

The Rabbit Who Calmed the Storm

Inspired by Thich Nhat Hanh
Written by Sundeep Parmar





LITTLE KEYS TO THE UNIVERSE

The Rabbit Who Calmed the Storm



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DEDICATED TO

Ria & Mia



Big Lessons. Little Stories.



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The wind howled across the mountain, whistling through the rocks and rattling the trees. The air felt charged with energy as if the mountain itself was alive. This is no ordinary mountain. It's a place where emotions stir the wind. And the animals living here must learn to calm their inner storms. At the base of the mountain, a young rabbit named Arav crouched, his ears flat against his head.



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The wind whipped around him, swirling his fur and making his heart race. His tail twitched nervously. I can't do this, Arav mumbled to himself. The wind is too strong, the mountain is too high, and I'm just too scared. He tried to hop forward but felt as if the wind was pushing him back with every step. Arav had always been a nervous rabbit. He worried about everything, the wind, the rain, the unknown.



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When the mountain storms came, he felt like the world was spinning out of control and his fear made everything worse. His emotions swirled around him just like the stormy winds, and he didn't know how to stop them. Up on the higher slopes of the mountain stood a serene mountain goat named Simran. She stood tall and still, breathing calmly as if the wind didn't bother her at all. Her hooves were steady on the ground and her gaze was peaceful.



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She could feel the wind, but it didn't make her anxious. She had learned how to calm the storms within by simply focusing on her breath, and now it was time to share that knowledge. Arav hopped up to Simran, his breath coming in quick, shallow gasps. Simran, how do you stay calm in all this wind? I can't take it anymore, the storms are too strong, I'm scared.



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Simran smiled gently. Arav, the wind is a reflection of the emotions inside you. If you let your fear swirl like the wind, you'll only get caught in the storm. But if you breathe deeply, like the stillness of the mountain, you can calm the storm within. Arav blinked, breathe deeply? But what if the wind never stops? Simran nodded, the wind may always blow, but you can learn to ride its waves. I'll teach you, let's start by breathing together.



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Breathe in deeply, hold for a moment, and then breathe out slowly. Let your breath be like the stillness before the storm. Arav hesitated, but what if it doesn't work? Simran's eyes sparkled with kindness. It will work, trust the breath, it's your key to calming the storm. Arav closed his eyes, took a deep breath, and held it in. His chest tightened, and the wind around him felt even stronger.



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He exhaled, but his body still felt jittery. The storm didn't stop, and he felt overwhelmed again. I can't do it, Simran, the wind is too strong, and I'm still scared. Arav said, shaking his head. Simran walked slowly to his side. It's okay, Arav, you're still learning. The storm inside you isn't something that will go away immediately. But if you keep breathing, if you give yourself time, you'll feel it settle.



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Let's try again, this time slowly and gently. Breathe in like the calm before the storm. Feel the air fill your body. Arav took a deep breath again, but this time he tried to slow down. He closed his eyes and imagined the wind softening just like Simran had shown him. He could feel his chest rise with the air, and as he let the breath out, he imagined the wind growing gentler.



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He repeated this, breathing in, holding in, breathing out, until he felt a tiny shift inside. The nervous tightness began to ease. Simran watched Arav with patience. See, the wind is still there, but your breath is making the storm inside you quieter. The key is to let your breath flow, to trust it. Let the emotions come, but don't hold on to them. Arav took another deep breath. He could feel the wind still pushing, but it didn't feel as scary anymore.



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His heart was no longer racing. He took another breath, and the storm in his mind felt calmer. The wind seemed less threatening now. This is working, Simran, Arav said with a small smile. I can feel the storm inside me settling. Simran nodded. Yes, you're learning. When you breathe deeply and stay present with the breath, you can find peace even in the wildest winds.



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Arav smiled, looking out at the horizon where the stormy clouds had begun to clear. I think I understand now. I don't have to let the storms inside me take over. I can breathe through them, like the mountain wind. Simran nodded and spread her wings wide, letting the gentle breeze flow around her. Exactly, Arav. You can't control the storm, but you can control how you react to it. Your breath will always help you find calm.



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Arav looked out at the mountain, feeling strong and at peace for the first time in a long while. He knew the storms would come again, but he also knew he could breathe through them. And so Arav discovered that emotions, like the wind, don't have to control him. By breathing deeply and staying present, he could calm his inner storm and find peace, no matter how strong the winds were.



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Now, it's your turn. Before you go to sleep, think about the emotions you felt today. Did they stir up like big winds? Remember, feelings come and go. Try to notice when your feelings pass and let your breath help calm the storm. Tomorrow, take a deep breath when emotions rise and watch the wind settle.



THE LITTLE KEY

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You can't stop the rain, but slow breaths help
you feel calm inside.



CALM THE STORM WITHIN

Arav the rabbit is sure he'll never quiet the storm inside — until a calm mountain goat named Simran teaches him he can't stop the wind, but slow breaths can steady his heart. A soothing bedtime story about finding calm.

For kids whose minds race at bedtime — a calm place to land.

Big Lessons. Little Stories.

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