

Bee Heartful

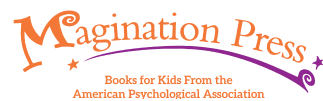
SPREAD LOVING-KINDNESS

by Frank J. Sileo
illustrated by Claire Keay



To the love of my life who holds my heart with so much love and kindness—FJS

For Daisy and Dexter—CK



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Bentley is a heartfelt bee.
His heart is filled with love.



One morning, Bentley awoke to a *bee-utiful* day.
He climbed out of his honeycomb and stretched his wings.



He put on his favorite red scarf.
It covers his chest and warms his heart.

It makes him a happier bee.

Bentley does loving-kindness meditation.
He sends caring, friendly, and warm thoughts
to *himself*,
those *he* loves,
and those who are not kind to him.



That morning, he found a quiet place in the garden,
sat down, and placed his hands over his heart.



He closed his eyes,

took three deep breaths,



and let them out slowly.

Bentley pictured himself in his mind and repeated
these words several times silently to himself:

May I be happy.

May I be healthy.

May I be safe.

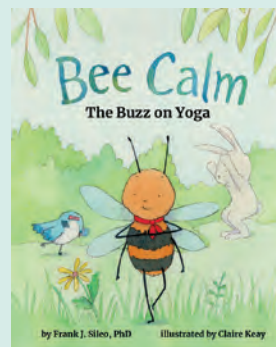
May I be peaceful.



When Bentley sends loving-kindness thoughts to himself,
his heart grows and he feels happier with himself.



When Willie Wasp steals Bentley's favorite red scarf, it really stings! Bentley has the whole garden buzzing as he keeps his heart in the right place with loving-kindness meditation.



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