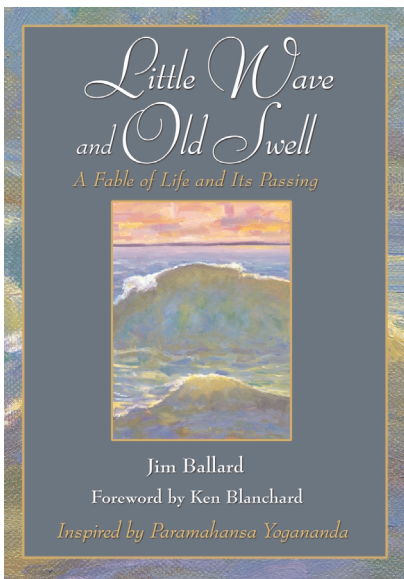


*Little Wave
and
Old Swell*
*A Fable of Life and
Its Passing*

by Jim Ballard



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The Joy of Life!

In this engaging parable, author Jim Ballard recounts the journey across the sea made by impetuous Little Wave and his teacher, Old Swell. Their metaphorical adventures point readers and listeners toward the age-old questions: *Where did I come from? What is the nature of life? What happens when I die?*

Old Swell's lessons about contemplation remind us of the value of stopping amidst the rush and clamor of life to calm ourselves and go within to seek important answers. His protégé's misadventures show how easily we can be swept up in a noisy, competitive lifestyle that only leads to exhaustion. The teacher's words, "*Don't hurry, don't stop,*" suggest that the pace of a long ocean swell may be a good substitute for today's hurry-sickness, restoring balance through more leisurely activities.

Little Wave's ultimate discovery that he is not composed of water, but rather of energy, illustrates the truth that we are more than the physical forms we appear to be. But in its depiction of the end of life the story makes its special contribution. The simple metaphor of a wave rising out of the ocean, learning important lessons, then sinking back to the place it came from, imbues a mystery we all confront with a charm both uncomplicated and strangely familiar. As Little Wave's teacher tells him, "You are a moving wrinkle on the seamless fabric of the Great Deep. You thought you were separate, but no. You could never be apart from your Source."

The philosophical appeal of this parable will attract a readership seeking immersion into deeper waters of meaning. In addition, reading it aloud with children promotes discussions of values and eases fears about life's ending.

This story will also attract those familiar with Paramahansa Yogananda. Although motivated and informed by the life and teachings of Yogananda, it should not be thought of as a "religious" book but rather as a very special story with a message that transcends the fragmentation of people. It is for everyone of all faiths, as well as for those of no faith. Anyone looking for an affirmation of life during times of strife will find this book a comforting companion.

Jim Ballard is co-author of a number of popular books with best-selling business author Kenneth Blanchard, as well as several titles on his own. Teachings of the world-renown author Paramahansa Yogananda inspired Ballard to write the wave fable to bring solace and understanding to children in bereavement. Mr. Ballard is a hospice volunteer and resides in Amherst, MA.