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DEDICATION

I dedicate this book
to all who appreciate
simple reminders that life is good
and to those who want to live
the best life they can!

INTRODUCTION


I am happy that you have decided to read these children's stories, which were originally written for my children long ago. These stories are timeless and meant to help one to understand that we are always supported and cared for beyond what we can see, touch or hear most of the time.

The answers to most of our concerns and problems today are given to us through our love for each other, our trust, and our faith in times of stress and confusion.

Our world of support is bigger than it looks and it expands beyond our limits of our Earth and far into

STAR LIGHT STORIES

the outer limits of the sky. Our imagination is where our creation is formed and our prayers are answered.

I hope you enjoy this little journey into the other realm that exists beside you. Your imagination can take you anywhere you want to go and helps you to build an amazing world for yourself anytime your little heart desires. 



The Tooth Fairy

STAR LIGHT STORIES



A long time ago when people first came to the Earth, the silvery moon traveled silently and alone in the night sky.

The People called the moon, “Great Silver”. They felt Great Silver may be lonely and hoped they could help the silent and beautiful moon. After all,

THE TOOTH FAIRY

they had each other and Great Silver floated alone in an ocean of darkness.

One cool summer night, all the older people came to gather around a great fire while their children were fast asleep in their beds. The people wanted to help the moon and so they called to all the fairies.

Soon a beautiful glowing rainbow appeared. It was coming towards the great fire with a pleasant humming sound. It was the fairies.

They were dressed in the finest, most colorful silks ever seen. Some wore lace of spun gold and silver, and some even carried sparkling wands with dazzling jewels full of fairy magic. They were beautiful to look upon.

STAR LIGHT STORIES

All at once, the fairies began to sing:

Many hearts, we hear your calling,
Oh, what a beautiful song,
Only a gift of love is needed,
Nothing is ever so strong.

The people thought and thought, “What could we give of ourselves to help the moon?”

Just then a child came out to the great fire and said excitedly, “Look! Look! My tooth came out! Now I can get a new everlasting tooth that will stay with me always!”

The people were happy for the child and knowing that every child willingly gives up their little teeth for new everlasting ones, they all agreed that these would be their gift to the moon.

THE TOOTH FAIRY

The fairies said that these would be the perfect gift and that they would be most happy to help the moon to receive them. “Could my tooth really help the moon?” asked the child, smiling eagerly. “Oh, but of course”, answered the White Fairy. “It is not simply a tooth, but a gift of love from your heart showing the moon how much you care.” The child gave the tooth to the fairy and was soon back in bed again having sweet dreams.

With the tooth in her hand, the White Fairy flew into the sky, higher and higher, until she landed on the moon.

There she gathered some moon dust, and with a sprinkle of moon dust and a wave of her wand, the tooth began to glow.

STAR LIGHT STORIES

She floated the glowing tooth out into the sky and said, “**S**parkle **T**ooth **A**nd **R**est, you are a **S**TAR.

At that moment, it sparkled brightly and hung restfully for all to see.

Great Silver saw this and wept a happy silver tear which fell right into the fairy’s hand.

The people smiled, laughed and danced to see the bright and wonderful light high up in the sky. The fairies flew around singing joyfully.

The other planets saw it too and came to happily shine their light.

The moon said to the White Fairy, “Take this silver tear of happiness as my gift to the child in return for the loving gift I have received tonight.”

With the silver tear in her hand, the White Fairy flew back down to the joyous gathering. She

THE TOOTH FAIRY

sparkled from head to toe with moon dust and her dress seemed to dance in the firelight. She said to the people, “We shall call this light a STAR.” The people loved the name for the light and said to her, “We shall call you the Tooth Star Fairy.” She was honored.

The fairy went back to the sleeping child and gently slipped the silver gift under the pillow. “Now you have a star to wish upon,” she whispered, “use it wisely. I give you this gift in return for your loving deed.” She softly kissed the child and flew away.

Today, many call her the Tooth Fairy.

And every night when a child loses a tooth, she comes when dreams are sweet, gently takes their tooth and leaves them a shiny silver coin. Then she

STAR LIGHT STORIES

flies the tooth up high into the sky to sparkle and shine by the moon as the brightest star.

When a child sees their special star, they can make a wish.

If you look up into the sky at night, you can see the stars from children all over the world. And if you look just right, you can see the Great Silvery Moon saying “WOW!” at this wonderful sight, never to be lonely again.

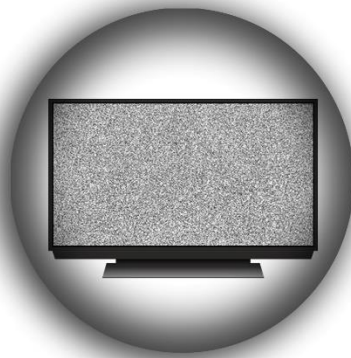


Poem - The Tooth Fairy



The Tooth Fairy sees a child,
beaming with a holey smile.
so proud to be growing,
the happy child slumbers knowing,
“In the night time sky will shine,
that very little tooth of mine.”
The Fairy comes and takes it away,
leaving a gift in its place.
From long ago until today,
all holey smiles shine.

STAR LIGHT STORIES



The T.V. Bug

Poem - The T.V. Bug

When the T.V. Bug comes out at day,
playtime fairies fly away.

The restfulness the T.V. gives,
sends playful fairies far from this.

“Come and play”, the fairies cry,
as they try to tell you when flying by.

“Can’t you see we want to play,
even on a rainy day?”

“Remember us, we’re over here.
we want to play and have no fear,
but the T.V. Bug plays alone
and wants all fairies to be gone.”

POEM - THE T. V. BUG

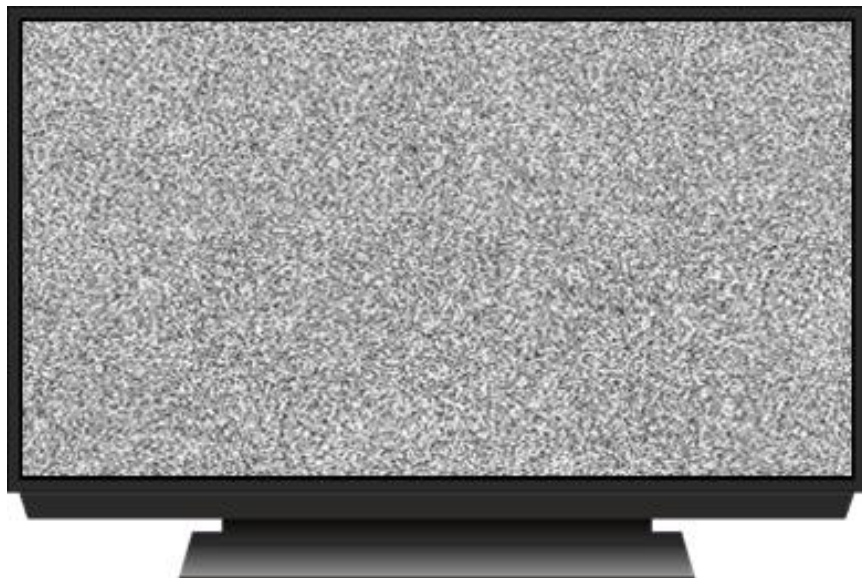
“Just walk away from the T.V.,
then come and play pretend with me.”

A fairy calls out to a child,
staring at the T.V. mild.

“Don’t think the Bug is not around,
because you cannot hear it’s sound.

Remember every single day,
friends are here, we want to play.”

“Just tell the Bug to go away,
and then we’ll be around.”



STAR LIGHT STORIES



Candy Cabin

STAR LIGHT STORIES



There were once two children, a brother and a sister. Their names were Stephen and Joy. They had been watching a movie called Hansel & Gretel and they both fell fast asleep. When they woke,

CANDY CABIN

they were lost in the woods, so they walked and walked wondering where they were until they came upon a cabin. It was a Candy Cabin!

They quickly ran down to it. Stephen grabbed the door handle; it was a gumball – they looked at each other with wide eyes.

Then, when they opened the door, it fell off; it was a large gram cracker! They had to laugh.

When they entered the cabin, they saw a shiny red carpet spread out on the floor in front of them; it was a giant fruit roll up!

Stephen went into the kitchen to wash his hands and, when he turned on the faucet, juice came out.

Joy saw an attic rope hanging from the ceiling. When she grabbed it, it broke off; it was a licorice twist!

STAR LIGHT STORIES

Stephen walked into the living room and saw a soft looking carpet; it was made of cake!

By now, Joy was tired and walked into a room with a bed. When she went to lay down, she saw that the mattress was a chocolate bar! The pillow looked soft and fluffy; it was a marshmallow! She pulled up the blanket; it was a candy wrapper!

Stephen wanted to start a fire, so he grabbed two logs; they were tootsie rolls!

As Joy was lying in the bed, the chocolate began to melt and get sticky. By this time, the children were sticky all over. It was in their hair and everywhere!

Since they were so sticky with candy, they decided to eat as much of the cabin as they could. After they ate most of the candy pictures that were hanging on the walls, their bellies started to ache.

CANDY CABIN

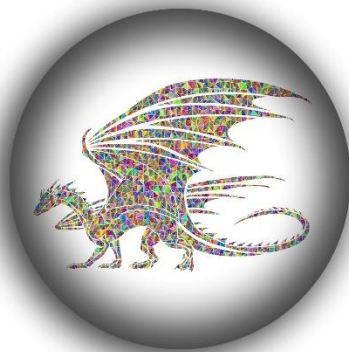
They had so much sugar energy that they ran out of the cabin and out of the woods and past their house and through their neighborhood and out of their town and right out of their state!

Soon they were in another country and they ran right up to the top of a high mountain and finally, **CRASH!** They fell right down onto the floor of their family room at home. They bumped heads; **OUCH**, they said.

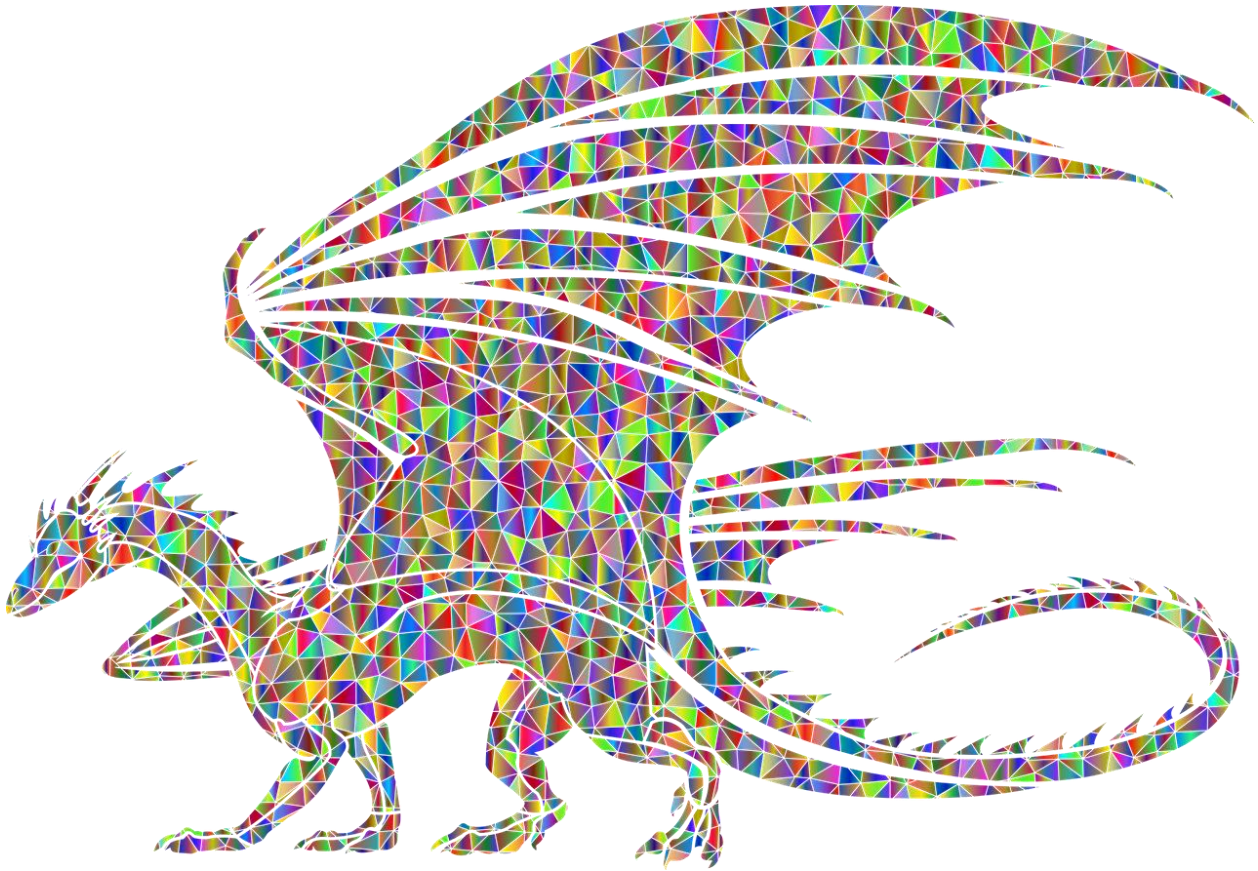
Just then their mother came in and asked if they wanted a sweet treat. They both jumped up and ran out of the door screaming. “They never did that before.”, she said as she watched them running down the sidewalk.



STAR LIGHT STORIES



STAR LIGHT STORIES



St. Michael and the Dragon challenge each other every Autumn to a duel. St. Michael stands for the good of the world. He helps us to make right choices in our everyday lives. He holds his shiny iron sword against the face of evil. He sends us shooting stars, sparkling with iron to give the Earth and the people the strength they need.

DRAGON'S AUTUMN FIRE

The Dragon is manifested every year from the evil energy which surrounds us every day. He comes to full power in Autumn, ready to stomp and burn away all that is good. St. Michael must swing his mighty sword to conquer the Dragon. Every gallant swing can be felt here on Earth. The trees sway, the leaves shake, bushes rustle in the wind and the battle has begun.

A long time ago, the people thought that the evil Dragon would come down to the Earth and try to hide from St. Michael, and possibly burn up the Earth. They were afraid. Mother Earth, the trees, plants, animals, fish and birds; all life on Earth was afraid.

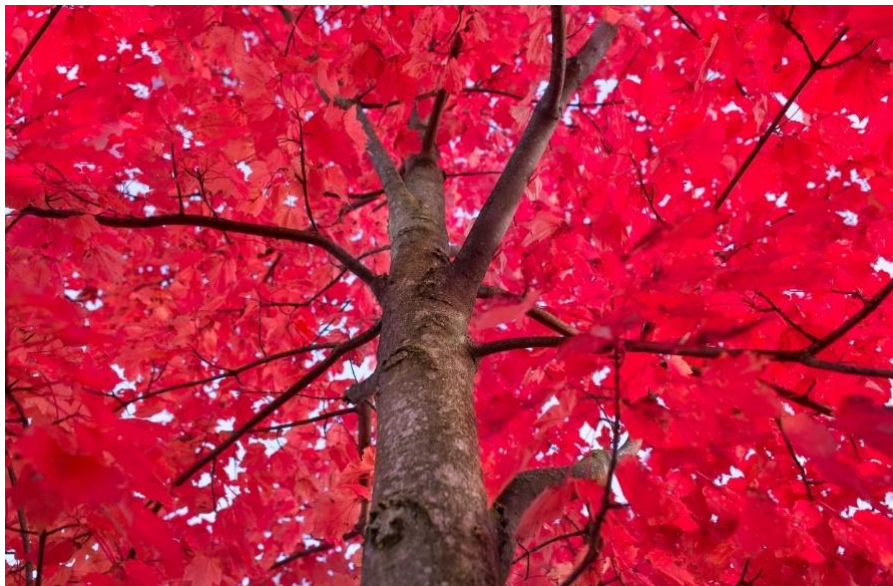
So, all of the fairies got together to make a plan to keep the Earth safe from the Dragon's fire. They knew that although Dragons breathe fire, they are

STAR LIGHT STORIES

afraid of any fire that is not their own. The fairies knew what they had to do.

In early Autumn, they would paint the leaves of the trees in all the brilliant colors of fire; reds, oranges, yellows, golds and all the colors in-between.

The trees were happy to help, as they were afraid of the Dragon also. The evergreens said that they would keep their prickly pine needles to poke the Dragon if it gets near. The fairies liked this and went on to paint all of the other trees until they were all done.



DRAGON'S AUTUMN FIRE

They would sing a song to the leaves to help them to fall. The trees loved this song:

Come now leaves and float on down,
landing gently on the ground.

Spread your colors so brilliantly,
for Earth's fall fire the Dragon will see.

They would hear this song and would slowly fall, dancing happily down to the ground. Earth's fire was now started and growing bigger and brighter every day until weeks later, a brilliant fire appeared to be seen from the Heavens.

Angels giggled up in Heaven, for they knew the fairies magic. The Dragon looked down and saw this huge fire and stayed far away.

STAR LIGHT STORIES

By the end of fall, the Dragon was slain once again. St. Michael and his gallant iron sword, as always, were victorious.

In Autumn, if you want to help the leaves with their gentle fall, you can sing the fairies song and watch them happily dance to the ground.





I Fought the Mighty Earth
and Won

STAR LIGHT STORIES

Poem - I Fought the Mighty Earth and Won

A piece of ground, never dug,
home to every kind of bug.
A garden waiting to be snug,
we'll see what's under this grassy rug.

My father forces the shovel down,
through the rooty, rocky ground.
With the shovel standing tall,
I climb aboard and watch it fall.

The weight of my body fast aboard,
causes the shovel to fall toward,
the mighty ground that has now been shaken,
by the end of the day we will all be aching.

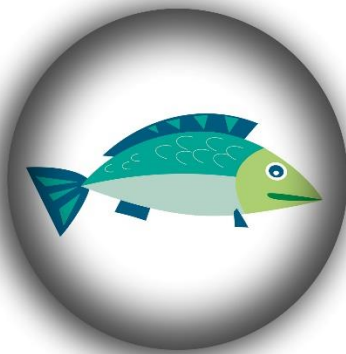
POEM - I FOUGHT THE MIGHTY EARTH AND WON

As the brightness of the day grows dim,
we see just how much time went in,
to chopping and digging all around,
the 10 x 20 mighty ground.

I fought the mighty Earth and won,
but so did Mother Earth,
with new life started under the Sun,
as a part of Spring's rebirth.

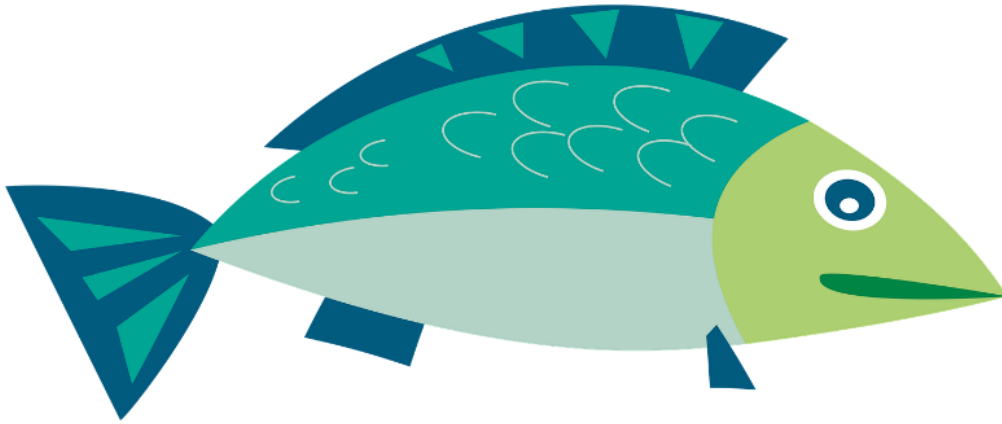


STAR LIGHT STORIES



When the Fish Went Fishing

STAR LIGHT STORIES



Once upon a time, there was a young boy and girl who went fishing in a small boat. They waited and waited, but there didn't seem to be any fish around.

They had fished there many times before and always caught at least three fish in one hour. Almost an hour had gone by and they didn't catch or see any fish.

WHEN THE FISH WENT FISHING

Then they started for home when a string landed in the boat with a baked potato and french fries. Then another string with an apple and some strawberries landed in the boat. They were both hungry and so they took the strings of bait.

Quickly, they were both pulled into the water and down they went until, at last, they saw some fish - they looked at the fish... the fish looked at them... and promptly threw them back!

STAR LIGHT STORIES



Promise
and the Fishing Basket

STAR LIGHT STORIES



It was the day after my 10th birthday, and my very old, yet very wise grandmother gave me a beautiful fishing basket. I had never seen anything like it before. She told me that people don't always go fishing for the sport, but most of us are fishing for answers to life's questions.

PROMISE AND THE FISHING BASKET

She said to me, “When you are ready, you can ask God to share a little piece of Heaven with you. Ask from your heart and God will happily shine his light onto you. In that light you will find truth and guidance. Just say a special prayer and trust that God is always listening.”

I was ready and curious! So, that night, before I climbed into bed to sleep, I said a special prayer:

Lord, I have faith you are here by my side,

I believe in your promise to be my guide.

Full of questions, hopes and dreams,

I ask for your guidance by any means.

STAR LIGHT STORIES

I climbed into bed, snuggled into my flannel sheets and soft pillow and trusted that the Lord was with me.

It wasn't long before I noticed a beautiful and strong white winged horse was in my room. I wasn't afraid, I could tell that she was friendly and when I looked into her eyes, I knew her name was Promise.

She wanted me to come with her and so I climbed onto her back. She was firm and strong and confident in her stance. The next thing I knew, we were high up over the houses in my neighborhood. Then the clouds were below us. "What a wonderful dream", I thought.

Suddenly, a peaceful calm fell over us and we softly landed on a cloud bank. Such a Heavenly feeling came over me.

PROMISE AND THE FISHING BASKET

I climbed off of Promise and saw my fishing basket sitting next to a cloud chair and a golden fishing rod. I walked over and sat down in the chair and looked over a deep, dark, sparkling, and a seemingly endless ocean of what I knew was Hope. I took the rod into my hands, and it felt like it was always mine. I casted my line of Faith into Hope and waited. It wasn't long before the line had a tug on it.

I started to reel it in; it was effortless. As my catch came closer to the surface, everything was becoming brighter, until it reached the surface and all was like daylight. Suddenly, everything was clear, perfectly clear. Light was everywhere, in and around everything, not a shadow to be seen anywhere.

STAR LIGHT STORIES

I felt at home here and knew that I could feel this way wherever I would go. I placed my catch into the fishing basket and closed the lid. It was twilight again and peaceful, but in my heart, I felt the glow and very light and confident. I climbed onto Promise and was soon home in bed.

The next morning, I remembered my dream and I had a very contented feeling about me. “Today would be different”, I thought. “A new beginning!” I closed my eyes, smiled and turned on my side giving myself a nice long stretch.

When I opened my eyes, I saw my fishing basket on the floor. It wasn’t where I had left it the night before.

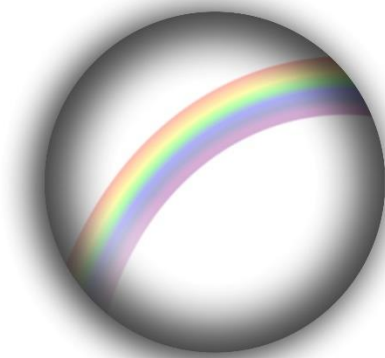
After a moment of staring at it, I slowly got up and went over to it. Curious, I opened it. Inside was what appeared to had been some sort of star at one

PROMISE AND THE FISHING BASKET

time. It had lost all of its light, but was shiny and beautiful. At that moment I realized that the light had gone inside of me; next to my Faith, with the Promise that I would always be guided.



STAR LIGHT STORIES



STAR LIGHT STORIES

It rained really hard that morning; that warm summer morning in July. I read some of the book I had been reading that week while patiently waiting to go outside. Finally, the rain stopped. The clouds had gone and out came good old Mr. Sun again.

I ran out to the driveway and went to hop onto my bike to ride to my friend's house when out of the corner of my eye I saw a glow of bright colors. When I turned to see what it was, it stopped me. I couldn't move. It was mesmerizing. The biggest, most beautiful rainbow I had ever seen was right there! It looked as if I could almost touch it.

I snapped out of my trance and quickly hopped onto my bike to try and catch it. "Could I really catch a rainbow? Would it be possible? Would I find treasures?" All these questions were going through my head.

ONCE I CAUGHT A RAINBOW

I peddled my bike as fast as I could. The rainbow was getting bigger and brighter; I was almost there!

Suddenly, all I could see was purple all around me and then *CRASH!* - off my bike I flew, tumbling into the air and onto the ground. Luckily, I landed in a soft bed of clover.

When I turned to look around, I saw my bike standing straight-up in a pot of gold. The accident had startled the Rainbow's Leprechaun who fell asleep against the pot of gold while keeping guard of its treasures.

While both of us were still half startled, he proceeded to tell me how he had never been caught before and it was a rare thing for any Leprechaun

STAR LIGHT STORIES

to have human company at all. He would have to grant me a wish.

I was so scared of the Leprechaun, never seeing one before, that I almost wished to disappear quickly and be home again where I felt safest! But I had worked hard to catch this rainbow and I didn't want to lose my hard-earned wish.

I couldn't think clearly enough to decide as I stood there stiff with fear of this strange looking little man. Then he suddenly began to chant:

My Leprechaun magic is grand,
to grant any wish in the land.

A single wish is small,
but can surely be shared by all,
the choice is in your command.

ONCE I CAUGHT A RAINBOW

His words made me feel so peaceful and so grateful for all that I had in my life. It was a magnificent feeling that was magnified and so amazing that I wanted everyone to have this same feeling; and so, it was granted. (What trickery and the purest kindness he held.)

For the rest of the day, the whole world was at peace and grateful for all that they had. Once you have this feeling, you can get it back again and again; as I have many times.

One small wish can change the world!



STAR LIGHT STORIES



Kris Kringle and Christmas

STAR LIGHT STORIES



Many years ago, long before we were born, there was a man named Kris Kringle. He was a man with a good heart.

Kris lived near a village, and when it came time to celebrate the birth of Jesus, they didn't have much to celebrate with. This made him very sad.

KRIS KRINGLE AND CHRISTMAS

Now, he was a great toy maker; he could make anything out of wood, and this he loved to do most of all. He decided one day to make a toy for every child in the village, and these would be gifts he would deliver the next time they would celebrate Christ-mas.

Now Kris would go into this town every week. He would go to the town well, where the children would fetch water for the day, and he would tell them stories. This would make the children very happy and they would make sure to be at the well when he would come, even if they weren't feeling well. All of the children loved Kris very much, and he loved them all the same.

Days, weeks and months went by, and it was now Christmas Eve. Kris had worked hard on the children's toys and they were ready to go to their

STAR LIGHT STORIES

new homes. He packed a huge sack and loaded it onto his wagon and headed into the village in the dark. He had a handy lantern that lit his way.

When he got to the village, he had one big challenge ahead of him. He never thought before of how he would get the presents to the children without them knowing; as Kris wasn't the kind of man who needed to be thanked for his kindness and he really wanted them to be surprised on Christmas morning.

Knowing that every house had a large chimney for cooking and warmth, he decided that this would be the best way in. Of course, everyone put their fires out before they went to bed, so there wouldn't be any danger of him coming in this way.

KRIS KRINGLE AND CHRISTMAS

It was a great success! All the gifts were placed at the foot of each child's bed and no one had seen him.

The next morning, you could hear happy children singing and laughing all around the village. They were truly celebrating Christmas.

A little girl did see the shadow of a man with a beard and a sack leaving the village quietly in the night. She said that she had a peaceful feeling in seeing him and went back to sleep. The towns people decided to call this mystery man "Father Christmas".

Every year, Father Christmas came and made all the village children happy with new and special toys. The children would leave him cookies and milk and other kinds of goodies, to thank him for the gifts.

STAR LIGHT STORIES

Kris Kringle still came to the village every week to tell the children stories. They never knew that he was Father Christmas, and they would tell him stories about the wonderful gifts they would receive. This made Kris very happy and he was pleased indeed, for that was all he desired in life, to bring children happiness.

One beautiful summer day when Kris was in the village telling stories to the children, a pretty young lady came around to see the man the children were always talking about. She stayed by one of the houses, as to not disturb them, and she listened as he told his wonderful stories.

After he was done and about to leave, she came over to talk to him; to tell him how much she admired his story telling. When he saw her walking over, he thought how she was the most

KRIS KRINGLE AND CHRISTMAS

beautiful girl he had ever seen. They talked and walked, and talked some more.

Every week after, she would come to the well with all of the children to listen to his stories and walk with him afterwards. It wasn't long before they were married in the village. Everyone who lived there came to wish them all the best and to give them baked goods and small gifts.

They made a home where Kris lived, and were happy there. Now Mrs. Kringle new all about Kris' toy making and how he was a part of Christmas, and so she would cook wonderful meals and treats for him as he worked.

She took good care of him over the years, such good care, in fact, that he started to get a very round look about him. His face got rounder, his

STAR LIGHT STORIES

belly got rounder and his beard grew whiter with time.

He was so happy and jolly and his belly wobbled like Jell-O when he laughed, and with a deep *Ho, Ho, Ho*, he could light up a room!

Mrs. Kringle loved his good nature and jolly manor. Kris loved her sweet natural caring and, of course, her cooking. They were very happy always, and all the children they ever met loved them.

This went on for many years, and Mr. & Mrs. Kringle grew older and the children they knew grew older and had their own children until the Kringle's were very old.

One night after a peaceful dinner, Mrs. Kringle told Kris that she was ready to leave the world; that she felt her work here was done. Kris didn't

KRIS KRINGLE AND CHRISTMAS

understand this, for he felt the need to stay for the children and without her, he wouldn't be able to continue as Father Christmas.

She told him that she had a dream that an angel came to her and told her, not to worry, the children would always have their celebration. She said to Kris, that she knew when she awoke that this would be true and that she could now move on.

“I love the children just as much as you”, she told Kris, “but I trust God has a good plan”; and later that evening, she gently passed away.

For two days, Kris didn't eat, for he was too sad and didn't understand. He felt that he could never leave the children, he just couldn't let go.

He prayed really hard before going to bed one night; he truly needed an answer. That same night,

STAR LIGHT STORIES

Kris had an angel appear to him in his dreams. She said the same to him as she had said to his wife, and she told him that Mrs. Kringle would wait for him until he was ready to trust that all would be alright.

The next morning, he remembered his dream and now trusted in God's plan. He went right away to pack a suitcase; but then, he had to sit on the bed and laugh. "Guess I won't be needing a suitcase where I'm going", he said.

He looked up to Heaven and stated, "I'm ready now Lord, I trust in you to take care of the children. I know you have a plan!" With those words, Kris fell into a deep sleep, and felt himself flying up to the Heavens. He felt something in his hand and when he looked down, it was a suitcase! *Ho, Ho, Ho*, he chuckled, and looked back up at Heaven.

KRIS KRINGLE AND CHRISTMAS

He arrived almost instantly and whom do you think was waiting? Of course, Mrs. Kringle was there with a big smile on her face. She took the suitcase from his hand and pointed him in another direction.

There Kris saw God, he was standing next to a magnificent sleigh, with eight reindeer attached to its front. “Father Christmas”, he said to him, “You have made many children happy and everyone you had ever met. As I know how much in your heart you never wanted to leave the children, and the children’s children, and *so on* forever, you will remain Father Christmas from this day onward. In your body on Earth, your toy making and deliveries were growing more and more difficult for you; now you will be able to spread Christmas

STAR LIGHT STORIES

cheer with ease. I give to you this sleigh with these eight great flying reindeer.”

He proceeded to name each one of them: “Dasher, Prancer, Dancer, Blitzen, Comet, Cupid, Donner and Vixen. You will not only be able to deliver gifts to the children of the village, but to children everywhere; all over the world. Every year, on the week before Christmas, you may return to your home in the North Pole to make Christmas toys. You will have a team of elves to help you make these great toys. You may deliver these gifts on Christmas Eve, as before, but unlike before, you will fly through the night all around the world, and you will be able to get into the homes of children everywhere with angel magic. No chimney will be too small and where there aren’t any fireplaces, you will be able to enter through their smoke stacks.

KRIS KRINGLE AND CHRISTMAS

Mrs. Kringle chooses to stay by your side as she wishes to be with you always.”

From that point on, every week before Christmas, the Kringle’s, along with a team of elves, a magnificent sleigh and eight magical reindeer appear at the North Pole; busy at making another bright Christmas for all the children.

Today Kris is known as Father Christmas, Saint Nicholas, and Santa Clause. Sometimes, after Father Christmas has delivered his toys to the children, you can hear his “*Ho, Ho, Ho*, and a Merry Christmas to all”, sounding off into the night.

ABOUT THE AUTHOR



Kathleen Pleasants has been looking for spiritual, mental, emotional & physical answers since she was 10. “Why do people do what they do? What drives someone to say NO and not care what others think? How can some be so bold and others so shy? Why are some healthy and others not?” She never stopped asking these questions silently, but she did find her answers along the way and found peace in her own intentions. Kathleen learned, through trial and error, that we have

SHORT STORIES & POEMS

always had a choice to look at things differently and choose another way if our way is not bringing us fulfillment.

You can learn more about Kathleen by visiting:

ClearlyUniqueWellness.com



We each create our own world through our belief systems. Fortunately, beliefs can be changed and/or altered if we find ourselves in discomfort. We no longer have to get stuck in thoughts that make us feel guilty and depressed because we just can't live up to them. Go ahead, find freedom in making a new choice.

STAR LIGHT STORIES

You can order each one of these books separately:

- The Blame Game
- EMOTIONS
- Our Daily Play
- Comfy Pants Chants
- JOY 20/20
- Law of Attraction Fundamentals (five books)

Other books by Kathleen:

- Awareness Activity Book
- Morning Journal Notebook
- Evening Journal Notebook
- Clearly Unique Journal Notebook
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