

# **The FunZen Kid**



**A Worrier to Warrior Life Lesson**

**by**

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**Ryan woke up in her comfy bed.**

**The sun was shining brightly through her open window.**



**It was the first day of summer vacation and she couldn't wait to go play with her friends.**

**She hopped out of bed and ran downstairs.**



**Her mother was busy in the kitchen.**

**"Good morning Ryan," her mother said.  
"You're up early."**



**"I'm just so excited, I couldn't sleep!" said Ryan.  
"I can't wait to go swimming."**



**Her mother frowned, "Oh I'm so sorry honey. We can't go swimming this morning...."**



**"But mom!" Ryan interrupted. "Everyone is meeting at the pool."**



**"You know we have to drive to Grandma's house in a few hours," her mother said. "She needs help around the house and we promised to drive up today."**



**Ryan crossed her arms and pouted her lips in disappointment.  
"Just for a little while?" she begged.**



**"Not today," her mother said. "Besides, before we go, I  
need you to run down to Benny's Bakery and pick up a  
dozen cupcakes to take with us."**







**Ryan could be fiesty and quite determined for an 11 year old, but she knew better than to argue with her mother.**

**"Fine," she said with a sigh.**





**As Ryan stomped her way down to the bakery, she saw her friends across the street. They were on their way to the pool, laughing happily and carrying their towels and floaties.**

**"Hey Ryan," they called.  
"Aren't you coming to the pool?"**



**"I can't," Ryan replied sadly.  
"My mom won't let me."**

**"Too bad. You're going to miss all the fun,"  
her friends said as they skipped away.**





**That didn't make Ryan feel any better.**

**By the time that she got to the bakery,  
Ryan was just about ready to cry.**

**As she walked in, even the sweet smells of  
the delicious treats couldn't cheer her up.**





**Ryan sadly approached the counter with her head down, not even looking at what the bakery had to offer that day.**



**The man behind the counter asked,  
"What can I get you?"**

**"I need a dozen cupcakes," Ryan said, absentmindedly.  
"Just an assortment. I don't care what flavors."**



**"Well in that case," said the baker.  
"How about a few chocolate with  
sprinkles?"**



**"Sure," Ryan said without  
interest.**

**"You also have to get our classic  
red velvet cupcakes," the baker  
suggested.**

**"Okay," said a distracted Ryan.**



**"And a few of our special motor oil and  
vinegar?" he said looking at Ryan for a  
response.**

**Ryan just looked down and said,  
"Fine with me."**



**"Alright," the baker said as he stopped what he was doing.  
"You seem upset. What's on your mind?"**



**Ryan looked up for the first time,  
seeing the man behind the counter  
and noticing his name tag.**

**"Well Benny," she said in a sad voice.  
"It's the first day of summer vacation  
and all my friends are at the pool  
having fun, but I'm not, because I have  
to go visit my grandma today."**



**"You probably see your grandmother all the time?"  
Benny guessed.**

**"Well not really..." Ryan said. "She lives kind of far away  
so we only get to visit her every once in a while."**





**"So then, you must not like her?" Benny guessed again.**

**"No, I love my Grandma," Ryan said. "It's just that all my friends are at the pool."**



**"Oh I see. Your grandma is not much fun to be with." Benny said.**

**"Actually," Ryan countered. "She is really fun. She tells great stories and lets me help her in the kitchen."**



**Benny gave a little chuckle and said,  
"It looks like your Attitude needs a little bit of Altitude."**



**Ryan looked at him quizzically,  
"What do you mean?"**





**"Well," Benny said. "Right now, you can only see part of the situation. You see not being able to go to the pool with your friends as a big problem. You also see visiting your grandmother as a big obstacle.**



**Ryan nodded in agreement.**



**"When we get upset, we become overwhelmed and all our problems seem to get bigger and bigger," Benny explained. "The worrier tends to make mountains out of molehills. But the warrior within us chooses to rise above it."**

**Ryan looked confused.**





**"Let's try this," said Benny.  
"Close your eyes for a moment and take a deep breath.**

**Ryan did as he said.**



**"Now open your heart to this idea," Benny continued.  
"Pretend you are in an airplane. When you are up in the  
sky, things look differently. All the things you thought  
were really big, now look pretty small."**



**"Like my problems!" realized Ryan. "It's not like today is the only day I can go swimming. I've got all summer to go to the pool with my friends."**







**"Exactly," said Benny, "and the higher your airplane goes, the more you can see. You might even see things you didn't see before."**



**"Like all the fun I'll have with my Grandma today,"  
exclaimed Ryan, " and how happy she gets when I  
visit her."**







**"That's right," Benny said with a smile.  
"A little Altitude can change your whole Attitude."**



**"Whoa....I get it now," Ryan said excitedly. "You're really wise Benny. I think I'm going to call you ...hmmm... Sensei Benny!"**

**Benny chuckled, "As you wish, Grasshopper."**



**Ryan smiled, feeling much better.**

**"Now let's see if you can help me pick out some special cupcakes for my Grandma," she said.**



**With Benny's help, Ryan got a dozen of the best cupcakes that she knew her Grandma would love.**

**As she grabbed the box and was heading out the door, Ryan turned back and said, "You really helped me see things in a new way. Thanks, Sensei Benny! See you next time."**



**And off she went, with a smile on her face and a spring in her step. On her way home, Ryan looked around her world and wondered what else in her life might look different from an airplane.**



**As she neared her house, she saw her friends walking back towards their homes, all dry, with frowns on their faces.**

**Ryan walked up to them. "Hey guys! What's wrong?" she asked.**

**Her friend Grace spoke up. "The pool is closed today because they have to clean it."**

**"No big deal," Ryan smiled.  
"We'll just swim twice as much tomorrow!"**







**"That's a great idea," her friends said in agreement as the smiles returned to their faces.**

**"Well, got to go," said Ryan. "See you tomorrow." And with that, she went to her house.**



**Ryan's mother was waiting for her when she came in.**

**"I'm sorry you couldn't go swimming with your friends today", her mother said. "But I hope you understand."**







**Ryan gave her mother a big hug.**

**"I understand now," Ryan said. "It's really no big deal. I can go swimming anytime but I don't get to see Grandma that often."**



**Her mother smiled, pleasantly surprised.**

**"What changed your mind?" she asked.**



**Ryan grinned. "Let's just say, I took a little airplane ride down at the FunZenBakery."**



**Her mother didn't quite understand, but she knew Ryan had just learned a lesson,...an important one too!**



**And Ryan knew deep down, that today, she took her first step to go from a Worrier.....to a Warrior.**



**THE END.....**

**...or as Sensei Benny would say,  
"This is only the beginning."**



## The Airplane

An Imagery Exercise

"We can't solve problems by using the same kind of thinking we used when we created them." *Albert Einstein*

Have you ever been in an airplane? Before you take off, everything you see seems so big at eye level. As the airplane starts to gain altitude, you begin to notice more and more of your surroundings as the big things become smaller. The higher you go, the more you can see.

Visualize yourself on an airplane the next time something is bothering you and you feel mad about not getting your way. This is the time to "rise above it" and adjust your attitude by gaining a bit of altitude.

Ready? Let's climb aboard. Now watch your step and make sure to get a window seat.



Relax from top to toe. Gently close your eyes. Center-up, up and away between your eyebrows. Breathe mindfully, by softly focusing on the sensation of your inhalation and exhalation in the magic of the present moment.

Imagine looking through an airplane window at whatever is bothering you. In your mind's eye, see your problem shrinking, getting smaller and smaller as your inner airplane gains elevation. Now, you can start to see with new eyes and behold different possibilities. Suddenly, you will find, there's a new way to look at it.

By seeing the bigger picture with a new outlook, we realize just how small our problem really was.



So remember.....

*"A little altitude  
changes your whole  
attitude."*

Thank you for flying  
FunZen Airlines.