

Emma and Golden
and the
Inner Wisdom Way



Dedication

To my teachers, my twins and my grandchildren; and to all children around the world, and the child within each of us, with Love.



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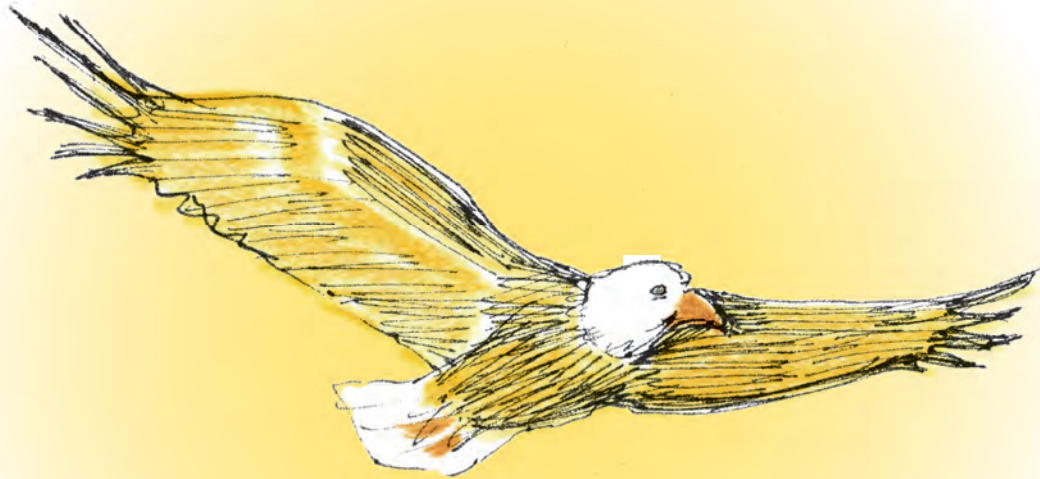
Emma and Golden and the
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ISBN 978-1-990335-14-3 (paperback)

Printed on acid-free paper. Agio Publishing House is a socially responsible company, measuring success on a triple-bottom-line basis.

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By Vivien Muir







A young girl named Emma lives in a small cabin on a hilltop near a beautiful forest. Emma loves living close to nature. She sometimes walks to the village nearby, to go to the market or visit friends. Many of her friends are the birds and animals in the forest and fields near her home.

Emma sits on the mossy rocks at the edge of the forest, listening to all the sounds and observing. A mother deer and her fawn show up to munch apples fallen from the wild apple tree in the meadow. Squirrels chatter as they chase each other from branch to branch. Birds chirp and sing their special tunes. The mountain stream gurgles its welcome.





Best of all, Emma adores her special friend Golden, a beautiful and wise eagle who visits her almost every day. He sits with her, tells her stories and teaches her so much!

Today Emma is outdoors in the garden picking blueberries, her basket almost full. She suddenly hears a familiar swooshing sound and looks up!

Here comes Golden, diving down from the skies to greet her.

“Hello, dear Golden!” she cries excitedly. “How wonderful to see you!”

“Ah!” replies Golden, landing gently on the fencepost near her. “I am so happy to find you outdoors today. Shall we go hiking together?”

“Sure!” says Emma, and dashes inside, her basket of blueberries in hand, to let her mom know she’s off on an adventure with Golden! Then she rushes back outdoors.

Off they go together through the open meadow filled with wildflowers, past the pile of large rocks in the middle of the field, lying warm in the sun’s rays. Soon they’re at the edge of the forest.

“Let’s go past these beautiful tall cedars and soft green ferns on the forest floor,” says Golden. He glides smoothly just a short distance ahead of her.

“Golden, I hear the waterfalls dancing over the rocks! Such a beautiful sound! I’ll have a shower!”

Emma loves water! She runs toward the sound of the waterfall and jumps effortlessly onto a sturdy flat rock. She stands boldly beneath the pure stream that washes over her. Cool but refreshing on this hot summer’s day!



Standing by the waterfall, a poem Golden taught her comes to mind:

*I let the stresses melt away,
In the right amount for today!
I keep the learning on the way!
And I fill with Love for a happy day!*

She wiggles, shakes out her arms and legs, and fills with Love from head to toe. She beams happily at Golden who is perched nearby on one of the large rocks.

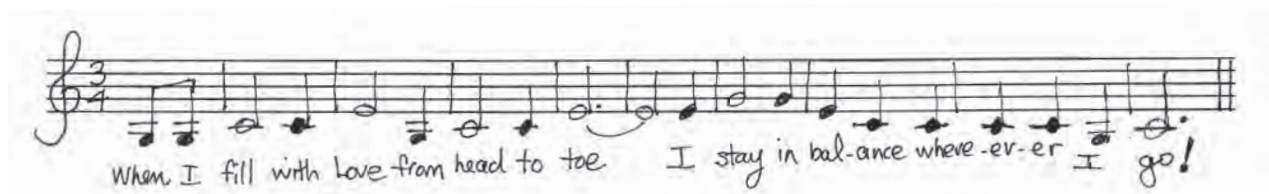
He flies towards her. Emma jumps safely off the rock ledge. She runs up the path leading to the top of the hill, with Golden perched on her outstretched arm.

The sun beams down warmly. Emma dances and sings to Golden:

*When I'm filled with Love from head to toe,
I stay in balance wherever I go!*

As they dance, Emma feels so much Joy and Love filling her from head to toe!

She sings her catchy little tune over and over, as they dance round and round together:



“You’re right about that,” says Golden, and whispers to Emma, “Love does keep us in balance!”

“And, you can thank your beautiful Inner Wisdom inside you too!” he adds. “It keeps you in balance from head to toe! It knows how to beat the heart and breathe the lungs and look after trillions of cells every moment, and so easily, whether you’re awake or sleeping!”





Golden does a little hopping dance...

“And do you know, Emma, that your Inner Wisdom is connected to the stars and to the whole Universe?”

Golden shares:

*“It’s the part of you
That beats the heart
And breathes the lungs
And knows what to do!
That keeps you well, and heals your cells,
And is a wonderful friend to you!”*

“Oh, that’s beautiful, Golden,” cries Emma. “I would LOVE my Inner Wisdom to be my friend!”

“Your Inner Wisdom is already your friend, Emma! But it does appreciate when you send it Love, because then your Inner Wisdom can help you stay balanced more easily! Love makes everything flow more smoothly!”

“That’s awesome,” says Emma, smiling.

“And there’s another key to keeping in balance, Emma,” says Golden, who suddenly does a little hopping dance in front of her, in time with his little poem:

*“You need to know
From head to toe
You’re responsible for you,
For what you say
And feel and think
And for all you do!”*

“And just imagine when you add LOVE to that, Emma! Then you and your Inner Wisdom can really make a super team!”

Just then a hummingbird flies towards Emma. For a moment, it hovers perfectly in mid-air just in front of her, then darts off to a nearby flower, dipping its long narrow beak to drink sweet nectar. Emma watches closely, delighted to hear its special humming sound from the quick movement of its wings.

“See that, Emma? Notice how many things are happening in perfect timing,” says Golden. “The hummingbird has an amazing Inner Wisdom too. Our Inner Wisdom connects us with all of Life, and keeps us in balance, if we simply allow it to do so!”

Emma makes up a little poem for her Inner Wisdom:

*“Inner Wisdom, I love you
And I know you love me too!
You help me stay in balance
With all the things I do.
Inner Wisdom, you’re my friend,
I send my love to you!
Together we can be a team,
Putting Love in all we do.”*



