

My Spiritual Teddy Bear

Part of the *Corino's Adventure Series*



Written by Michael Colavito

Corino's Adventures
My Spiritual Teddy Bear
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Introduction

I would like to thank you for sharing this with your child.

The goal of the series is to help our children become the best *people* they can be. To that end, the topics revolve around important life skills such as Sharing, Patience, Spirituality, Caring, Compassion, etc.

May I suggest that you use the books as talking points with your children—as a vehicle for understanding the dynamics of the lessons involved. This will give you an outside source to reinforce these attributes without overtly trying to teach them.

Also, children do much of their learning through their parent's example. Therefore, there is a section in the back of each book specifically for the parent, which may shed new light on these ageless topics.

Enjoy!

Dad had just put Corino to sleep. “Good night son. Sleep well.”

“I will...you too Dad,” Corino replied.

Fifteen minutes later, a knock came at Dad and Mom’s bedroom door. When Dad opened the door, he saw that Corino had a frightened look on his face and a tear rolling down his cheek. Immediately he picked him up, “What’s wrong Corino?” Dad asked.

“I’m scared,” Corino whimpered.

“Of what?”

“It’s dark in my room, and I think I saw a monster,” said Corino, as he began to calm down.

Dad, trying to be clever, thought he’d ask Corino a question he knew he couldn’t answer. “Wow! A monster? What did he look like?”

Corino said nothing for a moment, and Dad thought his plan worked; after all, he knew no monster was in Corino’s room, so he couldn’t possibly describe it.

“He had big red eyes,” said Corino, making his own eyes grow wider, “and long teeth. I think he was hairy like a bear, but it was hard to see in the dark.”

Dad was impressed with Corino’s imagination. “Whoa! That does sound scary. Let’s see if I can find him. You stay here,” and Dad took a few short steps down the hall into Corino’s room. Two nightlights easily pierced the darkness, making the room almost bright.

After a minute, Dad called out to Corino, “You can come in now. I don’t see any monster here.”

Corino peeked his head around the corner. “Are you sure? Did you check under my bed and in the closet?”

Dad smiled, “Yep...I’m sure.”

Corino reluctantly crawled back into bed. Dad could see that Corino was still scared. “I’m not saying you didn’t see the monster, but I’m pretty sure it was your imagination.”

“No...I saw it all right,” Corino assured Dad.

Dad was stuck. What could he do or say that would convince Corino that the monster wasn’t real. After all, monsters weren’t real, but fear does make you see things that aren’t there. And then he knew what Corino needed.

“You know,” said Dad, “I used to be scared of the dark too. I used to see all sorts of things that I knew shouldn’t be there, but I could see them as plainly as you see them now.”

“Wow! You saw monsters too? Did they have fangs like this,” Corino said, imitating the fangs with his fingers in front of his face.

Dad smiled and held back a giggle, “Yep, just like that.”

“What did you do?” asked Corino.

“Your grandpa told me what I’m going to tell you. When you’re scared, ask God to help you not be afraid.”

“God?” Corino asked. “Who is He?”

“He’s the one that made the world and the stars. He’s the light when everything is dark, and the thing that comforts you when you’re lost at the park. He’s always there no matter where you go, and he will always help you if you believe in him.”

“Hmm...I’ve never seen him, you sure he’s there?”

Dad’s face turned serious, “He’s there...even though you can’t see him or touch him.”

“Really?” asked Corino. “How can someone I can’t see or touch help me? And how can he stop the monster in my room?”

“Well, that’s where faith comes in.”

“Faith?” Corino asked.

“You’re going to have to trust what I’m about to tell you. Can you do that?” Dad asked.

“I trust you Dad.”

“Good, here’s how faith works. If you believe in God so much that you know he is real, even though you can’t see him or touch him, then you have faith. And the great part is that it’s something that grows more each day just by thinking about how much He loves you. It takes a wise person to understand that they cannot do everything, and an even wiser person to know that God will always be there to help you,” Dad said.

Corino thought about that for a moment, “Well...if He made the world and the stars, He has to be tough enough to make any monster go away.”

“You can count on that,” Dad replied.

Corino scratched his head, “Dad, what does God look like?”

“He looks different to everyone. Close your eyes. Take a deep breath. Think happy thoughts.” Corino’s body seemed to relax. “Do you see him?”

“Yeah,” Corino said.

“What does He look like?”

“Like a glowing teddy bear that’s hugging me.”

Dad smiled again, “Do you feel better?”

Corino yawned, “Yeah...good night.”

Early in the morning, Mom and Dad woke to Corino bouncing on their bed. “So how did you sleep?” Mom asked.

“Well...I had a bad dream and got scared, but Daddy taught me about God and faith. I’m still not sure exactly how it works, but I listened and trusted what he told me, and went back to sleep,” Corino replied.

“That’s awesome! Last night you took a real big step—I’m so proud of you!” Mom said.

“Thanks...now play with me!” bouncing like a kangaroo on the bed.

Dad was pleased. He knew there would be greater trials ahead for Corino, but he also knew that he had taken the most important step in being able to overcome them all.

For the Parents

As with all the books in this series, look at how Dad and Mom interact with Corino. There are many ways to handle any given situation. I believe that whenever compassion, understanding, and objectivity can be used, they should. Be a team whenever possible, this presents a united parent front for the child. Wait until your child has calmed down to *teach* the lesson. I guarantee you that when they are ranting and raving that only 10-20% is getting through. Finally, children learn through us—both good and bad. Try to exemplify what you are teaching. That gives the parent and the child the opportunity to grow.

The key to this story is to try and go to the root of the problem. Corino presented Dad with something (the invisible monster) that Dad could not possibly overcome. The problem wasn't the monster, because he knew it didn't exist, but the innate fear that comes with the unknown. Faith gives us all a shield against the visible and the invisible. It cuts to the *root* of the problem, rather than trying to solve the *results* of the problem. That's why most addiction programs use a "Higher Power" as their foundation.

I encourage all parents to explore this aspect of growth with their children at an early age. At first, they probably won't be very receptive—mainly because they won't fully understand. However, the time you take at an early age to educate will give them a foundation for the future. As a parent, the thing that I worry most about is "Will my son be able to handle the things that life throws at him." I know of no better way to produce self-sufficiency than by instilling in him a sense of faith in a Higher Power so that no matter what, he'll always have something to lean on and comfort him.

Faith

- Faith is cleansing, washing away the darkness that eventually plagues us all.
- Faith is joy because it sees the good/lesson in every situation.
- Faith is true love, ever giving.
- Faith is omnipresent, always with us no matter where we go.
- Faith is solace when there is nothing left.
- Faith is humble, yet it kneels before no man.
- Faith is an unrivaled strength, unchallenged by anything the physical world throws at it.

I hope that you find a pearl or two of wisdom in this book and that you pass that lesson on to the ones you love.