



Once upon a time, in a big garden, there was a tiny seed named **Tara**. All the other seeds grew quickly into tall, colorful flowers — red, yellow, and blue. But Tara stayed small under the soil.

One day, she whispered sadly: “I think I will never grow.”

The old gardener came closer. His smile was gentle, and his eyes shone like stars. He said: “Tara, you don’t need to be like the other flowers. You already have a light inside you. Each time you do something kind, that light will grow brighter.”

Tara was curious. “A light inside me?” The Gardener nodded: “Yes. When you help, share, or smile, your light shines.”

So Tara began to try:

- On the first day, she gave a drop of water to a thirsty ant.
- On the second day, she made shade for a little worm who was too hot.
- On the third day, she joyfully said “hello” to the sun.

Each time, Tara felt something sparkling inside her heart.

Little by little, she grew — not like the other flowers, but into a unique white blossom. At night, she glowed softly. People called her the **Flower of Light**.

Children from the village came to see her. When they stood near Tara, they felt calm and happy.

And Tara finally understood: Her strength was not in being big, but in **shining her light for others**.

Each of us, even the smallest, has the same divine light inside. And every time we help, share, or show kindness, our light shines brighter — together, we can brighten the whole world.

Question: How do you feel when you do something good?

Heart-Work: Try practicing something good for others. Later, share your experience about how people reacted when you were kind.