

The Hummingbird and the Power of Rest

Inspired by Deepak Chopra
Written by Sundeep Parmar



LITTLE KEYS
to the Universe



LITTLE KEYS TO THE UNIVERSE

The Hummingbird and the Power of Rest



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DEDICATED TO

Ria & Mia



Big Lessons. Little Stories.



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The sun rose over the forest, painting the treetops with golden light. A tiny hummingbird darted between the leaves, her bright green feathers shimmering like emeralds in the sky. She had so much to do, flowers to visit, friends to check on, places to explore. She wanted to be the fastest, busiest, most helpful hummingbird in the whole forest. She zipped past a butterfly resting on a leaf. No time to stop, she chirped. She flew over a squirrel nibbling on a nut.



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I'll eat later, she called. She noticed a young sparrow looking lost. I'll help, she said, guiding them to a patch of blossoms. All morning, she zoomed and zipped and zigzagged through the air, never slowing, never stopping. Her wings beat like tiny drums. Her heart raced like a waterfall. She felt a little tired, but she ignored it. I just need to keep moving, she told herself. But as the day wore on, something began to change.



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She forgot where her favorite flowers were. She tried to fly high, but her wings felt heavy. She reached a blossom to sip nectar, but before she took a taste, she got distracted and flew off again. By the afternoon, the sky spun around her like a whirlpool. She landed shakily on a low branch, her breath coming in quick puffs. The butterfly she had passed that morning fluttered down beside her.



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Little one, the butterfly said gently, when was the last time you had a sip of nectar? The hummingbird blinked. I don't remember, but I can't stop. There's too much to do. The butterfly tilted her head. Tell me something. Have you ever seen a flower bloom without water? Or a tree grow strong without sunlight? The hummingbird thought for a moment. Number, they need care to grow.



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The butterfly nodded. And so do you. Your body is like a garden. It needs rest. It needs food. Even the most active creatures must pause and refuel. Rest isn't weakness, it's wisdom. The hummingbird hesitated. But what if I fall behind? The butterfly smiled. You won't fall behind. You'll rise stronger. Just like a flower turns to the sun, you'll lift again with more energy, more joy.



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The hummingbird looked down at the blossoms swaying gently below. For the first time, she truly noticed how empty her wings felt, how thirsty she was. Quietly, she fluttered down to the sweetest flower and took a long, deep sip of nectar. And then, something shifted. Her wings felt lighter, her thoughts felt clearer. The forest no longer spun. It sang. She turned to the butterfly. I feel better. The butterfly chuckled softly. Of course you do.



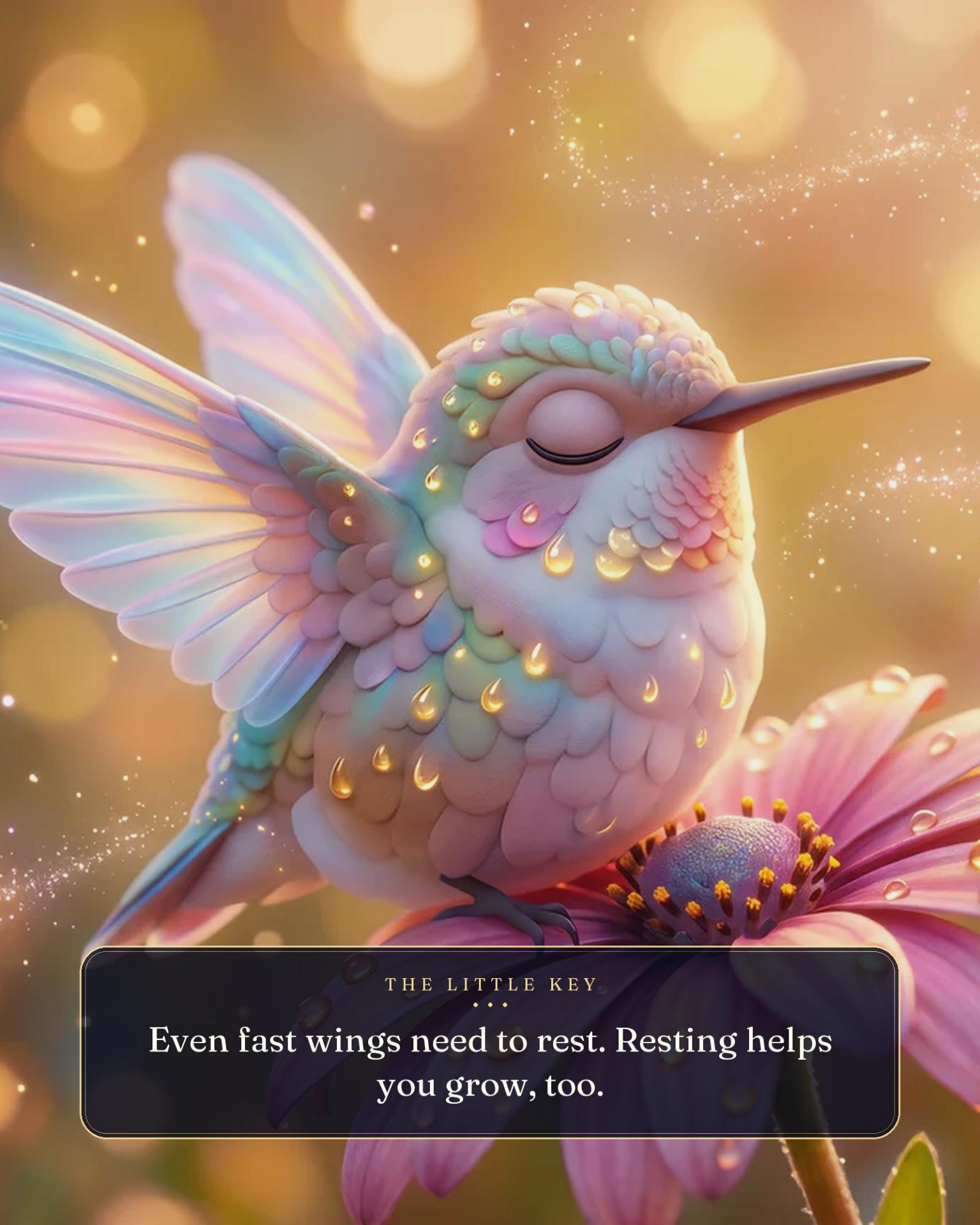
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You listened. That night, as the stars blinked overhead and the leaves whispered lullabies, the little hummingbird curled up on a soft branch. Her belly was full. Her wings were still. Her heart beat steady and slow. She finally understood taking care of herself didn't take her away from life. It gave her the strength to enjoy it, to explore, to give, to play, and to rest. And so, the hummingbird learned that real power comes not from rushing, but from balance.



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She didn't need to prove herself by doing more. She only needed to listen to her own rhythm, the quiet language of her body. Deepak Chopra teaches us that when we slow down and care for ourselves, we invite harmony into our lives. Just like flowers bloom with sunlight and trees grow tall with rain, our bodies bloom when we pause and nourish them. So next time you feel tired or hungry or dizzy inside, remember the hummingbird's lesson, pause, listen, care for yourself, and watch how brightly you begin to shine.



THE LITTLE KEY
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Even fast wings need to rest. Resting helps
you grow, too.



REST IS POWERFUL

A busy little hummingbird flutters until she's worn out — until she learns that rest is its own kind of power. A soothing bedtime story about balance and rest.

For kids (and grown-ups) who never want to stop — a reminder rest helps you grow.

Big Lessons. Little Stories.

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