



KIM & OLE DAMMEGARD



AN INNER ADVENTURE WITH
Little Yolanda Yogapanda



OLE DAMMEGÅRD

Truth is One...
Paths are many

AN INNER ADVENTURE WITH



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Based on the teachings of Patanjali, Sri Swami Satchidananda and Sai Baba



One day Little Yolanda Yogapana was out playing with her two friends Toby Trunk, the elephant and Leopold, the stripy lion.



*Their favourite game was Hide and Seek.
And they were especially good at hiding.*



They had been friends all their lives and were now happily jumping around , running and rolling down the grassy slopes.



The three friends were having sooooo much fun playing, that they did not notice where they were going



Suddenly Little Yolanda Yogapanda's friend Leopold the stripy lion stopped and said: - Oh dear, I think we might be lost.



-Don't worry, said Little Yolanda Yogapanda. All the dark shadows may look scary, but that is just our imagination playing tricks.



-Let's just hold on to each other and follow the Light, suggested Yolanda Yogapanda while taking the paw of the trembling lion.



At the same time they noticed that all normal rules regarding time and space started to change, leaving them quite startled.



When things calmed down they were no longer sure what was real and what was not. Confused they decided to sit down and talk.



-How can we find our way home, asked the lion Leopold. We have absolutely no idea where we are. Oh, I do wish we had a map.



- Good idea, let us make a map ourselves, suggested Little Yolanda.
And so she found a leaf to write on and a stick to write with.



- Let's put an X here, said Little Yolanda Yogapanda. This is where
we are now. And the other X is Home and where we want to go.



And so, with the beautiful map in their hands they did not feel so lost anymore and started walking again with great confidence.



But after a while they arrived at a wide river. Both Yolanda and Yogapanda's friends looked confused and somewhat frightened.



-That river is not on our map, we must be lost again, said Toby Trunk and almost started crying. What shall we do?



-Don't worry, be happy, smiled Little Yolanda Yogapanda. Let's just draw a big river on the map, right in the middle. And so they did.



Later the same day, they came to a mountain. ~Simply turn the map upside down so the line that was a river now turns into a mountain!



Every time they came to a new obstacle, they just added it to the map or turned it around so that it would fit the surroundings.



All day long they walked and talked and talked and walked. Little Yolanda tried to cheer them all up to avoid any argument or fight.



-How come you are not afraid like Stripy and me, asked Toby. It seems to me like you only think of us and never of yourself-



- Well you see, hands that help are better than lips that only talk, said Yolanda with a smile. And Love in action is the best of all worlds.



- Okay, answered Toby Trunk with a heavy sigh. But sometimes I get so tired that I just want to give up. Do you know the feeling?



-I sure do, answered Little Yolanda. But what we all need to learn is to relax and just go with the Flow. Let go and let God !



*-But I just want to go home to my mummy, cried grumpy Leopold.
-Be patient, everything worthwhile takes time, answered Yolanda.*



*They walked from early morning until late at night
Without ever giving up neither faith nor hope.*



*They walked through winter storms and difficult times
and all the time they only thought of helping each other.*



They slept under the open sky and slowly understood that they were being protected from above and always taken care of.



One day they passed a frozen creek and found a magic tree full of delicious fruit. But Toby Trunk was the only one who could reach it.



-Someone once told me that the rich should help the poor so that everybody can be happy, cried Leopold with two hungry eyes.



Toby was delighted to share. Then suddenly the sun started shining and the single apple turned into three so that they all had plenty to eat.



So with full stomachs they started again. Once more Little Yolanda began to talk about the secrets of Life, her favourite subject.



-Can't we talk about something else, moaned the stripy lion Leopold. Why don't you tell us a joke and lighten up a bit?



- What a great idea, answered Little Yolanda Yogapanda. Because when we concentrate on our Inner Light, everything else will be okay.



*- So is that your secret, asked Toby Trunk. You always seem so happy.
- Yes, I only focus on one thing—peace of mind, answered Yolanda.*



-Words words words... You have one mouth and two ears so maybe you should learn to listen twice as much as you talk, mumbled Leopold.



All three laughed at this and rolled in the grass, having a wonderful time when they suddenly discovered a green valley that they recognized.



*And so, after all their hard struggle and the long long walk,
the three friends finally came back to their wonderful home!*



*Paths are many, Truth is One, which means that whatever we do or
wherever we go, we will always be safe and return home in the end.*



~~The end~~

To be continued...

Because Life goes on forever and ever and ever



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