

A BAHÁ'Í COMPANION FOR YOUNG EXPLORERS

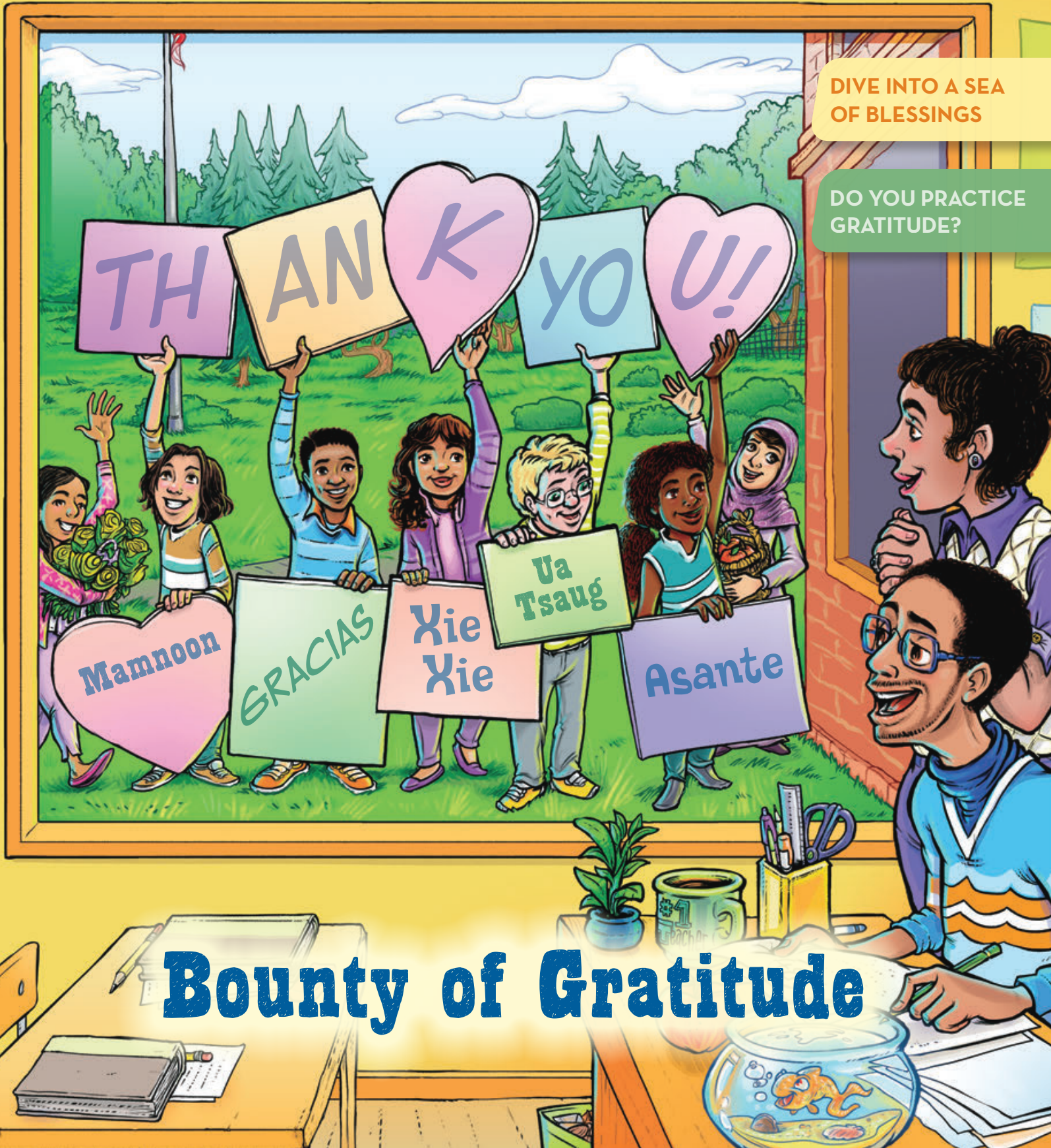
Brilliant Star

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VOL. 51 NO. 1

DIVE INTO A SEA
OF BLESSINGS

DO YOU PRACTICE
GRATITUDE?



Bounty of Gratitude

Brilliant Star

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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.

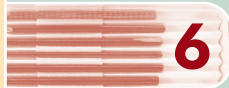
The Bahá'í Faith is the second most widespread religion in the world, with over five million Bahá'ís. It was founded by the Prophet Bahá'u'lláh ("Glory of God" in Arabic) in 1863. Bahá'u'lláh taught that all people are part of one human family, and all religions come from one God. Bahá'u'lláh's eldest 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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DEAR FRIENDS,

*Merci! Danke! Arigato! Enkosi!** In our incredible world, there are as many ways to say thank you as there are things to be thankful for. You might create art or write a note to someone who has helped you or inspired you. Or you could bake cookies or share goodies from your garden. To honor Earth and its wonders, plant trees and recycle as much as you can. However you express it, appreciation brings joy to others and boosts *your* spirit, too.



In this issue, discover the power of thankfulness. Quiz yourself about how grateful you are. Make a sweet gift for a superhero in your life. Start your own gratitude journal. Find out how handling challenges can strengthen your spirit. And get to know Trish Khan, a zookeeper who's passionate about protecting primates.

Shining a light on everyone and everything you're thankful for brightens the world. Where will you focus your gratitude next?

LOVE,
BRILLIANT STAR ☆



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Dive into Gratitude

“Physically and spiritually we are submerged in the sea of God’s favor.” —‘Abdu’l-Bahá

You’re sailing smoothly through life when suddenly a big storm blows in, and huge waves crash into you. How do you keep your head above water? We all hit rough seas sometimes, but one tool you can use to buoy your spirit is a gratitude journal. Expressing what you’re thankful for can make you happier, calmer, more patient, and better at going with the flow. Use this journal page to dive in!



What I love about my family:

Friends I’m thankful for:

Things I have fun doing:

A place that makes me feel happy



Prayer or quote that inspires me:

What makes me laugh or cheers me up:

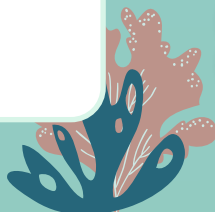
I love the smell or feel of:

I’m looking forward to:

I can express gratitude by:



Something I love in nature





RAIN OR SHINE

“O God! We are as plants, and Thy bounty is as the rain . . .” —‘Abdu’l-Bahá



You’re excited to go camping with your family, but then—PLOP! It starts pouring down rain. You’re super bummed out.

Rather than letting stormy feelings ruin your day, try to find the sunny side of things. Just like raindrops nourish plants, challenges give us chances to grow. It’s

okay to be sad for a while, but then ask yourself, what can I be thankful for in this situation? Maybe you see a dazzling rainbow after the storm. Or you have an indoor picnic with your family, including s’mores!

If you’re thankful even when it’s hard to be, you can bloom with gratitude—rain or shine.

Use the letter pairs on the raindrops to complete tips about growing gratitude. Each pair can only be used once.



- | | |
|---|--|
| 1 Try to see difficulties as a chance to learn and GR _____. | 6 _____ a gratitude journal of good things in life. |
| 2 _____ to a friend or family member you trust. | 7 Listen to a _____ that gives you strength and courage. |
| 3 Know that time passes and tests don't _____ forever. | 8 Take some _____ in nature to clear your mind. |
| 4 When facing problems, _____ for divine assistance. | 9 Try meditating to relax and _____ down. |
| 5 _____ someone out, to brighten their day—and yours. | 10 Be _____ to yourself, as you would to a friend. |

Life of the Báb: Tragedy at Fort Tabarsí

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 Shíráz, 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.

Momentous news spread throughout Persia (now Iran) about the Báb. He had bravely announced to religious leaders that He was the Messenger of God promised in Islam. In response, hostile leaders imprisoned Him and spurred citizens to violently attack His followers.

In the summer of 1848, a Bábí named Mullá Husayn journeyed across Persia with over 200 companions, sharing the Báb's teachings. They did not want to fight, but they were met by an angry mob carrying weapons. Several Bábís were shot and killed. Only then did they take action. Mullá Husayn drew his sword for protection. Amazingly, with one swing, he cut through an attacker, his gun, and the tree he was hiding behind! The mob turned and fled.

The Bábís took shelter at the shrine of Shaykh Tabarsí, a holy site. While under attack, they used mud and tree trunks to build a fort around the shrine to shield themselves. When the fort was finished, Bahá'u'lláh visited them. He praised the fort, uplifting their spirits. He departed, intending to return, but was arrested before He could join them.

The sháh ordered soldiers to attack the fort, expecting an easy victory. But even when the sháh's army grew to over 10,000 men, about 500 Bábís managed to hold them off. They suffered from hunger but persevered, singing and praying.

Many gave their lives rather than deny their faith, including Mullá Husayn. Before his death, he put on a green turban from the Báb and set out to defend his companions. He was shot



The shrine of Shaykh Tabarsí, which Bábís surrounded with a fort so they could defend themselves for eight months. At times, they had nothing to eat except boiled grass.

on the battlefield and died with a smile on his face.

After eight months, the army leader promised that no one would be harmed if they surrendered. The Bábís agreed. But when they left the fort, almost all were martyred! Quddús, their leader, was tortured and killed.

When news of their massacre reached the Báb, He was so crushed by grief that He didn't write for six months. When He finally picked up His pen again, He revealed tablets in honor of Mullá Husayn, Quddús, and other heroes of Fort Tabarsí. He asked a follower to visit their graves on His behalf, saying, "Bring back to Me, as a remembrance of your visit, a handful of that holy earth which covers the remains of My beloved ones, Quddús and Mullá Husayn."

Other brutal attacks raged across the country. Thousands of Bábís were martyred, but nothing could stop the Báb's message. In time, it would lead to the world-embracing Bahá'í Faith proclaimed by Bahá'u'lláh.



True Happiness



“True life is not the life of the flesh but the life of the spirit.” —Bahá’u’lláh

Imagine that your birthday party was canceled, your new bike got wrecked, and you couldn’t hang out with your best friends. How would you feel?

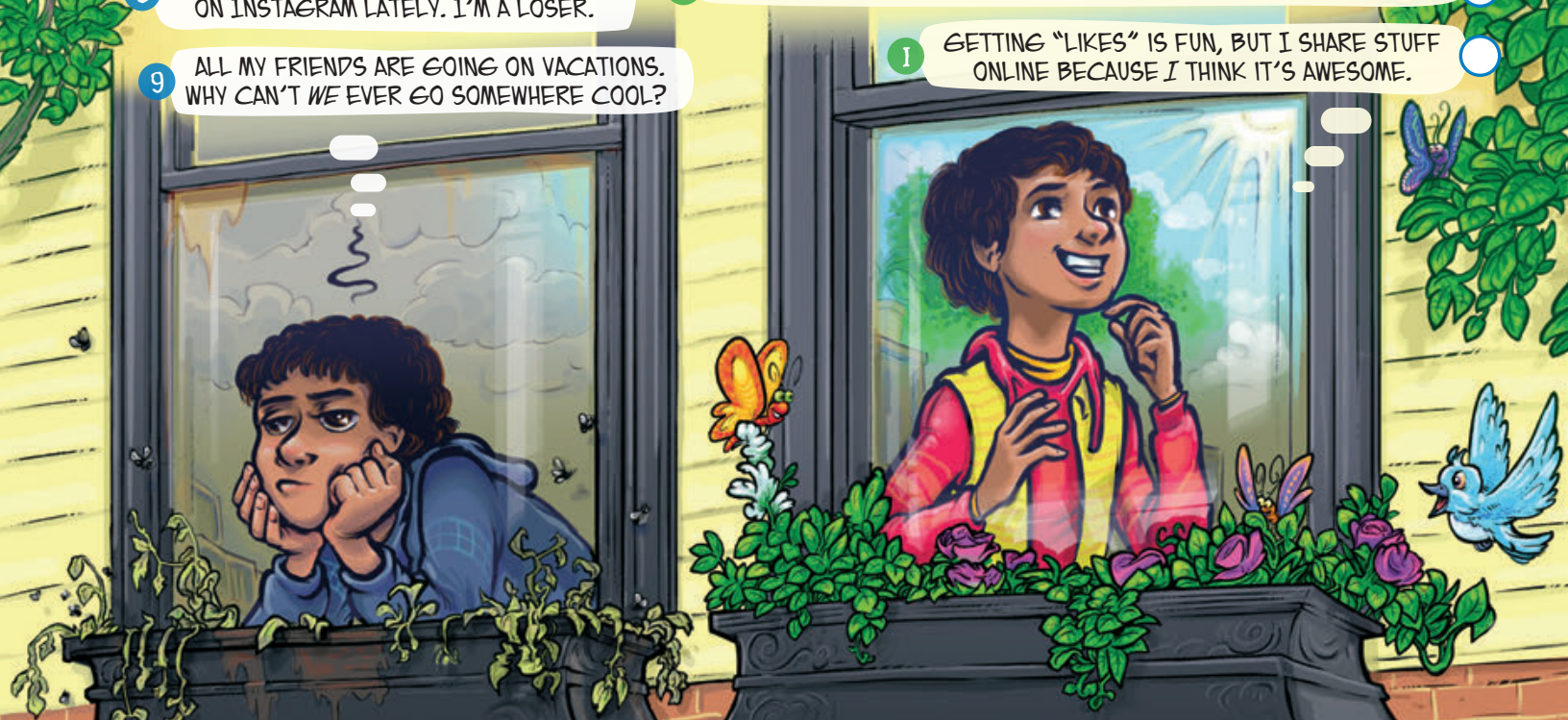
It’s natural to feel bummed when things don’t go as planned or we don’t get what we want. But disappointment also gives us a chance to grow. It helps us to strengthen virtues like resilience, creativity, and optimism.

We don’t need to always get our way or have lots of material things to be happy. That’s because we’re spiritual beings. When you’re feeling down, you can refresh your outlook by helping others or being kind. You can go out and enjoy nature, make art, or dance to your favorite music.

When you look on the bright side and detach from material things, you can open a window to true happiness.

These twins are facing disappointment. Match each negative thought with the positive one that can replace it.

- | | |
|--|---|
| 1 I’VE GOT TO GO SHOPPING. I HATE MY CLOTHES! | A A BIKE RIDE WITH MY SIS WOULD CHEER HER UP. |
| 2 I CAN’T BELIEVE THEY CANCELED OUR BIRTHDAY PARTY! | B WE CAN’T TAKE A TRIP, SO I’LL PLAY A WORLD TRAVEL GAME. |
| 3 I’M SO BORED. STUCK AT HOME, THERE’S NOTHING TO DO. | C IT FEELS GOOD TO BUY LESS STUFF LATELY. |
| 4 THE NEWS IS SO DEPRESSING. THINGS WILL NEVER GET BETTER. | D WE CAN’T GO OUT TO EAT TONIGHT, BUT I’M HELPING DAD WITH A NEW RECIPE—YUM! |
| 5 I WISH I HAD A NEW PHONE. I NEVER GET THE STUFF I WANT. | E OUR PARTY GOT CANCELED , BUT WE STILL HAD A BIRTHDAY CAKE! |
| 6 I’M SICK OF OUR FOOD, AND MY FAVORITE RESTAURANT IS CLOSED. | F BAD THINGS ARE HAPPENING IN THE WORLD, BUT THERE ARE A LOT OF GOOD THINGS, TOO. |
| 7 I DON’T WANT TO BE SEEN PLAYING WITH MY LITTLE SISTER. SO EMBARRASSING! | G MY PHONE ISN’T THE NEWEST, BUT IT STILL WORKS JUST FINE. |
| 8 I HAVEN’T BEEN GETTING MANY “LIKES” ON INSTAGRAM LATELY. I’M A LOSER. | H I’M AT HOME A LOT LATELY—TIME TO TRY SOME GREAT NEW HOBBIES. |
| 9 ALL MY FRIENDS ARE GOING ON VACATIONS. WHY CAN’T WE EVER GO SOMEWHERE COOL? | I GETTING “LIKES” IS FUN, BUT I SHARE STUFF ONLINE BECAUSE I THINK IT’S AWESOME. |



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.

Bahá'u'lláh's Life: Mission of Peace The Tablet to the Sháh

As king of Persia (now Iran), Násiri'd-Dín Sháh had incredible power. He ruled through fear. When he entered a city, his messenger called, "Everyone die! Everyone go blind!" People would freeze and gaze at the ground until the sháh passed.

Under the sháh's reign, Bahá'u'lláh was persecuted severely. He was thrown into a terrible prison known as the Black Pit. He was banished from His home in Persia and exiled four times, forced to undergo long, hazardous journeys.

Bahá'u'lláh faced each torment with patience and resilience. But He also spoke up against the injustices. From Adrianople (now Edirne, Turkey), He wrote to world leaders. He called on them to recognize the truth of His mission and to champion peace and justice.

The longest of these tablets He addressed to Násiri'd-Dín Sháh. In it, Bahá'u'lláh recalls the hardships He endured, saying, "Mine eyes have rained down tears until My bed is drenched." Yet He praises and trusts in God: "With Thy love in My heart nothing can ever alarm Me, and . . . all the world's afflictions can in no wise dismay Me."

In verses of both Persian and Arabic, He encourages the sháh to rule fairly and treat his citizens with kindness. He reminds the sháh that the riches of this world will pass away, and true honor will come from good deeds. Bahá'u'lláh states, "This Youth . . . hath had no desire except to draw thee ninth unto the seat of grace, and to turn

thee toward the right hand of justice."

At that time, letters had to be delivered by hand. If anyone was found carrying Bahá'í writings, their life would be in danger.

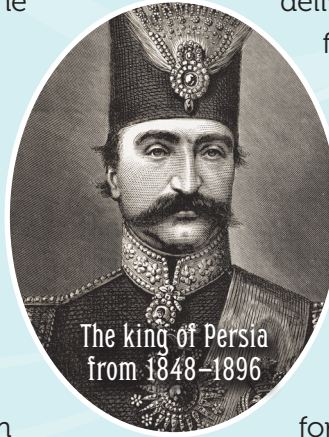
This tablet was so important that Bahá'u'lláh waited for the right moment to send it.

In 1868, He was exiled to 'Akká (now in Israel). Soon a young Bahá'í named Badí* came to meet Him. Badí begged for the honor of delivering the

tablet to the sháh. He knew of the sháh's cruelty and understood that he would probably sacrifice his life on this mission.

At age 17, Badí walked over 900 miles (1,448 km) to Persia and courageously handed the tablet to the sháh. The sháh had him tortured and killed. For three years afterward, Bahá'u'lláh honored Badí in nearly every tablet, praising his unshakeable faith. He called Badí the "Pride of Martyrs."

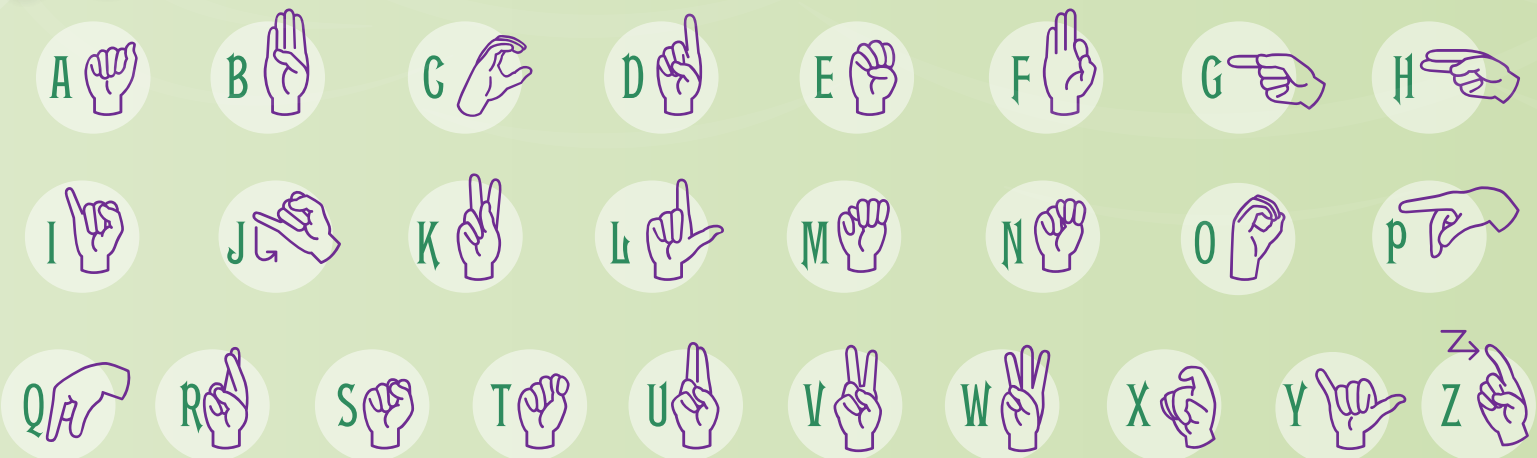
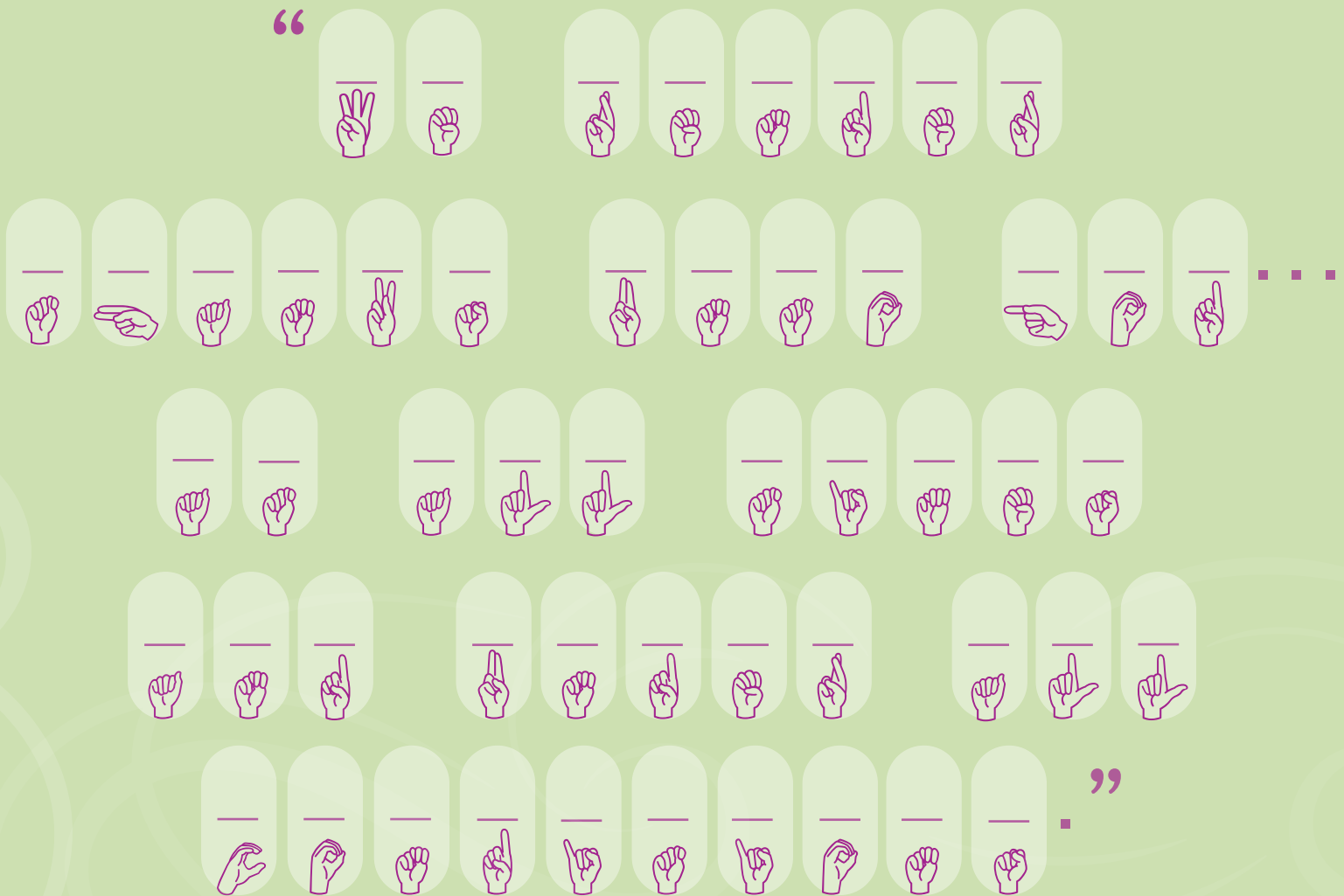
Bahá'u'lláh said that the tablet delivered so bravely to the sháh introduced the Bahá'í Faith to all the people of Persia. It enabled them to seek the truth of His teachings for themselves. In time, His Faith would reach nearly every country of the world.



Reed pens used by a secretary of Bahá'u'lláh

“Look upon this Youth, O King, with the eyes of justice; judge thou, then, with truth concerning what hath befallen Him.” —Bahá'u'lláh

Use the key to decode a quote from Bahá'u'lláh's Tablet to the Sháh, written in American Sign language Finger Spelling.



Giving Thanks: Make a Super Gift

“Real thankfulness is a cordial giving of thanks from the heart.” —‘Abdu’l-Bahá

Our mail carrier, Mr. Bumble, is amazing! Rain, snow, or shine, he buzzes around the neighborhood delivering letters and packages. He always waves or says “Hello!” Even in storms or other challenging times, he perseveres and does his work with patience and kindness. He’s like a superhero!

Another one of my heroes is my fun and helpful

teacher, Ms. Violet. Today, I’m making gifts for both of them to let them know how much I appreciate them. A homemade gift shows that I put time, thought, and care into making something unique just for them.

Who’s a person you’re grateful for? What do you value most about them? Create your own thank-you gifts for superheroes in your community!



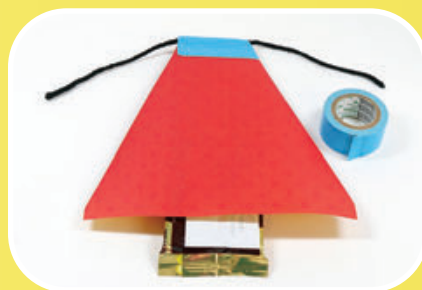
You'll Need

- approx. 6" x 2" (15.2 x 5.1 cm) candy, granola, or dried fruit bar
- tacky glue
- ruler
- tape
- 6" (15.2 cm) square decorative paper
- markers
- construction paper
- scissors
- optional: pipe cleaner, stickers, craft hair, or craft fur
- pencil
- yarn

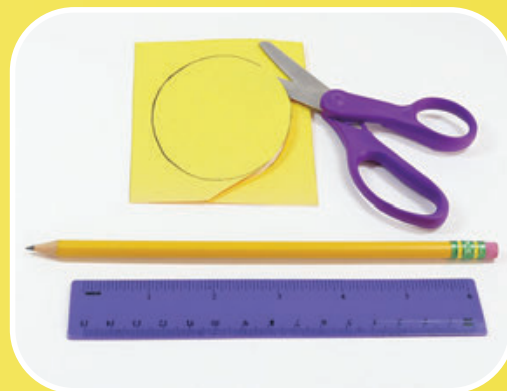
- 1 Center bar on decorative paper so top edges meet. For cape, pull paper's top corners down to snugly overlap front of bar. Secure corners with glue. Press cape's sides to create creases.



- 2 Flip bar over. Tape center of 10" (25.4 cm) piece of yarn along top edge of cape to make arms. Flip bar to front.



- 3 For the head, use pencil to draw 3 1/4" x 2 1/2" (8.3 x 6.4 cm) oval on construction paper. Cut out.





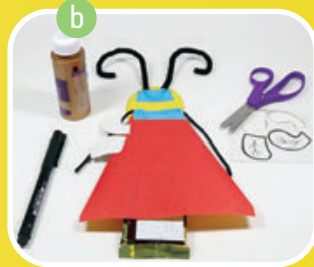
- 4 Use rolled pieces of tape to secure head to top of bar. Bottom third of face should overlap cape's neckline.



- 5 Draw eyes or mouth on construction paper. Cut out and glue to head. Add nose or other details with markers.



- 6 Optional (for bug): (a) Flip hero over. Fold pipe cleaner in half and curl ends. Tape folded portion to back of head. (b) Draw wings on construction paper. Cut out and glue to upper back, so they extend from sides. Flip hero to front.



- 7 Cut 2 1/4" (5.7 cm) square of construction paper. Write a message to your super friend, parent, teacher, or helper.



- 8 Use rolled piece of tape to secure message under hero's chin. Glue yarn tips to sides of square, so hero holds message.



- 9 Glue yarn, craft fur, or craft hair to head. Decorate gift with stickers or markers. Have fun creating different designs for the heroes in your life!



ReFRAME It!

"Be thou ever hopeful, for the bounties of God never cease to flow upon man. If viewed from one perspective they seem to decrease, but from another they are full and complete." —'Abdu'l-Bahá

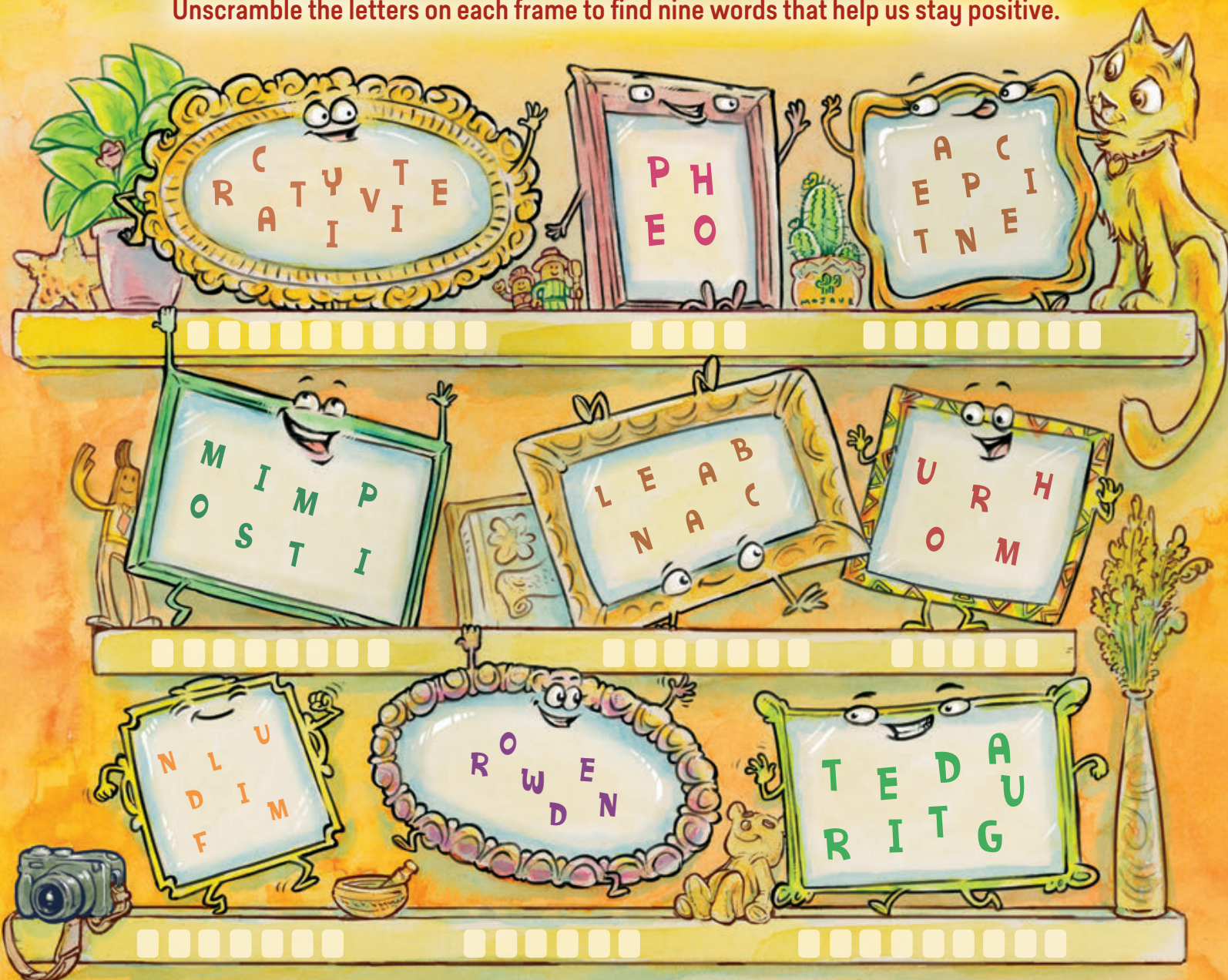
Picture this: you're having fun taking photos at the park. You love exploring nature with a camera! But when it's time to share and talk about your photos with friends, you get anxious. What if they think your pictures are awful?

Instead of letting the feeling of worry call the shots, try **reframing**—shift your focus and look at things from a new angle. Accept that everybody

makes mistakes and that learning a skill takes time. But when you learn it, it's an amazing feeling. Zoom in on realistic thoughts. Try telling yourself, "These photos might not look great, but I can get feedback and learn new things. If I keep trying and working at it, I'll get better."

Reframing can calm your worries and free you up to take your best shot!

Unscramble the letters on each frame to find nine words that help us stay positive.



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

Persistent Plastic
Plastic bottles take about 450 years to decompose. Some don't *ever* decompose! Carry a reusable water bottle and skip the single-use plastic.



WOW, REALLY?

Since plastic was invented in 1907, only 21% has been recycled or burned. Sadly, 79% is in landfills or nature.

OUR CONNECTIONS

One of the biggest threats to ocean life is right in your house, no matter where you live. It's plastic! Enough plastic trash to fill a garbage truck is dumped in our oceans every minute. It's toxic, dangerous for animals, and seeps into humans' food and water. It's estimated that by 2050, plastic in the ocean will weigh more than the fish! We can all reduce our plastic use and urge leaders to find sustainable solutions.

PROTECTING OUR PLANET

Dr. Carl Safina, a New York ecologist, studies humans' impact on the planet and on animals. He's written nine books and won a MacArthur "genius grant." He says, "Facts alone can't save the world. Hearts can. Hearts must." He hosted a PBS series on the ocean and says, "The oceans are essential to survival on planet Earth."



WHERE IN THE WORLD?



South of Chile, tiny Paulet Island is a nesting site for about 50,000 pairs of Adélie penguins. Warming temperatures due to climate change threaten the food supply and habitat of these and other creatures nearby. *Unscramble the letters to find the location:*

RACANTCITA ○○○○○○○○○○

AMAZING ANIMALS



These playful, curious mammals are the largest creatures in the Galapagos Islands. Their super-sensitive whiskers are about 12 inches (30 cm) long and help them locate fish to eat. *Fill in the blanks to find their name:*

○EA ○ION○



Maya's MYSTERIES

"Do you realize how much you should thank God for His blessings? If you should thank Him a thousand times with each breath, it would not be sufficient . . ." —'Abdu'l-Bahá

I'M THANKFUL FOR FRESH AIR AND OUR INCREDIBLE LUNGS!



EVERY BREATH YOU TAKE

Take a deep breath. Do you know what amazing things are happening in your lungs? It's incredible! When you breathe in, air comes through your **trachea**, or windpipe, and fills each lung. Then the air goes into thousands of little tubes called **bronchioles**. Each is about the thickness of a single *hair*! From there, air flows into tiny air sacs called **alveoli**—there are about *480 million* of them! The

alveoli let oxygen pass into your blood. Then it goes to your heart and the other muscles in your body. And that's just *one* breath—kids take over 34,000 breaths a day!

I'm thankful for all the work our lungs and heart do to help keep us healthy. If you want to learn more about how *yours* work, try this cool activity. Then you can relax and take a breather!

BREATHE IN, BREATHE OUT

Try this activity on your own or with family and friends to explore how your breath powers your body.

1. Sitting calmly, find your pulse by placing two fingers on the inside of your wrist. Count the beats for 15 seconds. Multiply to get your heart rate per minute.
 $\underline{\hspace{1cm}} \text{ beats} \times 4 =$
 $\underline{\hspace{1cm}} \text{ beats per minute}$
2. Still sitting, count how many breaths you take in 15 seconds. Multiply for your breaths per minute.
 $\underline{\hspace{1cm}} \text{ breaths} \times 4 =$
 $\underline{\hspace{1cm}} \text{ breaths per minute}$
3. What do you think your heart and breathing rates will be after exercise? _____

4. Spend four minutes exercising. Run around, dance, do jumping jacks—anything that gets you moving quickly.
5. After those four minutes, check heart and breathing rates again.
 $\underline{\hspace{1cm}} \text{ beats} \times 4 =$
 $\underline{\hspace{1cm}} \text{ beats per minute}$
 $\underline{\hspace{1cm}} \text{ breaths} \times 4 =$
 $\underline{\hspace{1cm}} \text{ breaths per minute}$
6. Rest for two minutes, then record your heart and breathing rates again. Check every two minutes until you return to your resting rates. How long does it take?



HOW IT WORKS

When we exercise, our breathing and heart rates speed up. This brings more oxygen through our lungs, into our blood, across a vast network of blood vessels, and into our busy muscles to keep them moving. What a cool and efficient system, huh? Did you know that car engines need oxygen to run, too?

Dragon's Den

"Render thanks unto God that your feet are firm and your faces, like pure gold, are aglow in the fire of tests." —'Abdu'l-Bahá

Imagine venturing into a deep cave in search of long-lost treasure. You discover a cavern filled with priceless objects and inventions . . . *and* a snoring dragon! You'll need buckets of bravery and determination to sneak past the slumbering giant and complete your exciting quest.

Like overcoming obstacles on an epic journey, handling everyday hardships can make you stronger. When someone

upsets you, keeping your cool can help your patience grow. If you don't get the part you want in the school play, staying positive and focusing on how to improve for next time can help you deal with the disappointment.

Tests can be tough. But we can try to be grateful for how they help us learn and grow. When you face the challenges that come your way, you polish the qualities that make you truly shine.



In this dragon's den, find nine treasures named for virtues that help us shine through tests.



BAXTER AND BRIDGET

LIGHTNING & LUNA

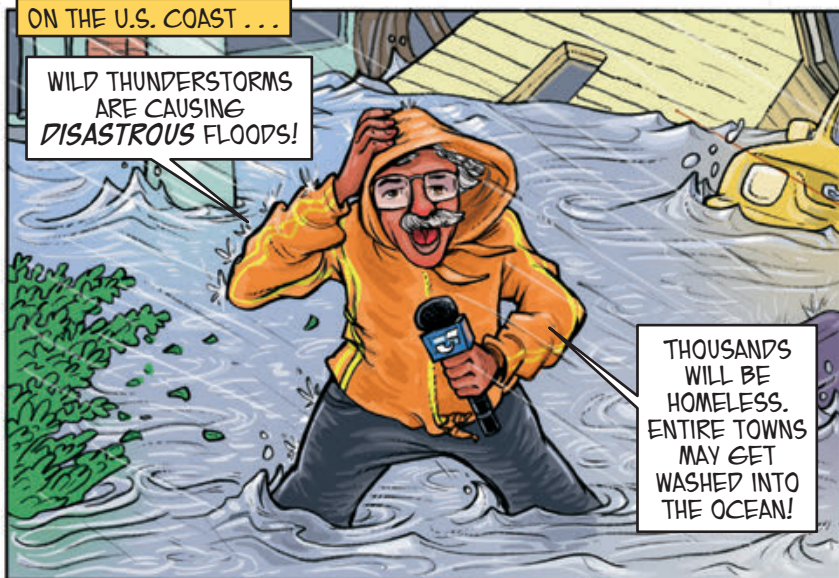
SEEDS OF DESTRUCTION

#86



ON THE U.S. COAST ...

WILD THUNDERSTORMS ARE CAUSING DISASTROUS FLOODS!



THOUSANDS WILL BE HOMELESS. ENTIRE TOWNS MAY GET WASHED INTO THE OCEAN!



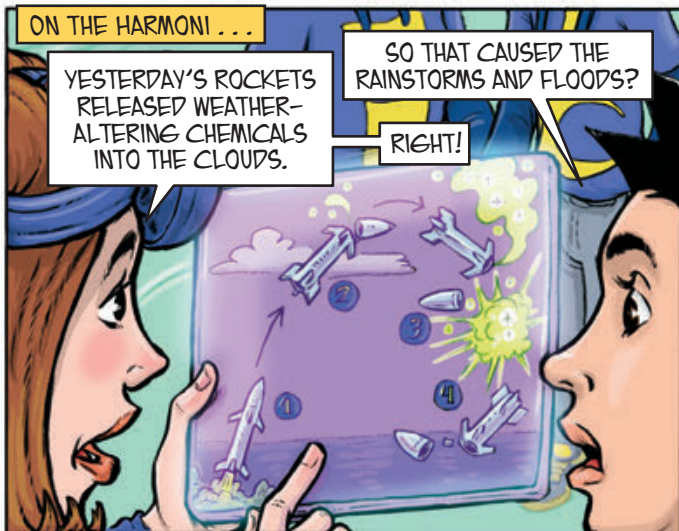
OH, HEAVENS! WE NEED TO CALL FOR HELP!

ON THE HARMONI ...

YESTERDAY'S ROCKETS RELEASED WEATHER-ALTERING CHEMICALS INTO THE CLOUDS.

SO THAT CAUSED THE RAINSTORMS AND FLOODS?

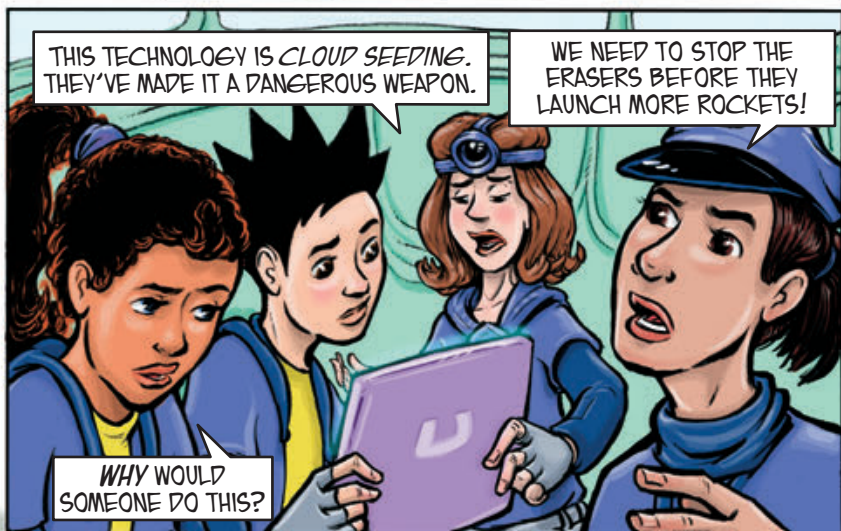
RIGHT!



THIS TECHNOLOGY IS CLOUD SEEDING. THEY'VE MADE IT A DANGEROUS WEAPON.

WE NEED TO STOP THE ERASERS BEFORE THEY LAUNCH MORE ROCKETS!

WHY WOULD SOMEONE DO THIS?



AT FAUNA'S HQ ...

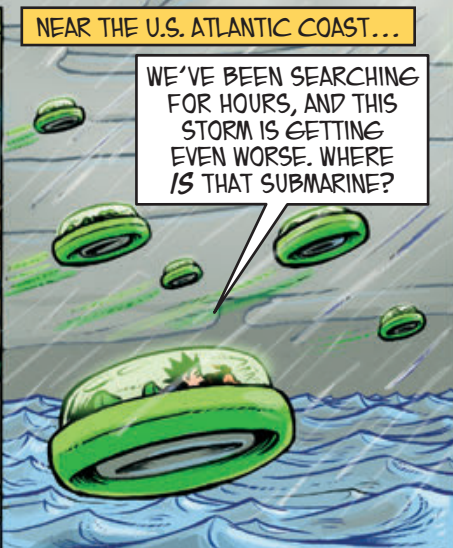
THEY THINK FLOODS ARE BAD? WAIT TILL I BURY THEM IN ICE! THE U.S. WILL BE A WILDLIFE REFUGE WITH NO PEOPLE!

PREPARE THE FREEZE FORCE ROCKETS!



NEAR THE U.S. ATLANTIC COAST ...

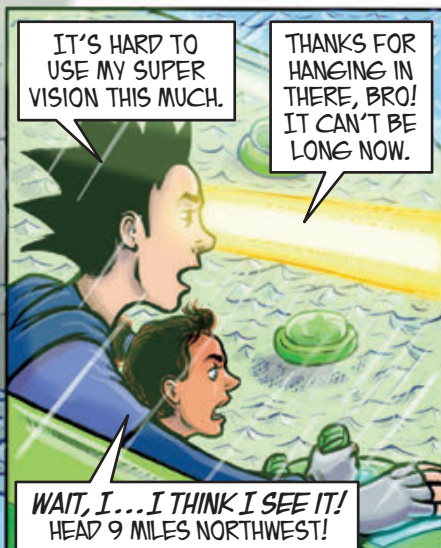
WE'VE BEEN SEARCHING FOR HOURS, AND THIS STORM IS GETTING EVEN WORSE. WHERE IS THAT SUBMARINE?



IT'S HARD TO USE MY SUPER VISION THIS MUCH.

THANKS FOR HANGING IN THERE, BRO! IT CAN'T BE LONG NOW.

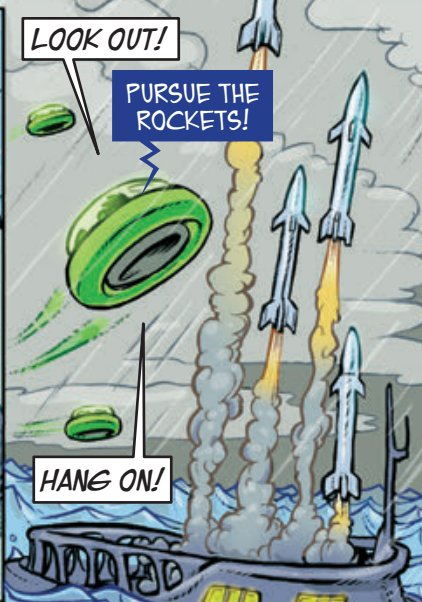
WAIT, I ... I THINK I SEE IT! HEAD 9 MILES NORTHWEST!





YESSS! THAT'S IT!

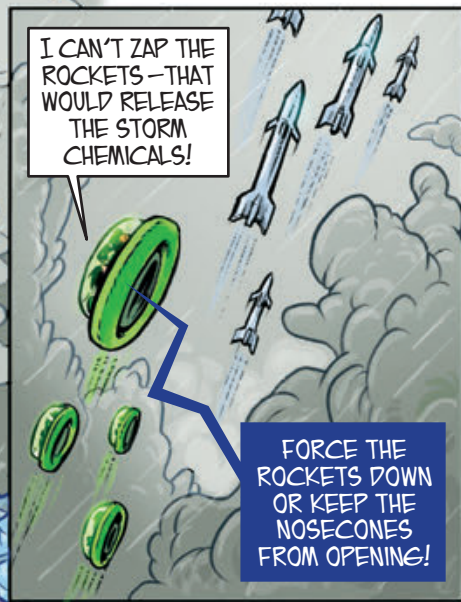
AWESOME
WORK!
ALERTING
HQ NOW.



LOOK OUT!

PURSU
THE
ROCKETS!

HANG ON!



I CAN'T ZAP THE
ROCKETS—THAT
WOULD RELEASE
THE STORM
CHEMICALS!

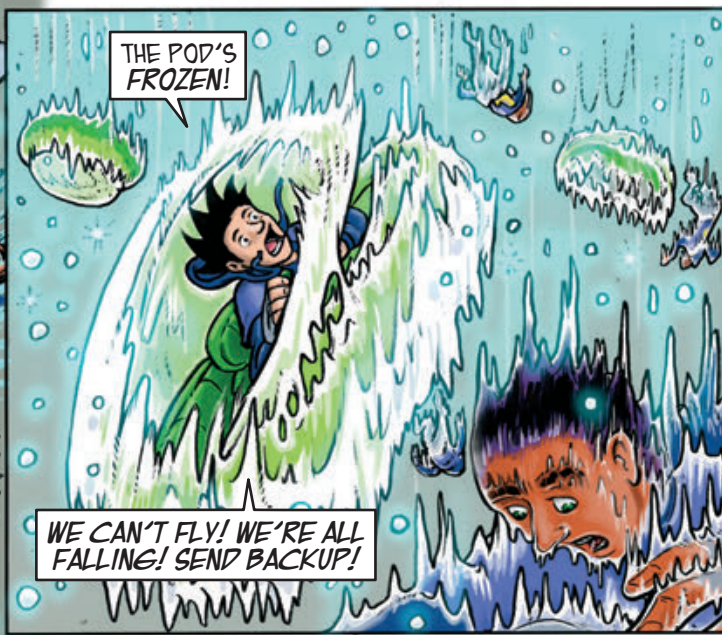
FORCE THE
ROCKETS DOWN
OR KEEP THE
NOSECONES
FROM OPENING!



I'LL GO! I CAN USE
MY WAVE POWER!

TAKE THE POD CONTROLS
AND POP THE HATCH!

BE SAFE!



THE POD'S
FROZEN!

WE CAN'T FLY! WE'RE ALL
FALLING! SEND BACKUP!



AAARGH!!

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?

Soroush S.

Age: **12**

I live in:
Pennsylvania, U.S.

I want to be:
A mathematician

This career interests me because:
Math is one of my best/favorite subjects, and I can teach others . . .

Virtue I admire most:
Helpfulness

Favorite animal:
The lion, because the first four letters in my last name mean lion in Farsi



Favorite Bahá'í activities:
Junior youth programs and service projects

Place I'd love to visit:
Bahá'í Temple in Chile

A hero or role model:
My Aunt Lili and my teacher, Miss Paula

I like to help people by:
On my 11th birthday, I decided to raise money to help the homeless instead of getting gifts.

A kind action that I was grateful for:
I am grateful to my mom for being there for me every day . . .

What helps me avoid wanting more stuff:
If we think of life without must-have items like a house and food, we can see that we are blessed . . .

Shayan B.

Age: **13**

I live in:
Massachusetts, U.S.

I want to be:
A mechanical engineer

This career interests me because:
I love to 3D model, 3D print, and work on projects with my dad.

Favorite Bahá'í activity:
Helping the community

Place I'd love to visit:
SpaceX headquarters [in California]

A favorite song:
"I Wish You Pain," by Andy Grammer

A hero or role model:
My dad

Blessings I'm thankful for:
Staying healthy, having a healthy family, and still getting an education



I like to help people by:
Trying to counteract global warming

Something in nature that makes me feel thankful:
The great weather that lets my family and I do fun things

When I have a challenge, what helps me stay positive:
Knowing that tomorrow is a new day

What helps me avoid wanting more stuff:
Thinking about the needs of . . . people who have a lot less than us can help us be satisfied and even thankful.



Lydia H.

Age: **11**

I live in:
Monrovia, Liberia

I want to be: **Architect**

This career interests me because:
I think giving people a home that they come back to after a long day at work . . . to be united with their family is important.

Virtue I admire most:
Honor

Favorite Bahá'í activity:
Children's classes

A hero or role model:
My mom and dad

Favorite animal:
Goat

I like to help people by:
Seeing what will make their lives a little easier and doing that

Blessings I'm thankful for:
My health, friends, and family

A kind action that I was grateful for:
When my sister drew a picture for me

Something in nature that makes me feel thankful:
Seeing bunnies

What helps me avoid wanting more stuff:
Realizing how lucky we are

I show gratitude to my family by:
Being helpful

Lena M.

Age: 10

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

I want to be:
Singer/surgeon

This career interests me because:
I want to be a surgeon ... to help people in need. As a singer, I'll be able to entertain people.

Favorite Bahá'í activity:
Community service

A favorite food:
Steak

A hero or role model:
My parents

Blessings I'm thankful for:
Bahá'í Faith, family, food

What helps me avoid wanting more stuff:
Thinking of the stuff that we have and being grateful for it

A kind action that I was grateful for:
Seven years ago I got bitten by a dog and a surgeon helped me by repairing my cheek.

I like to help people by:
Encouraging them

Something in nature that makes me feel thankful:
The birds singing

When I have a challenge, to stay positive I:

[Take] deep breaths

I show gratitude to my family by:
Hugs and kisses



Nathaniel M.

Age: 9

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

I want to be: **A paleoartist or paleontologist**

This career interests me because:
I like drawing, and I like dinosaurs. They are very fascinating.

Virtue I admire most:
Justice

Hobbies or sports:
My hobby is imagining. I like to play soccer.

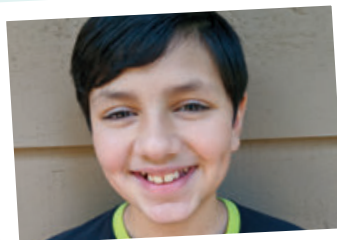
Favorite Bahá'í activity:
Children's classes are awesome because we can role-play when we have stories.

I like to help people by:
Helping my classmates with math. I also help with gardening at home.

Something in nature that makes me feel thankful:
Being outside in nature that has not been destroyed by humans makes me happy.

When I have a challenge, to stay positive I:
Am resilient. I decide that I won't stay disappointed and move on to the next challenge.

I show gratitude to my family by:
I help them when I see them doing chores, and I hug them.



"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

Sahar M. D.

Age: 14

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

I want to be:
Movie director

This career interests me because:
I am always making stories in my head, so this would give me a platform to put them out to the world.

Favorite Bahá'í activity:
Feast*

Place I'd love to visit: **Japan**

A hero or role model:
I really admire people who have a very hard life ... but are still able to smile and laugh genuinely ...

When I have a challenge, what helps me stay positive:
Music helps me because listening to multiple genres—sad, happy, pop—allows me to work through all my emotions.



Blessings I'm thankful for:
Having such caring and loving parents that I know I can turn to ... hard tests in my life because they allow me to ... grow spiritually, [and] my best friend because she is always able to brighten my day

A kind action that I was grateful for:
When I went to a new school, the counselor there would always let me eat [lunch] in her office and that made me really happy because I ... didn't know anyone. That also allowed me to meet people who would also eat in the office and make friends.

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 email us at brilliant@usbnc.org. Include your name, age, birthdate, 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.

Ariana Y.

Age: 9

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

I want to be: **Artist**

This career interests me because:
I enjoy painting.

Favorite Baha'i activity:
Children's devotional

Favorite animal: **Dog**

Place I'd love to visit:
Hawaii

A favorite food:
Mac and cheese, tah chin [a Persian rice dish]

A hero or role model:
'Abdu'l-Bahá

I like to help people by:
Doing community service

Blessings I'm thankful for:
My family, my friends, and having good food and clean water

A favorite book:
Judy Moody [series by Megan McDonald]

A kind action that I was grateful for:
Once I fell and hurt myself, and one of my friends helped me to get to the teacher.

Something in nature that makes me feel thankful:
Seeing flowers bloom

When I have a challenge, I stay positive by:
Taking a deep breath and walking around my room



Cairo E.

Age: 9

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

I want to be: **Toy designer**

This career interests me because:
I love toys.

Virtue I admire most:
Kindness

Hobbies or sports:
Parkour

Favorite Bahá'í activity:
Ayyám-i-Há* parties

A hero or role model:
My dad

Place I'd love to visit:
Istanbul, Turkey

A favorite food:
Sloppy joes

I like to help people by:
Being kind

Favorite animal:
Dogs



Something in nature that makes me feel thankful:
Animals

When I have a challenge, I stay positive by:
Knowing that people love me

What helps me avoid wanting more stuff:
Knowing that there will always be something that you want, but you can't have everything

I show gratitude to my family by:
Being thoughtful of their feelings

Matin A.

Age: 8

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

I want to be:
Nature helper, engineer, author, or teacher

This career interests me because:
I like teaching, nature, writing, and building.

Favorite Bahá'í activities:
Children's class and devotions

A favorite food:
Ghormeh sabzi [Persian stew] and my dad's food

A hero or role model:
Bahá'u'lláh and my family

Favorite animal or pet:
I like all animals, especially cats.

Blessings I'm thankful for:
My family, the Bahá'í Faith, the Earth

A kind action that I was grateful for:
My family surprising me on my birthday

Something in nature that makes me feel thankful:
The trees that make oxygen and the animals that make me feel happy

When I have a challenge, what helps me stay positive:
My family, saying prayers, and thinking about happy things

I show gratitude to my family by:
Saying thank you, using my manners, and giving them gifts that I make



Cassia R.

Age: 8

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

I want to be:
A pre-K teacher

This career interests me because:
I like little kids, and I think that it is really important for everyone to learn.

Hobbies or sports:
I like to read and weave on a loom that I just got.

Favorite Bahá'í activities:
Feast, children's class

A hero or role model:
'Abdu'l-Bahá

Place I'd love to visit:
Egypt, because I like pyramids and mummies

Blessings I'm thankful for:
A comfortable home, a comfortable bed, and a loving family



I like to help people by:
Setting the table for my mom before dinner

When I have a challenge, to stay positive I:
Remind myself of all the good things in my life

What helps me avoid wanting more stuff:
Sometimes it helps to be creative and enjoy the things you already have in new ways.

I show gratitude to my family by:
Saying I love you and giving hugs!

Pollinator Pals

“To blessed animals the utmost kindness must be shown, the more the better.” —‘Abdu’l-Bahá

Did you know that lots of flying creatures help us stay healthy? Bees, butterflies, hummingbirds, and nectar bats are pollinators. They fly among flowers and spread pollen—the magical, powdery stuff that allows plants to produce fruit and veggies.

We have a lot to thank pollinators for. Many foods can’t grow without their help—including tomatoes, bananas, blueberries, and mangoes. But pollinators are threatened by toxic pesticides,

harmful climate change, and loss of habitats. In China, there’s such a big shortage of honeybees that in some places, people have to pollinate entire orchards by hand!

We can help by planting gardens that provide pollinators with nectar for food. Try growing plants that are native to your area. And spread the word about the importance of our pollinating pals. If we work together to protect them, our world will be more fruitful!

In this Brazilian garden, find **5** bees, **5** hummingbirds, **5** butterflies, and **5** bats.

WHAT VEGETABLES
PLAY MUSIC IN
THE GARDEN?

THE BELL
PEPPERS!



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 did you know you wanted to become an astronaut?
— Sanjay, age 14

Hi, Sanjay,
I never imagined going to space as an astronaut. When I started working for NASA, a friend of mine said I would be a good astronaut, because I had science and engineering degrees and had been part of good sports teams. Another friend of mine, Charlie, became an astronaut, and I started to see what you did as an astronaut. I thought I could do it. Sometimes, later in life you find out about careers and realize they are perfect for you. Always explore any possibilities, Sanjay. — Leland

What does it feel like when a rocket is launching?
— Amelia, age 11

Hi, Amelia,
3-2-1 liftoff! The space shuttle roars to life, and you are propelled off the planet, traveling 17,500 miles per hour (28,164 kph)! My head was shaking, and it was hard to breathe. But it was exhilarating, and I felt really excited to be working with this great team of explorers. Amelia, I hope you get the chance to go to space one day if you want to. — Leland



On the International Space Station in 2009, Leland Melvin and Commander Charles Hobaugh help Mike Foreman (left) and Robert Satcher Jr. (right) prepare for a space walk.

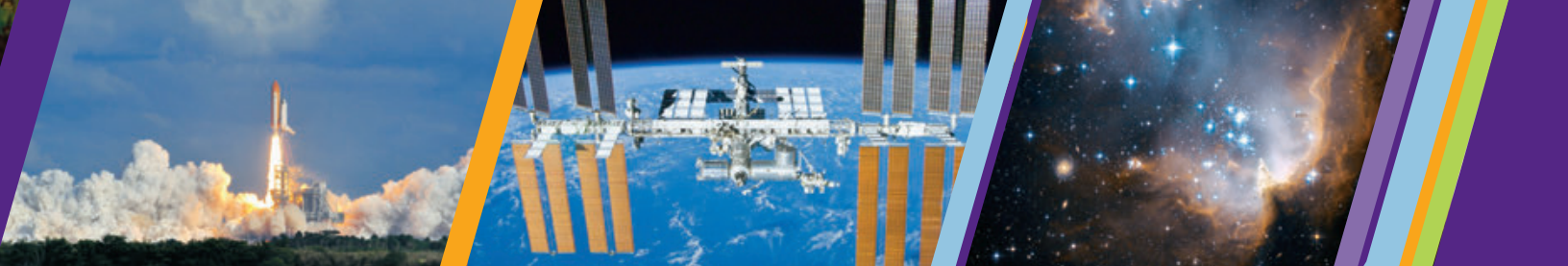
COSMIC QUIZ

Astronauts and football players both love touchdowns, but what's a splashdown?

- A) A pool party at NASA
- B) Landing in a body of water
- C) A crash landing
- D) Landing on a ship



The three main parachutes on the Orion spacecraft weigh over 300 pounds (136 kg) each. Together, they would almost cover a football field!

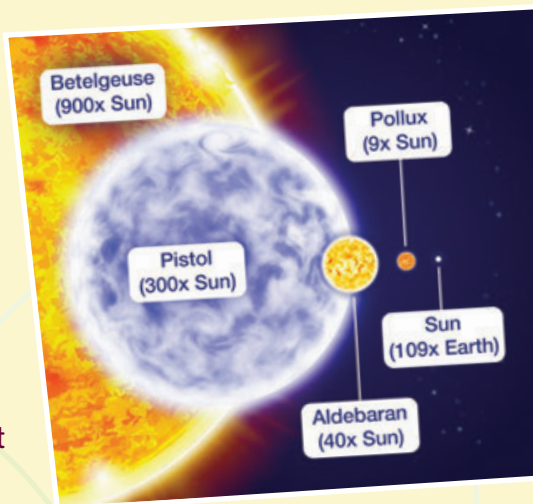


How long will our planet exist? – Alexi, age 11

Hi, Alexi,

One way of looking at this question is to ask what will happen to our Sun. Scientists calculate that about a billion years from now, the brightness of the aging Sun will increase so much that the oceans will boil and the Earth will become an inhospitable desert. In about five billion years, the Sun will expand to many times its current size, and Earth may be engulfed.

Another answer involves the Earth's ecosystem—the sum of all the ecosystems on Earth. In an ecosystem, the Earth and living things exist in balance and support each other. For example, a meadow is an ecosystem where bees pollinate plants and flowers, which provide food for animals. A balanced ecosystem can last indefinitely. But it can be upset by natural disasters or by human activity. The Bahá'í teachings support caring for Earth and its creatures, saying that we are tied to the world around us: "All created things are connected one to another by a linkage complete and perfect . . ." By being good stewards of our planet, we can live on Earth for a very long time. —Steve



Our Sun is an average-sized star. This artist's illustration compares the Sun to some huge stars (not to scale).



LELAND MELVIN has excelled in both science and sports. After his pro football career was shortened by an injury, he did research at NASA, flew to space as an astronaut, then focused on education and outreach for NASA. In 2017, he published his book, *Chasing Space: An Astronaut's Story of Grit, Grace, and Second Chances*. He encourages everyone to follow their dreams.



STEVE SCOTTI is *Brilliant Star's* STEM Education Advisor and a Distinguished Research Associate at NASA Langley Research Center in Virginia, U.S. His background is in developing 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.

BACH IN TIME

NASA Astronaut Dr. Peggy Whitson was the first female commander of the International Space Station. She broke other records, too. Check out our video!*

How long does Peggy say it takes to go from launch to space?

- A) 2 weeks
- B) 1.5 hours
- C) 8.5 minutes
- D) 42 seconds



*Watch the video at www.brilliantstarmagazine.org/videos/space-ace-video-questions-answers-with-astronaut-dr.-peggy-whitson

Trish Khan



As a kid, Trish Khan loved to "horse around." At age 13, she'd get up at 6:00 every morning and walk over a mile to care for her horse, Snoopy, and other horses at a nearby stable. Like many animals throughout her life, Snoopy almost felt like family to her.

Trish's love of animals inspired her to earn a bachelor's degree in biology, which led her to a job at a small zoo in Nevada. She developed a passion for primates when she fed and nurtured a macaque whose mother wouldn't care for it. In 1993, she joined the Milwaukee County Zoo as a zookeeper. Today, she's the Curator of Primates and Small Mammals. She manages the health, breeding, and living conditions of apes, monkeys, and other animals. She also guides the team that cares for these creatures.

Trish says she's thankful that her older sister, Nancy, taught her about the Bahá'í Faith when she was a kid. Trish lives in Wisconsin and has two sons.

Q: What's your favorite childhood memory?

A: There was a horse stable on the other side of the river . . . by the time I was eight, I was immersed in animals . . . I spent almost every available waking moment surrounded by horses and nature . . . I had such a wonderful childhood.

Q: What do you do in your job at the Milwaukee County Zoo?

A: I manage my animal collections . . . bringing in new animals, maybe sending out some of our animals that are recommended to breed at other zoos . . . I helped design the new otter exhibit and several of the other exhibits . . . Everything that is needed to keep our animals happy and healthy and the species thriving.



Left: At age 10, Trish loved horses and spent a lot of time at a local stable.



Right: In her teens, Trish's closest friends were her Appaloosa/Quarter Horse, Snoopy, and her collie, Mazi.

Q: How has the Bahá'í Faith influenced your career?

A: Loving and working with animals, especially as a child, teaches you all these virtues. It teaches you patience and kindness and gentleness . . . commitment [and] sacrifice . . . As I started learning about the Bahá'í Faith . . . I realized how important it was for me to develop those [virtues] . . . I used to sing to my children that quote from 'Abdu'l-Bahá: "If an animal be sick, let the children try to heal it . . ." [He] was teaching us that animals are a gift from God . . . They unite us and they teach us these great, profound things if we are just open [to] the sheer beauty and the joy.

Questions and
Answers with an
Inspirational Bahá'í



Trish shares her love of animals with her sons, Ejaz (left) and Siraj.

Q: What's one of your favorite experiences in your career?

A: Traveling to Indonesia, following wild orangutans . . . that cemented not only my love for orangutans, but it set my feet on a path to trying to do whatever I could to protect the species . . . Once I saw them in the wild . . . it totally changed my perspective and how I viewed orangutans in captivity.

Q: What's your advice for kids who want a career working with animals?

A: There are so many opportunities to volunteer—you could work at animal shelters . . . help walk dogs . . . sit for your neighbors' pets . . . volunteer at the zoo [and] learn how to take care of wild animals . . . [For a career,] you can go into animal medicine or animal research . . . The opportunities are vast . . . You could impact animals by the daily things you do in your life. Recycle . . . If you love an orangutan, find out what palm oil is and educate people* . . . Little changes will make such a big difference.



Trish brought baby orangutan Mahal to the Milwaukee County Zoo when he was less than a year old, and they formed a close bond.

Q: This issue of *Brilliant Star* is about thankfulness. What can we do to develop the virtue of thankfulness?

A: Just be aware of all of the wonders and the mysteries in this world. How can you not automatically be thankful? . . . Spend five minutes looking up into a tree [at] the birds and the leaves. You just start recognizing how small you are in comparison and maybe how you fit in, but how grateful you are for all of these blessings . . . Kids are so involved in so many things and games and sports and school, and life just is so fast, but it's about taking the time to just breathe deep . . . meditate on it and pray . . . Times that I feel most connected to God are the times when I'm surrounded by nature.

Q: The Bahá'í writings say, "Tests are benefits from God, for which we should thank Him." How do you think challenges are helpful?

A: They teach us . . . we have to rely on God, because many times in our lives we'll face challenges that just seem overwhelming . . . It's through our faith and love of God . . . that we overcome them. But without those challenges in my life, I wouldn't have developed as strong a relationship with God . . . It's helped guide me through my whole life . . . You pray and you meditate on it, you try to make the best decision, but in the end you put it in God's hand . . . Challenges give us those opportunities.

* Production of palm oil, used in numerous products, is a major threat to orangutan habitats. See https://kids.mongabay.com/elementary/palm_oil.html

"Send down... from the clouds of Thy mercy the rains of Thy healing..."
—Bahá'u'lláh

Explore & Soar: Conjure Some Gratitude

Try these fun tips to explore the power of gratitude.

- ❑ Send a thank-you note to someone who has helped you.
- ❑ Post pictures or quotes at home that remind you to be grateful.
- ❑ Ask friends and family what they're thankful for.
- ❑ Look at photos that bring back happy memories.
- ❑ Be mindful and enjoy things around you—like sunshine, a bike ride, or a playful pet.



- ❑ Make a long list of things you're grateful for and add to it each day.
- ❑ Go on a walk and take pictures of things you see that bring you joy.
- ❑ Think of a challenge you've faced. How did it help you grow?
- ❑ Make a collage with pictures of things you're thankful for.
- ❑ Say prayers thanking God for friends, family, and other blessings.

Magic of Gratitude

I was super bummed yesterday, when my family had to cancel our big trip to the coast of the Coral Sea. I had been looking forward to it all year!

But I didn't let it keep me down for long. I flew up to my room and grabbed my gratitude journal. Ever since I learned how powerful gratitude is, I've been writing down three things I'm thankful for every day.

Did you know that being thankful can actually *change* our brains? It can make you feel more generous, compassionate, and forgiving. It also tends to help you stay healthy, get better sleep, handle stress, and even cope with tough times. Sounds like magic, right?

Gratitude is so powerful because

it stops you from focusing on negative feelings, like frustration and disappointment. Writing in my gratitude journal encouraged me to look on the bright side when I found out our trip was a no-go. I thought up some fun things to do in our own canopy, like building a giant hammock with banana leaves! Hammocks are the *best*.

So what are *you* thankful for? They can be big or small things. Today, I wrote that I'm thankful for kiwi fruit, hammocks, and playing games with my family. If journaling isn't your thing, no problem! There are lots of ways to practice thankful thinking. Check out the ideas my family and I came up with. I hope they help you soar with gratitude!



WHAT ARE YOU
THANKFUL FOR?

Curiosity Canopy



Did you know that gratitude can help you meet new friends? Having a positive attitude can lead to people wanting to hang out with you and get to know you better. Gratitude strengthens friendships, too. It helps friends work through problems and feel supported by each other.

Do You Open the Door to Gratitude?

“The doors of His generosity are wide, wide open to us;
but we must be attentive, alert and mindful . . .” —Abdu’l-Bahá

When we face challenges, it’s easy to focus on what’s going wrong. For example, when you’re sick, you may miss seeing friends and family in person, playing on a sports team, or going to school. With the door shut on your usual fun activities, finding things to be grateful for can be hard. But it’s a powerful way to stay positive.

Gratitude is more than saying thanks for a gift. It’s appreciation for *all* of the good that comes our way.

Isolation can be tough, and we might feel lonely or upset. By focusing on thankfulness, we can enjoy family time, the technology that helps us connect online, healthy home cooking, and the chance to create art.

Being grateful can help us feel better and grow closer to friends and family in spirit. Even when the doors of our homes are closed to visitors, the doors of God’s generosity are always open.

Do you focus on the blessings in your life? Circle your answers, then add up your points.



1. As I go through my day, I notice and think about the good things in my life.

Often = 3 • Sometimes = 2 • Rarely = 1

2. I show appreciation for my family by helping with tasks around the house.

Often = 3 • Sometimes = 2 • Rarely = 1

3. I remember that I’m lucky to get an education, so I try hard at schoolwork and treat teachers with respect.

Often = 3 • Sometimes = 2 • Rarely = 1

4. I keep a list of people and things that help me feel grateful and happy.

Often = 3 • Sometimes = 2 • Rarely = 1

5. I show my gratitude by sharing things I like with others.

Often = 3 • Sometimes = 2 • Rarely = 1

6. When life is challenging, I focus on things I can do to solve problems and stay positive.

Often = 3 • Sometimes = 2 • Rarely = 1

7. I feel grateful when I have good food to eat or clean water to drink.

Often = 3 • Sometimes = 2 • Rarely = 1

8. When someone gives me a gift or does something kind, I thank them sincerely.

Often = 3 • Sometimes = 2 • Rarely = 1

9. I look for ways to be kind and helpful to family, friends, and my community.

Often = 3 • Sometimes = 2 • Rarely = 1

10. I say prayers to thank God for my life and all that I have.

Often = 3 • Sometimes = 2 • Rarely = 1

11. I’m thankful for my body, so I take care of it by finding fun ways to be active.

Often = 3 • Sometimes = 2 • Rarely = 1

12. I show my gratitude for Earth by learning about nature, caring for wildlife, recycling, and avoiding waste.

Often = 3 • Sometimes = 2 • Rarely = 1



MY SCORE

36–28 POINTS You look for the positive and open the door to blessings in your life. Keep up the great work!

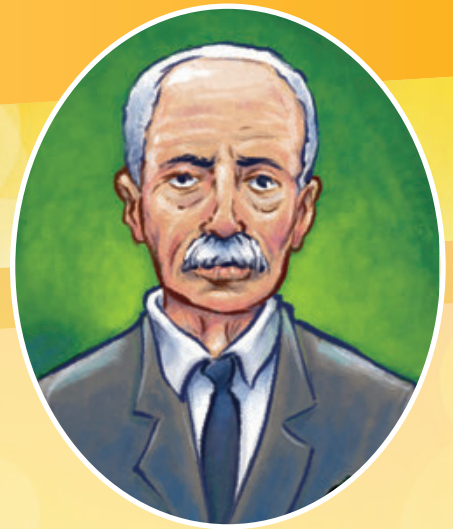
27–20 POINTS You work on being open to gratefulness. Choose something new from the quiz to practice.

19–12 POINTS You can open the door to thankfulness even wider. Choose a few ideas from the quiz to try.

SHINING LAMP

A Bahá'í who served humanity with radiance

Hájí Mírzá Habíbu'lláh Afnán (1875–1951)



Can you imagine living next door to Bahá'u'lláh for nearly nine months? That was Hájí Mírzá Habíbu'lláh's incredible experience when he was young!

Mírzá Habíbu'lláh was actually *related* to another Messenger of God—the Báb, Who prepared people for the coming of Bahá'u'lláh. Mírzá Habíbu'lláh was born in 1875 in the House of the Báb in Persia (now Iran). He went to the same school that the Báb had attended as a child in Shíráz. He was even cared for by the Báb's wife, Khadíjih Bagum, who was his aunt.

A Memorable Pilgrimage

When Mírzá Habíbu'lláh was about 15 years old, Bahá'u'lláh invited his family to visit Him in Haifa (now in Israel). They left in September 1890 and faced storms, intense heat, dangerous mountains, and illness. They finally reached Haifa in July 1891. Bahá'u'lláh greeted them with love and kindness. Mírzá Habíbu'lláh wrote, "Beholding His blessed Figure and His luminous Visage overwhelmed us . . . Our tears were out of control."

Mírzá Habíbu'lláh's family stayed in a house close to Bahá'u'lláh for several weeks. "The sweetness of living and the spiritual ecstasies that we experienced in those days lie beyond description," Mírzá Habíbu'lláh said.

But as their visit drew to a close, an epidemic of a dangerous disease called cholera swept through nearby countries. To avoid spreading it, travel was not allowed. The family felt blessed to be able to spend more time with Bahá'u'lláh.

When Bahá'u'lláh went to Bahjí, His home in the countryside, Mírzá Habíbu'lláh's family moved into a house next door. They were so close that they could see Bahá'u'lláh's room. Some mornings, they watched Him pace back and forth as He said prayers and revealed holy verses.

At Bahjí, the children of Bahá'u'lláh's family attended classes taught by distinguished Bahá'í scholars. Bahá'u'lláh invited Mírzá Habíbu'lláh and his siblings to join these classes.

One extraordinary blessing of their extended pilgrimage was when Bahá'u'lláh visited them at their home. Mírzá Habíbu'lláh said this "made us weep with joy." The family hurried out to greet Him, and Mírzá Habíbu'lláh had the honor of serving Him tea. Bahá'u'lláh even gave him some prayer beads, a gift that Mírzá Habíbu'lláh said was "as dear to me as life." After nine blissful months, Mírzá Habíbu'lláh and his family left Akká in March 1892.

Preserving History

As an adult, Mírzá Habíbu'lláh returned to the holy land several times to visit 'Abdu'l-Bahá, Bahá'u'lláh's son and the head of the Faith after His passing. Mírzá Habíbu'lláh wrote about the history of the Bahá'í Faith to share with future generations.

In 1902, 'Abdu'l-Bahá appointed him to serve as the custodian of the House of the Báb. He took care of the sacred place for nearly half a century before passing away in 1951. This important role was a highlight of his remarkable life.



IBEX INSPIRATION

“Failures, tests, and trials, if we use them correctly, can become the means of purifying our spirits, strengthening our characters, and enable us to rise to greater heights of service.” —Bahá’í Writings

Ibex are some of the best climbers in the world! These wild goats thrive on steep mountains reaching over 14,000 feet (4,267 m). Their amazing hooves have hard edges and rubbery insides, so they work like suction cups. This helps ibex grip cliffs to escape predators and find food.

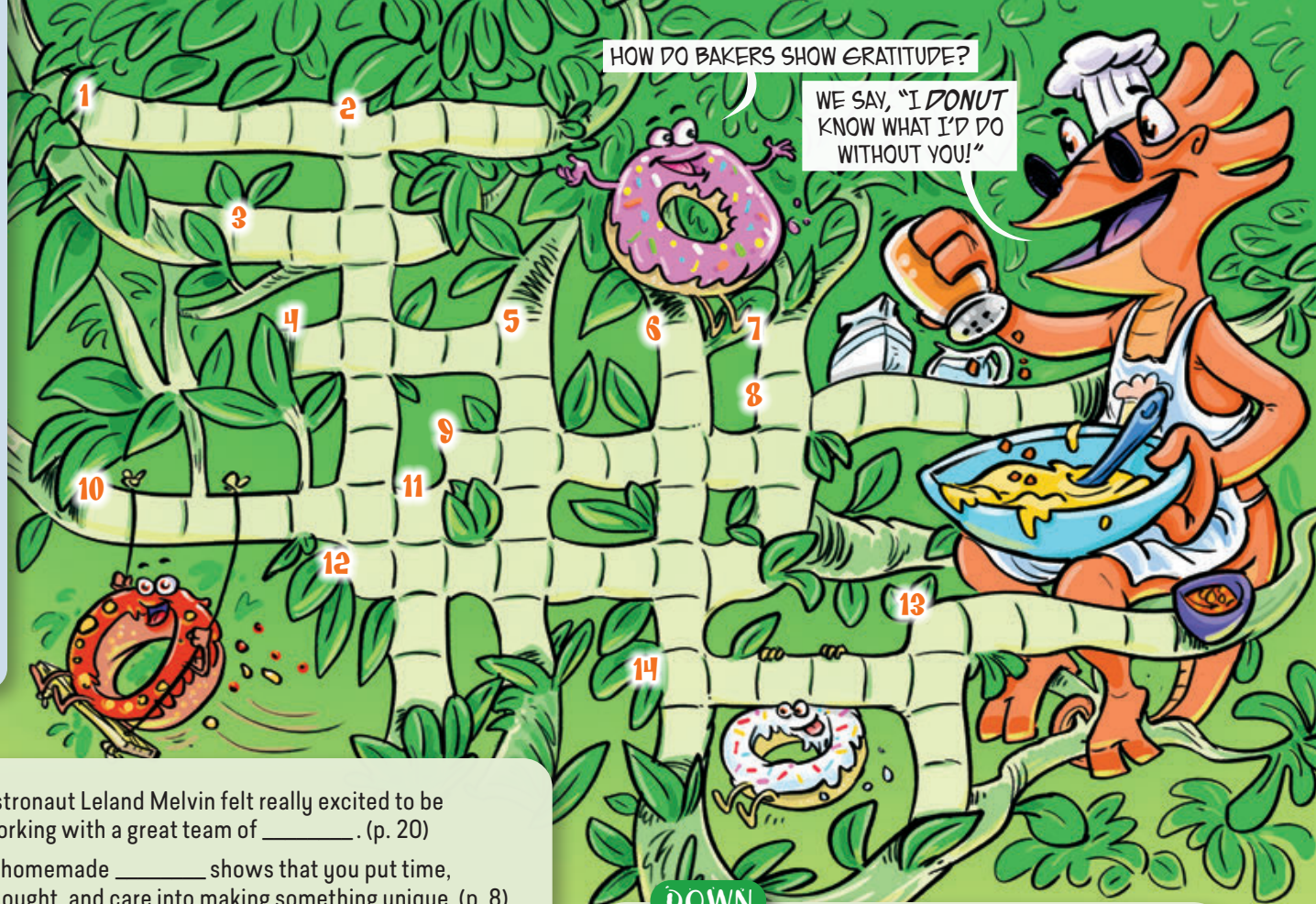
When challenges feel like mountains you won’t be able to climb, take inspiration from the ibex. Maybe your stomach sinks with disappointment when a special event

or performance gets canceled, after you spent a lot of time preparing for it. Try to be thankful for your friends and family, even if you can’t see them right now. If your drawing isn’t turning out right, look at something you drew last year and appreciate how far you’ve come.

When life gets rocky, practicing gratitude can give you the strength to keep climbing. With effort and patience, you can scale new heights and move toward your dreams.

FIND 19 GRAY IBEX ON THIS STEEP MOUNTAINSIDE.

IBEX CAN LEAP SIX FEET (1.8 M) STRAIGHT UP, WITHOUT A RUNNING START!



ACROSS

1. Astronaut Leland Melvin felt really excited to be working with a great team of _____. (p. 20)
3. A homemade _____ shows that you put time, thought, and care into making something unique. (p. 8)
4. Sahar admires people who have a hard life, but are able to smile and _____. (p. 17)
8. Being thankful can actually change our _____. (p. 24)
9. The Earth and living things exist in _____ and support each other. (p. 21)
10. When you're feeling down, you can refresh your outlook by _____ others or being kind. (p. 5)
12. Being _____ can help us feel better and grow closer to friends and family in spirit. (p. 25)
13. Practice positivity by having a gratitude _____. (p. 29)
14. Trish Khan feels most connected to God when she's surrounded by _____. (p. 23)

DOWN

2. _____ is shifting your focus to look at things from a new angle. (p. 10)
5. Dr. Carl Safina says "Facts alone can't save the world. _____ can." (p. 11)
6. Paulet Island is a nesting site for Adélie _____. (p. 11)
7. _____ are some of the best climbers in the world! (p. 27)
11. Just like raindrops nourish plants, challenges give us chances to _____. (p. 3)
13. _____, butterflies, hummingbirds, and nectar bats are pollinators. (p. 19)

FROM OUR MAILBOX



Whenever I get a *Brilliant Star*, the first thing I do is turn to the page with all of the Radiant Stars. I think it's so cool to learn about other Bahá'ís around the world. I just thought, "What if I was in there?" So here I am! I think it's just comforting to see how many other kids are Bahá'ís like you.

—Emilia H., age 11, Oregon, U.S.

ANSWERS

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

Page 3: 1) grow, 2) Talk, 3) last, 4) pray, 5) Help, 6) Keep, 7) song, 8) time, 9) calm, 10) kind

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

Page 7: "We render thanks unto God . . . at all times and under all conditions." —Bahá'u'lláh

Page 10: 1) creativity, 2) hope, 3) patience, 4) optimism, 5) balance, 6) humor, 7) mindful, 8) wonder, 9) gratitude

Page 11: Antarctica, Sea lions

Page 13: Crown at C, goblet at TR, hat at CR, mirror at BL, pocket watch at BR, pendant at TL, robot at CL, sword at CL, time machine at C

Page 19: Bees: CL, CR, BL, BC, BR; Birds: Far TL, TL, TR, TR, C; Butterflies: Far TR, CL, CR, BC, BC; Bats: TC, TR, TR, CR, BC

Pages 20-21: B) Landing in a body of water, C) 8.5 minutes

Page 27: 2 at TC, 1 at TR, 2 at CL, 3 at C, 2 at CR, 3 at BL, 4 at BC, 2 at BR

SWIMMING WITH SERENITY

"Man is under all conditions immersed in a sea of God's blessings. Therefore, be thou not hopeless under any circumstances, but rather be firm in thy hope." —'Abdu'l-Bahá

In troubling times, you may feel like you're floundering in a scary sea. When you're stressed or worried, having gratitude is a powerful way to keep yourself afloat.

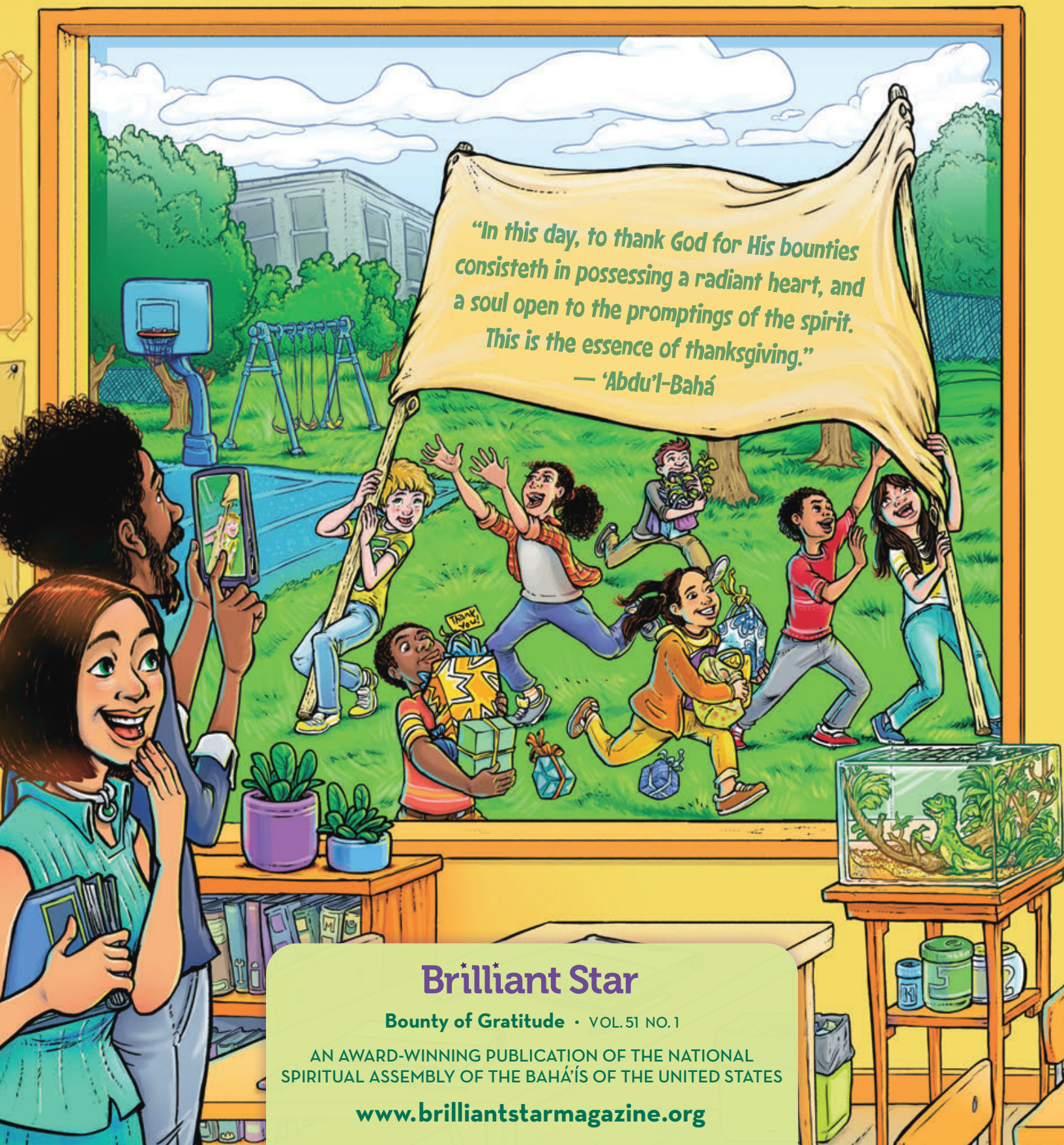
If you focus only on your burdens, it's easy to sink with anxiety or unhappiness. Instead, remind yourself of the good

things around you. It can actually rewire your brain and motivate you to fight injustice or work toward other goals.

One fun way to practice positivity is to have a gratitude buddy. Check in with each other and share things you're thankful for. Like a life preserver, being thankful can lift you up!

Triumph over troubles in this sea of blessings as you find your way to the Shores of Serenity.





*"In this day, to thank God for His bounties
consisteth in possessing a radiant heart, and
a soul open to the promptings of the spirit.
This is the essence of thanksgiving."
— 'Abdu'l-Bahá*

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