

The Rabbit Who Learned to Slow Down

Inspired by Eckhart Tolle
Written by Sundeep Parmar



LITTLE KEYS
to the Universe



LITTLE KEYS TO THE UNIVERSE

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DEDICATED TO

Ria & Mia



Big Lessons. Little Stories.



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Jaya the rabbit was a young, curious creature with a heart full of dreams, but her mind was always racing ahead. Every day she worried about what might happen next or what had already passed. She wanted to be the best at everything and this made her feel like she was always rushing. One evening, Jaya's grandmother, a wise tortoise, gave her a special task. To find a rare flower that only bloomed in the moonlight deep in the forest.



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Jaya, her grandmother said, this flower will bring peace to your heart. But remember, it's not just about finding it. It's about experiencing the journey. I'll hurry, Grandma. I won't waste any time, Jaya replied, eager to get started. But even as she set off on her adventure, her mind raced with thoughts about what might go wrong. As Jaya hopped along the forest path, the air felt cool and fresh.



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The stars above twinkled softly and the moonlight danced on the leaves of the trees. But Jaya barely noticed. She was already thinking ahead, imagining what would happen once she found the flower. I need to hurry, she thought. Grandma will be waiting for me. The more Jaya hurried, the less she saw. She rushed past the glowing flowers, the sparkling stream, and the soft sounds of the night.



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She was so focused on getting to the end that she missed everything in between. That's when she heard a soft, wise voice. Why do you hurry, little one? Jaya froze in her tracks. She looked up to see a wise old owl perched high in a tree. Its golden eyes glowed gently in the moonlight. I'm in a hurry, Jaya explained, still feeling nervous. I need to find the flower.



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I can't waste any time. The owl tilted its head and studied her carefully. You are rushing through life, little rabbit. The path you're on is already magical, but you can't see it if you keep looking ahead. You're missing the present moment. Jaya blinked, confused. But I have to think about what comes next, she said, glancing down the path. I need to be prepared for the future. The owl smiled softly.



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The future is not here yet, and the past is already gone. The only thing that is real is the present moment. Focus on it, and everything you need will unfold naturally, Jaya shook her head. But how can I focus on the present? There's so much to worry about. The owl's voice was calm and reassuring. When you focus on the now, you open up the future to you.



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The present moment is full of potential, and when you live in it, the future will come to you with ease. Jaya stood still, unsure of how to do this. The owl spoke again, this time with more depth. When you stop rushing, you allow the world around you to speak. The flowers bloom brighter, the trees stretch higher, and the path ahead becomes clearer. All you need to do is breathe and trust the moment you're in.



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Jaya hesitated, but slowly she took a deep breath. As she exhaled, she felt a strange sense of calm begin to settle in her chest. She looked around and saw the world in a new light. The trees swayed gently in the breeze, their leaves shimmering in the moonlight. The flowers, which had seemed to blur before, now glowed brightly at the edges of the path. Jaya's mind slowed, and for the first time, she wasn't thinking about what was coming next.



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She felt the present moment fill her heart, and she realized that everything she had been rushing for was already here. She was already on the right path. The owl smiled down at her. Now you see, little rabbit, the moment you stop rushing and focus on the present, everything you need will reveal itself. With this new understanding, Jaya continued her journey through the forest.



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This time, she wasn't hurrying. She took each step slowly, breathing deeply, enjoying every sound, smell, and sight around her. The forest felt alive with magic, and Jaya felt peaceful and grounded. As she neared her grandmother's house, she found the flower blooming just ahead, as if waiting for her. It was more beautiful than she could have imagined, glowing softly under the moonlight.



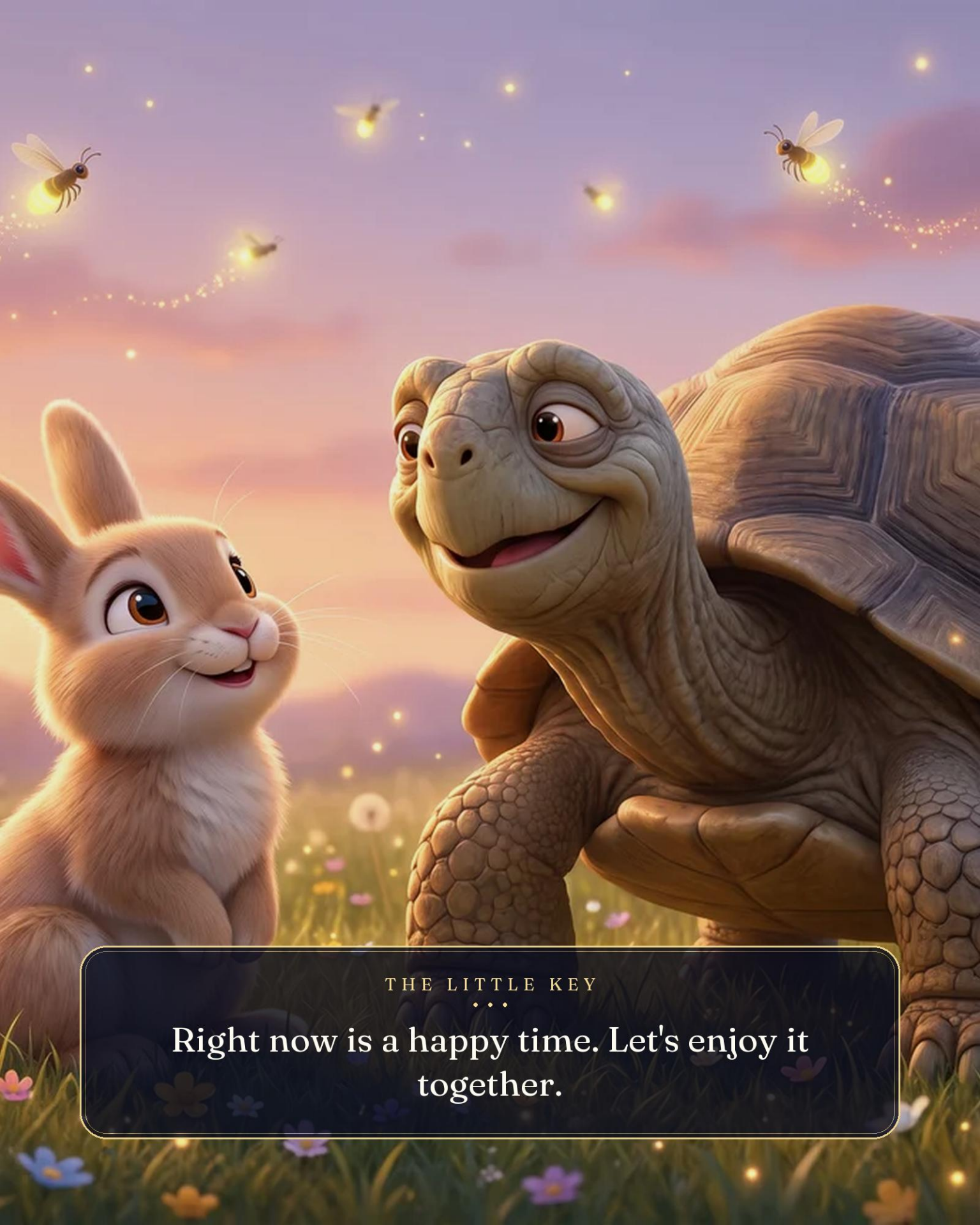
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But the true magic wasn't just the flower. It was the peace she had found within herself by focusing on the present. Moral of the story. When we stop rushing and focus on the present, the world reveals its magic, and the future unfolds before us with ease. Now it's your turn. Before you go to sleep, think about something you've been rushing through. Can you focus on it in the present moment, without worrying about what comes next? Tomorrow, take a deep breath and be mindful of the world around you.



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Let go of any distractions and see how the present moment helps you find clarity and peace.



THE LITTLE KEY
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Right now is a happy time. Let's enjoy it
together.



SLOW DOWN AND NOTICE

A busy little rabbit is always rushing to the next thing — until she learns to slow down and notice the small wonders of right now. A calming bedtime story about being present.

For kids always rushing to the next thing — a reminder to slow down and notice.

Big Lessons. Little Stories.

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