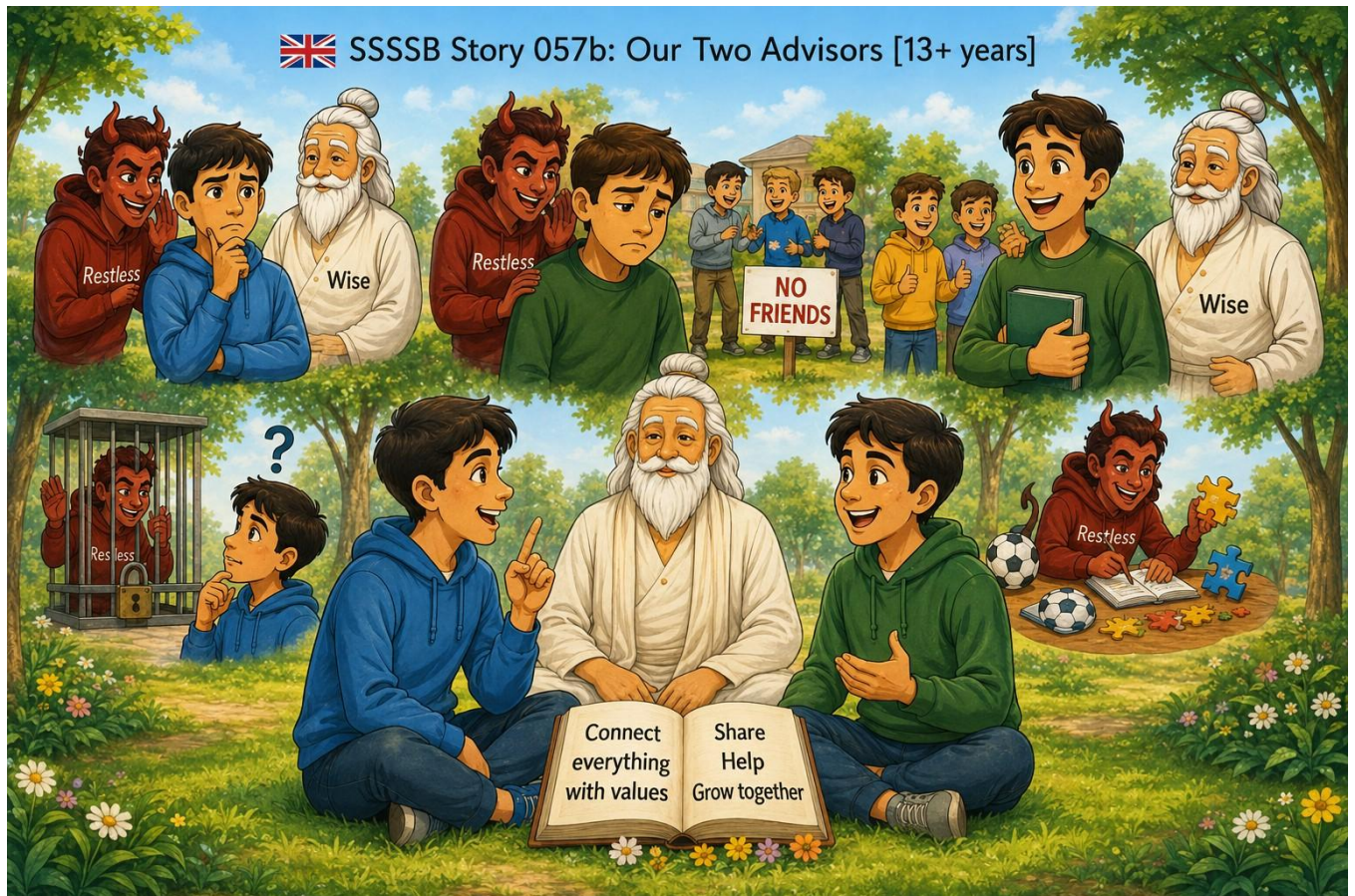




Once upon a time, there were two boys in 9th grade.
Their advisors were always with them, but invisible to the human eyes.
One advisor was named Restless, and the other Wise.

Boy 1: "Often, my advisor Restless whispers that I should just do whatever I want, without listening to others. He says that lying, arguing, or thinking I'm better than others is not a problem".

Boy 2: "My advisor Restless did the same with me. I followed him without thinking and lost everything — my good name, my friends, and the respect of others."

Then I started focusing on my advisor Wise. He is calm and gives good guidance — he reminds me to connect everything I do with values, to share, to help, and to grow together. Since then, I have felt happy, calm, and full of energy.

Boy 1: From now on, I will only listen to my advisor Wise. Can we lock up advisor Restless so he doesn't disturb us?

Boy 2 laughed: That doesn't work. Advisor Restless is part of us and cannot be locked away. But I've noticed that if we give him something to do, he stays busy and leaves us alone. That way, we can focus on advisor Wise.

Question: How do you handle your own advisor Restless and advisor Wise?

Heart-Work: Practice following Advisor Wise. Share your experience after some time.