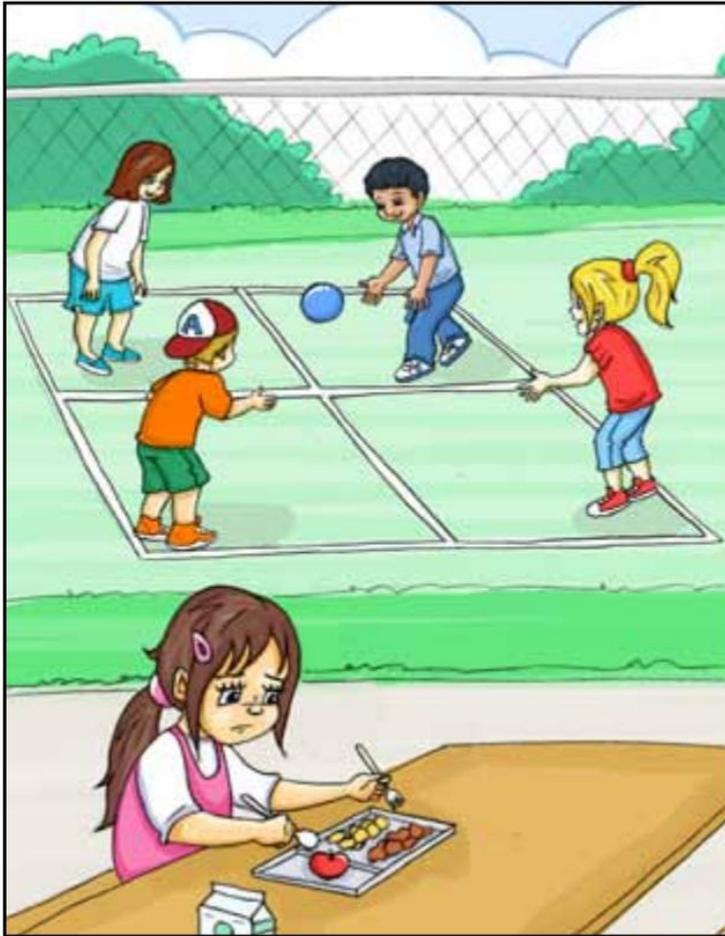


# TRANQUILITY



**Series 8, Book 6**

**By Vinesh Nambiar**

**Illustrated by Albert Lalmuanpuia Ralte**



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**By Vinesh Nambiar**  
**Illustrated by Albert Lalmuanpuia Ralte**

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Rosie, Venus, and Neeta were sitting at the lunch table gossiping.

As Julia walked by, she thought they were talking about her and it really bothered her for some reason. Even though she didn't know what they were saying, the fact that they were whispering and looking her way really disturbed her.



Ashneel asked, “What’s wrong, Julia?  
The smile on your face has turned into a  
scowl?”

“Yeah,” followed Surinam, “what’s  
bothering you?”



“Well, it’s Rosie, Venus, and Neeta,” replied Julia. “They are always gossiping about something. I think they were talking about me.”

Ashneel said, “I know those three are always wasting time gossiping instead of doing something constructive, but they are really nice. I wouldn’t worry about it.”



For the rest of the lunch, and the rest of the day, Julia was in a bad mood and wasn't fun to be around.



Surinam had to have a talk with Julia on the way home from school.

She said, “Julia, you need to have tranquility, so you don’t get so bothered about things.”

“What is tranquility?” asked Julia.

TRANQUILITY



Surinam explained, “Tranquility is when you are happy and peaceful inside no matter what happens around you. You see, you got frustrated over Rosie, Venus, and Neeta because you thought they were talking about you. As a result, you were grouchy all day. You only hurt yourself by getting so disturbed. What’s even sillier is that you don’t even know if they were talking about you. And if they were, what if they were saying something good?”



“You’re right, Surinam,” replied Julia.  
“But how do you find tranquility?”

HOW DO YOU FIND  
TRANQUILITY?



Surinam responded, “You just need to look for it inside of yourself. If you spend your time focusing on what disturbs you outside of you, then you will be frustrated. If you spend your time focusing on positive things inside of you, then you will find tranquility.”



Rosie, Venus, and Neeta then joined them, and they all walked home together.

Rosie said, “Julia, we were just saying earlier today that your shoes are awesome!”

Surinam and Julia just looked at each other and smiled.

Julia understood why *tranquility* was so important.





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**108 Steps to Love**



*Media that Makes a Difference*

**V.O.W.**



*The End of Education is Character*

**C.O.R.E**

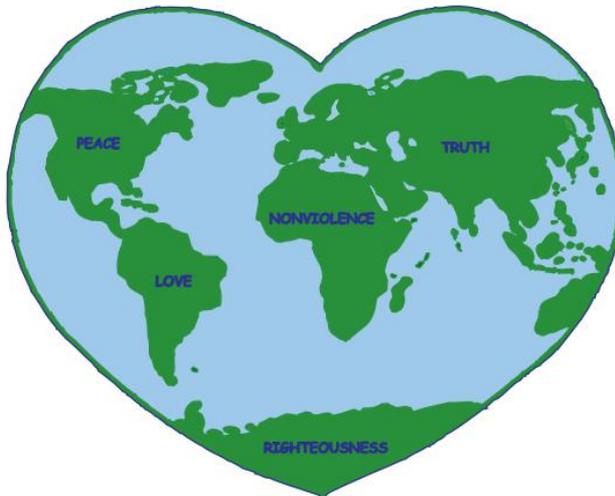


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