

YOLANDA YOGAPANDA

# THE PERFECT ACTION



KIM KAMALA EKMAN



*This is a wonderful story about how to develop perfect actions in life.*

*Wise Little Yolanda Yogapanda teaches her friends about a prefect action, meaning "Something that does not hurt anyone, has some benefit to someone, yourself included".*

*For kids between  
5-99 years old.*



Yolanda  
Yogapanda

The Perfect  
Action

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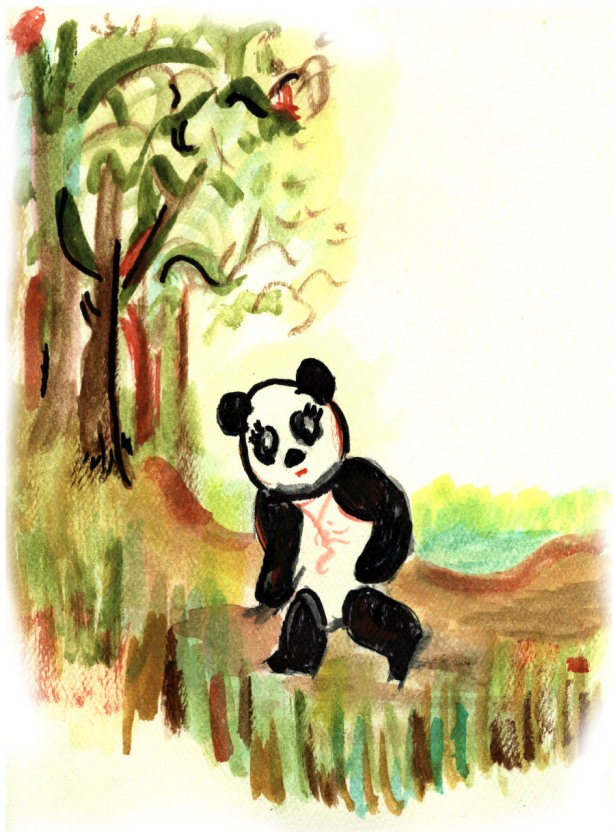
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*“Yolanda Yogapanda; The Perfect Action”*

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One day Yolanda  
Yogapanda was out  
walking, looking for her  
two friends Toby Trunk  
and Leopold, the stripy  
lion.

She looked for Leo-  
pold by the little lake,  
which she knew he liked  
so much, but he was not  
there. Where could they  
be?

She couldn't find them anywhere. She looked for Toby in the big forest, his favorite place. But he wasn't there.

Little Yolanda Yoganpanda carried on. She was wondering what they were up to?

Maybe they had found a new playground somewhere.



Suddenly she saw Leopold's tale sticking out from under a bush.

What was he doing under there?



-What are you doing, asked Yolanda. Leopold came out. I have lost my friend Toby Trunk because I was only thinking of myself and I hurt him.

-Whatever happened, you can always make it good and right again, said Yolanda.

-I don't know, answered Leopold. Toby is really angry and upset with me.

-You know that you have done something wrong and you feel bad about it, right? asked Yolanda.

-Yes, Leopold the stripy lion mumbled.

-So all you have to do now is apologize from your heart. Toby Trunk is one of your best friends and I know that he misses you a lot.

Yolanda and Leopold started to look for Toby, but they couldn't find him.

-Maybe he is by the windmill.

-Yes, let's go and see, said Leopold, exited now when he knew that Toby and he could be friends again.

But no, he wasn't by the windmill either.

-Leopold, do you now  
what a perfect action  
is, asked Yolanda as  
they continued looking  
for their friend.



-No, but I'm pretty sure you are going to tell me, said Leopold with a smile. He loved Yolanda so much; she always cared a lot for everybody.

-A perfect action is something that does not harm or hurt anyone, does some good to someone, your self included, explained

Little Yolanda Yoga-  
panda.

-WOW Yolanda, that's  
great! I wish I had  
known that before I  
hurt Toby Trunk by



being selfish, said Leopold.

-Don't worry, Leopold.  
Be kind to yourself.  
When you know better,  
you can do better and  
everything will be fine.

Suddenly the two  
friends saw Toby sitting  
by himself, far away  
looking lonely and sad.

-Come; let's go to him,  
said Yolanda.

-Wait, I am nervous now. What if I say I am sorry and he still doesn't want to be friends, stuttered Leopold in a trembling voice.

-Toby is a very kind-hearted elephant. When you apologize from the heart, he will be so happy, smiled Yolanda.

-But what shall I say,  
asked Leopold.

-Admit that you did  
wrong, explain that  
you are very sorry and  
that you will do your  
best to make sure it  
doesn't happen again,  
Yolanda said.

-Okay, said Leopold  
still a little nervous. I  
think I am ready. But  
to say that I have done  
something wrong and



that I am sorry is quite hard.

The two friends started walking towards Toby.

-You are being very brave now, said Yolanda, making Leopold feel a little bit better.

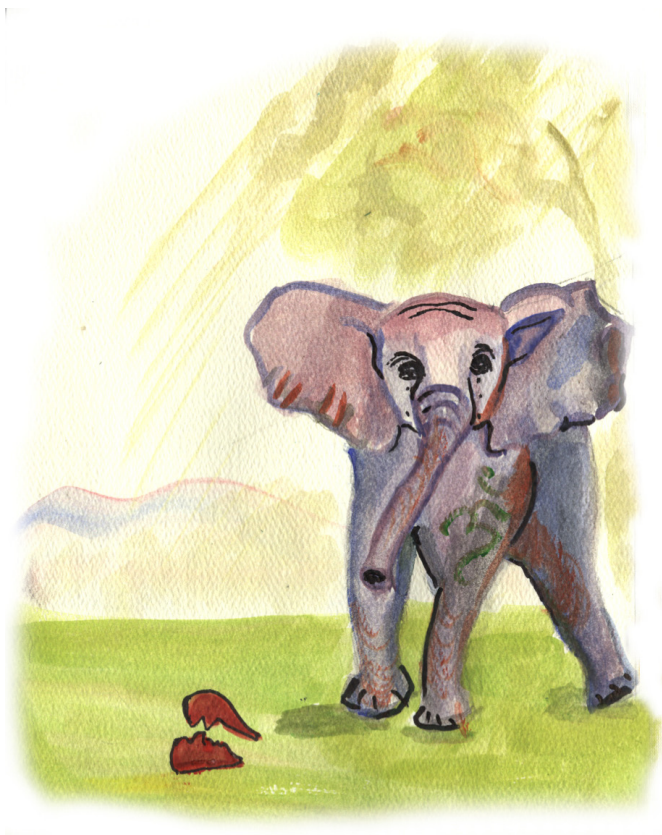
Finally they came to Toby. Leopold was still nervous, but started to talk.

-Toby my friend, I am here to say that I am very sorry for what I did.

-I know that it was wrong and I will do my very best to make sure it doesn't happen again. Please forgive me.

Toby looked up with happy eyes.

-I am okay now, and would love to be friends.



Leopold and Toby hugged, they both felt so happy being together again.

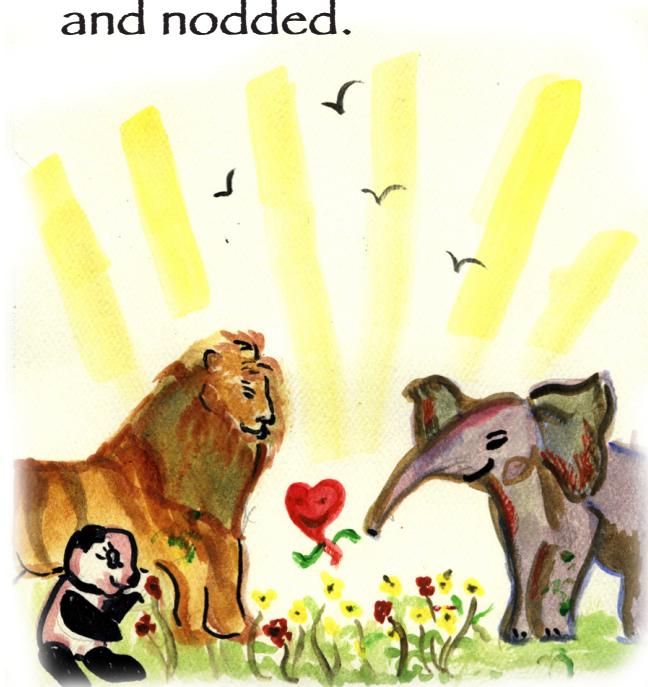
Little Yolanda Yogapanda was so proud of Leopold.

-You just did a perfect action, she said with a big smile.

Leopold looked puzzled.

-Yes, when you apologized to Toby, that was a perfect action, said

Yolanda Yogapanda.  
Leopold thought  
about it for a second  
and nodded.



-What is a perfect action, wondered Toby the Trunk.

-Why don't you explain, said Yolanda and looked at Leopold.

-I would prefer to show you a perfect action, suggested Leopold, the stripy lion. Come with me, please.

Leopold had had a secret place that he

loved. The two friends didn't know about it.

Before he wanted to keep it to himself. Now he knew better.

They walked together on a narrow track before they came to Leopold's secret place.

Toby and Yolanda wondered what Leopold was going to show them?

Around the big hill  
a beautiful meadow  
opened up and they  
looked on the ground  
and saw that it was full  
of blueberries.

Toby jumped up and  
down, blueberries were  
his favorite.

-I have learned from  
Yolanda today that a  
perfect action is some-  
thing that doesn't hurt  
anyone, does some

good to someone, myself included, said Leopold very happy now.



-That's great, said Toby Trunk with his mouth full of blueberries. You did not hurt anyone by showing us your secret place; you made Yolanda and me very happy with all these blueberries. How does that make you feel, asked Toby.

-Wonderful and warm inside, Leopold answered with a big smile.



-This has been a beautiful day, said Yolanda and finished off with one of her great sayings.

-Sharing is caring!

