

Rosa M. Curto / Aleix Cabrera

The  
fairies  
tell us about...  
Gratitude

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At daybreak, when most of the fairies were still sleeping, four were already moving about. Amidst the clouds, Cascabel said goodbye to the moon and the stars to begin the new day. The sun was still resting on a low cloud.







On the ground, Raclet bustled about in the kitchen,  
while Ocladia worked the field. Maisa, the water fairy,  
lined the flowers with dew and spread a thick damp mist.  
She wanted it to rain!





The cloud-filled sky began to thunder strongly and a pair of lightening strikes broke the sky with a yellow splendor. From the kitchen, Raclet looked at it disapprovingly. “What an ugly day! Precisely today, I wanted to gather flowers from the elder.”





Maisa was having a lot of fun beneath the storm and in the puddles of water. Seeing her, Raclet went over to her in a bad mood. “Hey, you! Why don’t you go away from here? This rain is a bore!”



“Are you sure?” said Maisa surprised. “Alright, as you wish. Now I’ll separate the grey clouds from above you.” Maisa blew gently and a sunny clearing appeared in the sky.

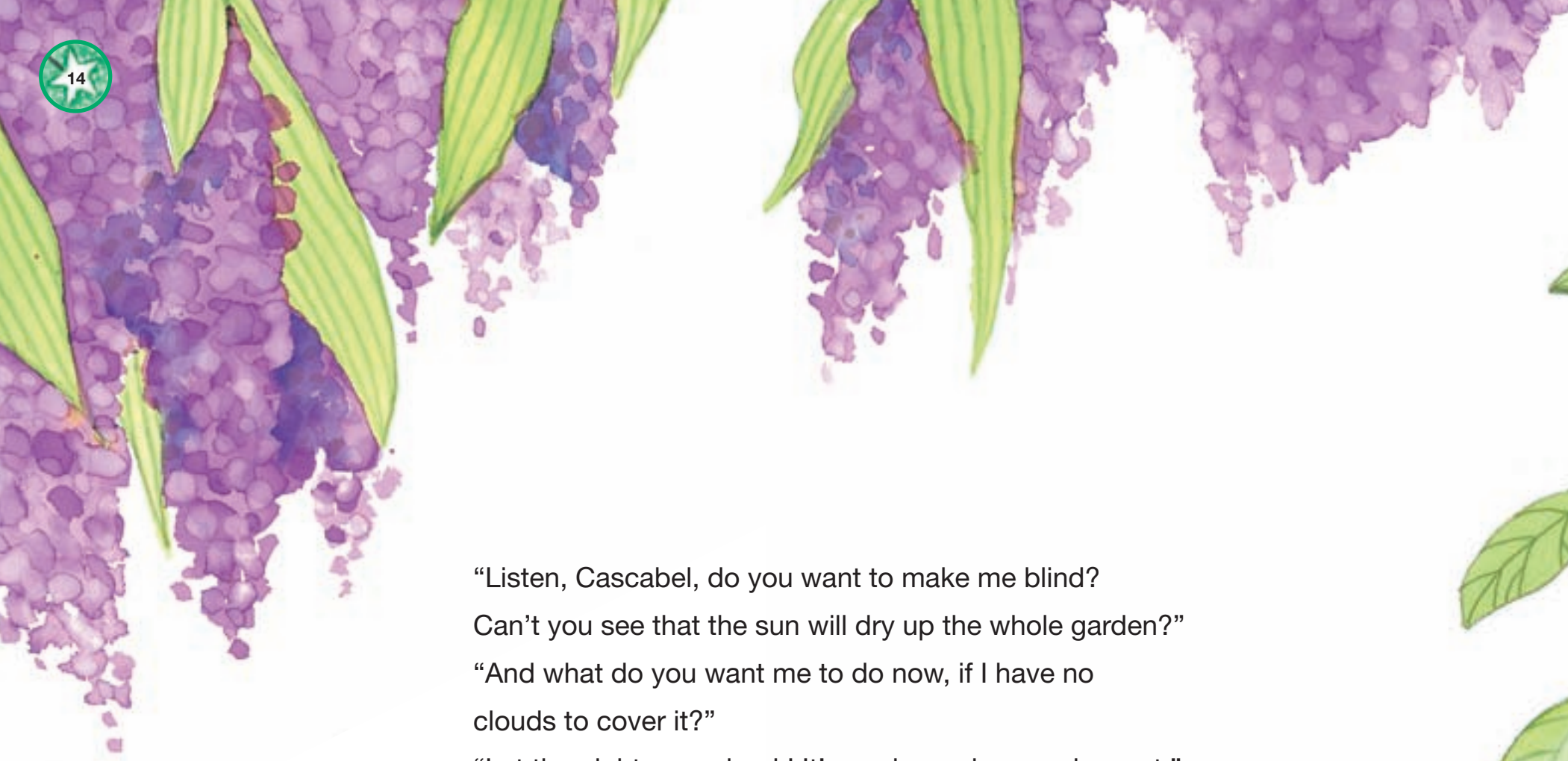






“Oh! Now the sun is shining brilliantly,  
but it’s dazzling me and I can’t see anything!”  
Raclet protected herself from the light as  
best she could, without stopping grumbling  
for an instant. She ran towards the thread  
that attached the star fairy to the Earth  
and she gave it a good tug.





“Listen, Cascabel, do you want to make me blind?  
Can’t you see that the sun will dry up the whole garden?”  
“And what do you want me to do now, if I have no  
clouds to cover it?”  
“Let the night come back! It’s cooler and more pleasant.”







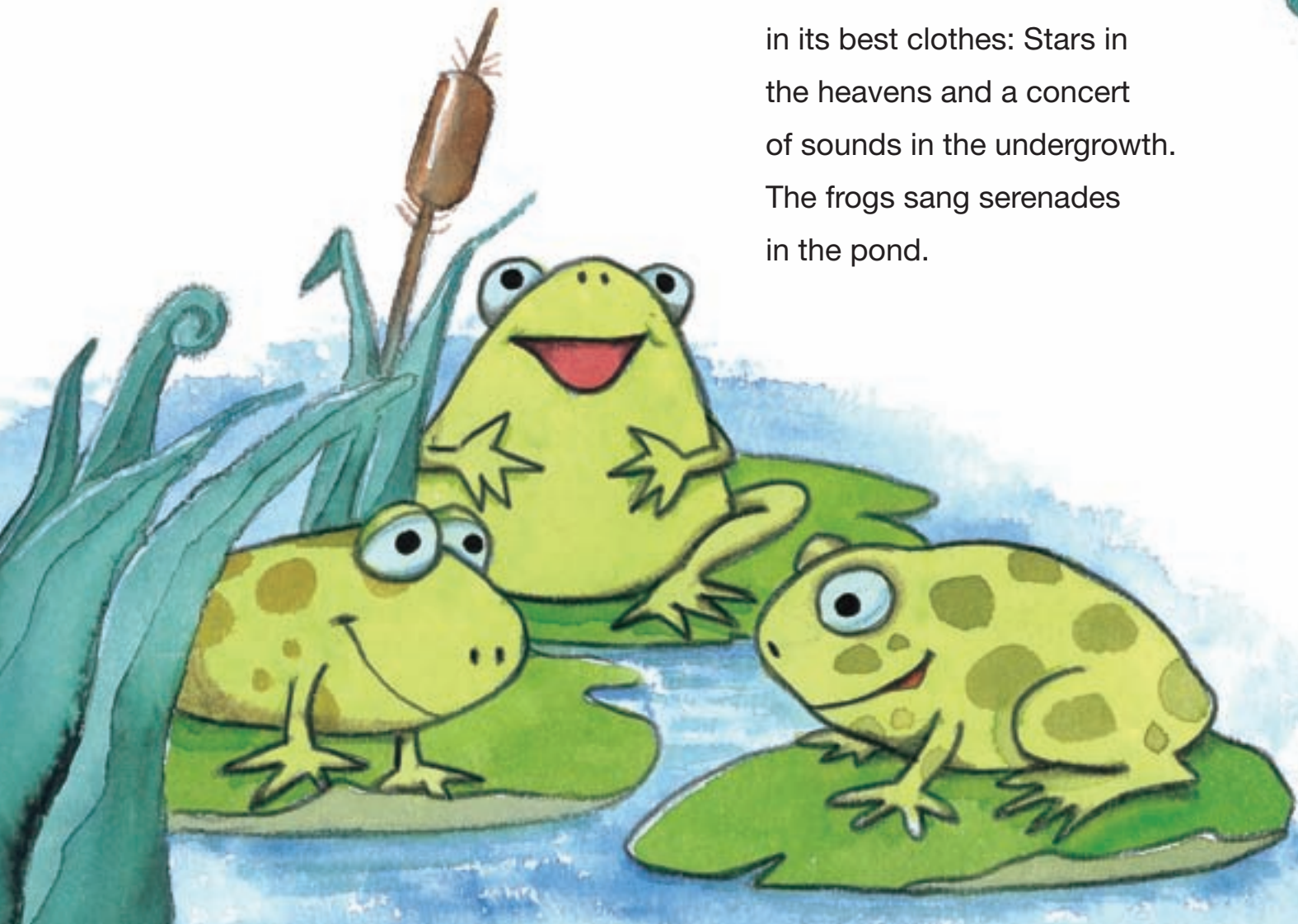
The star fairy didn't want to argue even a minute longer, so she darkened the woody region where Raclet lived. "There you have the night."







The darkness came dressed  
in its best clothes: Stars in  
the heavens and a concert  
of sounds in the undergrowth.  
The frogs sang serenades  
in the pond.

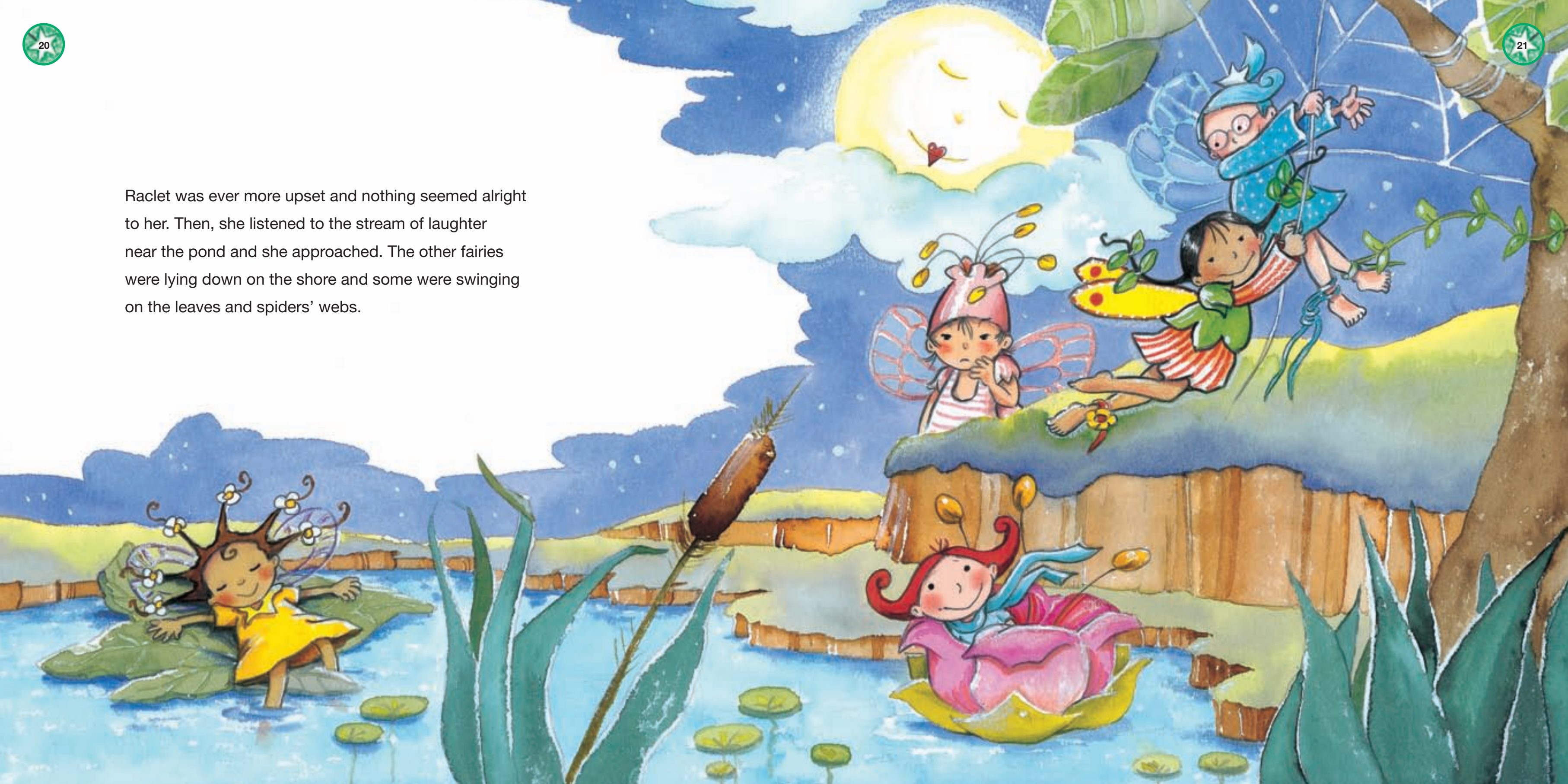


The grasshoppers tuned  
their violins unhurriedly  
and the owl family hooted  
deep notes.



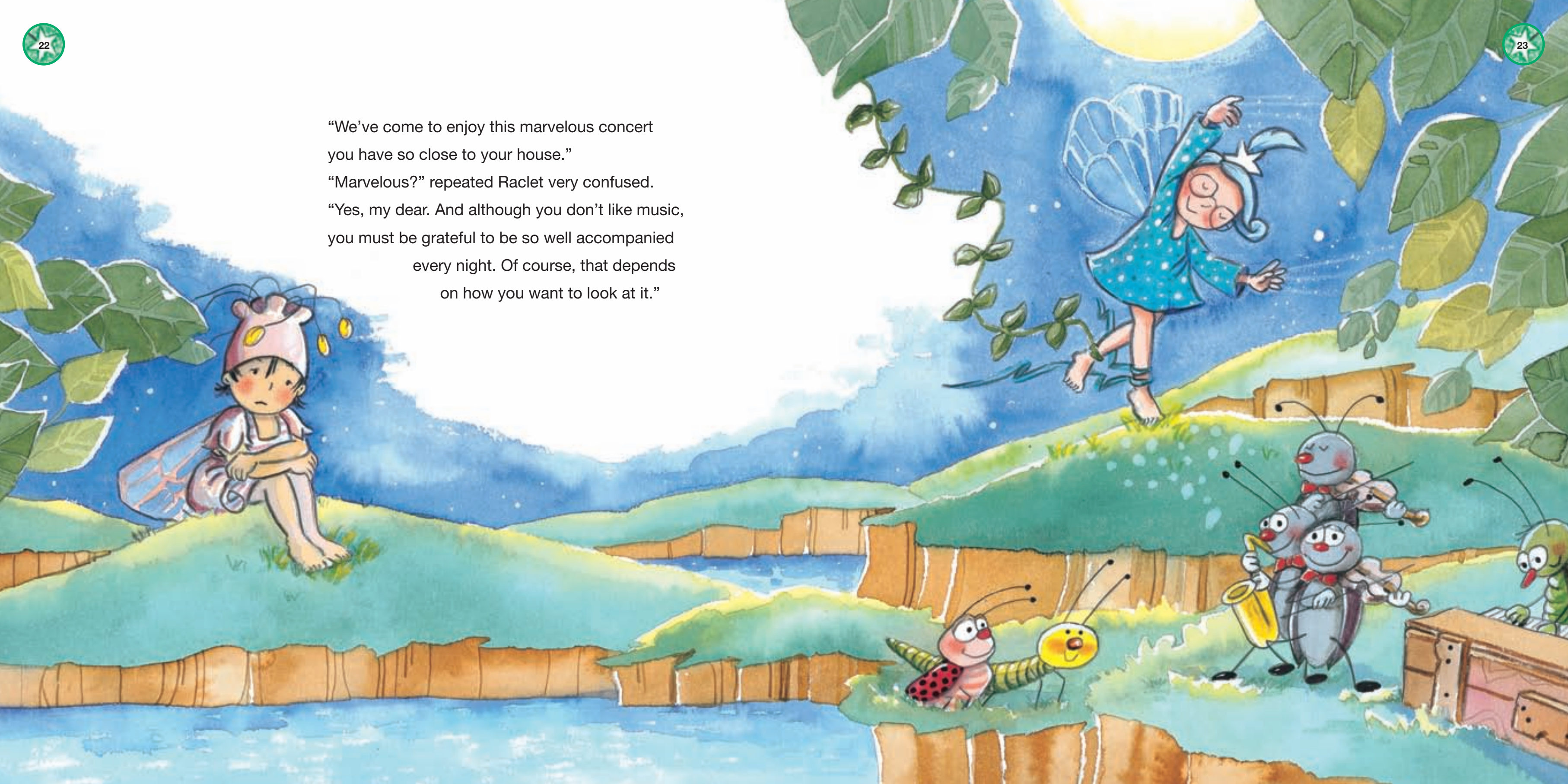


Raclet was ever more upset and nothing seemed alright to her. Then, she listened to the stream of laughter near the pond and she approached. The other fairies were lying down on the shore and some were swinging on the leaves and spiders' webs.





“We’ve come to enjoy this marvelous concert you have so close to your house.”  
“Marvelous?” repeated Raclet very confused.  
“Yes, my dear. And although you don’t like music, you must be grateful to be so well accompanied every night. Of course, that depends on how you want to look at it.”





"Look at us: It rained this morning and we made use of the rainwater to store it and polish the roofs of our houses. Then we played with the colors of the rainbow and finally, we've sunbathed near the puddles."







“You’re right” added Raclet the fairy, thoughtfully.  
“I was so worried about not being able to do what I wanted at each moment that I was unable to see the opportunities that each situation offered me.”



# Learning more

## Fairies in the kitchen

### Great cooks

Like people, there are many kinds and each one stands out for her abilities. They are not all good cooks, but those who enjoy cooking border on excellence. The fairy cook is knowledgeable, independent, sometimes stubborn and grumbling and quite perfectionist.



### A very special organization

The kitchen and the store room are in the same room. They must be in a dry and ventilated place, so that the food is preserved for longer. But, at the same time, they must be near the earth, as the fairy cook is a great harvester of forest fruits and usually chooses the visible roots of trees and rockeries. The kitchen isn't a very large area and it contains all the necessary utensils for making jams, perfumes and potions. The rest of the chamber is a large store, with a very curious layout. On one side, there are shelves with jars of jam, infusions and fruit, classified according to their color, because the fairies chose the color of the dish according to their mood.







### ***The fragrance of their dresses***

We also find cupboards for medicinal plants, bark and seeds, that are adjoined to the wardrobes in the room where the clothes are kept. Thus, the clothes become impregnated with the perfume and the fairy dresses herself depending on the aroma she needs. For example, when she has to concentrate, she chooses the citrus wardrobe, but if she needs to relax, she puts on a suit drenched in lavender and lemon balm.

As with the colors, the fairies also feed themselves with odors. That's why they keep glass bottles that seem empty (in fact, they're full of perfume) and you'll never find a fairy in a dung heap (the bad smell can kill them).

## Little doctors



### ***They know the plants and their properties***

Many of the plants that we find in the forest have medicinal properties of effects on the surrounding nature. The fairies who know this collect them and classify them in their stores for when they are needed.





Calendula



Witch-hazel



Aloe



Arnica



Eucalyptus



Elder



Mint



Chamomile

# Medicinal plants



Basil



Tagetes



Winter savory



Artichoke



Fumitory



Boldo



Centaury



Angelica



Laurel



Gentian

## A remedy for every problem

### To soothe irritated skin

- **Calendula and witch-hazel:** The flowers are used in an infusion, tincture or ointment to alleviate sunburn and soothe cuts, ulcers and bites.
- **Aloe:** The pulp from the recently cut leaves alleviates burns.

### Anti-inflammatory

- **Arnica:** In the form of a tincture or ointment, arnica is a good cure for bruises and muscular pain.

### For colds

- **Eucalyptus:** Inhale the essence of scalded eucalyptus leaves to help soothe coughs and to clear the respiratory channels.
- **Elder and mint:** The flowers of the former and the leaves of the latter provide relief from cold symptoms when taken as an infusion.

### Tranquilizers

- **Chamomile, hops and lemon balm:** In an infusion, they soothe tummy ache, relax and help you to get to sleep.

### Digestives

- **Gentian, laurel and angelica:** With a mostly bitter taste, they constitute the basis of many aperitif drinks, as they stimulate hunger and the secretion of gastric juices.
- **Centaury, boldo, fumitory and artichoke:** Stimulate the secretion of bile in the liver and hence aid digestion.

### Insect repellents

- **Pennyroyal:** Against ants.
- **Tagetes:** Against white fly.
- **Basil and chamomile:** Repel flying insects.



Hops



Lemon balm



# Gratitude

Gratitude is the virtue of internally and externally acknowledging the presents, services and favors received and the goodwill of wanting to do the same. Beforehand, however, it is necessary to notice these good deeds and know how to identify them at each moment.

## You are grateful when you...

Say thank you to people who hold the door open for you, or pass you a chair.

Focus on the good part of people and yourself.

Realize that every day is a new present full of surprises.

The value of gratitude can be taught with a simple exercise at the end of each day. It involves remembering and acknowledging all the positive things that have happened to us and being thankful, for example, for being able to sleep under a roof in a soft bed, having time to play, etc.

Gratitude is like a seed that must be watered so that it becomes a plant and flowers. It must be fed with positivism and patience. Look at the world in the best way and learn to value the best in each person.

## You are not grateful if you...

Try to highlight the defects of others and what happens around you.

Only see what you don't have and what you want.

Grumble because you've tripped over, instead of seeing who has helped you to get up.



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