



by Steven Paschal

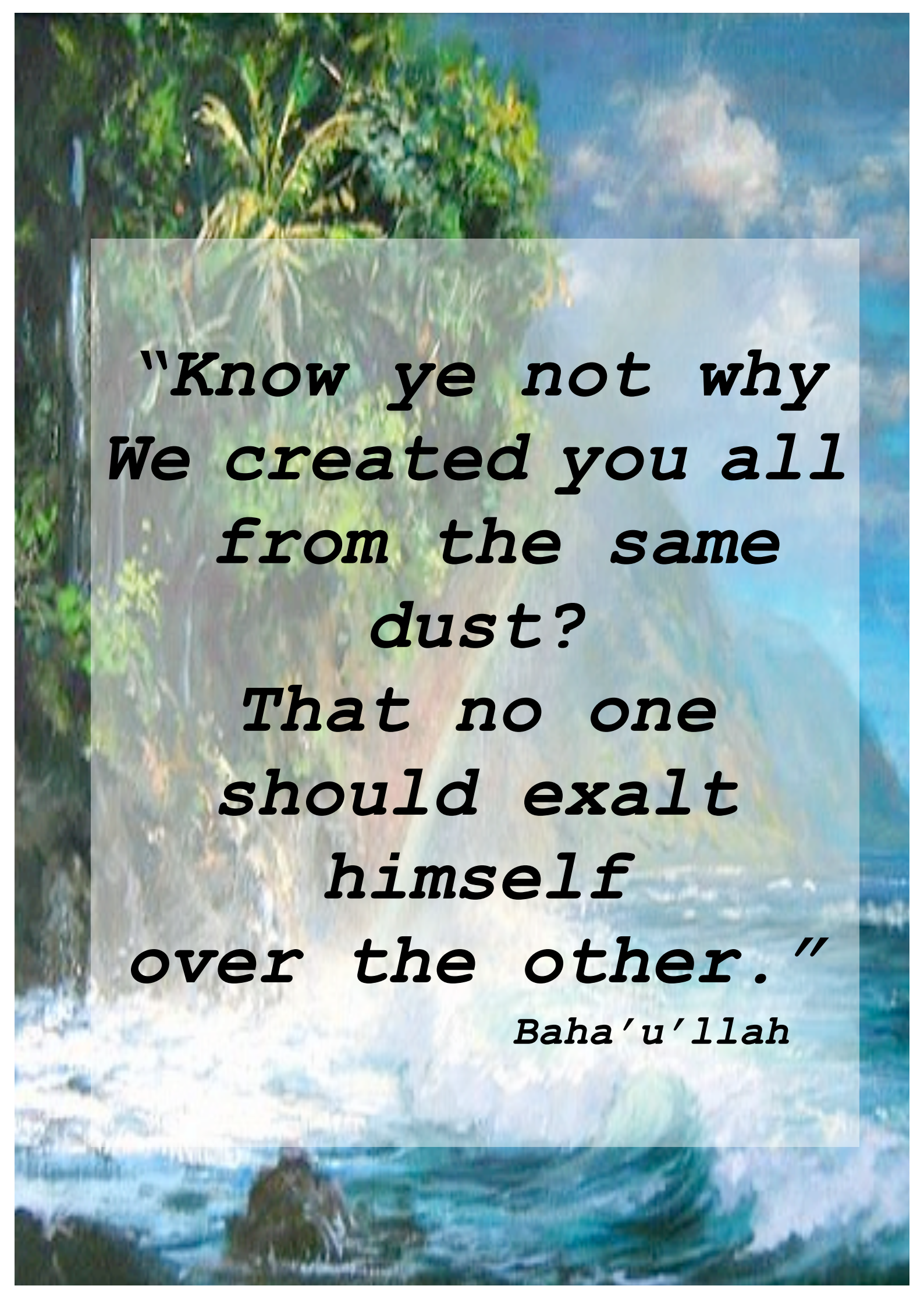
**Hiru no**

**Hoshi**

**No. 256**

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A tropical beach scene with a palm tree and waves. The background shows a clear blue sky with some clouds, a lush green palm tree on the left, and the ocean with white-capped waves crashing onto the shore. The text is overlaid on a semi-transparent white rectangular area.

*"Know ye not why  
We created you all  
from the same  
dust?*

*That no one  
should exalt  
himself  
over the other."*

*Baha' u' llah*



It was evening after prayers, Mother was putting the children to bed. She had just finished telling them the story of Abdul-Baha, and how His wife had given Him an expensive coat, and how He had told her sell it to buy five inexpensive coats, one to keep, and

four to give away.\* She looked at the children and said,

“See how selfless Abdul-Baha was. He is our exemplar. That means we should follow His example in being selfless.”

Shahla jumped up and said,

“I am going to work really hard to be worthless!”

Riaz laughed and said,

“Yeah, Shahla that’s what you are really good at, being worthless!”

Asma and Mona laughed, but Mother frowned and shook her head.

“Riaz, please don’t tease. Would you explain to Shahla the difference between Selfless and Worthless please?”

Riaz sighed and said, “Shahla, selfless is when you think of other people before yourself, worthless is when you have nothing to help anyone with.”

“Very good Riaz!” praised Mother, “You continue to amaze me! Yes, no one is worthless, we all have ‘gems of inestimable value’ within us. That means good and valuable qualities that we can use to help others. Baha’u’llah says ***‘Regard man as a mine rich in gems of inestimable value. Education can, alone cause it to reveal its treasures, and enable mankind to benefit therefrom.’*** What are some of those gems that we all have?”

“Love!” “Forgiveness!” “Mercy!” “Compassion!” “Kindness!” shouted the children all at once.

“Very good!” said Mother, “everyone, no matter how unkind they may seem, has the potential to bring forth those gems and treasures, for the service of mankind.

Now, about Selflessness... The earth has wonderful gems and treasures buried underneath it... like what guys?”

“Diamonds”, “Rubies”, “Gold”, “Silver”, suggested the children.

“Yes,” said Mother, “very good! Not only that, all the food we eat, all the food that the animals eat, and the water we drink, are all the treasures of the earth.



So the earth is of great worth. It is continually giving up its treasures to us, but, it is so humble.....it allows us to walk on it. Every day we are walking over a treasure chest. The earth is showing us selflessness.



Another meaning of selflessness is to think of a doctor, suppose you were about to have surgery. The doctor is standing over you with a knife about to cut you open, would you want him thinking about how much money he was going to get paid for this surgery, or, that he needed to hurry up and finish because he wanted to go to a party later, or, that he was tired and really wanted to sit down. No, you would want him to only be thinking of how he could fix you. You want the doctor to be selfless, to entirely forget about himself during your surgery.”

The children all nodded their heads.

Mona summarized saying,

“So we are all of great value, but we have to be selfless, to use our gems to help other people, not ourselves. I always used to think that being humble meant thinking of yourself as stupid or worthless, but that’s not it is it?”

“That’s right, Mona, it’s very important to know the difference between being selfless, and being worthless. Abdul-Baha is our example of how we should act. He was the servant of everyone His whole life. In fact Abdul-Baha was not the name that He was born with. He chose that name. It means “servant of the Glory” Abdul-Baha said, **“My name is Abdul-Baha. My qualification is Abdul-Baha. My reality is Abdul-Baha. My praise is Abdul-Baha. Thraldom to the Blessed Perfection is my glorious and refulgent diadem, and servitude to all the human race my perpetual religion... No name, no title, no mention, no commendation have I, nor will ever have, except Abdu'l-Baha. This is my longing. This is my greatest yearning. This is my eternal life. This is my everlasting glory.”**

Now, I will tell you a story about being selfless.”

Then Mother began the story...

*“Once upon a time there was a little boy. I am very sorry to say that this little boy would kick his father, beat on his mother with his fists, growl and stick his tongue out at total strangers, and pinch and tease his playmates. This little boy, though, never looked very happy, no matter how often he got his own way.*

*One day the little boy’s grandmother came to visit. Everyone loved this grandmother and she loved everyone, especially small children.*





*The first afternoon of her visit, she sadly watched the little boy abuse everyone around him, demanding his own way, constantly. Finally, with a twinkle in her eye and a smile on her face she called the little boy over. She set him in her lap and gave him a big hug. Then she said. 'I am so sorry for you. In your short life you have been so very poorly treated.'*

*This surprised the little boy. He thought he pretty well made sure that he got whatever he wanted....but he was happy to hear that he should have been treated better. He gave the grandmother a big smile.*

*She hugged him again and said. 'Everything in creation has a reason for being. The sun is here to give life and warmth to us. Plants are here to give us fruits and flowers. The earth is here to give us all the things we eat. Each one of us is here for a reason too. The flower is happy when it brings beauty, the sun is happy when it gives warmth and light. The tree is happy when it gives us fruit... And we are happy when we do what we are created to do. The reason I feel so sorry for you, is because everyone around you has mistreated you so badly by not showing and explaining to you, why you were created.'*

*The little boy's eyes grew very big with curiosity. 'Why Grandmother, why was I created?' he asked.*

*The grandmother smiled and said, 'For the same reason that I, and everyone who has ever lived, was created. To love and help every person we can. This is the destiny and highest reason for us to be here.' Her eyes were warm and full of love as she explained. 'When we put others higher than ourselves and think of their happiness as more important than ours, then the funniest thing happens...we get a warm feeling right in our chest, and it spreads throughout our whole being. That feeling is what brings us joy. People were not made to be above other people, we were all made to be servants, even kings and rulers are servants of their people. Think of rain falling on the mountain. That water is the water of life....and that is exactly what we should be. But where does that water go....it goes down, down, down...finally, it goes to the ocean. The ocean is at the lowest place. All the waters of the world drain into it. Be like the ocean. Be lower than everyone and everyone will come to you and love you. If you try to stay on the top of the mountain and be the highest, everyone will go away from you, and you will be but a lone drop. Be like the ocean. Serve everyone, help everyone. That is being selfless. This treasure, selflessness, will make you one of the happiest and most loved people in the world.'*



*The little boy sat thinking in his grandmother's lap for a few minutes, and then quietly went out to play. A few minutes later the little boy's mother was surprised to see him sharing his favorite toy with his cousin.*



*Of course, the little boy didn't suddenly become an angel, but still, sometimes when he found himself about to kick or hit or take something from someone, he would stop and remember his grandmother's words, **'Be like the ocean....Be like the ocean.'***

After the story, Mother looked at the children.

Abdul-Baha is our example and He was just like the ocean. We are all of great worth, but we need to be selfless, and always give whatever we have to whoever needs it. Shall we all try and be more like Abdul-Baha?

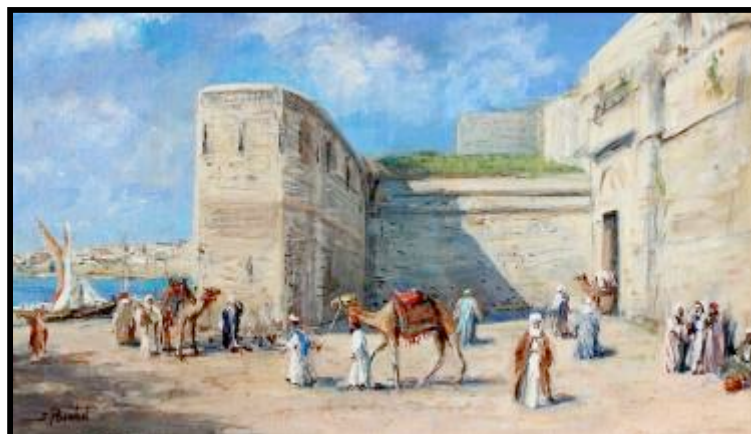
"Yes!" shouted all the children.

"I am going to try and be very SELFLESS!" said Shahla. Then she turned and stuck her tongue out at Riaz, and all the children laughed.

"Let's all work on that shall we." said Mother, as she kissed them each, and turned out the light.



\*Ruhi Book 3, lessons for Children's Classes, has the story of Abdul-Baha and the 5 Coats.



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## Quiz

1. What story about Abdul-Baha did Mother first tell the children?

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2. What two words did Shahla mix up?

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3. What does “selfless” mean?

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4. What great things do we all have in our hearts?

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5. What reason did the Grandmother give for being so sorry for the little boy?

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6. Why were we created?

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7. Where do the drops from the rain that fall on the mountain go?

---

8. How should we be like the ocean?

---

9. Who were the children and Mother going to try to be like?

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10. What can you do to be more selfless?

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**How did you do? Did you get them all right?**

**The answers are on the Parents' Page.**

**Bonus Quiz....**How many times is the word “selfless”, or  
“selflessness” in this issue of Hiru no Hoshi?



## Empathy Doll

### Materials

Toilet paper roll

Piece of tan paper

A small square as base for the roll

Cutter

Scissors

Markers

Tape

A bit of hair colored yarn

Various small pieces of felt or paper (for the clothes)

### Method

Cut a largish oval in the top 1/3 of the toilet paper roll. (the face).

Cut the tan paper a little bit longer than the toilette paper.

Roll the paper so it fits inside of the toilette paper and tape it closed.

Cut slits in the bottom of the tan paper.

Fold back and glue to the square base.

Decorate the toilet paper roll with hair, and clothes.

Draw on arms, legs, etc.

Put a cloth or paper hat on the top to cover the hole.

Draw a smiling face on the tan paper.

Turn the tube a little and put a crying face,

Then an angry face, and a surprised face.

Hint\* use pencil first so you know where and how you want the faces.





## Dot to Dot

From A to B...

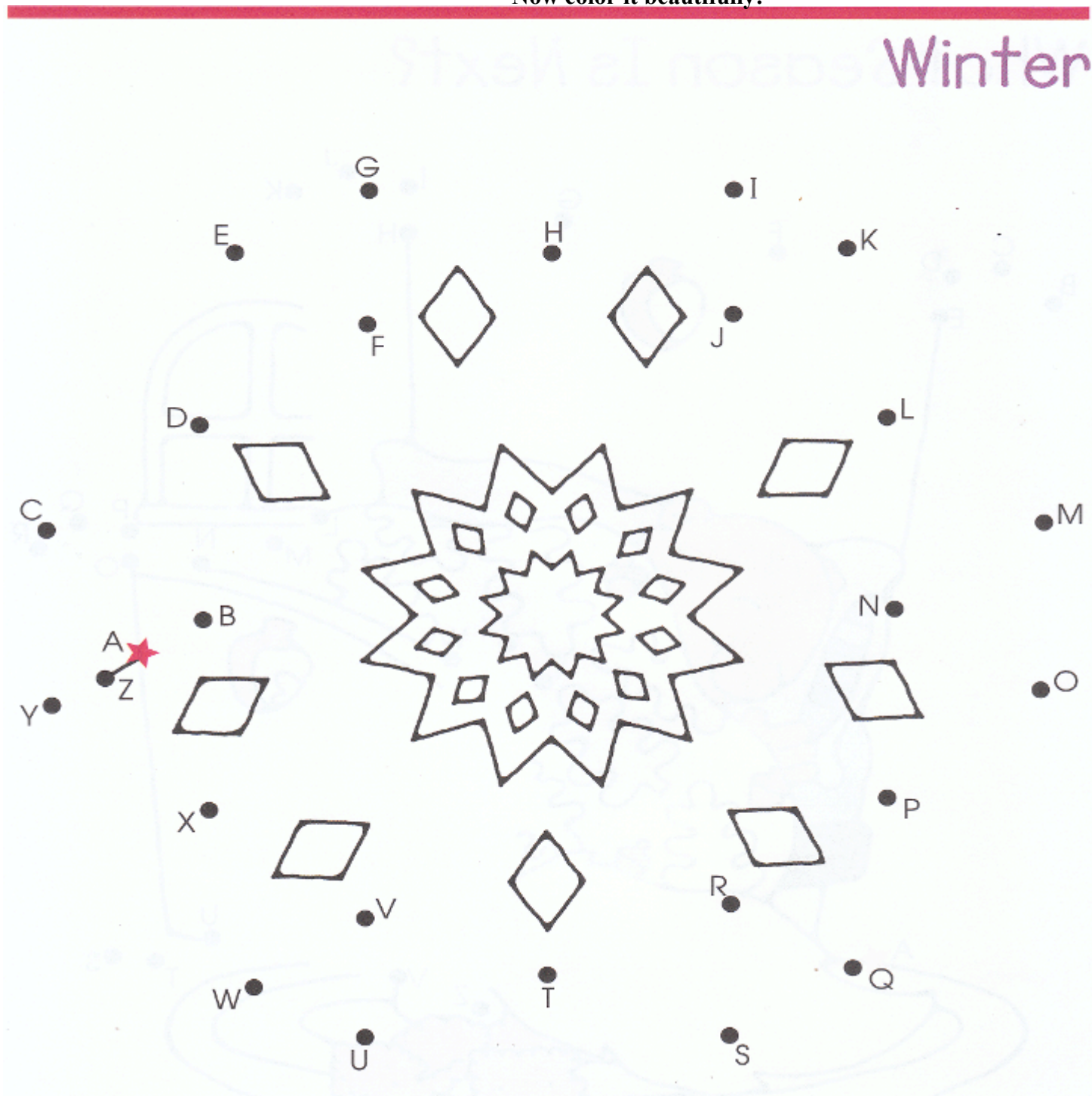
Then B to C...

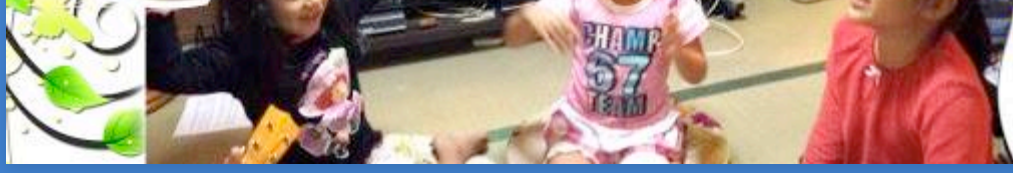
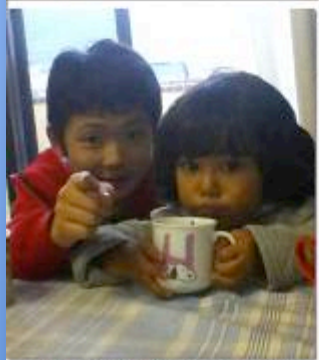
Follow the dots...

and what do you see?

Now color it beautifully!

# Winter





## Parents Page

I heard a Jewish Rabbi speaking of how we should praise our children for showing kindness more often than we praised them for their looks, or their intelligence, or their achievements. If we did this, then we would soon see a change in the world.

But if we take it a step further and get into the habit of praising our children, and others, for whenever they acted selflessly, then it would bring about an even greater change.

Kindness can be done for many different reasons. The lamb thinks the butcher is kind, and loves him. The butcher feeds, and cares for the lamb...but in the end it was for the butcher's own benefit, not for the lamb's sake that he did it. Selflessness, on the other hand is only done because of caring for the other person's well being, with no regard for self.

Selfishness is the attribute of animals, kindness could be considered the attribute of humans, and selflessness, the attribute of the angels. Let's encourage our children, and all those we come in contact with, to take on the qualities of the angels, and turn this place of dust into a heavenly abode.

***“They should conduct themselves in such manner that the earth upon which they tread may never be allowed to address to them such words as these: “I am to be preferred above you. For witness, how patient I am in bearing the burden which the husbandman layeth upon me. I am the instrument that continually imparteth unto all beings the blessings with which He Who is the Source of all grace hath entrusted me. Notwithstanding the honor conferred upon me, and the unnumbered evidences of my wealth—a wealth that supplieth the needs of all creation—behold the measure of my humility, witness with what absolute submissiveness I allow myself to be trodden beneath the feet of men....”***

***Baha'u'llah,***



### Answers to the Quiz:

1)Abdul-Baha and the 5 coats. 2) Selfless and Worthless. 3) Selfless means to care and help other people, Worthless mean of no value. 4) Gems of inestimable value...kindness, etc. 5) She was sorry that no one had told him why he was created. 6) To serve mankind. 7) to the ocean. 8) Be a servant to everyone. 9) Like Abdul-Baha. 10) (Individual answers)

Send your answer to the Bonus Quiz to me at [luanahirahara@hotmail.com](mailto:luanahirahara@hotmail.com), or put it on the space provide on the Hiru no Hoshi site. <http://hirunohoshi.weebly.com/>



## *Hiru no Hoshi*

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*If you have stories of your children learning a virtue or anything connected to the Faith, please send them to us, so we can have stories of "A little boy in Yamaguchi" or "A little girl in Akita". You can either write the story yourself or send the details and we will write the story. Either English or Japanese is fine. We also are waiting for pictures of Children's Classes from your community, or drawings from your children. Please send all stories and pictures to [luanahirahara@hotmail.com](mailto:luanahirahara@hotmail.com)*

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