



BECOME THE
TEACHER
THEY WILL
NEVER
FORGET



YOU ARE A COMMUNICATOR, A FACILITATOR.

YOU ARE LEADING THE CHILDREN TO ONE
DAY BE LEADERS OF OUR WORLD

YOU ARE A TEACHER!



KOUAME SEREBA

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*You Are a Communicator, a Facilitator. You Are
Leading the Children, To One Day,
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KOUAME SEREBA

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Introduction

You are a gift to humanity

You who choose to work with children. You are a gift to humanity.

This book is dedicated to you.

This book is not to tell you what to say or teach the children. I assume you know what to teach. If you are a teacher, musician, or have any unique message you want to convey to the children, this book is about you as a communicator and a facilitator. You are leading these little minds to be one-day become leaders of our world. You see, this is a serious business but the key secret is playfulness. Be playful as much as you can. Be your best friend. This book is intended to travel with you, on the long, but exciting journey. Yes, working with children is a long, partially complicated, but exciting journey. This is a tough journey, we must make it together, and you don't have to do it alone.

Although many of the statements in the book will sound easy, the job is actually not that easy. When it comes to applying it in everyday life at work, it is not that easy. Remember, "Common sense is not common practice" To know it, is not the same as to do it. We believe that when we know something we will always remember or be able to apply the knowledge, but this is definitely not true. Therefore, take this book and let it become your friend and partner on this exciting journey.

"To take the information, learn that information that will produce physical changes in our brain. The next step is to apply that information, personalize, and demonstrate it. That is where unconsciously, you start to teach your body that

information too. You eventually embody the information, and it becomes part of you. And that is the moment where, unconsciously, you open the door for the kids to see what you believe is true about this beautiful world.”

-Kouame Sereba-

A tale from Paulo Coelho's Mentor

Let me retell a story, the Brazilian writer Paulo Coelho recounted in concluding the preface of his book "The Alchemist". A tale he was told by his mentor.

" Our Lady, with the baby Jesus in her arms, decided to come down to Earth and visit a monastery. The monks proudly joined in a long queue, and each of them came before the virgin to render their homage. One rendered beautiful poetry, another showed his illuminated paintings of biblical subjects, and a third repeated the names of all the Saints. And so on, one monk after the other, praising Our Lady and the baby Jesus.

The last monk of all there was the humblest in the whole monastery, who had never studied the learned books of the time. His parents were simple people, who worked in an old travelling circus, and all they had taught him was to throw balls into the air and juggle with them.

When it was his turn, the other members of the order wanted to conclude the homage, since the old juggler would have nothing important to say, and might lower the image of the monastery. However, in the bottom of his heart, he also felt a burning need to give something of himself to Jesus and the virgin.

Ashamed, conscious of the disapproving looks of his brothers, he took a few oranges from his bag, and started juggling them in the air, saying that juggling was all he knew how to do.

It was at that moment that the baby Jesus, sitting on Our Lady's lap, smiled and started to clap his hands. Moreover, the virgin reached out her arms, inviting him to hold the baby.

“It Is
Not About What
You Teach or Do, But the Quality
Of The Energy, You Send with. Love Is The Highest Energy
That Is.”
-Kouame Sereba-

You are going to love this.

Working with children is an exciting journey. Please do it with joy. Remember, every challenge in this journey is only an opportunity. Remember also that we, as human beings, are endowed with enormous potential. There is no better opportunity to use this potential than working with children.

You will have to work on yourself, and you will grow enormously with it.

Be positive and honest with yourself. You are a gift that comes to the kids. You have to treat yourself like that, a gift. Rejoice in yourself as a human being, love and own the material you want to teach the kids, and they will love you. Kids can see right through you when you stand there and want to communicate to them. You cannot fool them. Be yourself. The kids are waiting for someone like you.

Many years ago, as a performer, I thought there were two types of audience a "bad audience" and a "good audience". This was an incorrect mindset. Years later, I discovered that there were only opportunities all the way, my life as a performer changes dramatically. My life became interesting. When you are always in conflict with one of the children in the group, this boy or girl is sending you a signal, and the signal could be.

Listen carefully.

“I am not comfortable with my relationship with you, show me something, and then I will change. Do not try to change me, I will change when I am ready. Meanwhile, you show me something”.

You see, no matter how this kid is behaving, this is inviting you to reveal the courage, strength, and beauty in you. This is an excellent opportunity. This is not easy, but it is a golden opportunity. If it was easy, everybody would do it, but this is my promise, this is a golden opportunity. Take it and grow.

You can transform your workplace into a "Gold Mine" A workplace that you will enjoy to get to - everyday.

You are a teacher, you work with children, and you have kids around you every day. No matter what you teach, remember, feel well, or be aware of your mental and physical state, before you meet the kids. For "you cannot use the instrument until it is tuned"

You are the instrument

You are the instrument. The instrument, must be tuned before you meet the children. Just as a musician always tunes the instrument before he or she goes on stage, you should tune yourself to resonate and be in equilibrium in the room where the children reside.

One example of how to tune yourself would be to make sure that you feel good before you meet the children, find a way - any way to feel good.

Say to yourself, nothing is more important than feeling good right now. You are thus practicing "The art of feeling good" I will explain this in further detail later in the book. Tuning

yourself is essentially making sure that you are projecting the right energy, a positive energy, an honest energy, you are there 100%, and in harmony with the children. Once you master this, you will become unstoppable, with training this can be done in less than a minute.

Learn to tune yourself, again and again, and soon you will easily know when the instrument is or not tuned, and since no one likes to play an un-tuned instrument, you fix it and Voila! You continue with your work. It works like magic. You will like it, and the kids will like it. For children, without being able to put it into words, will know, they will see that something is true when they are in contact with you. You become their man or woman, they want to learn from exactly you, and you will love to be with them and teach to them whatever you are teaching. This is win-win. This, I have experience as an artist and teacher working with children all over the world for more than 30 years now. I have found through all these years that this has nothing to do with being an artist, or where in the world you are. This has nothing to do with race and culture.

This is about a dynamic relationship between you, the teacher, with the kids.

*“One Does Not Discard Gold
Because The Bag Holding It Is Dirty;
One Does Not Refuse Lotus Flowers When
The Pond They Grow In Is Unclean.”
- Nichiren-*

1

Kouame Meeting Children

Every year I meet thousands of children with my performance "*Kouame Meeting Children*". Moreover, it is not an exaggeration to say that I am excited every time I'm going out to meet them.

On 11 April 2014, I wrote on Facebook:

"... There were meetings with 2,600 children and young people in Vestfold county-Norway in 9 days ... I have met wonderful children. I am grateful for the work the teachers do to prepare the children before my visits...

Greetings, Kouame Sereba."

Right after that tour in Vestfold county-Norway, I traveled on to a Soka Gakkai training course in Japan. (SGI: An international organization promoting peace, culture, and education.)

14th April 2014, from Japan I wrote this on Facebook: "... I am still in Tokyo. 22 April, I will be back home to Norway. In addition, the following day, Wednesday 23 I will start a

new tour with the performance "Kouame Meeting Children" That will be meetings with over 5700 children in 22 days in Asker municipality-Norway, I can't wait.

Greeting Kouame Sereba."

On 23 May 2014, I wrote on Facebook:

"... It has been a joyful journey playing for these children. 47 performances, meetings with 5700 children in 22 days in Asker municipality-Norway. Today I play the last concert on this tour. Thanks everyone.

Greetings, Kouame Sereba."

However, what I have not told you is that, before all these, I had already had a meeting with over three thousand schoolchildren in fifteen days in the period February-March 2014 at Nord-Trøndelag-Norway.

Before that, again I had meetings with the youngest of them all, children in kindergarten. In sixteen days, I travelled and met around 1000 of these beautiful small minds in the North of Norway.

You see, I meet thousands of children every year. Even now, as I am writing this book, I am in the middle of a long tour of 85 performances where I will meet approximately 9000 schoolchildren in the South, West, and North of Norway. I just had a two weeks break, which I am using to prepare this book.

This is nothing new; I have done it for many years now. There is nothing special about it. The special thing here is that after all these years; I still look forward every day, every morning to go out of the hotel or from home to meet these children. Where do I get the energy to do that decade after decade, for almost 30 years now without being burned out? It sounds like crazy, but Life is beautiful.

I have traveled and met thousands of children in Norway, Sweden, England, and Faroe Islands. I have many times traveled and worked with children in Greenland. I have worked with children in Japan. Traveled and worked with children in Soweto-South Africa. Several times in the Middle East working with children in refugee camps and in orphanage's in Palestine and in Jordan.

My point with all this is just to paint a picture of how intense things can get. You could certainly ask how I manage to keep the joy to communicate with children for so many years. That question has caused me to write this book, that burning joy to go out and communicate with the children. The reason behind all this is what I will share in this book.

Before I do that, I would like to tell you that this routine is nothing compared to what you are doing, if you are a teacher. You are with the same kids everyday; you are my hero!

In addition, if you do not know it yet, I would like to tell you that you're sitting on a gold mine. It may not look like that yet, but soon you will see it.

Many stops, but you are here, we are still here.

Many choose to work with children because they just love it. They just love the idea. They love children. This is a very nice image. Children are beautiful. You feel that is all you want to do, is working with children. Then BANG! Challenges after challenges, you almost feel like there is something wrong with you. You have that little voice in your head trying to tell you, maybe you are not a good teacher, but you push on. Some stop, many stop, but you continue. You and I are still here, working with children. Bravo!

Sometimes I say, "Working with children is similar to an extreme sport". Kids can be extremely difficult these days. Many adults dread going to work in the morning. Children know exactly what buttons to press to make it hurt if they want to, and some of them really do it. I get it, that part is not fun. You do not like it. Nobody likes a hard-pressed working situation.

However, you are here, you continue. You may think, "One must have a job." Therefore, you go to work, despite the pressures. Maybe not you, but many feel hard-pressed in the teaching profession.

In addition, the kids, they just push on, but you are still here, you cannot just quit. It is the place where you earn a living. You cannot just quit. Many stay, and eventually get used to it. They go to work every day but without knowing that they actually working on a goldmine - yes, a goldmine. This is something I didn't know when I started working with children. I started working with children out of pure love; I just loved working with these audiences, these little minds. Just loved it! It took many years before I discovered that this also was a goldmine. Then my life as a performer and communicator became interesting, and very exciting. Further, on, in the book I will tell you what happened.

Awards and Acknowledgment

At the 75 years Anniversary of TONO, (The Norwegian organization for composers, songwriters, lyricists and music publishers) they gave some Awards and Acknowledgements.

"Kouame Sereba is awarded the Anniversary Price TONO 75 years in the category productions for children." In the jury's announcement, you could read this:

“...Kouame Sereba has proven to be a responsive and creative musician, both in his interactions with other musicians with very different musical standpoints and not least in his relation to the children”. “Kouame has a special ability to create a magical space when he communicates his music. The wonderful thing is that this magic room occurs of artistic terms as opposed to easy entertainment ”. “ Kouame Sereba creates intimacy, security and not least musicality in his meeting with his audience. His ability to communicate with children encourages them to make contact with him. There are few musicians in the school concert schemes and ordinary concerts like this today that could halt, and let time stand still as Kouame Sereba does”.

Folkelarm Award. Folk music artist of the year

In another occasion, A Norwegian Folk-musician of the year Award, the jury wrote this:

“The Award for folk music artist will go to an artist or group that at one time or another view has distinguished himself on the folk scene regardless of the recordings”. This year's winner has been a significant performer for years, either as a soloist or in exciting collaborations. This artist has seen the most cracks and crevices of our country through an untiring touring. Few can, as him, grab an audience and suspend time and space with his strong communication skills”. Among his many enthusiastic audiences are thousands of children who have experienced him on one of his many tours. Originally from Ivory Coast with a thorough knowledge of African music and cultural traditions, he has since 1983 been a vital force in the Norwegian music scene.

"The Award for Folk Music Artist of the year goes to Kouame Sereba"

Even as I write this book, I am having a huge feeling of gratitude. I just signed contracts for 85 performances where I will get the opportunity to meet approximately 9000 kids in a very short period; I can't wait.

2

My struggle

It has not always been so easy and exciting. I thought it was just to play my music, tell stories and that was it. I was in high demand. Everything was supposed to be good, but no, there came a blow that hurts.

It was in the 80s. I toured and played as I said, both in Norway and in other part of the world meeting hundreds of children a week. I was sent for working with children and youth in Johannesburg, Soweto-South Africa. I collaborated with many other musicians in folk, jazz and even in classical music festivals. I held courses and workshops in festivals all over Scandinavia.

I came to a crossroad, and I was tired. The pleasure of going and meet the audience began to decline. Demand was still great but the body could not do the job alone. Items were still there, the music, the stories, the dance; everything was still in place in me. The crowd was still enthusiastic they wanted more and more of my visits. Therefore, on that side everything was good, but inside me, there was no fun in the work any longer. I dreaded a lot to go to a gig, not until I

stood on the stage. For then, on stage, I could still feel that this is where I want to be, this is where I belong to "I love this place."

It became heavier and heavier to go to a mission, and that worried me. It was not with pleasure I went to a gig even though I still loved when I was on stage and the fact that responses from the audience were still in the top, I was in reality, in emergency. I cried a lot on the inside.

I began to question myself. What do you want? What is it you really want with your meeting the children? How do you see the children for whom you perform? Do you really see them? Do you see their world? Do you see where these kids are heading? What can you do for them with your music, your stories, and your dancing? Can you give them something they can take with them in their in their journey?

Can you use the music and transfer to them something more than music?

It took a while before I did anything specific about these issues. These questions were pushing more and more to me. Without consciously answering them, I began to see my audience differently, and a new world began to open up for me, and insidious, slowly but surely, I began to enter.

You see, what happened before I entered this "new world" of mine was that there was a conflict between the "higher me" on stage, and the "everyday me". There was a lack of congruency. There was no good connection between the two. It was not fun anymore; the gap between these two personalities was wide enough to be noticed. I knew it was wrong, but I could not catch it, I did not have time for that and that made me upset. This was a crisis. I remember very good, how sad it was when, after a course, or a concert, when everyone went home and I was left all by myself in the

empty room packing my stuff, I often thought of many artists in my industry who are religious alcoholics or took drugs before or after work. Perhaps it would be a solution for me too, I thought, but I could not. I work with kids, so that option was not for me, that road was closed for me. I began to doubt whether I had really chosen the right profession. There came many thoughts in my head. I also thought a lot about my childhood, and how my mother used to sing when she worked at home. I saw pictures of my aunts singing with my mother when they came to visit her and how they enjoyed singing both together and for each other. It was like showering in the atmosphere they made. I was very young; it was something that inspired me greatly. They seemed to love what they were doing, and as a result, I loved it.

I started school, 1st grade, 2nd grade, and 3rd grade - Still inspired. I remember gathering my friends in the schoolyard, guiding them and teaching them songs I learned from the gatherings of my mother and aunts. We sang together and we had fun.

Things did not remain the same, from 4th grade, something strange began to happen. Teachers throughout the school dislike the idea of my making music like that at school. Although it was in our spare time, I was so involved in the music that the teachers were very concerned about me. They were afraid I would choose music as a profession rather than something "reasonable", something that makes sense. They were supposed to protect me, help me, sort of. They were going to dissuade me from being a musician. They did so, brutally.

I was teased, and almost bullied by teachers at school because of my strong interest for music. It was as if they had had a teachers' meeting about me and decided to stop my strong music interest. You see, the whole of my being

was music, and they would not have any more of that. All teachers in the entire school pushed to get me to stop. They tried to prevent me from becoming a musician. They used to call me and shout loudly "musician" and then they laughed. They called me "chef d'orchestre" and laughed. Despite all that, I became a musician. Now as a grownup, I proudly travel the world and communicate my music; they couldn't stop me.

At this point, do I still think they were wrong, what's happening now? For the first time in my life, I began to doubt. Maybe I was not supposed to be musician after all. Perhaps the teachers at the primary school were right. They tried to help me when they laughed at me, when they tried to stop me.

It was sad and painful to think about it now. The pain now was not because I was teased and bullied, but it hurts to think that maybe the teachers were right.

You see, here I stand, as an artist, actually doing very well, but still, I start to doubt. It was a strange feeling. If the bullying by my teachers at the elementary school failed to stop me, why is it that the success I am in now is bringing these negative thoughts?

There was nothing wrong with the music, the songs, the fairy tales I told, the drum lessons, the dance classes I taught. The problem was with me, the communicator. There was something wrong with me, I was devoid of the right energy. At the same time I couldn't bear the thought of quitting. I still wanted to give to the world the musical tradition I inherited. I could not just stop like that. What would I live on then? I could not bear the thought of finding another job, so I decided to continue, although I had a strong feeling that something was missing.

That was when my focus shifted from pain and sadness to excitement. There was something missing. I decided to keep my profession as a musician but find that which was lacking. As soon as I took this decision, things started to happening. I began to dream a lot in the nights. A well appears in my dreams, again and again. These dreams led me to think that I should bring more material from the village where I lived as a child and then share with the world. At the same time, I still had the strong feeling that there was nothing wrong with the materials I was sharing with my audiences, but something more must be done with the person, the artist; the communicator, the teacher - myself.

So again, my focus shifted from finding more materials to plunging deep into myself like plunging into the well from my dreams and found out more about me the communicator, the artist, the teacher. Who am I? Can I trigger a sense of sustainable happiness to my audience? Even as a flash, when I perform for them? Can I make them see the good in themselves?

3

The Voice, The revelation

Here is a summary of the voice that spoke to me. I have chosen to call it revelation, not in the religious sense but for what it was. When I Google the word Revelation, I get this:

- *a usually secret or surprising fact that is made known*
- *an act of making something known*
- *an act of revealing something in usually a surprising way*
- *something that surprises you*

The summary of the Voice - The revelation

To you who work with children. "Do it with joy. It is an exciting journey. Remember that every challenge in this journey is only a possibility. Remember also that we, as human beings, are sitting with an enormous potential within us. There's no better opportunity to use this potential than working for children. You will have to work on yourself. Be

positive and honest with yourself. You are a gift that comes to them. You have to treat yourself like that, a lovely but powerful gift. Rejoice in yourself as a human being, love and own the material you communicate to the children, and the children will love you. Kids see completely through you when you stand there and communicate something to them; you can't fool them. Be yourself. They are waiting for someone like you”

The world's major, complex, and exciting job

I came to the conclusion that the voice did not come to me just because I was an artist, but because I was intensely working with children. The voice was just making me aware of the dormant potentials that were there, waiting to be used. When I started using these, my life as a performer and teacher changed dramatically, it became interesting and inspiring.

I was on board and every aspect of my work became interesting. After more than 25 years since, I still enjoy working with children, meeting thousands and thousands of them every year.

Now I'll reveal it. I will reveal this mechanism that keeps me motivated and energized, when meeting and working with children, you will love it. Don't hesitate to apply it right away, the kids are waiting for you. Moreover, time is pressing on. We have to keep on inspiring them despite the negative images portrayed by the media. As teachers we do not have time for the constant negative bombardments from the TV. Other departments in school or government can deal with that. Trust them and let them do their job. We have our precious work to do. We have to keep creating value for the kids, and this generation, to save the future.

Take this book, take it as companion in the work you are already doing, or intend to do, the work of communicating to children and teaching.

You see, when you choose to work with children, you are thus choosing to do the world's toughest and most complex job, but also the world's major and exciting job.

Those voices in my dreams were trying to tell me that my music was just a tool I used to reach out to people, get along with the kids and my audience. I was just playing and having fun without being aware of the small, but very important items that were working for me in the background. These were items I could combine with the playing and the having fun. These items have nothing to do with the material we are sharing or teaching. Those are just tools.

These items will set you in the right tone in your relations with the children. When you become aware of these items and consciously guide them, you will see that it makes no difference where you are and to whom you teach. It may be, as I do now, to adults at a jazz festival, to young children in a small kindergarten in a country in Europe or refugee children in a refugee camp in Jordan in a Middle Eastern, children's in hospital. It really doesn't matter as long as you are aware, and if necessary, adjust the conditions that are constantly working for you in the background. These forces are always at work whether you are aware of them or not. They will always be there; they just want to help. However, if you are aware of them and give them proper instruction, proper signal, about what you want them to do for you, you will have an amazing life working with children and they will never forget you. Posterity and the children will thank you in the future.

This book will help you take control. You do not have to be an artist like me. This goes beyond what you teach the children. This is about you, the teacher. Have a great and exciting journey.

“Working With Children!

Do Something Today That Their Future Self Will

Thank You For.”

-Unknown-

4

So let's get started

Now, let's go in and decipher The Voices, The Revelation. *... For kids see completely through you when you stand there and will communicate with them. You can not fool them...*

What is that?

Well, when you're standing there, in front of the children, you might believe that it's only the physical "you", the children are watching and that the children only hear what you say, the sounds you create with your voice. But that is not true, it's not only that. The truth is, the children are intensely focused on the vibration you are in, the energy that vibrates around you. Completely unconscious about what they are doing, this is what they capture first. They are very concerned about who you are while they hear and watch you teaching. You know, there are many other things involved in your teaching than just teaching. You can

control and adjust the energy, vibration and frequency you want around you. We'll get into that later in the book.

... Be positive and honest with yourself... .. Be delighted in yourself as a human being, love and own the materiel you will teach the kids"

What is that?

It is clear, going to work with unhappy thoughts about yourself and your job, will not only reduce your energy level but also subconsciously create a more negative energy around you. No matter how well you think you can hide these negative thoughts, children are experts when it comes to picking up on energy. The kids can see right through you anyway so just be yourself, be honest. Your energy, becomes their energy, if your nervous they become nervous, if your stressed they become stressed. This applies not only to a performing musician. This also applies to you, as a teacher, no matter what you are teaching the kids.

...You are a gift that comes to them (the children). You have to treat yourself like that, a nice gift.... Children are waiting for someone like you"

What is that?

You will do a fantastic job if you take these words seriously. Take it in. You are a gift because you choose to work with children. Yes, take it in and become it, a nice gift. The children will sense it, they will see through it, and a high percentage of your job will be done before you have even lifted a finger. That's how powerful this is. Think about it and the best thing with that is that you don't even have to make visible changes to achieve this. There will still be difficulties, light and dark times in your life as before, but

your joy of meeting and working with children will never be questioned. You will love it. You work with children; you are a gift to this planet.

Life has always gone forward. The trend has not been stopped despite high and low tide in the sea, sunrise and sunset, day and night. Winter, spring, summer, autumn and the cycle continues. Life has gone on despite all this. The sun shines always, even when thick, dark clouds are standing in front of it. The sun knows that the clouds are just about passing and that when the time comes, it will shine again. This has always been and will always be. You have to learn from it, and dare to forge the beautiful image of you yourself to be the teacher the children will never forget.

You shall create value. The kids are waiting for someone like you, and it is now you are going to plant the good seeds, not tomorrow, but now. Literally, the children are ready.

Now if you want, take your time, put the book aside, and breathe deep. Take three or four deep breaths before you proceed.

5

See the beautiful world

I would like to remind you that the world is a beautiful place, and it becomes more beautiful every day. The world is not going to hell as you might read or hear in the news. Although that's what the media would have you think. Let them sell to those who do not yet see that the world really is beautiful. Let them sell their newspapers; you have nothing to do with their image of the world. You see, the world is beautiful, and you are busy creating more value to make it more beautiful.

You should enjoy being able to create more beauty. Keep up the good work. Get inspired.

I love you, I pray for you.

I get inspired when I think of this song.

"What a wonderful world" By Loui Armstrong

I see trees of green, red roses too

I see them bloom for me and you

And I think to myself what a wonderful world.

I see skies of blue and clouds of white

The bright blessed day, the dark sacred night

And I think to myself what a wonderful world.

The colors of the rainbow so pretty in the sky

Are also on the faces of people going by

I see friends shaking hands saying how do you do

They're really saying I love you.

I hear babies crying, I watch them grow

They'll learn much more than I'll never know

And I think to myself what a wonderful world

Yes I think to myself what a wonderful world.

-Louis Armstrong-

Our world has not become poorer. No. "Do not see the glass half empty". "See it half full. The world is beautiful. Grasp it. Take control. We should not be passive consumers of these negative images of the world served by our television. I don't think the world or we as people benefit from being served this constant bombardment of negative images. Tear yourself away from the negatives and instead try to concentrate on the positive things in life, make a difference. The world is beautiful. The beauty of the world is here, has always been here, will always be here and will always send signal to us either you see it or not. Small children know it, they see it. But you and I must make an effort to find it again. Because we are not children anymore we must make

an effort to get us back and find the signs and thus see beauty everywhere again. And you don't have to travel far for that. Where you are, see or imagine the baby asleep, see the little kids playing quietly and gently in the sandbox at the playground.

Look at the reaction to the child as he or she receives a gift of his or her friend at his or her birthday party. Listen to the sound he or she makes. The sound says "Thank you". This sound, "Thank you", does produce good feeling to both the giver and for the one who receives the gift and says the sound "Thank you". Here you are witnessing a win-win situation. And if you are an active observer and are aware, you will capture that good feel energy these two are outputting, and also you, will be able to vibrate with the same energy. If you continue to practice capturing small moments like that, you're going to be what I call "a diamond collector".

(Later in the book we will get into that of collecting "precious jewels" and throw them in a Basket, "**Gratitude Basket**" (See *Gratitude Basket*)

These small "diamond like situations" are around us all the time waving and trying to get our attention but often we do not see them. We somehow do not have time to see and take to us the "small waving diamonds". I get it. But please, I will ask you to take the time. For you will not see them properly until you are ready for it. This book will help you, make you ready to accept the signals from the waving diamonds, and you will do a favor to the future by means of your working with our children. They and your future self will thank you for that. Moreover, you will love it.

My wish for you is that after reading this book, you will become like the gardener who knows how to plow and treat the soil, planting the right seeds, and happily sit back on your bench to enjoy the view of the thousand various flowers sprout and flourish.

"The time is always right to do what is right

-Martin Luther King Jr-

6

Find the light switch

We can train ourselves to create a beautiful picture of the world and let it become a habit.

Like when you come home and see that it is dark in the living room, what do you do? You just go to the light switch and turn the light on. You do not stand in the hallway and fight with darkness to light up the room. You just find the light switch and turn on the lights. You're used to it. It has become a habit. That's what you should do. Turn on the light switch. This book will train you so you can easily find a light switch to illuminate where you are with the children and create value. You are already light. The essence of you is light. This book will make you find light switches, everywhere.

Another example, when you are in a dark tunnel and you do not like it, what are you most concerned about? What are you most concerned about finding? Well, most people would think of finding an opening, a bright spot. Once you find the bright spot, go towards it and the spot gets bigger and bigger the closer you get. And the darkness becomes

diffused behind you. It does not disappear, you are just not concerned about it anymore. The darkness is there, but you are free from it. You walk toward the light. You just set yourself free from the darkness.

It is what you want and are concerned about that will make your circumstance, your world. It's often the pictures I myself create in my mind that creates my world, not vice versa. But you have to do that deliberately. We must train ourselves.

This is not actually a secret. All great people, people that have invented great things in this world, people who change the world or people that have inspired us like Einstein, Gandhi, Mother Teresa, Nelson Mandela, Steve Jobs, Martin Luther King, Michael Jordan Just to name few of them. These people have used the same way of thinking to make their world and thus change the world we are living. Their contribution was done essentially by the thought vibration they themselves sent to them, you see. It is the way they choose to think of the world that makes their world, not the other way round. You and me can do the same. And that's the best you can do for yourself and for all those kids who will get in touch with you.

We cannot change our circumstances if we give up the job of having the right focus. This does not mean we should not read bad news in the newspapers or listen to negative news on the evening news. I mean, we can both follow the news at the same time be sure we are in control. The glass is both half empty and half full. If you decide to choose half full, you are right. If you decide to choose half-empty, you are also right. But remember, these options have not the same energy. They do not trigger the same vibration in and around you. Remember, children catch your vibration, your energy, far before you even start talking to them. So you

better make the right choice that will trigger the right wave which will be captured by them like radio waves. You can do it.

“Peace does not mean to be in a place where there is no noise, trouble or hard work.

It means to be in the midst of those things and still be calm in your heart.”

-unknown-

Be the change you wish to see

The Indian peace activist, Mahatma Gandhi used to say “be the change you wish to see”.

Do not wait to be the bright spot for the children, be it now. See the image of you now. Literally now Imagine yourself as the inspiring spot. You can do it many times so that it shines through you. The children will see it and will love what they see. Do not wait for a particular day where you will see the dreamed image of you working with children. Find out what you want and live it now. Literally today. Live as if you love your job, see that you love to communicate to children. Do it mentally, so intense that it triggers emotions in you, See it, live it and the kids will love you. They are going to love what they see. They see you and they are waiting for just that little effort from you, to yourself. Children are like scanning machines. Remember, we cannot fool them, they see right through us. Take control don't do this marvelous job of working with children by default, let them find beauty there, when they scan you. Remember, you are the instrument. Tune the instrument and meet your audience.

Remember, everything you see around you, absolutely everything, was made possible only after someone has imagined it, thought it, and eventually created it. You are also a creator. And when you acquire the awareness of this, you will just say Wow! Remember, you cannot give what you do not have.

Nearly everyone, young and old, executives, artists, inventors, scientists, etc. carry with them memories of when they were kids. We also know that the quality of that period, when they were kids playing a huge role in how they themselves interact with other people today. That is why by choosing to work with children, you are a precious gift to the future. Nobody else can do this job like you. You should do it in your unique way, your style. Take this book along with you on that journey.

Now, hold on tight, and listen again. You are a gift. Absorb that and be it. You are an irreplaceable gift. It is very important that you accept this claim. Get out off the way! and let it shine. You see, you can not give that which you do not have. You are a gift! You must accept this claim and let it vibrate. The kids are going to like it. You are doing this for the humanity, for life itself. The whole universe will thank you for that. You are unique, and when you embrace your uniqueness, with confidence and without doubt, only then, you will have it.

“Logic will take you from A to B

Imagination will take you everywhere”

-A Einstein-

7

Michelangelo

The great master, Michelangelo who lived in Italy from 1475 to 1564, was both an architect, painter, poet and sculptor. Michelangelo created the statue of David. (David who fought Goliath in the Bible story).

The statue is considered today as one of the greatest masterpieces of the Renaissance.

An immortal work of art. One of the best known art works in the world: Michelangelo completed the work in 1504. You can still see the statue in Florence in Italy. It is made of marble and measures throughout 5,7 meters from bottom to top.

Now, hear what Michelangelo himself said when he was asked how he could make something so perfect in a rock.

"In every block of marble I see a statue as plain as though it stood before me, shaped and perfect in attitude and action. I have only to hew away the rough walls that imprison the lovely apparition to reveal it to the other eyes as mine see it."

This is about seeing the beauty so evident in your own head that it almost shines through you, and keeping that focus, keeping that same energy

and projecting it to the children. Remember, kids see through you. You can not fool them. Do not let yourself distract by things you do not like. Let go of things you can't control. The only place where you have almost total control is you. Get a clear and beautiful image of you working with the children. So clear that the effect of it will show out, no secret. The effect of it will affect your environment. Beautiful.

Have fun with this, play with it. The atmosphere you create at your workplace, the space where you work with children is more important than everything else. From that fundament, you can joyfully teach what you have to teach to them and they will absorb it. Think about it when you are at work. See your image so clear that it shines through you. Children will sense it when they come near you. It can't fail. That is my experience. That is my promise to you.

It is extremely important that you do the work from inside out, not the other way round. You are a gift. Grasp that. Once you've done that, when you begin to breathe in and out that you are a unique gift, and connect that thought with the thought of, also all the children you work with, and without exception are gifts in your life, you will thus create a win-win situation every time you are together. You are going to look forward to go to work every day. You will love your meetings with the kids. You will light the flame of "The joy of Creating Value with Children".

8

My mom sang at home

As I mentioned earlier, when I was little, my mother sang a lot while she worked at home.

She sang not necessarily for us, not necessarily to teach us the songs. She just sang. She enjoyed singing small, not necessarily important songs while she worked. But that was the best I knew when I was little. The atmosphere she created with these songs, it was like magical waves around her, she would fill the whole room with these waves. She was fine, it was like as if she was sending signals to say: - I am fine, I feel good inside-

As a child, it felt good to witness it. It felt good to just be there with her. I took everything in; bathed in the atmosphere she unconsciously created.

The ambience, the atmosphere you create, while you are with the children will package the thing you are teaching them. That is what will be left with them long after you finish your teaching job. It will settle deeper in the children's mind and will be remembered, sometimes even

stronger than what you are teaching them now. The atmosphere you create, the way you package your gift can often be the trigger to help them remember what you were actually teaching. So always take good care of the room, the atmosphere in the room where you are while you do the official part of the job, that's what you get paid for as a teacher, teaching.

Be brave and dare to feel good

Be brave and dare to feel good. Feel good where you are now. Where you are standing or sitting right now. Do not be afraid of that. To feel good and deliberately keep it requires courage. But it is worth it. Do it. Be playful with it. You will like it. You have nothing to lose. No matter what has happened before and is happening in your life or around you now, today, take a chance and say to yourself, "after all, I feel good" You can even skip the "After all" and just say "I am good" " I feel good and feel it. Be playful as much as you can.

Breathe in and out. Say to yourself, okay! I surrender, I'm fine, I feel good, and be in it. Do not start thinking about something else, do not let doubt come between you and this claim. Be direct, cut through, and have a good time. Take this quick way and feel good. Why not? This exercise is the most powerful and effective exercise I know of. It only takes some seconds, and Snap! you're there. This is the best thing you can do for yourself, for your environment, the place where you work with the children.

"It is important that we live cheerfully. With a strong spirit of optimism, we need to be able to continually direct our minds in a bright, positive and beneficial direction and help those around us do so, too. We should strive to

develop a state of life where we feel a sense of joy no matter what happens."

-Daisaku Ikeda-

Anyone who loves you wants you to feel good, so feel good now. That is when you will be able to genuinely give to those you love. For you give what you have. You can not give what you do not have. We should not sit and wait for one other. We must act and we must do it now. This is a revolution, this is your human revolution. Make your own revolution. It will not take long before you see results. You're going to see it, almost immediately. But make a decision, decide it. That's where the key is, to decide it. Decide you will develop a state of life where you feel a sense of joy no matter what happens.

Resolve now! Almost like saying "Now, I can't take anymore, I'm going to feel good, no matter what. Whatever the circumstances may say, I decide "and notice what happen to you and everything around you when you have made that decision. Make it a game. This is a revolution, a human revolution. "You rebel, taking the flag, you will take control, and also responsibility. You are the captain of your own ship now. You are the producer in your own movie. You are simply the boss. You have the power to do this. But be playful. Do it with joy.

You should use this power to delight the children. With this new energy, you are deliberately keeping joy of teaching into place. You will look forward to give. This will boost your enthusiasm, this will inspire the kids, this will make children look forward to meeting, exactly you. As children view you, see through you, they recognize the genuine, authentic enthusiasm you burn off. They get inspired and

you get a common platform, ready to learn from each other. Isn't this amazing? Do it. But do it now. The kids are waiting for someone like you. It is now you should activate this power. The power is there, within you...like a power plant waiting to be activated.

I once had a conversation with a man who said to me. "Would you like to feel good? Feel good!. What are you waiting for". I was speechless. I couldn't even come with "yeah but." His statement was rude and provocative but I found no reasonable argument. He was somehow right. Would YOU like to feel good? If the answer is yes! Then I say, what are you waiting for? Feel good. I mean literally now. Find a way, anyway, to feel good. you can do that. There is not a specific time in which a judge should blow the whistle like that on the football field to signal that now just you, will feel good. No, no, no. You must do it yourself, deliberately. Do it for the children's sake.

"Every day, please, practice feeling good."

-Kouame Sereba-

9

A little exercise

Stop! Breathe deeply and calmly. Imagine that you have it well now, wherever you are now, use your imagination and try to know what it's like to feel good. Or try to remember a situation where you had it very good. Continue to breathe deeply but quietly. Once you have captured the energy of such a "feel good" situation - either with imagination or something that really happened, you should try to familiar this energy in your body. In another word, teach your body that feeling so that you can evoke this feeling later, at anytime. Make it a game, more and more and you'll be surprised at how powerful this exercise is. The effect of this exercise will also affect your relationships. Notice it. You will see how wonderful you really are. Now close the book and try this exercise.

When I myself perform for children, I know it is no use hiding myself. I can not hide me for them. The children see through me, they scan me as a "scanning machine". Therefore, if I am to "sell" me to them, I must first "sell" me to me. Would I buy? If the answer is yes, I have a good

starting point to convey, to communicate with them and trust the process.

If the answer is no or unsure, I must do something. I can do the exercise, "how to use your imagination to get in the feeling good mood". It is like tuning the instrument before the musician walk on stage. Remember, you are the instrument. And because I've been playing a lot with this exercise, it takes only a few seconds for me to get in the right mode, create the atmosphere, regardless of the circumstances around. With a little practice you too can, anytime and quickly adjust and get in the mode, "feel good". It's now the kids need you and not after the environment has allowed you to feel good. This book is not about what to teach your children. You already know what you are teaching. This book is about you, the teacher. You are "the instrument" that will send the music. You must be well treated.

Be calm with all this. Feeling good is good and feeling bad is not bad. Feeling bad is an indication that you are not feeling good, that something is not going well. Relax, take your time, when you are ready, find a way to feel good. This is practicing the Art of Feeling Good.

Bad feeling is like a warning bell, it is part of your guiding system. Do not beat up on yourself when you notice feeling bad or having negative emotion. Instead, be grateful, be happy that your warning bell, your guiding system is well functioning. Nevertheless, as soon as you can, stop and ask yourself or talk to yourself - I am having negative emotion now, that is, I am in the process of calling more negative things to come into my experience now- And that's when you switch to better thoughts, thoughts that make you feel better.

Story about a hungry guest in the kitchen.

There was once a guest. He was very hungry, he needed something to eat. He went to the host and asked nicely if he could get something to eat now, because he was very hungry. "Yes, of course," replied the host, pointing to the refrigerator in the kitchen and said, -There is the kitchen and there you will find the refrigerator, make yourself at home, help yourself to anything you would like to eat from the fridge.

The guest was delighted to hear it. He felt welcomed. He thanked nicely and went to the kitchen. But instead of going directly to the fridge and help themselves with food and eating, he stopped at the kitchen sink, for he spotted a nice fork. He was fascinated by this fork. The fork was very nice and special. Before he got the chance to lift the fork, he saw a large and beautiful aquarium. He walked toward it, stood by it and observed the fishes that swam. He stood there long before he went on. He thought this was a wonderful fine kitchen. He walked from things to things in the kitchen, never went directly to the fridge where the food was though he was hungry! The host stood there and watched him. He thought the guest was weird. Why does he not just go and take something and eat? He did say he was hungry.

That's how we humans are. We are quickly distracted by things we like on the way to a goal, we are even distracted by the things we don't like. Try to avoid this. Don't do like the hungry guests in the kitchen. Cut through, go now, do not lose sight of the target, see so clearly what you want. You want to feel good and be that teacher for the children. The teacher they will never forget. Good! So don't let

yourself be distracted, just go for it. You cannot remove all the distractions of the road, that will take a lot of time and wasted effort. The children need you now.

Use your time and energy on what you know you can master - yourself. Be in the middle of all distractions around and still not lose focus on what you really want. This is not easy, but it can be done, and when you make it, the kids will love it.

You might think: But What is all this about?

You might think: I am supposed to just help the kids. To teach. It's not about me.

You might think: I just want to work with children!"

And I say to you; If you really want to work for the children, then work to possess yourself first, and then you can give, then you can give without being afraid of being empty. For you should possess the source. That's what I'm trying to get you to understand. Owning the source, your higher self. There you can retrieve at anytime and give to the children. In fact, you can stay in the source (your higher self) trust and teach.

Be creative. You can't do this wonderful work from this reality. Step out and create.

You are a creator, not just flesh and blood. As Albert Einstein said: Quote: "Logic will take you from A to B, Imagination will take you everywhere.

This is being creative. What is creativity you might ask?

Creativity is the act of turning new and imaginative ideas into reality. Creativity is characterized by the ability to perceive the world in new ways, to find hidden patterns, to make connections between seemingly unrelated phenomena and to generate solutions.

If you have ideas, but don't act on them, you are imaginative but not creative.

Creativity is the process of bringing something new into being. Creativity requires passion and commitment. It brings to our awareness what was previously hidden and points to new life.

10

Learning Masters

Pay attention to the Learning Masters, your mentors on this journey. They can be many, big and small. Some of them pretend that they'll kill you. No, they will not kill you. They just want to make you stronger.

"What does not kill you will strengthen you."

This assertion is not easy to swallow. It's powerful, but can be controversial and provocative. Everything you find on your way to make an important and meaningful job, will be there only to help you. But you will not get this help until you recognize their function. In other words, you will not get this help before you accept and swallow this claim:

"What does not kill you will strengthen you."

If you think that they are there to kill you, it is ok, but then you're in trouble.

If you think they are there to strengthen you, you are bold and on the right path. Remember, problems, challenges will always be there on our way. It does not matter whether you believe in this claim ("What does not kill you will strengthen you.") or not, Challenges will always be with us, As long as

we are alive. So why not cooperate? why not see your problems as challenges and challenges for opportunities and use them to your advantage and grow?

You must embrace everything that comes your way when you are about to do something as big as to work with children, to communicate to children. You must see the functions of things on the way, see them as tools that are placed there on your way just to help you, to test you, to make you stronger, wiser and humble, to practice your patience. It is not always easy to see it that way, at least not when you stand in the middle of challenges.

It is therefore important that you exercise on this idea now, before the challenges dive up. Train, train and train on this. Remind yourself of this, time and time again. Play with this idea until it becomes an ordinary thought, your way of thinking, until it becomes your attitude. Play with it to the point that you feel the urge to sometimes say hello! to a challenge just to put the thought in trial as part of the game. Be playful with it, and your job, your working place is going to be interesting and an exciting place when you get that far. You see, no one can get rid of problems and there is no place in this planet where there is no problem. So why not start applying them to your growth when they dive up.

Now, you will take a break

Take a short break from reading the book and just imagine children smiling when they meet you. See that you are there with them. Imagine they are sharing short stories with you. They tell, share with you and you smile and just receive. You do nothing - you just receive.

Do this kind of meditation often and you create your own magic moment. You'll make it regardless of circumstances and the realities around you. You create and you will see it in reality, Just push on!

Once you've mastered this little meditation to perfection, and you know that you can recreate it at any time, then you should wait for the next wave, the next challenge. That is when you can find out how far you have come. Just like a surfer, waiting eagerly for the next wave, should you wait for the next wave to find out how far you have come with this training. Use real challenges as basis for your measurement. Be as playful as you can. This is a serious business, so don't be too serious.

You will love your job and your workplace even more. Remember, it's not always easy to see things from this perspective, but also remember that as a human being you are capable of much more than you think - We can create and adapt! That's the special thing about humans. They said that we are created in God's image. Leverage it and be Godlike.

Take good care of yourself and the kids will feel good in your presence. Be like a nice garden where kids like to stay. You are both the gardener and the garden. Make your garden, yourself and enjoy being there; Do it now. The children are waiting, it's urgent. It is now you should plant the nice picture of yourself so that the children see it sprout in the "garden", just do it.

When you have come as far as being equipped with the joy of teaching, the pleasure of giving, the children will see it through and through. They're going to love what they see. You and the children thus establish a win-win relationship. You will be thankful for almost everything. You will develop

a state of gratitude, an attitude of gratitude, and you will love it.

11

A gratitude consciousness

When you can deliberately and actively use gratitude as a tool in this teaching job, then you have acquired a powerful tool. You will turn things that seem like adversity to tools, you will turn things you do not enjoy, but they just come your way and you can't help it, you'll turn these into tools that will form you. Everything should be used to train you to acquire this gratitude consciousness. It's not always fun when you are in situations you do not enjoy, but with just a little practice you will soon see results. Keep a playful mindset.

You see, I am a big believer in using the power of gratitude to create positive changes. Being constantly aware of your many blessings, and feeling grateful for them, can have a huge impact on the quality of your life. When you are filled with appreciation, it quite literally changes the dynamic of your reality.

We all know that being grateful and appreciative is very beneficial. Gratitude belongs in the category of advanced life skills because it can completely transform your life.

I know that in the face of challenges or mounting demands on our time, it can be difficult to remain grateful and appreciative. Sometimes finding the good in a difficult situation can be challenging. That's why developing an attitude of gratitude can recreate our reality. Start this training now. The benefits of learning to maintain genuine gratitude and appreciation in spite of what's going on around us is the best thing you can do both for yourself, and the children you are working with. You can actually transform your life by training yourself to search for, discover, and focus on legitimate reasons to feel grateful and appreciative.

We all have blessings in our life! No matter where we are, and regardless of what we might be going through, there are always things from which we can be grateful. The challenge is to train ourselves to focus on gratitude, and to intuitively search for reasons to manifest appreciation.

Again, you can train yourself to notice the good. Develop a new habit. The habit of finding something to appreciate about every person, situation, or experience you encounter. This is the attitude of gratitude. You can do it.

A personal story

I was sent to the village when I was young. The small African village, where I was sent, was far away from my mother, father, siblings and friends who were still living in the big city. My parents did that, they sent me away when I was about 9 or 10 years old to stay there for some years. In fact, for the first 2 years, I had no contact with them at all. I would not recommend you do that to your child. You just don't do that. However, today I am grateful that my parents did that with me. Without that, I wouldn't have become the person I am today. I wouldn't be me - I love me.

My real education comes from that action, the action of being sent to the village.

Today I travel all over the world with performances and teaching. The basis of my career as artist today comes from that action of being sent to the village by my parents. Though it was painful, I say today THANK YOU. Not only have I forgiven you, I owe you.

Another personal story is that I was living with my aunt there in the village, she was my new mom. She was very, very strict with me. In this hardness was also great love, and the whole setting was confusing. Why was she treating me like her child, her only child, while she was also tough with me. Now I understand, She was treating me as if she saw my future, as though she could already see that I was a boy who would grow to travel the world and therefore needed intensive training.

She could sometimes leave me alone when two of us were in the woods amid the dense forest of *Tiegba*, the village in Ivory Coast, telling me to come home when I was done with the task she gave me, and she'll leave me all alone to get back home. I did not like it, but I just had to do it. I didn't like it then. However, today I am grateful for what she did to me. Years later, I moved back to Abidjan, back to my parents and not long after, at the age of 20, I traveled again from mother, father, siblings and friends. This time voluntarily. I left the country with about \$30 in my pocket. I crossed over to neighboring Mali, and all alone, on to Niger and further to Nigeria. I lived one year in Nigeria before I left for Cameroon, Central African Republic, Sudan, then settled in Egypt for one year before I moved again to Israel and after one year in Israel, I took the plane for the first time in my life to Norway where I am now based. It took me four years to travel from Ivory Coast to Norway with only \$30 in my pocket to start with. How on earth did I do that?

Where did I get the strength to do that? I think it came from the hard training I got from my aunt in the village. The real question for me, is, how did she know it? How did she know that I had to be made strong for this journey already from when I was 9 - 10 years old? I was just a boy in the village. Could she have seen my future then? It was not enjoyable when she was so strict with me. Now I know, now I know that not all medicines are excellent to swallow.

It was that sort of medicine my aunt was giving to me during the 4 years she took over the motherly responsibility in the village *Tiegba*. In four years she gave me the last "medicine" I needed to travel alone through almost the entire Africa continent before I ended in Norway. She is dead now. She has been one of my best teachers. I owe her deep gratitude. I think a lot about her, but it took a long time before I became aware of it. It took a while before I became aware that she was the crucial piece I needed for this special adventure. It took awhile before I took her into the "Gratitude basket" of mine. I say THANK YOU, Not only do I forgive you, I owe you.

Again to you, who works with children. You are special, you are a gift to the children, and you are their hero. Remember, working with children, is the world's most important task. One day these young people will grow up, take over our world, and even deliver it further to the next generation. You should inspire them. They need someone like you. You have an important role in this process and you are a gift to this process. The future self will thank you for that.

Please do not take the power of gratitude as just something you hear and read about. Most people know about this, it is like common sense. But as you know, common sense is not common practice. Don't just know it, feel it, use it as a tool, as if it was a real physical tool. This is a powerful tool.

I use it frequently in everyday life and when I'm working with children. You can also make yourself a basket, a visual gratitude basket, an imaginary basket where you gather things for which you are grateful.

True forgiveness is when you can say, "Thank you for that experience".

-Oprah Winfrey-

12

Gratitude Basket

Now you will create. You will make your Gratitude Basket. Close your eyes and visualize yourself a basket, create your basket, a big and nice basket. Here you are going to accumulate things for which you are grateful. You will carry this basket with you all the time. This is your Gratitude basket.

You must fill the basket and make sure not to empty it, because here, you are going to fetch power and protection.

Creating your Gratitude Basket

Okay! Now let's do it. You are now creating your basket; you must use your imagination, the powerful mental tool that exists in the world, to shape these two words "Gratitude Basket" to the image of a basket, a basket you see clearly. Make it solid in your imagination. With a little practice, you will soon get your basket and you will own it. Use the time you need and create it exactly how you want. See it clearly, make it solid like if you can hold it and carry it on your head

like that what you see on television, people carrying basket's on their head in some third world countries. But this is your basket, you carry it the way you like, just Love it. You can even decorate it with the color you want if you like. Make sure your basket is big for you need the space to gather jewels, things you are grateful for and they will be many. Believe me, there are many.

When you actively take this basket and use it, your life will change to something more exciting, you're going to like yourself more and more. There is an incredible power in this. Do not take this as just a knowledge and stop there. If you do that, I will say it's okay though it will not change much. But if you use it as your own practice, you practice it, you think of your basket in everyday life, then I will say Wow!! Now we are talking!

You will begin to notice that the beautiful things that were obvious, before are no longer obvious. You accept things more easily, you see things with respect, notice the events you are grateful for and put them in your Gratitude Basket. After a while, your basket becomes so full of jewels that you can't wait to get to work, to the children, to your teaching job, and you want to perform anytime and anywhere. You are ready at all times. Your basket is not empty, you will thus not be empty, and neither will you be burned out. The more you give, the more you get. You come into a nice circle in which you give, you get, you give, you get. Children will be curious about you and want to become more closer to you.

Why is it like that? It is because the "Gratitude Basket" exercise does something with what you vibrate or give out, your energy. You are not afraid anymore. You are energetically rich. Your frequency of vibration is full of gratitude, You've got a basket full of jewels. However, you

must remember, that your subconscious mind accept anything you give to it, and because of you are actively filling up your "Gratitude Basket" everyday, believes it is real and adjusts your body, your attitude to match with the picture from your active visualization. Your subconscious mind does not know or care if what you are sending through your active practice of the "Gratitude Basket" is real or imaginary. It just responds to it, it just does the job you command it to do, it sends message to the appropriate part of the brain, which in turn sends message through the body and thus put you in the mode that fits with the image you have sent, and you yourself start to behave as a grateful mind.

For example, try this, think about a lemon, imagine that you are eating it, sucking the juice in your mouth, and now immediately notice what is happening in your body. It reacts. Your body thinks it is real and now it reacts. It is the same process but more powerful.

Remember, children catch your body language, your vibration, your energy long before you start talking. They don't hear and see first. They sense first and then they hear and see you. Most importantly, they sense your mental and bodily vibration emitting the message that you love life, that you are a woman or a man full of gratitude, nothing can disturb their relationship with you. You have stepped into their world. Children love life.

Let's continue with the Gratitude Basket.

You see, as a teacher, you give. That is your job. But don't take the receiving lightly. Be an active receiver and take good care of what you get back. Things do not come automatically into the Gratitude Basket and remain there by default. You have to do the work deliberately. Take good

care of what you receive. If the event is beautiful, take it, feel it, be grateful that it came your way and deliberately put it in your Gratitude Basket. Do not let it pass you . You must take the time to recognize the good that comes to you. Stay alert and take care of gifts. Catch them and do not let them disappear in a “trash”. Be active, but do it with joy, play with this exercise until it becomes a part of you. Do not let yourself be distracted by the many small traps located here and there on this journey. Yes, there are many traps out there to cheat you and tilt you of track. If that happens, cry if you have to, then, smile to yourself and think, Okay! Rise up again, learn, and continue on with your journey. The children are waiting.

Now you have an exciting adventure. You see things from a dedicated and inspired starting point. Now you are the master who has contact with his many small teachers. -The children.

Another exercise.

Also go back and see old things that you did not like that has happened to you and turn them into medicine that now can serve you. Try to find out what was good in them. Because you see, there is nothing that is entirely negative, find the positive side of everything. Learn why just you, got it in your life? What was it that it was teaching you? Hmm! Think, and ponder. It's not certain that you will find out why it came to you, but just you thinking that it was there to teach you something, will put you in the right mode, a thankful mode. You should thrive when serving the world working with children. Do it with joy. Have a playful relationship with the process.

A typical example of how your “Gratitude Basket” can be empty.

You feel that people are ungrateful or someone is ungrateful for things you've done for them.

In this mode you have nothing to bring to your basket. If you continue to find excuses not to feel well, your basket will soon be empty, you'll soon feel empty and you will soon have no more to give to the children. You will no longer enjoy your work. You feel people are ungrateful. The scary thing about that, is that you can be burned out. Don't do that.

To retain the joy of teaching is like an exciting journey. Everything that comes your way on this journey is there for your best interest, even though it does not always look like that, believe me, everything you notice on this journey is there for your growth. The seemingly worst thing that will happen to you on this journey will bring with it the best that can happen. It comes to you as a coin, it has two sides. Find the other side, get to see the side that helps you.

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them”

-John F. Kennedy-

An example of how to review and old event with a new approach

I am now living in Norway, but I did not come to Norway the easiest way. As I said earlier, I traveled from Ivory Coast with \$30 in my pocket. I spent four years on the road before I came to Norway. I traveled and lived in Mali, Niger, Nigeria, Cameroon, Sudan, Egypt, and Israel.

One day on the journey, I lost my passport, it was in Khartoum in Sudan. That was terrible, it was like a nightmare. 'Why me?' I thought to myself.

You see, a week before I lost my passport I had made a plan. A good plan. (Remember, I was young, 20 years old and full of energy.) I just decided to travel from Sudan to Iran. My idea then, was that, because there was a war between Iran and Iraq, (**The Iran–Iraq War. From September 1980 to August 1989**) many people were probably on the way out of the country and I would be going unnoticed against the traffic. Thus there will certainly be plenty of opportunities for me there. A good idea, I thought, but then, with the lost of my passport, everything was going down the drain. I could not travel on, 'this must be hell', I thought.

How I managed, on to Egypt, Israel and on to Norway, is another story. The point is that seemingly hell proved to be a blessing, a protection. You do not travel to a country in war if you have nothing to do there. Today I am grateful for what seemed like a nightmare back then, that terrible emotion I was in, when I lost my passport in Sudan. But today I am thankful for that event. Today it's shining in my Gratitude Basket as a worthy jewel. I can see it clearly now.

You see, you will always find event's like that in your life. Perhaps not as dramatic as this one, but I'm sure that you can find an old event that was then, very painful but which

has proved to be a blessing, a protection. Be grateful that it happened and put that feeling in your Gratitude Basket.

The girl with ADHD who came past the stage three times

One day, in a middle of my solo performance in a school, there appeared a girl running across the stage with a teacher behind trying to catch her. This was not a suitable situation because there were 160 pupils in the auditorium in top concentration following me. I had their full attention. Thank God, the girl and the teacher crossed over to the other side of the stage, so the situation was under control. It went well. The performance went its course. However, the same girl appeared on stage with the teacher running after again. It was then that I realized that the girl was not quite “normal”. She had ADHD (Attention-deficit/hyperactivity disorder) so why on earth did not the teacher look properly after her as there was a solo performance going on? That girl alone should not spoil the show for the other 159 pupils, I thought.

I began to develop an annoyance directed not toward the girl but toward the teacher. Why couldn't she stop the girl from crossing the stage? That was my first and normal reaction, but then in a fraction of second, intuitively, I refused to take that road, where I would have wasted some energy, I couldn't afford that.

Without any plan, without knowing how I would cope with the situation, I just surrendered, got out of my own way, put and adjusted myself into "trust mode". And surprisingly, the girl appeared again for the third time. This time she found me in the middle of a song, I changed the mood of the song as if the song was for her. She stopped in

front of me, the teacher also instantly stopped, I continue singing for the girl but at the same time taking care of remaining 159 pupils as they were following and watching to see what will happen. It was like a magic moment!

Strangely enough, at the end of the song, the girl turned and even went to her teacher by herself. Wow! Then, came a big applause from the rest of the pupils in the auditorium. Was the applause for the song? or for the girl because she returned to her teacher? or was it for the whole situation? The magic moment? I don't know.

You see, I wished to get a jewel, a diamond out of the situation by not developing an annoyance toward the teacher and I got it. This jewel is still shining in my Basket today.

The little girl in Shanghai.

I was one on tour in Shanghai-China. On the long journey from Norway to Shanghai my drum got damaged. Despite this injury I managed to carry out the concerts in Shanghai with the drum with no problem. By the end of the tour I got lot's of good advice from friends about how I was to complain to the airline company that carried the drum from Oslo to Shanghai or to how to complain to my insurance company for a possible compensation.

Then something unexpected happened. It was in a Jazz club in Shanghai. This was the last concert on the tour. A little girl sat in the front row of the audience. She was the only child in the auditorium. It was not difficult to notice her. Suddenly, in the middle of playing, I got a crystal clear message in my head. The message was, "Give the drum to the little girl after the concert."

Off course, after the concert I went to the girl and asked her where her parents were, and together, we went to her

mother who was sitting in the back of the auditorium. I told the mother that the girl would get my drum as a gift. I told them that it was the same drum I played on stage so it was okay, nothing wrong with it. They could not believe I will give it away. They thought I was joking. I showed them the damage on the wooden part of drum and told them that it did not affect the sound quality of the drum. I also showed them how they could fix it. It was a big and high quality African *djembe* drum. This is not something you find everywhere in Shanghai, but it was not a joke. She got the drum, and they were very happy and thankful for it. The mother told me that the girl went to a private music school beside a regular primary school.

I am grateful that the girl was there, right then. She gave the big opportunity to give. She helped me out of this situation with a sunshine like feeling. Now I wonder who should thank who? I am grateful she was there. She was thankful to have the drum.

“The more I give, The more I receive and therefore the more I am able to give.”

-Unknown-

13

All is well

Think, just think that all is well. This can be used to get into to the “be yourself” mode. It is actually a shortcut to “be yourself” all is well is powerful when you use it as a tool. Just thinking or saying it is not enough, anyone can just say “all is well”. This is not enough. For it to work for you as a tool you take with you to work with children, you must do something more with it. Write it down, read it, watch it, write it again with thicker letters. Visualizing the sentence and see it as if it was a real tool that you hold in your hands. A tool you can take with you, in your pocket at work. Eventually, “all is well” is not something you just said. It is a tool, and anytime you take it up, your view of what's happening around you transform like magic. "All is well" becomes your magic wand, and it works.

The best thing you can do with it, is to personalize it so that it lights up automatically, without effort, like a warning light, before panic sets in and stands in the way between you and an unwanted situation.

Warning light is often used to warn us that something is about to happen. In this case, you get a warning light that alerts you that all is well, no panic, be cool, you are fine before taking any action. Fantastic! Use it and watch your life.

There is power in the phrase "All is well". For years, I was just using the thought "be yourself" to come on stage or to come in front of a big audience and it was okay. But by some coincidence I came over this effective method to get in a fearless mode, and it works like magic, "All is well". When I'm standing there thinking "All is well", I feel safe, I'm ok. I get in a "No problem" mode. This is a good starting point. I need not do the difficult job of trying to be myself. To decide to be yourself just like that can be difficult. But when you are standing there with children and you use the tool "All is well", you make an "all is well" mood around you, and the children sense it, they see it on you, they see it through you. Remember kids see through you like a scanning machine. You can not fool them. So trust and feel "All is well" and you will see.

Actually: "All is well" and "Be yourself" are almost the same. But by using the tool "All is well" you will come faster to the state of "Being yourself"

When using the power of "All is well", what you are really doing, is that you put your faith into action. Faith in humanity, you trust that life always goes forward, you trust the universe's protective effect, you believe in goodness, thus you provoke these up into your environment. From this viewpoint you can begin to solve the problem or whatever it is that you are about to do. I am not telling that this will solve the problem, but this will give you courage to face the problem with a good feeling.

The only thing I am asking you to do is to wave this invisible magic stick of yours, namely "All is well" and be there.

14

Get out of your own way!

Be sure to feel good, it's is easy stand in the way of the beauty that is within us, ready to shine out to the children. We know it inside, that beautiful thought we perhaps had some years ago when we decided to work with children. We made that decision out the love; we fell for being with and helping these beautiful young people. So please, let it flow, do not stand in the way.

I know this work can be challenging. Face the challenges and still let the beauty flow, you can do it!

You see, sometimes we use too much of energy to protect ourselves, our name, our identity, our personality, our this and our that. We want to have all these, in place, well protected before we can give. The beautiful, the simple and nice we could easily share with the children becomes covered by us being too tense and on our guard trying to protect our identity. This beauty has to fight on his own through all our armor to reach out to the kids, to reach out to our environment. This could be too heavy, your everyday

life at work gets too heavy. Don't do that, just let it flow, and trust.

I know, this is not an easy task to let the "goodness flow". Please have the courage to be good. Children need to see it in you, before they can open themselves to learning from you. This is not about being stupidly kind. Be good for your own sake; love yourself as a human being. This is not personal; you are good in nature. Use either your human identity. If you absolutely have to protect something, be sure you protect your human identity, and that is goodness. You are good in essence, so feel it, and you will not stand in your own way.

Of course, you should speak up when you need things to get better, but do it without getting in the way. Make sure you are not one of those complaining people, but for god's sake, don't be afraid to speak up. You can easily control the energy of "speaking out" versus "constantly complaining". When you have to complain, be sure to have one clear mental image of what it is that you want and stay away from the image of what you do not want. Do that, before moving to speak out, it will make a very big difference. In another word, when one of your pupils is always late to your class, and you want to do something about it, stay away from the image of the boy or girl who is always late and shift to the image of what you wish to see. Smile at that image first, then you could go and speak out. Be strict with the boy or girl if you have to, but don't worry, both of you will be protected by your previous mental image, the image of the precise girl or boy in class. This is your secret practice. The children do not have to know about it, but they will feel the effect of it.

To put it another way, see what you do not like at the workplace for example, see it clearly and then replace it with the opposite of it. It is in this mood you want to be when you go and speak out. Doing that, you become unstoppable. Do not be easily set off track, you have a large and an important task to perform for the world, for humanity, by working with children.

Do not stand in the way, the children and the future are begging you, do not stand in the way. They children are waiting at the entrance of your garden. They want to enter and be inspired. Open the gate!

15

The Lotus Flower

There is an illustration that has helped me to stay focused when I'm on tour and meeting hundreds of different new people every day. Anytime a situation is not appropriate, I will protect myself with the image and the philosophy of this beautiful flower, namely the image of a Lotus flower and its environment.

The Lotus flower is a beautiful flower, but this is a flower that does not mature in what you would call a "beautiful area". You will only find the Lotus flower in muddy water. That's where they grow, but they still remain beautiful. You can remain good regardless of the environment you are in and continue to inspire the children with whom you are working. The image of a Lotus flower has helped me when I have traveled and worked with children all over the world in countries such as Norway, England, South Africa, Japan, China, Greenland, several times in the Faro Islands and countries in the Middle East such as Palestine and Jordan. With this picture in your heart, you can get anywhere, inspire children, and open their heart to learn from you, just because you are there.

When you Google the lotus flower, you will find among others this:

Lotus flower (water lily) is the symbol of goodness, purity and spiritual growth. The flower grows in murky water, but extends up over the mud to the surface, to the light and sun to flourish in the light of the water. Its purity and beauty comes from the flower's self-cleaning properties, so that impurities cannot adhere.

When you see that the water (the room you are in, with the children) begins to become cloudy, quickly find your compass (the essence of this book, namely, "You are doing the world's major and crucial job") that thought will send you out into the sun and then shine and change the energy in the room without lifting a finger. It works, you just try it. You see, it's not about the others, first and foremost it's all about what goes on within you. It is your attitude, and the purpose of the job you do, that will be your self-cleaning properties. This book is the tool you can use to strengthen this self-cleaning property in you. Read the book many times until you become like a mirror. The kids will love it. They will see the reflection of the goodness they themselves, are holding unconsciously. That will happen when they come in contact with you.

Children learn best when they like their teacher, and when they believe that the teacher likes them.

"Gordon Neufeld"

16

Be courageous, dare to let it flow

As I said earlier, do not stand in the way of the beauty that wants to flow out. Let it move. Trust in the process, you have nothing to lose here. On the contrary, you just get finer and finer. Let it flow.

Be like the waters of the river, the goal of river water is to flow and reach the big ocean. Even when obstacles try to impede the movement, the water will simply take a different direction. It knows where it is going, and nothing will stop it, it shall reach the vast sea. Nobody and nothing shall stop you from doing this job. Always find a way to look forward to meeting the children.

In the midst of all this, practice the art of feeling good. When you feel good, you do good and when you do good you feel good. You see, you come into a wonderful circle of good.

Enjoy the process of passing on what you have to them. You are a gift to them. They are gifts in your life. They give you the unique opportunity to dive deep in the vast ocean (you),

to come in contact with that enormous gold mine (your potential) which is contained within you.

Do you remember the story of the little girl who got my drum after the last concert on my tour in Shanghai? It was a gift to me that she was sitting right there, in front of me in the audience in that small jazz club. She got my drum. She was thankful for that, I am grateful that she was there, right then. Perfect! It caused me to let it flow. Early the next day, I took the plane to Norway and on the plane, I smiled gently to myself and thought, yes, she helped me to let it flow

Thank you for reading this book.
I love you.

Kouame Sereba

Inspirational notes

There is a natural good within you. You are beautiful in essence.

Be creative.

You can't do this wonderful work from this reality. Step out and create. You are a creator; you are not just flesh and blood.

Logic will take you from A to Z. Imagination will take you everywhere.

In love there is no wrong person.

When the children leave the room after you have performed for them, they should leave with the feeling of, "Life is beautiful"

Care about how you feel, because that is everything. Your essence is good.

You cannot focus on the problem and solve the problem. Find the image of the opposite side of the problem, and focus on that while solving the problem

You probably ask, how do I reach there? My answer is, look only in the direction of where you want to go, see only what you want, and talk only about what you want, not in the complaining matter but with enthusiasm. That is the fastest way to reach there. This is my promise to you.

Before working with children. It was like having a gold mine and never mining the gold. I was in a gold mine but I was not going in depth, I was just scratching the surface

Only see the good that you desire

Hold your truth, and that picture. All day, every day, place your attention on your vision, place your attention on where you are going. You must have a clear concept of what it is that you want (to be) and what it looks like when you arrive.

I want you to know how grateful I am to be a part of this. I want you to know that I am very thankful to the children for just allowing me to be a part of the stream of this energy of inspiration that you and I are now participating in.

Children are our future leaders. It's not about what you do or teach, but the quality of energy you send with. Love is the highest energy that is.

You now have everything you need to create the teacher they never forget.

Lotus Flower

Meaning and Symbolisms

The Meanings associated with the Lotus Flower

Not anybody who has ever observed a lotus flower emerging from a murky pond can fail to see the beauty of this exquisite plant.

The flower always looks so clean and pure against the background of the dirty pond.

Because of this, the lotus flower has come to be associated with purity and beauty in the religions of Buddhism and Hinduism respectively. The ancient Egyptians scholars observed that in the nighttime the lotus closed its flowers and sank into the water, and came up with a different association with the flower related to rebirth and the Sun; in actual fact the Lotus slowly emerges from a pond over a three day period and then blooms in the morning until mid-afternoon.

It can therefore be assumed that the lotus flower meaning is different between cultures, though in fact they share many similarities.

Meaning of the Lotus Flower to the Ancient Egyptians

Not anybody who has looked at Egyptian culture can fail to have noticed the significance of the meaning of the Lotus flower in the Egyptian culture.

In ancient Egypt, there were two main types of lotus that grew the white, and the blue (scientifically a water lily, but symbolically a lotus).

As mentioned in the introduction above about the meanings of the lotus flower, this plant is known to be associated with rebirth.



This is a consequence of it supposedly retracting into the water at the night, and emerging a fresh in the sun the next day. The Egyptians therefore associated the lotus flower

with the sun, which also disappeared in the night, only to re-emerge in the morning. Thus, the lotus came to symbolize the sun and the creation. As something that is associated with rebirth, it is no surprise that the lotus flower is also associated with death, and the famous Egyptian *book of the dead* is known to include spells that are able to transform a person into a lotus, thus allowing for resurrection.

Lotus Flower Meaning in Buddhism

In Buddhism, the lotus is known to be associated with purity, spiritual awakening, and faithfulness. The flower is considered pure, as it is able to emerge from murky waters in the morning and be perfectly clean.

Therefore, in common with Egyptian mythology, the lotus is seen as a sign of rebirth, but additionally it is associated with purity. The breaking of the surface every morning is also suggestive of desire, this leads to it being associated with spiritual enlightenment.



The Lotus Flower and its Meaning in Hinduism

Perhaps one of the strongest associations of the lotus flower with religion is the way this observed in Hinduism. In this religion, the lotus flower meaning is associated with beauty, fertility, prosperity, spirituality, and eternity. The most common lotus form seen in Hinduism is the white lotus flower.



The beautiful white lotus flower has special significance in Hinduism. As a lotus is able to emerge from Muddy Waters un-spoilt and pure, it is considered to represent a wise and spiritually enlightened quality in a person. It is representative of people who carry out their tasks with little concern for any reward and with a full liberation from any attachment. The unopened bud is representative of a folded soul that has the ability to unfold and open itself up to the divine truth.



Lotus Flower Time-lapse

The following video shows a time-lapse of a Lotus Flower slowly opening up to display in all its glory. It is truly beautiful.

<https://youtu.be/JbeRRAvAEOW>
<https://youtu.be/xLzKHUBlfQU>

It is hoped that you now have a better understanding of the lotus flower meaning across the three major cultures in which it is known to play (or have played) a major role. It is no wonder that these civilizations, have found wonderment in such a beautiful flower.

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