

E-BOOK

Sharada

&

The Four Locks and Keys



Kim Kamala Ekman

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and Keys

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Sharada
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by

Kim 'Kamala' Ekman



Once upon a time there was a happy dragon,
who had a secret spot under a very special tree
in the forest.

The tree stood majestically by a beautiful river, with all its leaves moving slowly in the breeze.

Every day when the sun was too hot, the happy dragon sat under the tree, or went for a swim in the cool water. Her name was Sharada.





One day, when she was joyfully taking a dip, she discovered an old box on the bottom of the river.

Very excited, she swam down to get it. What could be in it? A treasure, maybe?

It looked and felt ancient, and on the worn cover were the written words “Yogi Patanjali”. How strange...

Sharada sat down on the beach and looked at the box from all sides.

She grabbed the lid, and to her surprise, the box opened up easily.





In it were four very old keys, together with a note and a tiny little book with the title “Four Locks and Keys”.

Sharada started with the note. It said; “By using these keys in your daily life, your mind will at all times stay calm and peaceful”.

She had no idea what the note meant, nor how to use these keys.

But if this was a secret way of always having a calm and peaceful mind, she sure was very interested in knowing more.

Excited about her finding at the bottom of the river, she sat down by her special tree and started reading the little book.

It seemed it was all about how to unlock difficult situations. Apparently, there were four main problems which could occur, in situations as well as in relationships, and four different keys to solve them.

It seemed so simple, yet almost magical. Sharda felt intrigued and continued reading.





The First Key said: “Friendliness Towards the Happy”.

Sharada looked up at the clear blue sky, while remembering a day a long time ago, when she was just a little baby dragon girl.

That specific day, her fairy friend in the forest had been so happy because she had grown beautiful wings to fly with.

But instead of being joyous, Sharada got very jealous, and didn’t even want to look at her fairy friend’s new wings, nor watch her fly high between the tree tops.

What could have been such a happy day, instead turned into a sad day for both of them. Indeed, the First Key the book mentioned was something she knew from her own experience.

“Feeling friendliness towards the happy” was easy for her now, after her sad day with her beautiful friend, the Fairy. And that made her feel great.

So now she was also friendly towards all the happy beings in the river, the trees, even the plants and all spirits around her.

Sharada carried on reading, wanting to know the meaning of the other keys as well.

The Second Key read: “Be Kind and Compassionate for the Unhappy”.

Sharada searched her mind. She knew about a very angry and unhappy rabbit she once had met, who lived all by himself up the mountain.





Rabbit had no friends; he was always grumpy and sometimes almost a little scary with his unhappy mood.

She had no idea why Rabbit was like that. Someone told her once that he became like that after a fox had killed his whole family. But she wasn't sure if that was true.

Now understanding what the Second Key said, Sharada felt a little sad thinking about Rabbit.

So she made a decision to one day go and see him and ask if he wanted to become friends.

Maybe if he had a friend to speak to who would listen with kindness, he would not be so unhappy.

Let's see what Sharada found out about the next key. The Third Key said; "Bliss and Joy in the Virtuous".

Virtuous used to be a difficult word for Sharada. Luckily, she had a very dear friend who was very virtuous - the kind, whole hearted, honest, generous and very admirable Spider. Boy, how much she had learned from her.

Spider had taught her to be Truthful, Generous and Kind, and without her, Sharada would be almost lost.

Sharada loved to spend time with Spider and wanted to become more like her. She truly had Bliss and Joy in the virtuous Spider.

She couldn't wait to go and tell Spider about this little gem of a book. But Spider probably already knew it all, being the virtuous one in her life.





“These keys are so cool and smart”, she thought with a big smile while slowly flipping a page.,.

The Fourth and final Key read; “Ignore the Wicked”.

Sharada didn’t have a lot of wicked beings around her. But she knew of an area in the forest where the naughty lizards lived. She had been there a few times, not liking them at all.

They lied, stole from their neighbours and was not at all anyone she would like to have close to her. Sharada actually thought they were quite silly behaving like that.

So this final key, ignoring the wicked lizards, was easy for her.

Sharada was amazed and slowly closed this great little book, written by a super cool yogi named Patanjali. What a treasure!

She decided there and then that she would always keep these four locks and keys close to her heart for the rest of her life, in order to keep her mind calm and at peace.

She got up with a happy smile, brushed off some dry leaves from her legs and started running home.

“I can’t wait to share what I have found with all my friends and family. What a wonderful day to be alive!”



**Can you think of examples of your own,
where you can use these four keys?**

Key 1: “Being friendly towards the happy”

Key 2: “Be kind and compassionate for the unhappy”

Key 3: “Have bliss and joy in the virtuous”

Key 4: “Ignore the wicked”

***By using these magical keys in your life, your
mind will always stay calm and peaceful***

THE END