

Children's/Meditation  
Ages 4-8

# Bee Still

Bentley is a lovable, calm honeybee.  
He lives in a hive in a tall oak tree.

One day, the queen told the bees to get busy.  
This sent them scrambling into a tizzy.

But not Bentley. He chose to be patient and wait.  
He decided to look for a place to meditate.

*Bee Still* is a child-friendly introduction to meditation.  
Includes a **Note to Parents and Caregivers** with more  
ideas for introducing meditation into your child's life.

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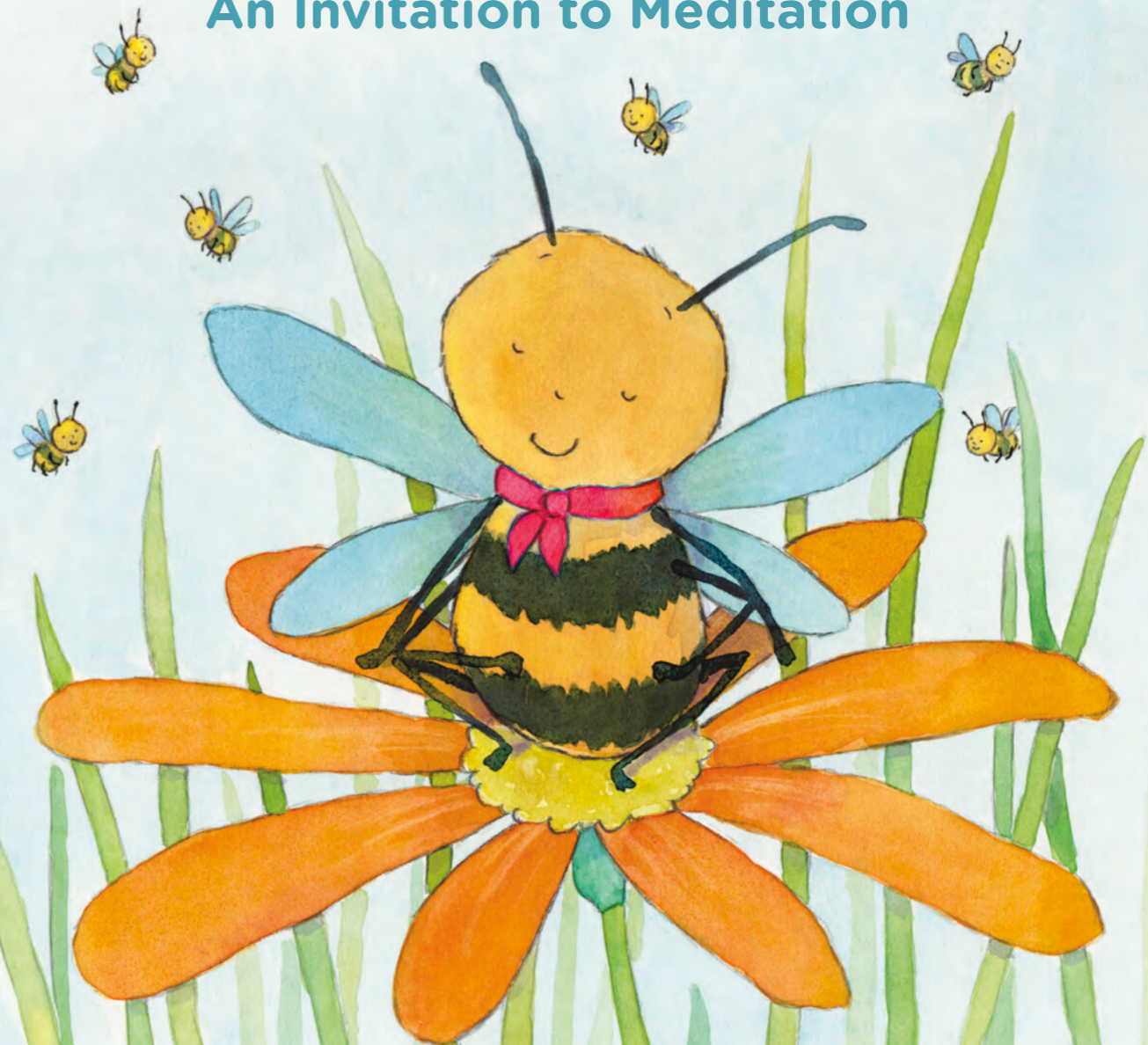
Sileo

Bee Still

Magination Press

# Bee Still

An Invitation to Meditation



by Frank J. Sileo

illustrated by Claire Keay



To Beth Sandweiss, who taught me how to meditate. Thank you for sharing your wisdom and kindness. Namaste! —*FJS*

For Sean and Michael with so much love. —*CK*

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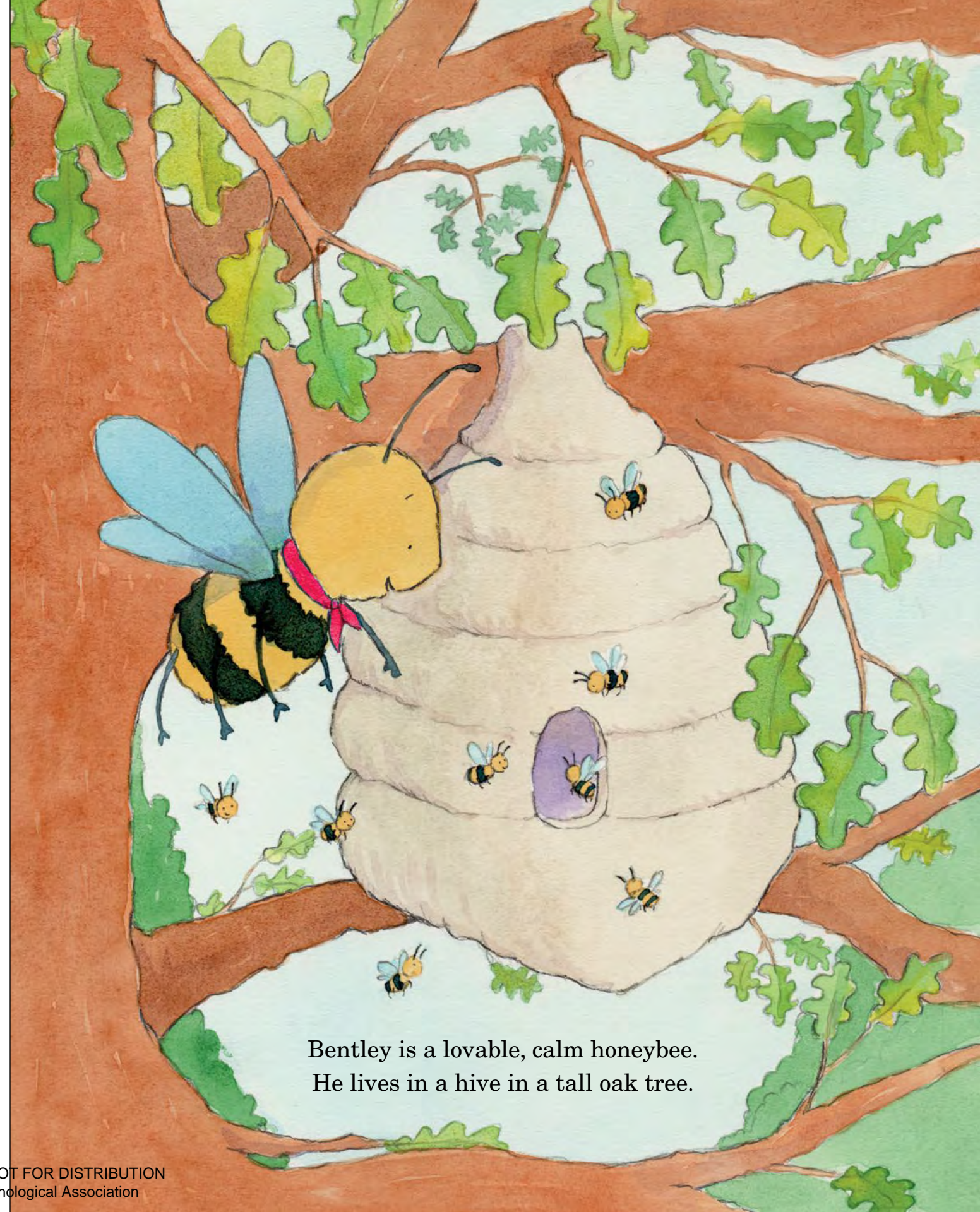
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Bentley is a lovable, calm honeybee.  
He lives in a hive in a tall oak tree.





The hive is a busy and noisy place.  
There is no wing-room; it is a crowded space.



The bees are always buzzing around.  
A quiet place is nowhere to be found.





One day, the Queen told the bees to get busy.  
This sent them scrambling into a tizzy.

“Buzz buzz! I’m late!” “Out of my way!” “Beg your pardon!”  
The bees rushed out of the hive and into the garden.





But not Bentley. He chose to be patient and wait.  
He decided to look for a place to meditate.

The honeycombs in the hive were just too tight.  
Bentley thought of the garden and began to take flight.





He searched the garden for a place to be still.  
When *bingo!* He spotted a bright daffodil.



Bentley landed on a petal and took a seat.  
He closed his eyes and rested his feet.