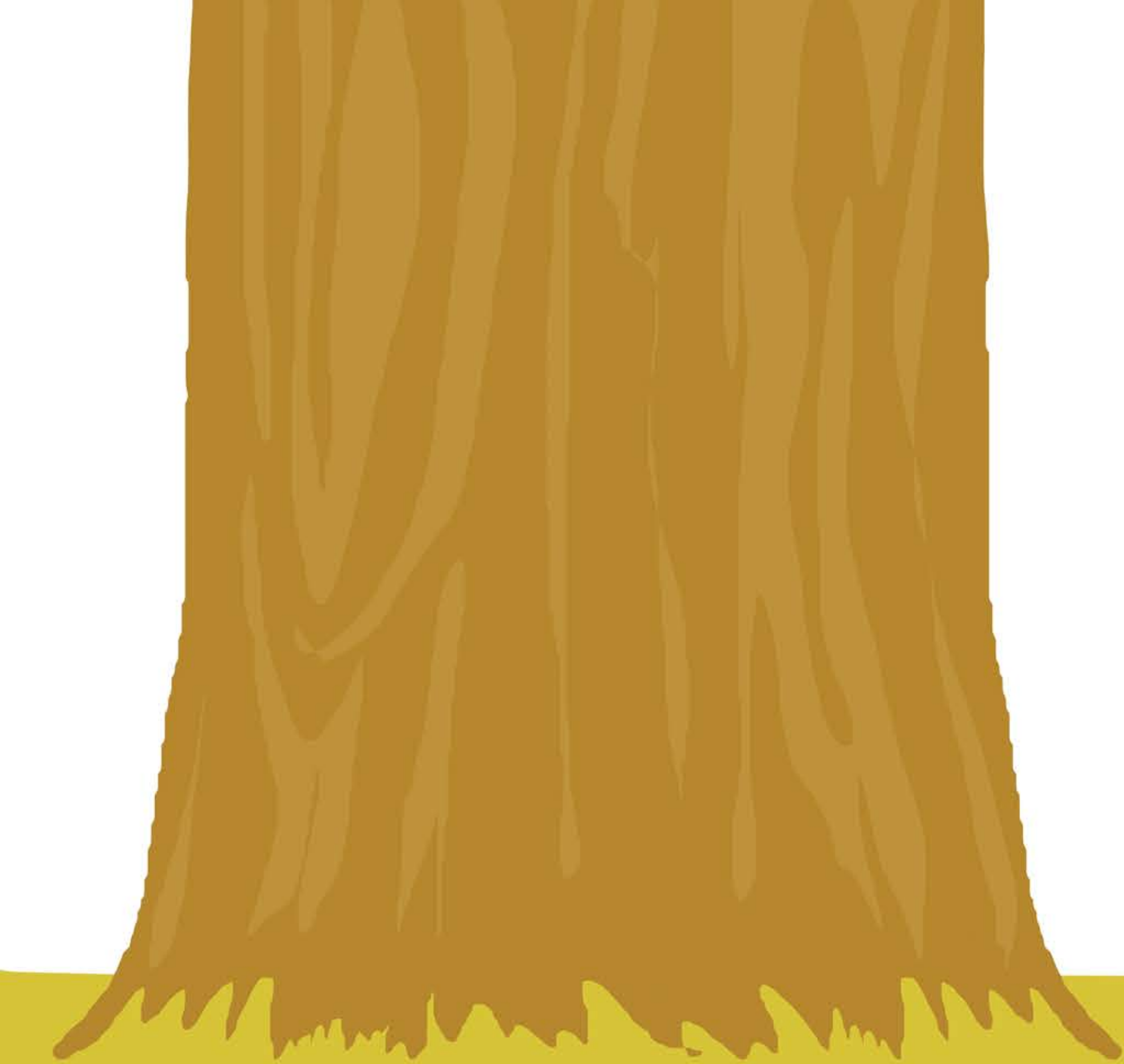
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If you want a child's mind to grow, you must first plant a seed ...



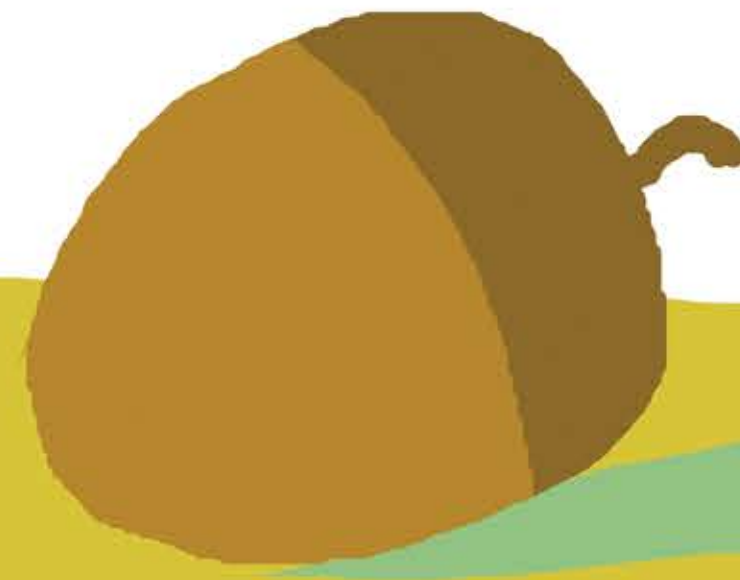


A seed fell from the tree.



And asked itself,
Who am I?
Why am I here?

It didn't have an answer.





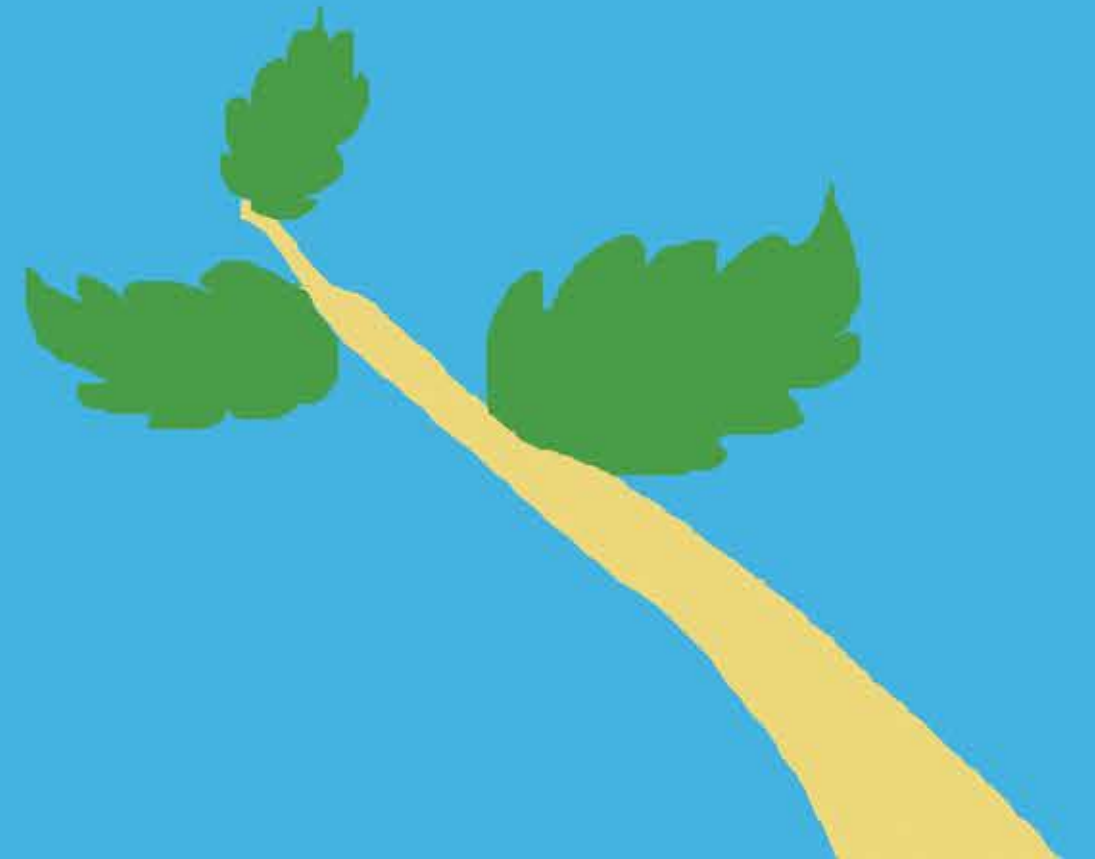
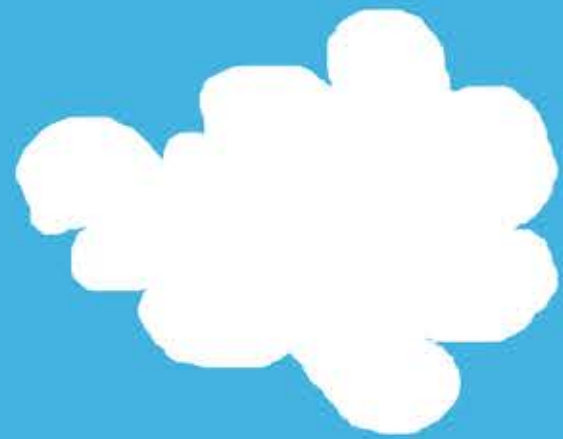
Shoots began sprouting
out from its core.
It connected to the Earth.

The soil gave stability and growth.
The Eternal Mother.



It began to grow toward
the blue Sky.

The Eternal Father.





It felt motivated. It felt the
Power of the Sun!



It saw itself in every raindrop.



A vibrant, stylized illustration of a landscape. In the upper left, a large, bright yellow sun with concentric circles is set against a clear blue sky. A small, fluffy white cloud floats to the right of the sun. In the upper right, a multi-colored rainbow arches across the sky. In the lower right, a brown seedling with two small green leaves grows out of a patch of brown soil. The soil is depicted with a yellow line separating it from the blue sky.

It said to itself.
“I am a part of you!”



Still, there must be more?
It didn't believe that
it could possibly be
The mighty Oak tree.

It felt alone and small.

The seed stopped growing for a while.





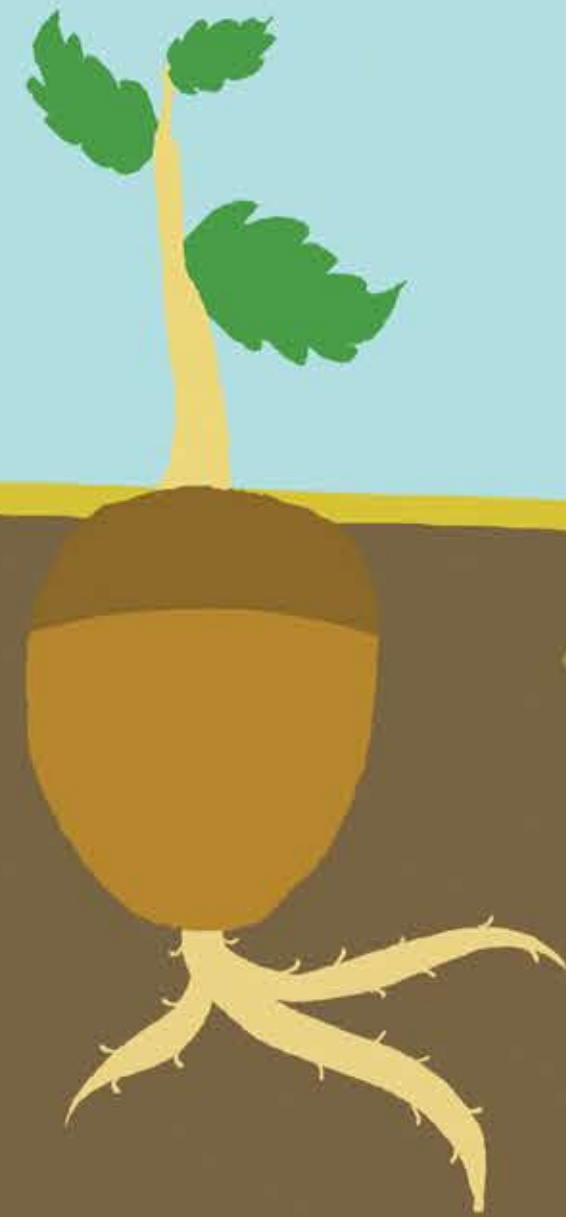
One day a little girl came along
and said, "Look at this little
Oak sapling!"

A stylized illustration of a forest. In the foreground, a small acorn with a green sprout is on the ground. Behind it, several large trees with thick brown trunks and full green canopies stand in a row. The sky is a clear blue with a few white clouds. The ground is a dark brown color with some small yellow tufts of grass.

It questioned “Can I really
become an Oak tree?”

The forest was silent.

It then decided to joyfully grow,
not thinking about
the Oak tree.



It thought,
“If I am an Oak,
I will be an Oak.
I just have to be a little patient!”



It grew joyfully for many years.
Accepting gifts of the
Earth and the Sky.





One day, the little girl returned.
She sat in the shade of a
mighty Oak Tree.

An illustration of a person with dark hair in a ponytail, wearing a light green shirt, lying on their back in a field of tall, golden-yellow grass. They are holding an open book and reading. The scene is bathed in warm, golden light, with several small, stylized pink flowers scattered throughout the grass. The overall mood is peaceful and contemplative.

The seed realised that
it had grown up.
It had become itself.



It had relaxed.
Fruits and flowers began to ripen.



It gifts acorns to the animals,
oxygen to the Earth.



Beauty to the Sky

Shade and wisdom
to passers-by.



“Wow!” it thought, “what if I had given up?”

The Tree was always
in the Seed.

It just had to **Believe.**



Appendix

Reference for Educators and Parents

Dear Parent, Mentor and/or Educator,

Please feel free to discuss the Story of a Seed with your child.

It is a book which can be looked at again and again. It will resolve issues in their understanding, help them to cope with life's stresses, and find a peaceful connection with their own inner Nature. It will help to balance their emotions and feel confident deep within their Being. They will grow from within.

At emotional, mental, philosophical, and ecological levels, the following points may be discussed with children. The tree, as a metaphor, will heal the child and connect them back to their innermost Self.

1. Within each seed, a tree is waiting to express itself. The tree needs only to sprout from the seed and grow into the tree it already is. Just by being yourself, you are enough for Nature, Mother Earth and Father Sky. There is no need to be anyone else.
2. For the seed, the Sun is a mentor and the Earth is another mentor. Both provide what is necessary for growth. The seed must always accept the gifts it receives when it is small. It will give many gifts later.
3. The Sun provides the light for photosynthesis. It gives what the tree needs to produce food for itself. The Earth provides nutrients. Water, which all life forms require, comes from rain, the ground, and from the mist in the air. Without all three ingredients, a tree or a plant will not grow. Without love, emotions, meaning, and time, a human soul will not grow.
4. The tree takes from the Earth and the Sun without thinking. It deserves to receive, just because it is here. It does not need to feel guilty. The Earth and the Sun want to give. They want it to grow up and give many Blessings to all of Life on Earth.
5. The tree knows that it is supported and provided for by the land, the sky, the very air it breathes. It converts sunlight to food. Mother Earth and Father Sky are always there when it reaches out to receive their Gifts. Nature wants the soul to grow into a strong tree which can stand on its own.
6. When the tree is a young sapling, it may feel different from other trees. In this stage of growth, it must love and accept itself for its unique qualities. If the tree rejects itself, it opens itself up to disease and failures. It sabotages or hurts its own progress. It cannot receive and give as much back to the world if it says, "I am not good enough."



7. In the state of complete self-acceptance, the tree stands tall and grows higher into the sunlight. Its roots reach deeper into the soil. It expands in its energy and its joy! It stands more resilient and resistant to disease than ever.
8. That is how the tree becomes a young adult, able to take care of itself. First, it accepts and loves its own unique identity. It is a unique seed, special like no other. When it loves itself, it can make use of its talents to create more resources for itself.
9. The flowering of the tree is the flowering of adulthood. As an adult, it displays its Beauty and unique fragrance to the world around. It gives shade, shelter, food, and wisdom for all other creatures. It is an inspiration to other plants, animals, and lifeforms in the Forest.
10. A mature adult tree in bloom is more than just biology. A human adult is more than eating, drinking, looking for safety and fighting for power. Life, when you have become a might tree, is the expression of beautiful and unique talents to give to others.
11. The tree has gracefully reached full maturity when it has flowers and fruit. It multiplies its gifts for people and Nature alike. It is a blessing to all passers-by. It is content and happy when giving. It continues to receive from Mother Earth and Father Sky.
12. Worrying does not make sense to the tree. It never thinks about yesterday or tomorrow. It must be itself in each and every moment. It is always alive and well here and now.

13. The tree gives and gives. It knows that Nature will take care. One day it may return to the Earth and to the Sky. It does not worry. It is peaceful. It always was a part of all everything.

14. Remember, the seed becomes the tree that it was meant to be from the small seed that it was. It never longed to be something else. You are enough, you are okay. You can accept yourself totally and completely, just as you are. You can also accept everyone else, just as they are. There is no need to judge yourself or anyone else! Just be YOU.

Activities:

Request the child or teen to come up with five questions and seek their own answers within themselves.

Ask them to paint or color a tree which represents themselves. You may have fun discussing about what they drew together, or use the drawing as the basis of diagnosis for healing and mentoring purposes.

Ask the child or young adult to describe the tree that they want to be.



About the Author



Mana began her journey as a forest ecologist, working in the forests of North America. Her journey has taken her through Germany to India. Later in life, she further trained in psychology, hypnotherapy, healing, the subconscious mind, meditation, and spiritual well-being.

The Story of a Seed is her third book. Her first book Soul Song is a treatise on the new children on this planet, who they are, and their role in saving the Earth. Her second book, 11:11 Time for Abundance leads the reader through soul healing steps, Higher Self connection, and an abundance tree meditation.

For more visit:

StoryofaSeed.com

Facebook.com/ManaSoulScience

About the Illustrator



Driven by the sheer passion to tell stories, Siddharth Maskeri took a conscious leap from the field of microbiology into the field of animation. He has a decade of experience in animation storytelling. In 2012, he was sponsored by the French Embassy to share his projects with the international market.

Siddharth has developed a variety of themes, ranging from motivational stories for children to adult comedy. He has directed interactive experiences for museums and created shows for leading animation companies. His love for the art of storytelling via animation provides inspiration to students of animation across his home country, India.



