



I WANT TO TWINKLE
STARS

by

Lucy Lopez



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Dear Mum, Dad and Child

This is a book of **high consciousness**. Yes, I know, it's a pretty big word that – consciousness. What in hullabaloo does it mean?

Now, before I tell you what it means, I have a very special message for the child who's reading this book. Say '**jumping junipers**' if you are that child. Okay, once more, and this time, please, just whisper. Thank you.

Right, as I was saying, I have a very special message for (Mum, Dad, please say your child's name). Remember that big hullabaloo-ey word, **consciousness**? Well, you, my child, are in a place of very **high consciousness**. Probably more than mum or dad! Yep! It's true!

You, my child, are full of bright light, like the stars, and full of fun and joy and excitement and, wait for this...for you, nothing is impossible! Yep! For, you, my child, everything is possible! That is what that big hullabaloo-ey word means!

Did you get it? I'm sure you did. But perhaps Mum or Dad didn't. So, I'm going to spell it out for them. (And if you like, you can explain it to them too). Actually, why don't you read along?

Here we go:

High Consciousness –

The place of bright star-light. The place of fun, joy and excitement. The place of quiet peace. The place where everything is possible!

So, Mum and Dad, and (please say your child's name), as you read this little book of verses, remember that it is for people who are in.... what was that??? Yep. **High Consciousness**

Dear Mum and Dad

If you have chosen to read this book, it is because, on some level of consciousness, you were drawn to the possibility of offering your child something that recognizes his/her true nature, and indeed yours!

Some people like to describe that 'true nature' as our divinity or godliness or limitlessness. All of these are beautiful and great words and they can help direct us towards our true nature. But the words themselves are not so important. What is important is the deeper truth or reality that they remind us of and that they may encourage us to always stay conscious of.

I was inspired to write these verses to help children retain their innate sense of who they are. Children, far more than adults, express their divinity, godliness and limitlessness naturally and effortlessly. They are 'less conditioned' by the beliefs and fears of adults. But they learn these beliefs and fears soon enough and thus cease to be children. They become, quite literally, adult-erated!

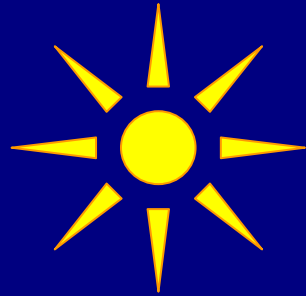
I was also inspired to write this book for you! As parents, I know you want the best for your child. Of all the things that you could give your child, I would imagine that a deep sense of their divinity, godliness and limitlessness would be a priority. Actually, it is not so much a case of 'giving' them this sense, but helping them preserve what they enter this world in – a state of High Consciousness!

As you read the verses in this book, some more poetic, others more conversational, I hope that you too will be drawn (back) into this higher state of consciousness. I hope the verses uplift, inspire and reassure you and your child. And I hope they encourage you to think and see beyond the given, and to cast your gaze instead on the stars that have always been twinkling in your hearts!

I have set out this book so that each verse has some accompanying notes for you to refer to. I suggest you read them before you first read the verse with your child. It will give you a sense of the meaning and intent of the verse. The notes are found in Part Two of the book, Part One being the verses themselves. By the way, if you haven't already purchased the audio version of this book, it's here www.lucylopez.net/audioiwantstarstotwinkle.mp3 .

Finally, I would love to hear from you. Your feedback will greatly assist me with the other books that I am working on! Please visit me at www.lucylopez.net or send me an email at ebooks@lucylopez.net .

Part One




THE VERSES




I WANT STARS TO TWINKLE

I want stars to twinkle
And eyes to twinkle back!



I want flowers to smell
And a nose to smell them!




I want songs to sing
And a mouth to sing them!

I want smiles from everyone
And smiles to give them!

I want hugs from Mummy
And arms to hug her back!

I want kisses from Daddy
And lips to kiss him back!



I want lots of laughs
And a belly to hold them in

I want bedtime stories
And ears to hear them

I want birds to fly high
And legs to leap up into the sky!

I want happiness for Mum and Dad and my brothers and sisters
And I want happiness for little ol' me!

Mmmm....



DEAR MAKER OF THE WORLD

Dear Maker of the World
How did you do it?
Can I do it too?

Dear Maker of the World
Did you really make the stars?
Or did someone give them to you?

Dear Maker of the World
Have you seen the whole world?
Or are you the whole world?

Dear Maker of the World
Can you count backwards from a zillion trillion million
Or are you too old to remember?

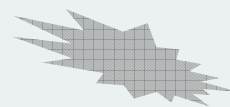
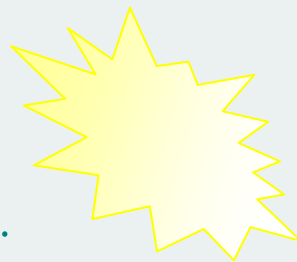
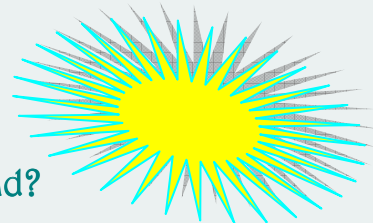
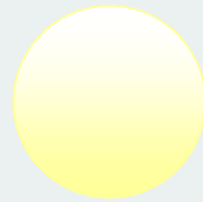
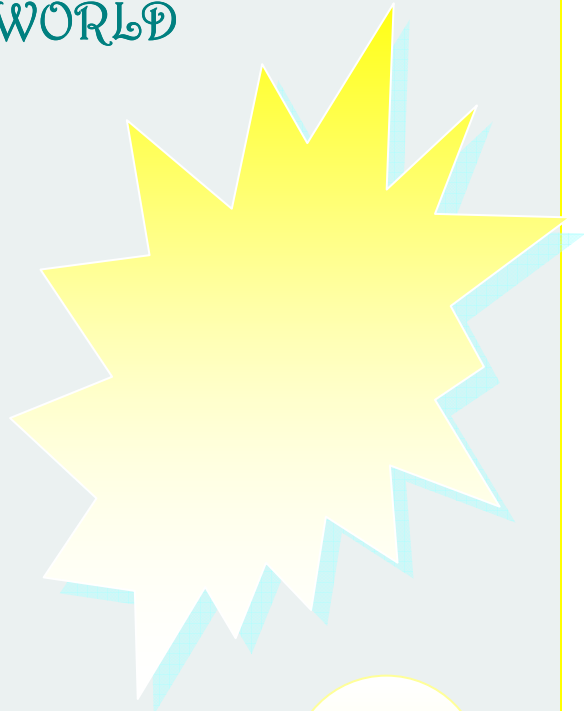
Dear Maker of the World
Did Mum and Dad kiss when they made me
Or did they just hold hands?

Dear Maker of the World
Will you come to my birthday party
Or will you send grandpa and grandma instead?

Dear Maker of the World
Are you very close to me?
Or am I part of you?

Dear Maker of the World
It's your turn to ask me a question.

(Mum or Dad, it's your turn)



I CRIED A LOT TODAY

I cried a lot today because...
I felt sad and angry and upset
so I cried

I wanted Daddy (Mummy) to know
that I was sad and angry and upset
I wanted Daddy (Mummy) to cuddle me and kiss me
and tell me that it was okay
I felt much better after that

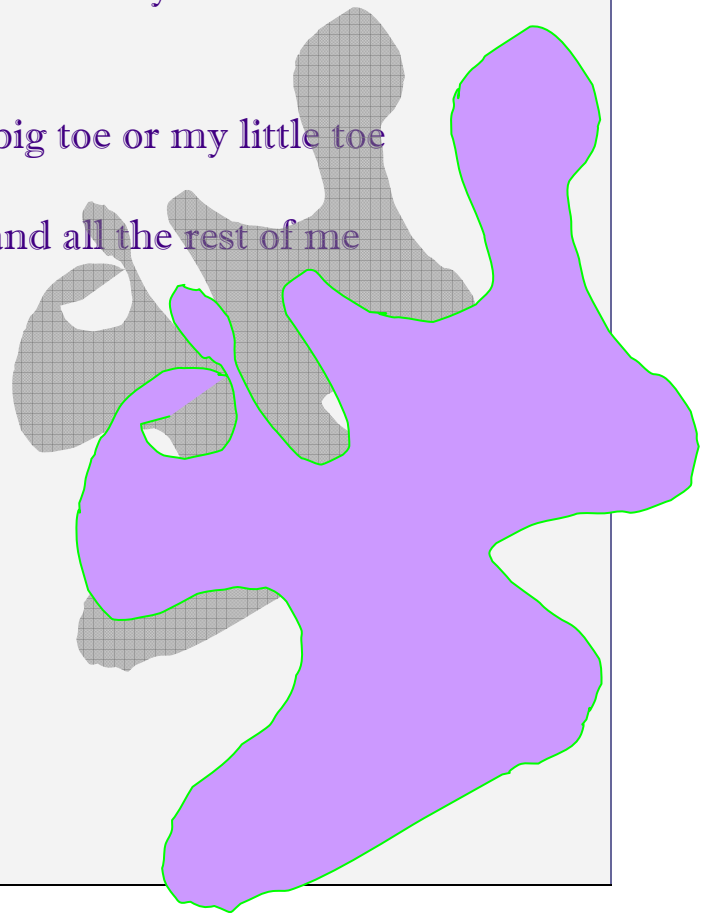
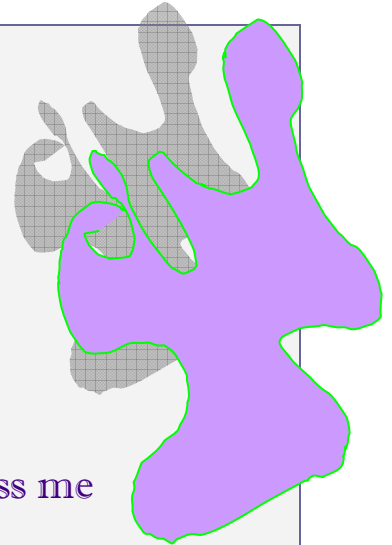
But I wonder now
what would happen
if I get sad and angry and upset again
and Daddy (Mummy) is not there
I guess I will have to cuddle and kiss myself
That's right

I can give myself a cuddle
and I can kiss my hand or my big toe or my little toe
and I can think how nice it is
to have my hand and my toes and all the rest of me
to kiss and cuddle.

Mmmmmmmmm.....
I CRIED A LOT TODAY

I cried a lot today
Because -----

But not any more!





THE TEACHER SAID...

The teacher said that
we should be good
Does that mean that we are not good?

Mum/Dad: I think the teacher meant that you *are* good and should stay good

The teacher said that
we should be kind
Does that mean that we are not kind?

Mum/Dad: I think the teacher meant that you *are* kind and should stay kind

The teacher said that
we did well today
Does that mean that we didn't do well yesterday?

Mum/Dad: I think the teacher meant that you did just as well today as you did yesterday

The teacher said that
we had to be very quiet
Does that mean that we mustn't be noisy?

Mum/Dad: I think the teacher meant that there are times to be quiet and times to be noisy

The teacher said that
we should stop asking questions
Does that mean that it's not good to ask questions?

Mum/Dad: I think the teacher meant that sometimes it's good to try and figure things out for yourself

The teacher said that
we should respect nature
Does that mean that nature is bigger and stronger than us?

Mum/Dad: I think the teacher meant that you are part of nature and should care for all of it

I like my teacher Mum/Dad.

I HOPE MUMMY LOVES HERSELF A LOT!

Mummy said she would take me skateboarding (child's favorite thing to do) today and then buy me a blueberry (child's favorite) ice cream

But she didn't

I really, really, really wanted Mummy to take me skateboarding

I really, really, really did

Why didn't she, Dad?

Was she sick?

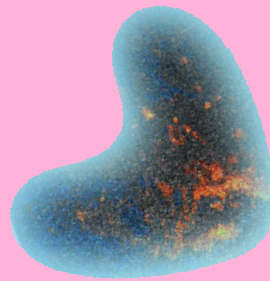
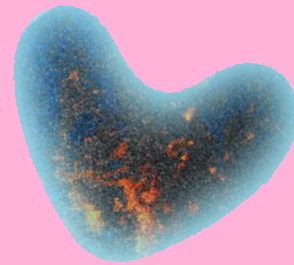
Did she forget?

Was she too busy?

Dad: I don't know, darling
But I do know one
thing
That Mummy loves
you
as much as she loves
herself

I hope Mummy loves herself a
LOT!

Dad: Me too!



I HOPE DADDY LOVES HIMSELF A LOT!

Daddy said he would take me skateboarding (child's favorite thing to do) today and then buy me a blueberry (child's favorite) ice cream

But he didn't

I really, really, really wanted Daddy to take me skateboarding

I really, really, really did

Why didn't he,

Mum?

Was he sick?

Did he forget?

Was he too busy?

Mum: I don't know,

darling

But I do know one thing

That Daddy loves you

as much as he loves himself

I hope Daddy loves himself a LOT!

Mum: Me too!



Why did Daddy hit you Mummy?

Why did Daddy hit you Mummy?
Were you naughty?
He looked really mad
And he was shouting
I was really scared.

Love

Mum: Daddy hit me because at that time
He couldn't think of anything better to do
He should not have done it
Just as you should never hit anyone
No matter what you're feeling

Is that why you didn't hit him back?

Mum: Yes

I would never hit you Mummy
I would think of something better to do

Mum: What would you do, darling?

Mmm... I would give you a hug

Mum: Even if you were angry at me?

Well, if I were angry at you, I would

(look at you like this
tell you that I am angry
tell you to go to your
room
tell me to go to my room...)

Love

Why did Mummy hit you Daddy?

Why did Mummy hit you Daddy?
Were you naughty?
She looked really mad
And she was shouting
I was really scared.

Love

Dad: Mummy hit me because at that time
she couldn't think of anything better to do
She should not have done it
Just as you should never hit anyone
No matter what you're feeling

Is that why you didn't hit her back?

Dad: Yes

I would never hit you Daddy
I would think of something better to do

Dad: What would you do, darling?

Mmm.. I would give you a hug

Dad: Even if you were angry at me?

Well, if I were angry at you, I would

(look at you like this
tell you that I am angry
tell you to go to your room
tell me to go to my room...)

Love

HERE I AM

Here I am
Ten fingers
Ten toes
One mouth
One nose
Two eyes
Two ears
Two hands
Two legs
One head
Lots of hair
One chest
One heart
for all my love
mmm...mmm..
One tummy
for all my food
Yummy, Yummy
Lots of things
but just One Me
That's right
Just One Me
I'm not extra special
I'm just as special
As everyone else!
I like being special just like everyone else!

And why am I special?
Cos there's Just One Me
And why is Daddy special?
Cos there's Just One of My Daddy
And why is Mummy special?
Cos there's Just One of My Mummy
And why is Gramps special
Cos there's Just One of My Gramps
And why is Nanna special?
Cos there's Just One of My Nanna
And why is (brother/sister's name) special?
Cos there's Just One of My (brother/sister's name)
And why is (friend's name) special?
Cos there's Just One of My (friend's name)
And why is (aunty, uncle, teacher, neighbor, etc) special?
Cos there's Just One of my (aunty, uncle, teacher, neighbor, etc)

That's right.
There's Just One of each one of us
In this great, big universe
And that's the only reason why
Each one of us is special!



I watched the sun set this evening
over the ocean
It was pretty cool
The way the colors kept changing
And the shapes of the clouds too

It was as if some magician
Working secretly in the sky
Was making all this magic
Right before my eyes

I have to say she was good
I mean it's a pretty large sky
And she was pretty fast

I could have just walked by
And missed it all
But somehow
I felt the magic then
And I still feel it now

I
watched
the sun
set this
evening



When I grow up
I'm going to figure it out
How to make the sun set
And turn the moon and stars on

How to make rain
And bring the tides in
and roll them out again

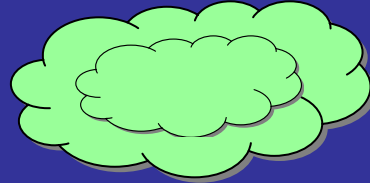
Yep, I'm going to figure out
How to make sand fine
And jellyfish squishy

And if mum and dad don't know
I'll even figure out how to make me

Leave it to me and you'll see
I'll have it all figured out
This magical world AND me!



Day by day
My little brother grows
But not a lot
In fact, he grows
Very, very, very slowly
I wish he would hurry up a bit



Mum/Dad: You were once as tiny, darling
And you took your time growing
And you still have a lot more growing left to do
To get as big as mummy and daddy

How long will that take?

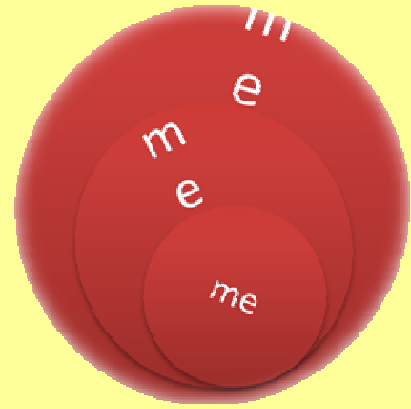
Mum/Dad: Oh, at least twenty years

Twenty years???!
That's wayyyyyyyyyyyyyyyyyyy too long!!!
It's like two days!!!
I want to finish growing NOW!

Mum/Dad: And what will you do when you're all done growing?

I'll turn into a puppy and start growing all over again!
Then I'll turn into a

MY LIFE



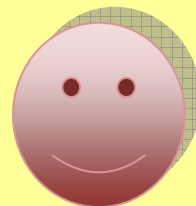
My life goes on forever
For a while it looks like
a little baby
Then it looks like a little child just like me
Later, it will look like a bigger person
And one day, it will look as big as Mummy
(Daddy)

Before I was born
My life looked very, very tiny
It was so tiny that it had to live inside Mummy

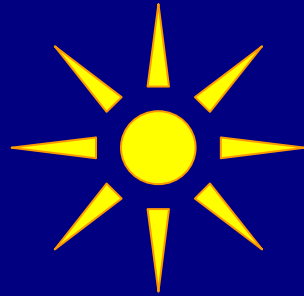
But even before then
My life didn't look like anything at all
It just felt like something

I think it felt like

Love



Part Two



THE NOTES

Dear Mum and Dad

I have included these notes with the intention that, with them, the verses will make deeper sense to you, a sense that I am certain you will want to share with your child as you read the verses together. However, I have kept the notes at the end of this book just in case you decide that you wish to encounter the verses without the author's influence☺.



I WANT STARS TO TWINKLE

It is common practice to ask for what we believe we do not have. Such practice reinforces the feeling of 'lack'. On the other hand, when we express our desire for something that we already have, we are doing at least three things:

1. We are acknowledging what we already have
2. We are acknowledging the goodness of what we have which is what gratitude really is
3. We are creating more of what we want by giving it our attention/energy!

Encourage your child to express her/his desire for the many, many 'things' s/he already has and experiences!



DEAR MAKER OF THE WORLD

Children are by nature curious and blessed with a wonderful sense of humor (sometimes lost on adults☺). Here, both you and your child are encouraged to enjoy that curiosity and humor, both of which are catalysts for creative thought and expression!



I CRIED A LOT TODAY

Children, just like adults, need to acknowledge *all* their feelings, the 'pleasant' ones as well as the 'not-so pleasant' ones. They also need to be encouraged to stay comfortable with their feelings, and sometimes, without the help of an external source (mum, dad, food, video games etc). When they do, they learn to experience their feelings as a passing event – things that come and go. To be able to encounter *all* our feelings without hurrying them on, ignoring them or trying to suppress them is one of the most loving and health-giving things we can do for ourselves!



THE TEACHER SAID

Children are routinely exposed to ideas and beliefs that they silently adopt as their own. These come from authority figures such as you, mum and dad, and

teachers of course! If these ideas/beliefs are not questioned and interpreted in the most empowering way possible, they collect in your child's repository of unhelpful, limiting beliefs which give rise to unhelpful and limiting self-concepts and behaviors that persist into adulthood. Here is a chance to replace such beliefs early in life before they gain a stronghold with ones that empower and inspire!



I HOPE MUMMY LOVES HERSELF A LOT
I HOPE DADDY LOVES HIMSELF A LOT

Sooner or later, a child is going to feel let down by one or other of their parents. How do we handle a child's disappointment? By telling them not to feel bad or to do something that will take their mind off it or by reinforcing it with negativity about the 'wrongdoer' (whether that happens to be ourselves or another)? We handle a child's disappointment with honesty. And one of the most honest things we can do is to acknowledge that how we love another is a direct reflection of how we love ourselves. This acknowledgment is not a judgment but an observation of a simple truth. With this verse, you and your child are encouraged to acknowledge this deeper truth – beyond the actions, behaviors, habits, failures and weaknesses – that we can love another only as (much as) we love ourselves. By acknowledging this truth, we encourage self-love and we keep the windows of hope and optimism wide open while the door of blame remains firmly shut!



WHY DID DADDY HIT YOU MUMMY?
WHY DID MUMMY HIT YOU DADDY?

For some children, domestic violence is a 'fact of life'. It was for me. It filled me with fear as a very young child and outrage as an older child and adult. One of the ways we can and must deal with violence is to address it honestly for what it is. It is behavior that is destructive. But it is not just behavior. It is a way of thinking and feeling that is rooted in fear and with that fear comes a paralysis of mind that prevents access to the more humane, patient, loving, understanding and (for)giving aspects of our nature. This verse encourages you and your child to recognize the limiting nature of fear, anger and violence and explore instead the more loving, freeing and empowering responses that we are capable of!



HERE I AM

One of the most limiting beliefs we have is the belief in 'specialness'. We each want to be 'special' without realizing that we already are! That is because the concept of 'specialness' has been corrupted with ideas of competition, separation and difference and driven by an emphasis on 'doing' and 'having' at the cost of 'being'. We forget that we are, first and foremost, human *being*! I want us to

remember that our *specialness* is not the result of anything we do or any particular talents we have but that it is simply the very nature of who we are as individuals. Each one of us is 'special'. Why? Simply because we exist as unique expressions of the same life/god/spirit/divinity/family - no more and no less than any other creature or thing. When we can truly appreciate this, we will truly live as members of the One family!

In writing this verse, I am also hoping to spur the enquiry into why we each have a need to be special (at least in one person's eyes!). In these brief notes, I would briefly (☺) like to suggest that, at its deepest level, the feeling of being special validates and honors our place and presence in the world. I encourage you to explore and enjoy the specialness of yourself and your child!



I WATCHED THE SUN SET THIS EVENING

Our world is a wondrous, awe-inspiring world, yet its 'commonness' and predictability make it easy for us to take it for granted, to forget, to 'not see'. But when we do see, we experience such joy, such awe, such wonder, all of which inspire us to love and respect our world. And what a beautiful thing we do when we encourage our children to 'see' and to be inspired by the world they are part of and where some of the best things truly are free!



GROWING

Children have an innate ability to observe, often expressing their observations in 'grown-up' language which is inevitably underscored with judgments and biases☺. When they do express them, we have an opportunity to acknowledge and learn from their observations. We also have an opportunity to complement their observations with other observations that have a 'balancing' effect.



MY LIFE

Children need to retain their innate sense of their immortality, for we never really 'die' nor are we really 'born'. We have always been, only our form changes. It is our fear of 'not-being' which we call 'death' that disturbs us and prevents us from truly living!

DEDICATION

I dedicate this book to every child and every parent. How could it be otherwise?! Included in this group are my own two children, Shaja and Premen (I wish I had written this when you were little ☺), my mother whom I adore, my father, now in a different life form, all my friends and clients and their children and parents. It is my intention to keep a warm heart, a listening ear and an open mind tuned into our interconnectedness and thus be inspired to live for all and not for just some.

In Love, Lucy

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2008

ABOUT ME



The most important thing I have to say about me is that I am uncompromisingly committed to happiness which is a quality of love which is our true nature! Thus, I am guided by Rumi's profound wisdom:

“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.” –
Jalal -ad-Din Rumi

I am especially committed to breaking the cycle of suffering (mental, emotional, physical) that we perpetuate from one generation to the next. I want to build Happiness Schools for children and parents where the core curriculum is Our True Nature and the primary methodology is Experiential!

Apart from that, I am a Mentor in Personal and Spiritual Development. I run retreats and workshops and meditation groups. I also write in various capacities and have co-authored academic research publications including a book. I am a parent and have been a teacher at high school and university. I have a Christian (Catholic) background which has expanded to include the spiritual teachings of several other traditions.

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