

A BAHÁ'Í COMPANION FOR YOUNG EXPLORERS

Brilliant Star

www.brilliantstarmagazine.org

VOL. 50 NO. 1

HOW TO SPREAD
HAPPINESS EVERY DAY

FIND THE GEMS OF
YOUR TRUE SELF

Soar with Joy

Brilliant Star

BAHÁ'Í NATIONAL CENTER

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Subscriptions: 1.800.999.9019

www.brilliantstarmagazine.org

Published by the

National Spiritual Assembly of the Bahá'ís of the United States

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By Lisa Blecker: Watercolors on pp. 3, 13; photos on pp. 6-7

Historical photos courtesy National Bahá'í Archives, unless noted

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To order or renew a subscription, contact Bahá'í Subscriber Service:

Toll-free: 1.800.999.9019 / E-mail: subscription@usbnc.org

Standard U.S. rates: \$18 (One year); \$32 (Two years)

International airmail: \$38 (One year); \$68 (Two years)

Canada and Mexico: \$28 (One year); \$48 (Two years)

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Brilliant Star empowers kids to explore their roles as world citizens. Inspired by the principles of peace and unity in the Bahá'í Faith, we encourage readers to use their virtues to make the world a better place.

The Bahá'í Faith is the second most widespread religion in the world, with over five million Bahá'ís. It was founded by the Prophet Bahá'u'lláh ("Glory of God" in Arabic) in 1863. Bahá'u'lláh taught that all people are part of one human family, and all religions come from one God. Bahá'u'lláh's eldest son, 'Abdu'l-Bahá, interpreted His teachings and led the Bahá'í community after Bahá'u'lláh's passing.

Today, Bahá'ís work to bring love and justice to the world, and end prejudice and discrimination of all kinds.

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Reflect on good times to lift your mood.



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Our pals from Zilizag share happiness hints.



DEAR FRIENDS,

Imagine floating through the sky, high above the cotton-candy clouds. The sun warms your face as you glide along with the winds. You can go anywhere for a day of fun and adventure.



Being happy can feel like flying. It lifts you up and lightens your spirit. But what do you do when the wind starts to fade?

Life is full of challenges that can leave you feeling deflated. Developing tools like patience and flexibility can help you find solutions and stay on the right course.

In this issue, explore how you can take off on wings of joy. Create connections with friends and family. Practice peace through meditation. Learn how to spread kindness and happiness. Find strength in flowers blooming in harsh conditions. Make a house-planter as a gift with Nur. And meet Elahe Izadi, a journalist and comedian who knows the thrill of making people laugh.

When you're happy, you have the power to lift the hearts of everyone around you. So find what makes you smile and let your spirit soar.

LOVE, BRILLIANT STAR ☆



PRINTED IN THE U.S. ON AN FSC®-PAPER

SPREAD JOY

“Turn all your thoughts toward bringing joy to hearts.” –Abdu’l-Bahá

If a friend has ever carried your books or baked you homemade treats, you know that even small acts of kindness can give your mood a big boost.

When you’re feeling good, it’s easy to pass that positivity along to others. If one person in a community is joyful, their words and actions spread the good cheer to friends and neighbors. Studies show that just *watching*

someone lend a helping hand can inspire friends and neighbors to show kindness!

What’s your favorite way to brighten someone’s day? Do you have a grandparent or a sibling who could use a hand? Maybe a friend would like some help studying for a big test. Find ways to plant seeds of joy and watch happiness grow.

In picture 1, Imani is sharing a treat with the mail carrier. Find the mail carrier’s kind deed and label it “2,” then continue in the same way, following the chain reaction of joy.

1





Get Happy with Hygge

Even when it's cold outside, friendship and kindness can give us a warm, cheerful feeling. People in Denmark, ranked as one of the world's happiest countries, have a special word for spending cozy time with friends and family: *hygge* (pronounced "hoo-gah"). We can create an atmosphere of hygge with things like candlelight, fuzzy slippers, and warm drinks, but it's really about being with people we love.

Research shows that connecting with others is one of the best ways to stay happy. The most joyful people tend to have strong relationships. We can nurture our friendships and family ties by playing games, telling stories, or sharing sweet, simple joys like hot cocoa with marshmallows. When we take the time to unplug and relax with our loved ones, we can all snuggle up to more hygge – and happiness.

Match the pairs of marshmallows to make nine words about having fun with friends.



Bahá'u'lláh's Life: Mission of Peace Facing Troubles with Joy

The Life of Bahá'u'lláh

The highlighted
area marks the time
in which this story
takes place.

1817 November 12

Birth of Bahá'u'lláh
in Tihrán, Iran

1844

Recognizes the Báb as
a new Messenger of God

1852

Imprisonment in the
"Black Pit" of Tihrán

1853–1863

Exile in Baghdád, Iraq.
From 1854–1856, He
goes into the mountains
to pray in solitude.

1863 April

Declares Divine Mission
as Prophet-Founder
of the Bahá'í Faith

1863–1868

Exile in Constantinople
(Istanbul), then Adrianople
(Edirne), Turkey. Begins
writing letters to kings
and rulers in 1867,
urging world unity

1868

Last exile, to prison-
city of 'Akká, Israel

1877

Finally free to live in
countryside homes
of Mazra'ih and then
Bahjí, outside 'Akká

1892 May 29

Bahá'u'lláh passes
away at Bahjí.

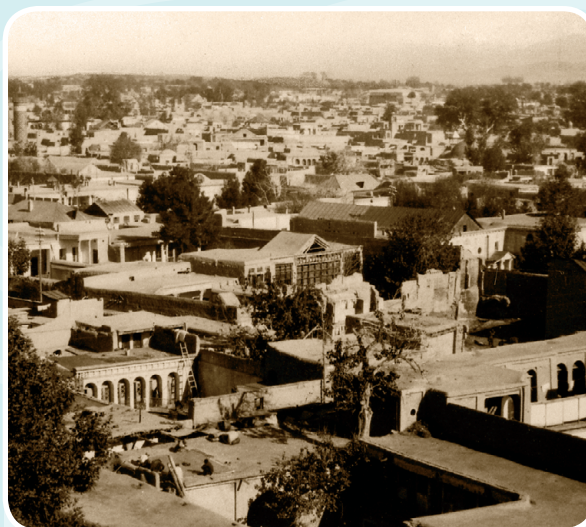
Barefoot and in chains, Bahá'u'lláh was led down the streets of Tihrán toward a terrible prison known as the "Black Pit" in 1852. People threw stones at Him, screamed insults, and tore the clothes from His back. His torment grew when He reached the prison. He was taken down three flights of stairs to a dungeon, untouched by sunlight or fresh air. Bahá'u'lláh later said, "No pen can depict that place, nor any tongue describe its loathsome smell."

Heavy chains, one weighing over 100 pounds, hung around His neck. In the pitch black, all the prisoners sat on the filthy, ice-cold floor, with little clothing for warmth. Can you imagine how *you* would feel in such horrible conditions?

Bahá'u'lláh was a source of love and strength for His fellow prisoners. He taught them to chant a prayer: "God is sufficient unto me; He verily is the All-sufficing! In Him let the trusting trust." The singing was so powerful, it reached the nearby palace of the *sháh*, or king.

Bahá'u'lláh was confined to the Black Pit for four months. Upon His release, He was banished from Iran. Later, He was exiled again and again. He and His family traveled over snow-covered mountains in the bitter cold of winter, without enough food or clothing. They built fires to melt ice as their only source of water. Still, Bahá'u'lláh showed kindness and generosity to everyone He met. He faced intense hardships with joy and patience.

In 1868, Bahá'u'lláh and His companions were finally sent to 'Akká, in what is now Israel. There was no clean water,



The city of Tihrán, Iran, where Bahá'u'lláh was imprisoned in the "Black Pit." The chains left Him with lifelong scars.

and the air was foul. The exiles were met with jeers from residents and paraded through gloomy, flea-infested streets to their prison. Still, Bahá'u'lláh praised God. He wrote, "Though weariness lay Me low, and hunger consume Me, and the bare rock be My bed . . . I will not complain, but will endure patiently . . . through the power of God . . . and will render thanks unto God under all conditions."

Bahá'u'lláh's son, 'Abdu'l-Bahá, said that even in prison, He showed dignity and confidence, "like a king enthroned in majesty and greatness." No trace of sorrow could ever be found on His face, and everyone who saw Him knew that He was happy. In time, He gained the love of the people of 'Akká, who called Him "his highness" and gave Him credit for improving the city's climate and

“O my God! Every trouble that hath touched me in Thy path hath added to my joy and increased my gladness.” —Bahá’u’lláh

water. Government officials began to respect Him and seek His advice, and the conditions of His imprisonment eased.

Though still a prisoner, He was allowed to leave ‘Akká and live in the countryside. He hadn’t seen the freshness of nature for nine years. He enjoyed visiting a nearby garden known as Ridván, meaning “Paradise.”

Through all of His trials, Bahá’u’lláh urged everyone to turn to God and practice love, justice, and unity, so that peace can be established on Earth. His writings encourage us to find happiness in the love of God, no matter what challenges we may face.



Bahá’u’lláh often spent time in the tranquility of the Garden of Ridván, which He called “Our Green Island.”

Find 19 words mentioned in Bahá’u’lláh’s writings in connection to joy and happiness.
Search forward, backward, up, down, and diagonally.

ASSOCIATE

BLESSED

DETACHED

EXALTATION

FAITHFUL

FELICITY

GLADNESS

GRACE

GUIDANCE

JUSTICE

G	E	C	G	T	H	D	L	A	H	V	Q	X	H	X
L	V	C	L	R	P	T	S	J	U	S	T	I	C	E
A	O	A	N	N	E	S	U	N	A	C	P	O	J	E
D	L	E	W	E	O	J	A	R	K	J	I	L	X	X
N	Z	C	S	C	R	D	O	D	T	Q	O	U	K	A
E	H	N	I	K	F	E	L	I	C	I	T	Y	L	L
S	Z	A	A	D	E	H	V	E	C	D	B	U	G	T
S	T	I	M	Z	F	C	V	E	E	E	F	U	Z	A
E	L	D	J	E	O	A	Y	S	R	H	I	I	C	T
P	Z	A	P	A	H	T	S	N	T	D	U	H	J	I
R	Z	R	N	G	C	E	B	I	A	T	U	Q	R	O
A	M	D	R	G	L	D	A	N	Y	N	R	W	Z	N
I	E	A	Z	B	M	F	C	N	O	W	A	P	I	Q
S	C	M	E	V	R	E	S	S	E	N	R	A	E	N
E	G	D	E	L	W	O	N	K	D	I	G	E	Z	L

KNOWLEDGE

LOVE

NEARNESS

PRaise

RADIANCE

REJOICE

REVERENCE

SERVE

TRUTH

Give a Homemade Gift: Make a HOUSE-planter

“Just as the plant stretches out to the sunlight—from which it receives life and growth—so we turn our hearts to the Manifestation of God, Bahá’u’lláh, when we pray . . .” —Bahá’í Writings

Making presents for my family and friends always lights me up! Shopping at our local flea market is a lot of fun, but homemade gifts are even better. They’re more personal, meaningful, and creative. I can convey feelings that may be harder to express with store-bought stuff. I can also use colors, designs, and pictures that match the tastes and interests of any bug I know.

Our family loves to celebrate birthdays, holidays, and

holy days, so parties can get expensive. But with some imagination, amazing treasures can be created from things I already have in my tree house—including items from our trusty recycling bin.

Are you ready to let your creativity and generosity shine? Here’s a cool house-shaped planter to make for someone special. Decorate it with photos of their radiant family and friends.

I MADE YOU THIS GIFT WITH *LOTS* OF LOVE!



You'll Need

- hammer
- large nail
- ruler
- pencil
- scissors
- soap
- water
- paintbrushes
- cup
- tacky glue
- small photos
- plate or tray
- pitcher
- black permanent marker
- potting soil and houseplant
- 64 fl. oz. (1.9 L) empty drink carton
- white and colored acrylic paint
- decorative paper

- 1 Ask an adult to help with steps 1 and 2. Evenly cut off top portion of carton for planter. Wash with soap and warm water, and let dry.



- 2 Use hammer and nail to punch several holes in the bottom for draining water. Widen holes with pencil point.





- 3 Draw a straight line 2" (5.1 cm) below top of planter. Mark a dot in center of top edge.



- 7 Add details such as bricks and rooftop shingles with black permanent marker.



- 4 Draw triangle rooftop by connecting dot to ends of line. Repeat steps 3 and 4 on all sides. Cut along angled lines to trim off excess carton.



- 8 Put soil in planter, filling non-rooftop portion about $\frac{3}{4}$ full. Add some water to slightly dampen the soil.



- 5 (a) Completely coat outer carton (except bottom) with white paint to cover graphics. Let dry. (b) Repeat with colored paint.



- 9 Dig a hole in soil that's big enough for your plant's roots.



- 6 Use glue to decorate house with a paper door, trimmings, and windows. Put photos of planter recipient's family members or friends in windows.



- 10 Add plant. Add more soil around and on top of roots. Place planter on tray and use pitcher to carefully water plant.



RILEY'S RAINFOREST



“Send down ... from the clouds of Thy mercy the rains of Thy healing...”

—Bahá'u'lláh

Explore & Soar: Share Some Sweetness

Check out these tips for bringing joy to others:

- ☐ Point out someone's strengths. When a friend or a family member is feeling low, tell them what you like about them.
- ☐ Tell a joke, even if it's cheesy. Laughter releases stress and brings oxygen to your heart, lungs, and muscles.
- ☐ Help a sibling with chores or their homework. It shows you care and makes you happier, too.
- ☐ Share a treat you made. It's a delicious way to sweeten a friend's day.
- ☐ Move around and dance. The combination of upbeat music and being active gives everyone a double dose of positivity!



Joy Is Contagious

What would you do if you had a superpower that magically lifted people's spirits? Would you help your sister feel more confident about a performance? Give an energy boost to a friend before soccer tryouts? Maybe you'd inspire your parents to plan an exciting family trip.

Guess what? You *do* have that superpower—just by expressing happiness. Your attitude has an incredible impact. If you're grouchy, a short temper and sharp words can bring people down. But when you're upbeat, your positive outlook can help others feel fantastic.

Just like germs get passed along, we can spread cheer, too. Researchers from Harvard and the University of California found that when one person is happy, they can raise the joy of friends, family, and neighbors by

up to 25%. Their positivity can also reach friends of friends, influencing people they don't even know!

The good news doesn't stop there—smiling is contagious, too. It releases chemicals in your brain that improve your mood. Studies have found that when we see someone smile, we naturally want to do the same. It's such a strong impulse that we have to intentionally *try* not to respond with a grin of our own.

The Bahá'í writings say, “The more we make others happy the greater will be our own happiness and the deeper our sense of having served humanity.” Find what brings you joy, and let your sunny side shine. Your light has the power to lift up others!

Curiosity Canopy



Did you know? Being outside can make you happier! People in Japan even have a practice called *Shinrin-yoku*, or “forest bathing.” They spend time outdoors, taking in the sounds, smells, and sights of nature to soothe their spirits. Invite a friend to go out and play!

TRUE SWEETNESS

When you see a table bursting with delicious desserts, it can be easy to get carried away. Soon your plate is piled high and your taste buds tingle. But the sweetness can turn sour if your stomach starts to ache.

Like diving into tasty treats, you can go overboard with material things, too. A trip to the toy store might leave you craving more, instead of appreciating what you have. The latest apps and video games can suck you in until you can't see straight. Or maybe ads for cool gadgets drive you wild with wanting.

If you're longing for more stuff, ask yourself, "Is this something I *need* or just something I *want*?" If it's not really a need, can you wait and see if it still interests you later? Or borrow it from the library or a friend? Practicing patience, moderation, and detachment can strengthen your spirit and boost happiness. And that makes life pretty sweet!

These tasty treats are feeling the effects of **overdoing it**. Match each one with its balancing beverage.



too tall, too short, too slow, or have other physical limitations. Go out and try a sport that interests you. You may surprise yourself and learn skills you thought were out of reach. You could even make some new friends along the way.

Whether you're part of a team or just playing with neighbors, exercise refreshes your body and mind. When you get going, you'll feel great—inside and out.

You don't have to be a star athlete to have fun.
Don't stay on the sidelines because you think you're

Find nine items named for qualities that help us get the most out of exercise.

WISE WATER BOTTLE

EXPLORE AND PROTECT THE EARTH AND ITS CREATURES

"All the members of this endless universe are linked one to another." —Bahá'í Writings

WE ARE ONE

EARTH-SAVING TIP

Driving a regular car burns fossil fuels and releases carbon dioxide, a greenhouse gas. Walking with friends and family (or your dog) is great exercise that doesn't pollute the air, and it's free!

WOW, REALLY?

Scientists study air bubbles trapped in glacier ice to learn about Earth's ancient atmosphere. Some samples are 2.7 million years old!



OUR CONNECTIONS



Did you know that carbon makes up about 18% of your body? It's one of the most common elements, also found in Earth's plants, animals, rocks, and oceans. When released in the air, carbon becomes carbon dioxide, a gas that traps heat. Burning too many fossil fuels like oil and coal for energy and transportation increases carbon dioxide pollution in the atmosphere. This is a critical factor leading to climate change.

PROTECTING OUR PLANET

Dr. Corinne Le Quéré, a climate scientist in the U.K., is passionate about helping people understand how we influence the environment. She studies the impact of carbon dioxide, and her work was part of a 2007 report that shared the Nobel Peace Prize. She says, "We are more certain than ever that human activities are causing global climate change."



WHERE IN THE WORLD?



Sometimes called the "Amazon of the Seas," this Pacific reef is part of a huge, amazingly diverse marine area. It has over 600 kinds of coral and 2,000 species of reef fish. 120 million people depend on the reefs for their livelihood and protection from storms. *Unscramble the letters to find the region's name:*

LOCRA GLEANTRI

AMAZING ANIMALS



For thousands of years, dogs and horses have helped humans guard, hunt, haul, travel, and farm. They've influenced the course of civilization and continue to provide work, therapy, and friendship. *Fill in the blanks to find the dog breed above:*

ED BO DE CO IE

The Life of the Báb

The highlighted
area marks the time
in which this story
takes place.

1819 October 20

Birth of the Báb
in Shīrāz, Iran

1842 August

Marries Khadíjih Bagum

1843

Birth of their son,
Ahmad, who soon dies

1844 May 23

Declares Divine Mission
as Prophet-Founder of
the Bábí Faith

1844 December

Announces His station
while on pilgrimage in
Mecca, Saudi Arabia

1847 July

Imprisonment in the
fortress of Máh-Kú
(The Open Mountain)

1848 April 10

Transfer to the
fortress of Chihriq
(The Grievous
Mountain)

1848 July

Declares His mission to
leaders in Tabriz,
Iran, and is punished
with the bastinado

1850 July 9

The Báb is martyred
in Tabriz, Iran.

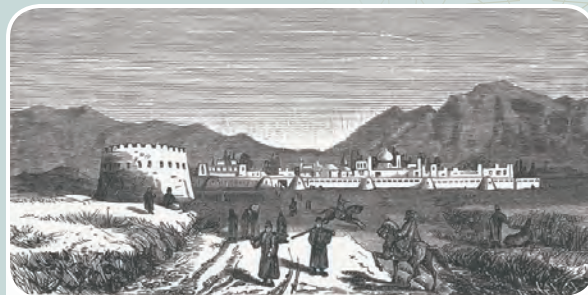
Mullá Husayn was on a quest. He had studied religion for many years and believed it was time for the next Messenger of God to appear. When his teacher said it was time to search far and wide for the Promised One, he set out to find Him. Guided only by his heart, Mullá Husayn, along with his brother and nephew, traveled throughout Persia (now Iran). On May 22, 1844, their search took them to the city of Shīrāz.

Mullá Husayn told his companions to enter without him, agreeing to join them later. As he stood alone outside the city gates, he saw a radiant young man wearing a green turban. Though they had never met, the man approached and gave him a loving smile and hug.

His name was 'Alí-Muhammad, and He invited Mullá Husayn to His home to rest after the long journey. Mullá Husayn didn't realize then that his search was over. He had found the Báb ("the Gate")—the next Messenger of God. At first, Mullá Husayn declined the invitation, saying his companions would expect him. But the Báb gently convinced him to accept, so he agreed, hoping it might help him on his quest.

Once inside, Mullá Husayn was moved by the kindness of his host. The Báb served him tea, poured water to clean his hands and feet, and invited him to stay for prayers.

The Báb then asked him how he would recognize the new Messenger of God. Mullá Husayn described the characteristics his teacher had told him



An artist's creative wood engraving, published in 1882, suggests landmarks of Shīrāz that stand today, including a fortress-like leader's residence (left). Mullá Husayn walked outside the city gate until he met the Báb.

to search for. Among other traits, the Promised One would be a descendant of Muhammad between 20 and 30 years old and would have exceptional knowledge without studying.

After a pause, the Báb declared in a vibrant voice, "Behold, all these signs are manifest in Me!" Then He revealed holy verses and answered spiritual questions that Mullá Husayn had carried in his heart. Mullá Husayn sat in awe as the words flowed from the Báb, uninterrupted, with a powerful force.

Mullá Husayn described the Báb's declaration as a thunderbolt—dazzling and overwhelming, stirring his soul with joy and excitement. The Báb said, "This night, this very hour will, in the days to come, be celebrated as one of the greatest and most significant of all festivals."

Mullá Husayn left, filled with wonder. He spent the rest of his life sharing the Báb's teachings. He helped people prepare for the next Messenger of God, Bahá'u'lláh, Who would bring a message of peace for the entire world.

Flowers of Fortitude

Imagine you're trudging through the park on a cold winter day when you suddenly spot a pop of purple on the ground. It's a flower blooming in the snow!

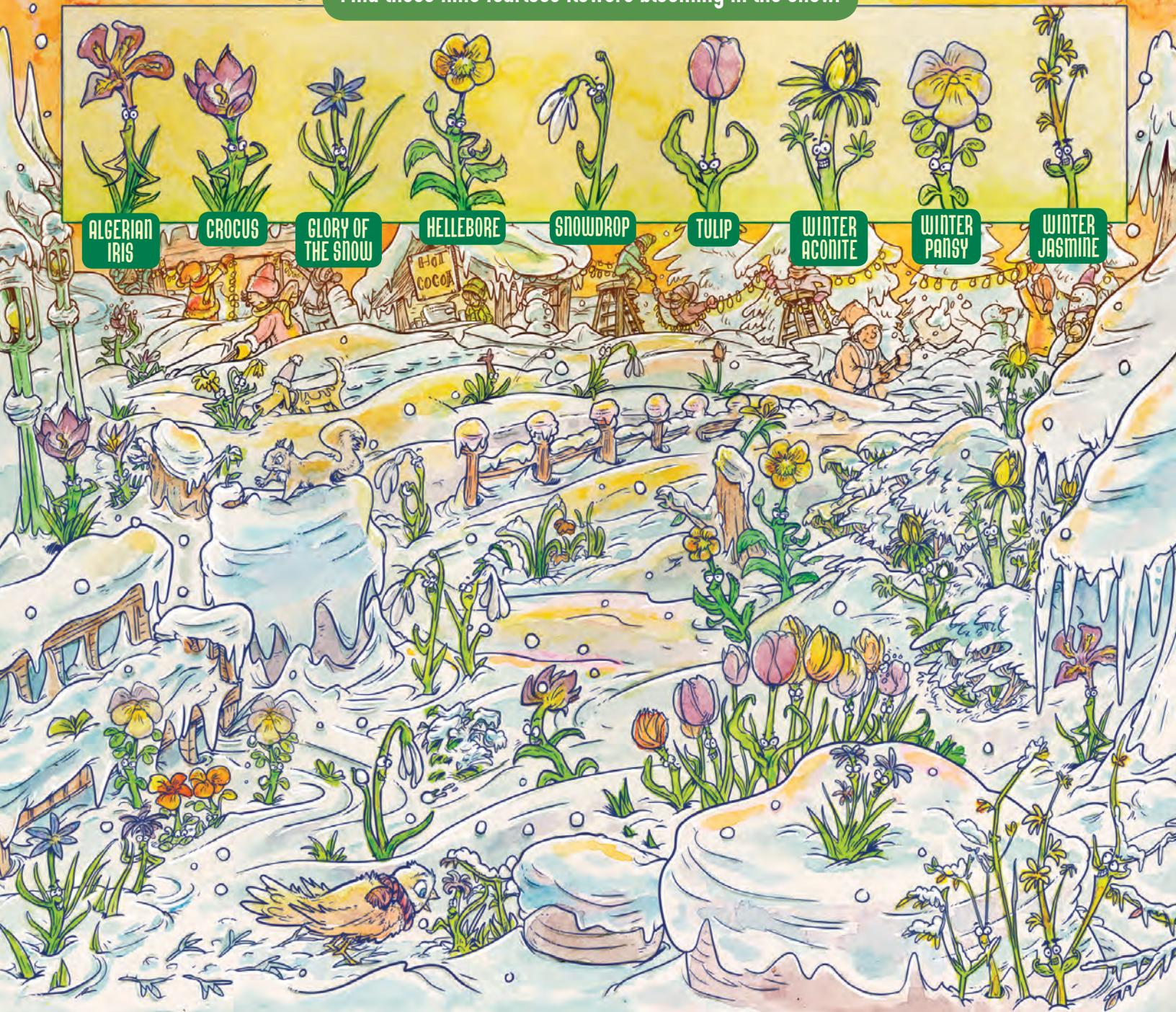
As amazing as it seems, some flowers do have the strength to burst through frosty ground. They've adapted to their environment after many chilly winters.

Like snow flowers, we can learn to thrive in tough situations. Facing hardship can help us bloom if we

practice three P's: positivity, perseverance, and patience. If you're having trouble mastering a music solo, don't give up. First, visualize yourself accomplishing your goal. What does it look like? How do you feel?

Imagine obstacles you may face. What steps will you take to overcome them? Seeing yourself sprouting past challenges can help you achieve your dreams. With the three P's, you can find ways to blossom and grow.

Find these nine fearless flowers blooming in the snow.





IN THE TUNNELS...

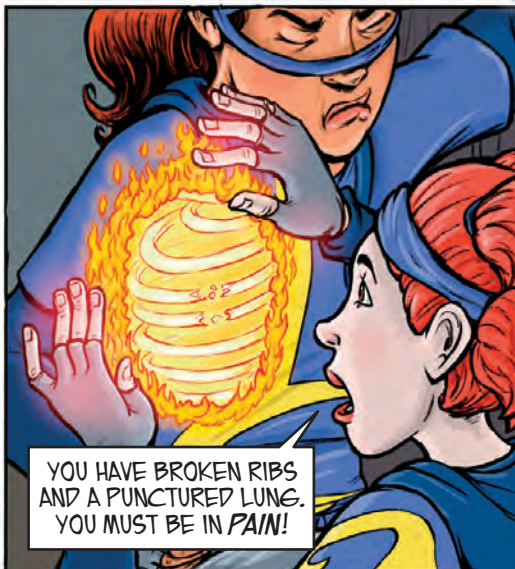
MY NAME IS FLAME. I'M A HEALER.

I CAN USE THE FLAME OF TRUTH TO SEE WHAT'S REALLY HAPPENING WITH YOU.

I'M <COUGH>... LUNA.



YOU HAVE BROKEN RIBS AND A PUNCTURED LUNG. YOU MUST BE IN PAIN!



THIS WILL HELP YOU.



WOW, I FEEL ... BETTER. YOU'RE AMAZING! THANKS!

NOW, I NEED TO FIND MY BROTHER, LIGHTNING.

I THINK I SAW HIM WITH THE ERASERS. THEY'VE GOT MY PARTNER, TOO.

THEN I HAVE TO REACH PULSAR.



PULSAR? AURORA IS HIS SISTER, RIGHT?

YEAH, HE WAS ACCIDENTALLY BLINDED BY COMBINING POWERS WITH HER.

JOINING POWERS IS CRAZY RISKY.



I READ THAT IN THE UPLIFTERS' BOOK.



LATER ...

I HOPE LIGHTNING IS OKAY. WE NEED TO HURRY.

DON'T WORRY. WE'RE ALMOST THERE, LUNA.



UH-OH. TROUBLE.

WHERE DO YOU THINK YOU'RE GOING, LADIES?



RUUMBBLE!



IN PROFESSOR PROWD'S LAIR...

RUMMBLE!

THIS SAYS PROWD WANTS TO DESTROY SCHOOLS AND CHURCHES BECAUSE HE DOESN'T "BELIEVE IN GOODNESS"? MAKES NO SENSE!

YIKES! WHAT'S THIS - A DATABASE OF TECHNOLOGY TO DEFEAT THE UPLIFTERS!

WHAT'S THAT SOUND?

I NEED TO HELP WITHOUT SHOWING MY POWERS!

COME ON! LET'S DIG THEM OUT.

WE HAVE TO TRY!

TOO LATE. THEY'RE GONE.

WHY? MORE GOLD FOR US!

GUYS, HELP ME OUT HERE!

LATER...

THAT'S EVERYBODY!

HOPE NO ONE NOTICED I USED A BIT OF MY SUPER STRENGTH.

HEY! DEXTER HACKED INTO PROWD'S SECRET DATABASE. WAIT-HE'S A SPY!

YEAH, AND HE LOOKS A LOT LIKE THIS UPLIFTER, LIGHTNING, WHO HAS ... ELECTRICAL POWERS!

UH-OH!

GET HIM!

BUT I JUST SAVED YOUR GUYS!

YEAH, BUT YOU DON'T PAY US IN GOLD!

LET'S SEE WHO HE REALLY IS!

RADIANT STARS

Getting to know kids who shine

Connect with kids around the world!
How are they like you? How are they different? Each of us has a unique story to tell. What's yours?

Erfan B.

Age: **12**

I live in: **California, U.S.**

I want to be: **Engineer**

This career interests me because:

I like to create and help others with my inventions.

Virtue I admire most:

The ability to be happy no matter what

Activities that bring me joy:
I'm most joyful when I'm with my friends doing something that makes others happy.



Favorite Bahá'í activities:

Junior youth service projects [where] you can directly see the people you affect and their happy faces

Favorite way to make my family or friends happy:

I love making jokes and having people laugh.

What lifts my spirits when I'm feeling down:

I listen to music and reflect on what I could do to fix the situation.

To make the world happier, I would:

Make lips able to filter out bacteria, salt, and toxins in water so that all water in the world [would be] drinkable and no one would be without healthy water.

What makes me laugh:

My brother and friends

Naima A.

Age: **12**

I live in: **Illinois, U.S.**

I want to be:

A doctor (radiologist)

This career interests me because:

I would like to help people and work toward . . . curing diseases.

Virtue I admire most:

Determination to get to where you want to be

Favorite Bahá'í activities:

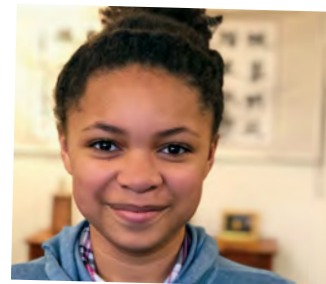
Prayer, devotions

Favorite foods:

Sushi, egusi [Nigerian melon seed soup]

Activities that bring me joy:

Playing games with my friends, like D&D (Dungeons and Dragons) and/or Knockout (a basketball game)



Favorite way to make my family or friends happy:

To make [them] and myself happy, we spend quality time together.

What lifts my spirits when I'm feeling down:

I like to watch our family classics, like [Hayao] Miyazaki movies.

What makes me laugh:

Funny impressions and good jokes

Scent that makes me happy:

[The smell of] Grandma's baked goods make[s] me light up.



Megan S.

Age: **10**

I live in: **Arizona, U.S.**

I want to be:

Horseback riding trainer

This career interests me because:

I have loved horses since I was a little girl.

Virtue I admire most:

Honesty

Favorite Bahá'í activities:

Making crafts

Places I'd love to visit:

Jamaica [and] Japan

A favorite food: **Pesto**

Activities that bring me joy:

Trail rides with my friends [and] traveling with my family

Favorite way to make my family or friends happy:

Give them something they like

One of my happiest memories:

Getting a dog

What lifts my spirits when I'm feeling down:

Playing around with my sisters

To make the world happier, I would:

Give everyone a house and the things they need

What makes me laugh:

Caroline, my sister

Scent that makes me happy:

Cinnamon-scented pine cones

Rose I.

Age: 9

I live in: **California, U.S.**

I want to be:
Teacher and artist

This career interests me because:
I love kids and have an eye for art and color.

Virtue I admire most:
Calmness

Favorite Bahá'í activities:
Children's classes, because we do lots of interactive activities and we learn about Bahá'u'lláh

Favorite animal or pet:
A dog, because dogs can comfort you ...

Activities that bring me joy:
Going to my art class ...

Scent that makes me happy:
Lavender

Place I'd love to visit:
Iran, because I can discover more about my heritage

One of my happiest memories:
Going on my family trip to China, Thailand, and Cambodia, where we visited the new Bahá'í House of Worship

What lifts my spirits when I'm feeling down:
Saying prayers

What makes me laugh:
Being tickled by someone



Jazmín C.

Age: 9

I live in: **Texas, U.S.**

I want to be: **Inventor**

This career interests me because:
I like to put things together to create things that are fun and to help people ...

Virtue I admire most:
Honesty

Favorite Bahá'í activity:
Bahá'í New Year

A favorite food:
Aguadito [Peruvian chicken soup]

Activities that bring me joy:
Singing, baking, being with my family

What lifts my spirits when I'm feeling down:
Going to Mommy and Daddy

One of my happiest memories:
When I visit my family and play with my cousins

Favorite way to make my family or friends happy:
Singing

To make the world happier, I would:

Make rules that no one can bully [or] say mean things to others

What makes me laugh:
To see others laughing



"God has crowned you with honor and in your hearts has He set a radiant star; verily the light thereof shall brighten the whole world!" — 'Abdu'l-Bahá

Kilam E.

Age: 12

I live in: **Nevada, U.S.**

I want to be: **Zoologist**

This career interests me because:
I love animals

Virtue I admire most:
Courageousness

Favorite Bahá'í activities:
Feast*

A favorite food:
Doro Wat (Ethiopian dish)

Activities that bring me joy:
Reading and drawing

Favorite way to make my family or friends happy:
Cooking for them. One dish I made recently that everyone loved was Sweet and Spicy Sesame Chicken with Sweet and Sour Vegetables.

To make the world happier, I would:
End climate change



What makes me laugh:
My family

One of my happiest memories:
My second birthday. I remember sitting on my mom's shoulders while she talked to my aunt, and eating a cake my mom made that was supposed to be a lion but it looked more like a sun.

What lifts my spirits when I'm feeling down:
Reading. I like to read fantasy fiction ... It feels like I'm temporarily escaping to another world, away from whatever was making me feel down.

How to be a Radiant Star:

1. If you're age 7-14, go to www.brilliantstarmagazine.org. From the top menu, choose "Discover." Then click "Become a Radiant Star or Trailblazer," and fill out the form. Or e-mail us at brilliant@usbnc.org. Include your name, age, birth date, mailing address, and phone number.
2. When it's your turn to shine, we'll send you questions and a form for you and your parents to sign.
3. Answer the questions and send them to us with the signed form, along with at least two good-quality, close-up photographs of your smiling face. Photos should be in sharp focus and show your eyes clearly. Please don't send color copies, low-resolution digital images, or copyright-protected images (like school portraits).

* Feast is a Bahá'í community gathering with prayers, consultation, and fellowship.

Satori B.

Age: **11**

I live in: **Illinois, U.S.**

I want to be:
Electrician or plumber

This career interests me because:
I like helping fix things

Virtue I admire most:
Kindness

Favorite Bahá'í activities:
Feast

Hobbies or sports:
Soccer, video games, basketball

Place I'd love to visit:
Europe (especially Italy)

Activities that bring me joy:
Being with my best friend, Eliot

One of my happiest memories:
Getting my pet lizard, Stripes

A favorite food:
Lasagna

Favorite way to make my family or friends happy:
I love decorating for the holidays and playing jokes.

What lifts my spirits when I'm feeling down:
Being with my dog or lizard

To make the world happier, I would:
Stop forest fires

What makes me laugh:
Watching a funny show



Nura M.

Age: **8**

I live in: **Wicklow, Ireland**

I want to be:
Gymnast, artist, and animal care doctor

This career interests me because:
I love animals and . . . art and gymnastics.

Virtue I admire most:
Kindness

Favorite Bahá'í activities:
Summer school, Ayyám-i-Há* celebrations, and Feasts

Places I'd love to visit:
The Shrines of the Báb and Bahá'u'lláh [in Israel]

Activities that bring me joy:
Gymnastics, painting, drawing, playing with my friends . . . my cat



Favorite animal or pet:
My cat, Pixel

What lifts my spirits when I'm feeling down:
My parents' hugs and petting my cat

To make the world happier, I would:
[Provide] enough food for all [people] who don't have any

What makes me laugh:
My brother telling me funny stories

Scent that makes me happy:
Fresh grass, hyacinths, and spinach pie

Munkh-Enerel B.

Age: **9**

I live in: **Colorado, U.S.**

I want to be:
A person who owns a sweet shop

This career interests me because:
Giving people candies and welcoming them to the store makes me happy.

Favorite Bahá'í activities:
Read stories and talk about them

Activities that bring me joy:
When my Bahá'í class was making cookies

Virtue I admire most:
Kindness . . . because . . . kindness given to you . . . feels like peace signs inside your heart and you want to spread it to more people.

Places I'd love to visit:
Paris and Tokyo

A favorite food:
Mongolian dumplings and pizza

What lifts my spirits when I'm feeling down:
Thinking about happy moments

Favorite way to make my family or friends happy:
Smiling at them or writing a letter to them

Scent that makes me happy:
My parents' scent



Anese D.

Age: **8**

I live in: **California, U.S.**

I want to be:
A video game programmer (including digital designing, animation, and programming)

This career interests me because:
A friend of mine got me really interested by talking about how cool it is to be a video game programmer.

Favorite Bahá'í activity:
Children's classes

Activities that bring me joy:
I like to play card games with my family and friends.

One of my happiest memories:
My pilgrimage to Haifa, Israel, with all my family members



Favorite way to make my family or friends happy:
Memorizing Bahá'í quotes and reciting them out loud at Feasts, holy days, and children's class

What lifts my spirits when I'm feeling down:
I play games with my friends. My parents' big kisses and hugs also help me.

To make the world happier, I would:
Invent a machine that makes the best medicine and surgical tools to cure cancer

* Ayyám-i-Há is a festival of hospitality, gift giving, and preparing for the Bahá'í Fast.



My True Self



“The Purpose of the one true God, exalted be His glory, in revealing Himself unto men is to lay bare those gems that lie hidden within the mine of their true and inmost selves.” —Bahá’u’lláh

Do you ever find it hard to just “be yourself”? Sometimes we feel shy or worry about what other people think of us. It helps to remember that we’re all born with spiritual qualities that shine like radiant gems when we use them. Virtues—like honesty, love, creativity, and compassion—help us be our best.

In order to “be yourself,” act in a way that feels genuine and

comfortable. This can be tricky sometimes, since we’re always changing and growing. But one way to try to know yourself better is to think about your feelings, goals, and dreams. Write answers about them below. You may want to share them with friends or family, and ask if that matches what they see in you.

Let your unique qualities shine to bring joy to yourself and your community.

Name:

My idea of a perfect day:

Some of my heroes are:

Some of my virtues or talents:

An achievement that made me feel good:

A good friend is someone who:

If I could travel in a time machine, I’d go to:

A Bahá’í teaching or prayer that I love:

When I grow up, I want to be:

A natural wonder that I think is awesome:

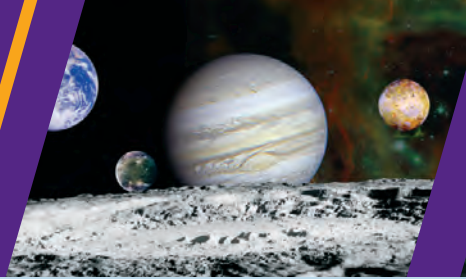
One of my favorite ways to help others:

If I could go anywhere in the world, I’d go to:

When I’m down, I get a lift from:

If I could be an animal for a day, I’d be:

A skill I’d love to have:



ASK A SPACE SCIENTIST

Our universe is full of mysteries, and some of the most mind-boggling are in space. Curious kids asked questions, and we sent them to two space scientists. Have questions about space? Send them to brilliant@usbnc.org (with your name and age).

How many galaxies are there that we know of? – Pari, age 15

Hi, Pari,
Hubble Space Telescope data shows that there are at least two trillion galaxies in the part of the universe we can see. Galaxies contain anywhere from a few hundred million to a hundred trillion stars, so that means there are more stars in the observable universe than there are grains of sand on Earth! The next time you hold a handful of sand, try to imagine that each grain is a star with its own planets. Then try to imagine all the sand on Earth. And that's only the galaxies that we can see.

Space itself is expanding. A tiny fraction of a second after the Big Bang, the cosmos expanded far faster than the speed of light. We only see a section of the universe that's about 93 billion light-years across. We can never directly measure what's beyond, but there's no evidence that what we can see is the entire universe. It's possible that we only see a fraction of an infinite universe. In fact, 'Abdu'l-Bahá states, "the luminous bodies of the material universe are infinite." –George



The Cartwheel Galaxy, 500 million light-years away, is a ring galaxy. Astronomers think it formed when a small galaxy passed through a larger one. Clouds of dust and gas collapsed, and bright blue stars formed an outer ring.

BACK IN TIME

2019 is the 50th anniversary of people landing on the Moon in the Apollo 11 spacecraft! Astronaut Buzz Aldrin was the second person to walk on the Moon. Now he's an author and space exploration activist. On the Apollo 11 mission, he piloted the:

- A) Lunar rover
- B) Lunar module
- C) Moon pod
- D) Buzz-mobile

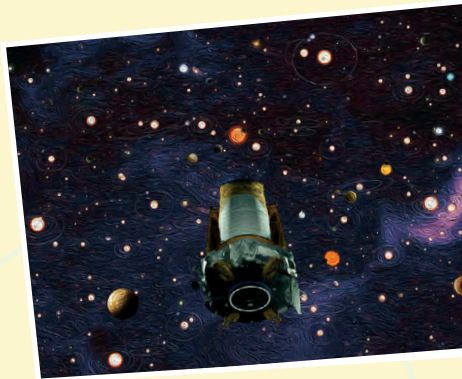




What does Bahá'u'lláh say about space? — Maxine, age 13

Hi, Maxine,
Bahá'u'lláh taught that science and religion are in harmony. A few of Bahá'u'lláh's writings explicitly talk about space, other planets, and life on these planets. These mysteries may be one way to look at this quote from Him: "Verily I say, the creation of God embraceth worlds besides this world, and creatures apart from these creatures." He also says, "Know thou that every fixed star hath its own planets, and every planet its own creatures, whose number no man can compute."

Bahá'u'lláh's son, 'Abdu'l-Bahá, compares the universe to the human body: "all its parts are connected one with another and are linked together in the utmost perfection." He says, "so too are the parts and members of this endless universe connected with, and spiritually and materially influenced by, one another." It's reported that during his 1913 visit to Paris, he said that we should develop the technology to reach other planets. The Bahá'í writings also note, "'Abdu'l-Bahá stated there are other worlds than ours which are inhabited by beings capable of knowing God." Science may one day discover the answers to these mysteries. —Steve



An artist's concept of NASA's Kepler space telescope, which discovered more than 2,000 planets outside of our solar system before it was retired in 2018.



STEVE SCOTTI is *Brilliant Star's* STEM Education Advisor and a research engineer at NASA Langley Research Center in Virginia, U.S. He works to develop lighter, stronger materials and structures for aircraft and spacecraft. Watching the first astronaut launched into space inspired his interest in space exploration, and he enjoys sharing his enthusiasm about science and space with kids.



GEORGE HATCHER was an avionics engineer at the Kennedy Space Center in Florida, U.S., from 2004–2017. He worked on electrical systems of the space shuttle and uncrewed rockets. He also studied planetary science at the University of Central Florida. Working in avionics was a dream come true for George. He's aspired to be an astronaut since he was three. He's one of 100 finalists in the Mars One Project, which aims to create a human settlement on Mars.

COSMIC QUIZ

When Apollo 11's astronauts landed on the Moon, they touched down on part of the surface called the Sea of Tranquility. It isn't a sea of water, but instead it's:

- A) A beach
- B) Hardened lava
- C) A concrete landing pad
- D) A soccer field



Elahe Izadi



"Humor has the ability to create unity . . ." says journalist and comedian Elahe Izadi. When she makes an audience laugh, she feels an instant connection.

Elahe's parents moved to the U.S. from Iran. She was born in Washington, D.C., and grew up in Maryland. She was inspired by her parents' ability to laugh at life and be resilient in the face of challenges. She loved to watch and memorize comedy routines, and she also liked writing. While in college at the University of Maryland, she started doing stand-up comedy, and she says it gives her an "amazing feeling."

After graduating in 2006 with a degree in journalism and African American history, she started writing for print and online publications. Elahe now combines her passions by reporting on popular culture for *The Washington Post* and doing stand-up comedy performances. She also enjoys Bahá'í community building activities, dancing, and yoga. She lives in Washington, D.C.

Q: What was your most challenging experience when you were a kid, and how did you handle it?

A: When kids would make fun of me . . . because I was Persian . . . that was really hard for me. [But] . . . my parents always made me feel very loved . . . Even at that time, I realized that this was a difficulty that wouldn't last forever . . . Thinking about the future and the things I wanted to do helped me . . . I've always had a sense of humor, [and] maybe having those experiences developed that a little more . . . Anybody who is a good comedian is able to have a sense of empathy . . .



Left: At 16, Elahe played on the lacrosse team and often joked around with classmates. She later discovered her love for comedy. **Right:** Elahe celebrated her graduation from the University of Maryland in 2006 with her older brother, Shahin (left), and her younger brother, Ramin.



Q: What motivated you to go into journalism?

A: I always liked writing . . . ever since I was a little kid . . . When I came to college, I took an African American history class, and I immediately was like, oh, I love this, I want to major in this, but . . . I wanted to combine it with something . . . Journalism seemed more practical [than other subjects] . . . With each class I took, my interest in it deepened . . . and I really felt passionate about it as I gained more experience.

Questions and

Answers with an

Inspirational Bahá'í



Above: Elahe appeared on an MSNBC program in April 2015 to comment on a new law.



Left: Elahe performed at the DC Improv Comedy Club in Washington, D.C., in August 2017.

Q: What are some of your favorite experiences from your career?

A: I spent about two years as a reporter on Capitol Hill . . . and it's such a privilege to be . . . interviewing members of [Congress] . . . You're kind of representing the public in that way of holding [politicians] accountable and asking them questions . . . In my current position . . . I got to shadow Seth Meyers . . . and see what it takes to make a late-night comedy show . . . I've gotten to interview . . . some of the best comedians . . .

Q: Do you ever feel anxious about going onstage? How do you handle it?

A: I feel some anxiety if it's a really big show . . . I visualize myself going out there, greeting the audience . . . like I'm welcoming everybody to a party . . .

Q: What virtues are important in your work?

A: Truthfulness is a big one. "Truthfulness is the foundation of all human virtues" * . . . Justice and equity, fair speech . . . oneness . . . Whenever you're writing . . . about another person . . . it's very important to remember that person's humanity . . . We are all connected . . .

Q: How do you think humor impacts our spirits, and why is it important?

A: Humor has the ability to create unity between . . . people . . . We're laughing together, we're enjoying something together, we're connected. I also think when you're creating humor you have to have a sense of detachment . . . When you have an amazing experience that makes you feel so good, it's okay to enjoy it, but don't become so attached to it that it prevents you from going back out there. Same thing if . . . you bombed. [It's] part of the process . . . It's important not to become so attached to the "failure" because you're not going to learn the lesson . . . from it . . .

Q: If you had one wish for *Brilliant Star's* readers, what would it be?

A: That they all know that they are very loved . . . and that they have power . . . They don't have to wait until they are an adult to contribute to improving their neighborhood, their community, their city . . . It's okay to dream big . . . We're all created with capacity. We don't know what that capacity is. We're just asked to develop it and to fulfill it.



"Through meditation the doors of deeper knowledge and inspiration may be opened." —Bahá'í Writings

MEDITATION
MAKES ME
HAPPY.



MEDITATION HELPS US SHINE

Last night, I had a nightmare that I got lost in the woods. It was really scary! When I woke up, my heart was racing. I tried meditating to calm down. I took a deep breath, closed my eyes, and imagined my favorite spot on the mountain by my house. I thought about my dream and how I'm always careful to take a friend and a compass when I hike in the woods. I felt better.

To me, meditation is kind of like sunshine. When I

feel sad, angry, or worried, it lights up my spirit. Did you know that meditation can decrease stress, depression, and anxiety?

There are lots of ways to meditate. You can focus on anything that helps you clear your mind and feel peaceful. It can be hard to stay tuned in at first. It just takes practice. Check out my tips below. I hope they help you shine with happiness!

MAYA'S SHINING SUGGESTIONS

Fill in the missing letters to learn ways to feel calm and happy by meditating.

1. Start small, such as **__ITTI__G** calmly for two minutes a day.
2. Choose a **__UIE__**, peaceful space, outside or inside.
3. Ask yourself how you're **__EE__IN__** in body and mind.
4. It's okay if your mind **WA__DE__S**. Bring it back gently.
5. If a strong thought or feeling arises, **R__FL__CT** on it.

6. Count deep **B__EA__HS** to slow down and relax.

7. Visualize an uplifting scene or **I__AGE**.



8. Listen to soothing music or a **GUI__E__** meditation—a recording that helps direct your thoughts.
9. Say a **P__AYE__** to help your spirit soar.
10. Try **YO__A** to help focus your mind. It can make your body happy, too!
11. **OB__ER__E** the sights, sounds, and smells that are all around you.
12. Take a walk and enjoy all the beauty in **NA__U__E**.

DRAWING ON HAPPY MEMORIES

DRAW
& COLOR

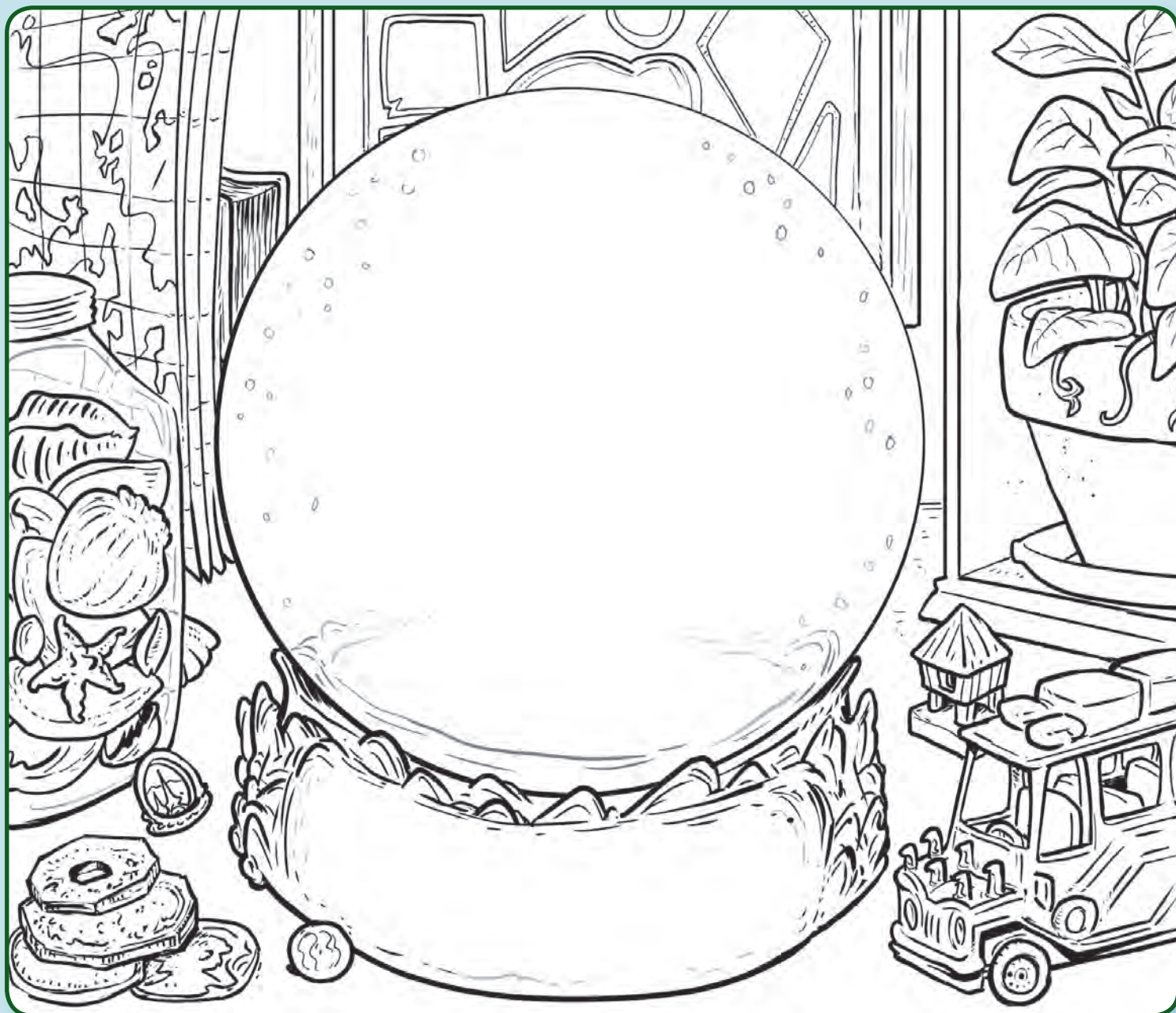
“When a man has found the joy of life in one place, he returns to that same spot to find more joy.” —Abdu’l-Bahá

When you’re facing troubles that shake you up, a happy memory can be refreshing. Reflect on your positive experiences to bring back the joyful feelings you had. Whether it’s winning a tournament, rollerblading with friends, or enjoying a prayer party, reminding yourself of past joys is a fun way to lift your spirit.

To make more amazing memories with family and

friends, shut out distractions such as phones, TV, and other devices when you’re together. Instead, give the people in front of you your full attention and savor the present moment. Use all of your senses to absorb details such as a great song, a delicious treat, or inspiring scenery. You can also take photos, create art, or find mementos that will help you appreciate your treasured times for years to come.

Draw a happy memory in the snow globe. Include people, pets, or things that helped you feel joyful, and add snowflakes or confetti. On the globe’s base, write about the moment.



SHINING LAMP

A Bahá'í who served humanity with radiance

Mullá Husayn (1813–1849)

By Gail Radley and Tom Armistead



"A secret lies hidden in that city," the Báb told Mullá Husayn, referring to Tíhrán, Iran. The secret "shall turn the earth into paradise."

The Báb was a Messenger of God Who taught that another Messenger would come to bring an age of peace. He sent Mullá Husayn to teach the Bábí Faith in several cities, including Tíhrán.

Mullá Husayn was born in northern Iran in 1813. When he was a young student, his family thought he would become a famous Muslim leader. But Mullá Husayn followed his own path. He found teachers who helped him prepare for the next Messenger of God. He was the first to believe in the Báb.*

Encountering Bahá'u'lláh

It was hard for Mullá Husayn to leave the Báb on his journey, but the Báb said that God's angels would be with him. In Tíhrán, he learned of a man named Husayn-'Alí, Who was known for His love and service to others. Mullá Husayn sent Him the writings of the Báb, which Husayn-'Alí immediately knew were inspired by God. He sent a gift of sugar and tea in return. Mullá Husayn was filled with joy. Was this the secret the Báb had mentioned? Years later, Husayn-'Alí became known as Bahá'u'lláh, the Messenger of God promised by the Báb.

Mullá Husayn left Tíhrán and continued teaching the Bábí Faith. Soon the Báb's enemies, upset about the new ideas He taught, complained to the government. The Báb was sent to Máh-Kú, a remote mountain prison. Mullá Husayn decided to visit Him—a journey of 1,200 miles (1,931 km). Though friends offered him carriages and horses, he answered, "I have vowed to walk the whole

distance that separates me from my Beloved." On the way, he met Bahá'u'lláh face-to-face, though no one knows what was said.

The Báb had not been allowed visitors, but the guard let Mullá Husayn stay with Him for nine days. Mullá Husayn later said that from the Báb's words, "I could, however dimly, perceive the glory of His Revelation and . . . the future ascendancy of His Cause."

Leadership and Martyrdom

When Mullá Husayn left the Báb, he encouraged and strengthened the other Bábis. He traveled with them, sharing the Báb's message. They were often attacked and were forced to fight for their lives. In one fierce battle, Mullá Husayn cut through a tree, a gun, and an enemy soldier with one stroke of his sword.

In 1848, Mullá Husayn asked the Bábis to build a fort around the Muslim Shrine of Shaykh Tabarsí to protect themselves. They were attacked by armies. Most of the Bábis were not trained soldiers. They had to eat leather to survive. Still, they defended themselves for seven months.

In 1849, Mullá Husayn rode into his last battle. A soldier hiding in a tree shot him. The Bábis carried him back to the fort, where he died two hours later with a smile on his face.

"But for him," Bahá'u'lláh wrote, "God would not have been established upon the seat of His mercy, nor ascended the throne of eternal glory."

ZEKE & RHOMBUS: UNIVERSAL EMOTIONS

Greetings! Zeke here, with my pet, Rhombus. We're touring the galaxy to study peace. In our travels, we've learned that even on peaceful planets, we can't *always* be happy. All beings—if they have feelings—are sad sometimes. Life is full of changes and challenges. Some are really hard, like illness, disappointment, or even death.

When I'm sad, I talk to my family and friends. I look at the stars and focus on all the amazing things that God created in the universe.

Sometimes, with Rhombus's help, I feel better quickly. Other times I try these Happiness Hints. Soon I'm shining like Earth's Sun. Helping others is one of my favorite tips, so it gives me a lift to share our list with you!

USE THE ZILIZAG CODE TO COMPLETE OUR HAPPINESS HINTS.

1 Take a walk in _____ that's found
⊕ ⊙ ⊙ ⊕ ⊕ ⊕
on your planet.

2 Spend time with family and _____
⊕ ⊕ ⊕ ⊕ ⊕ ⊕
of any species.

3 _____, write, or create a piece of art.
⊕ ⊕ ⊕ ⊕

4 Keep your body _____ with
⊕ ⊕ ⊕ ⊕ ⊕ ⊕
exercise, nutritious food, and sleep.

5 Say _____ and meditate in a
⊕ ⊕ ⊕ ⊕ ⊕ ⊕
quiet, calming place.

6 Listen to upbeat or soothing _____
⊕ ⊕ ⊕ ⊕ ⊕ ⊕
from a new culture or galaxy.

7 Write down three things that make you feel
⊕ ⊕ ⊕ ⊕ ⊕ ⊕
_____.

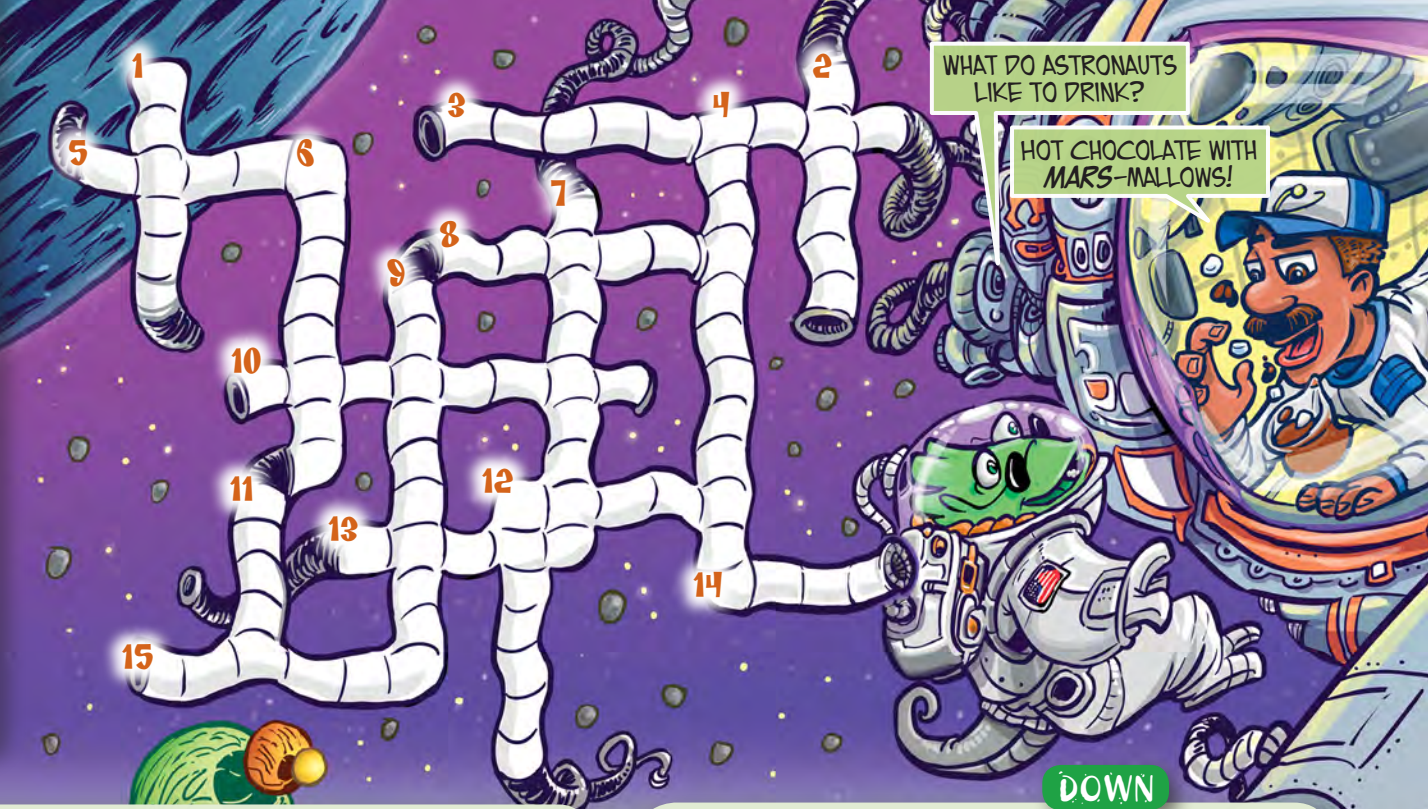
8 Memorize an inspiring _____.
⊕ ⊕ ⊕ ⊕ ⊕ ⊕

9 Learn something new that sparks your
⊕ ⊕ ⊕ ⊕ ⊕ ⊕
_____.

10 _____ good times by
⊕ ⊕ ⊕ ⊕ ⊕ ⊕
looking at family photos or holograms.

ZEKE'S ZILIZAG DECODER

A ⊕	C ⊕	E ⊕	G ⊕	I ⊕	K ⊕	M ⊕	O ⊕	Q ⊕	S ⊕	U ⊕	W ⊕	Y ⊕
B ⊕	D ⊕	F ⊕	H ⊕	J ⊕	L ⊕	N ⊕	P ⊕	R ⊕	T ⊕	V ⊕	X ⊕	Z ⊕



ACROSS

3. We're all born with _____ qualities. (p. 19)
5. A Danish word for spending time with friends and family (p. 3)
8. In Japan, *Shinrin-yoku* is _____ bathing. (p. 8)
10. Virtue that Satori, Munkh-Enerel, and Nura admire most (p. 18)
12. Zeke and Rhombus tour the galaxies to study _____. (p. 27)
13. There are more _____ in the observable universe than there are grains of sand on Earth! (p. 20)
14. Like _____ flowers, we can learn to thrive in tough situations. (p. 13)
15. Found in your body and in plants, animals, rocks, and oceans (p. 11)

1. If one person in a community is _____, their words and actions spread. (p. 2)
2. One way to meditate is to take a walk and enjoy all the beauty in _____. (p. 24)
4. Elahe Izadi says this virtue is important in her work. (p. 23)
6. _____ refreshes your body and mind. (p. 10)
7. You can create amazing _____ from things you already have. (p. 6)
9. Practicing patience, _____, and detachment can strengthen your spirit. (p. 9)
11. Give people in front of you your full attention and _____ the present moment. (p. 25)
12. Saying _____ lifts Rose's spirits when she's feeling down. (p. 17)

FROM OUR MAILBOX



Brilliant Star helps me by giving me ideas for crafts I can do. Many of them I would not have thought to do! It also helps me improve myself and become better. I turn [first] to the comic. It's always fun and interesting, and there's always a cliffhanger!

—Tristan M., age 13, Washington, U.S.

ANSWERS

KEY: T=Top, C=Center, B=Bottom, L=Left, R=Right

Page 2: Panel order (left to right): 1, 4, 6, 7, 9, 2, 3, 8, 5

Page 3: Affection, considerate, content, friendly, generous, hospitality, laughter, openness, sharing

Page 9: 1) D, 2) C, 3) G, 4) E, 5) H, 6) A, 7) F, 8) I, 9) B

Page 10: Cooler at BL, first aid kit at BR, flag at far TR, cones at CR, gym sack at TL, headguard at CR, sandbag at TR, vest at TC, water bottle at C

Page 11: Coral Triangle, Red Border Collie

Page 13: Iris at CR, crocus at CL, glory at BL, hellebore at C, snowdrop at C, tulip at C, aconite at CR, pansy at CL, jasmine at BR

Pages 20-21: B) Lunar module, B) Hardened lava

Page 24: 1) sitting, 2) quiet, 3) feeling, 4) wanders, 5) reflect, 6) breaths, 7) image, 8) guided, 9) prayer, 10) yoga, 11) Observe, 12) nature

Page 27: 1) nature, 2) friends, 3) Draw, 4) healthy, 5) prayers, 6) music, 7) grateful, 8) quote, 9) curiosity, 10) Remember

Page 29: Umbrellas at BL, C, CR

RIDE OUT THE STORM

You've been waiting for ages, and your trip to the fun park is finally here! It's going to be awesome!

You can't wait to ride the Daring Dragon roller coaster, but as you wait in a long line to get into the park, it turns cold and rainy.

Sometimes life is a wild ride, full of twists and turns. When your exciting plans take a nosedive, it can be hard to stay positive. But don't let it derail your happiness. Take a deep breath and calm

down, then ask yourself, what can I learn from this situation?

Facing disappointment gives us a chance to grow. Maybe you can strengthen your powers of patience, perseverance, and optimism. You can also ask yourself, how could things be worse? Your answer can help you feel grateful, and it may even make you laugh! Whatever happens, you can ride out any storm with the power of positivity.

Help the kids enjoy all the rides, then reach Serene Shelter to meet their friends.



Mini Map
Maze

CAN YOU FIND THREE
HIDDEN UMBRELLAS?

"May this boundless love so fill your hearts and
minds that sadness may find no room to enter
and may you with joyful hearts soar like birds
into the Divine Radiance."

—'Abdu'l-Bahá



Brilliant Star

Soar with Joy • VOL. 50 NO. 1

AN AWARD-WINNING PUBLICATION OF THE NATIONAL
SPIRITUAL ASSEMBLY OF THE BAHÁ'ÍS OF THE UNITED STATES

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