

WHO AM I?

An Interactive Guide to **Self-Discovery** for Kids and Parents

Jasmine Bharucha



The **EARTH** is a
living organism
to which nothing can be added
except the rays of the **SUN**



When you show your love and take care of the planet, you are loving and taking care of yourself. And everything on the

PLANET 

loves and cares for you.

 **Nothing is separated.
We are all connected.**

We are all





Hence, we are one with the Universe ... we are

INFINITE & LIMITLESS

What does it mean to be LIMITLESS and INFINITE?

It means to have

No Beginning and **No End**.

to be **Everything** and **Nothing**.

To be **All Powerful** and **Immeasurable**.



"Who Am I connects children with the universe while guiding them on the path most worth traveling for all of us the mindful journey into ourselves."

Gabor Maté M.D. Co-author, Hold On To Your Kids: Why Parents Needs To Matter More Than Peers

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