

**WISE WOMBAT**  
**and**  
**THE TRUTH ABOUT YOU**



**BY SOMA ISHAYA**

This book is dedicated to my gorgeous nieces and nephews and all the amazing children of the world. I want you to know how magnificent you are and that peace and happiness is inside.

**one Day**, a young girl named Grace was walking home from school when a question struck her-

**“WHO am I?”**

She looked up to find her good friend Kevin Kookaburra sitting on a branch and decided to ask him.

“Hi Kevin! I was just walking home when a question came to me, do you know who I am?”

“That’s a funny question Grace! You are an eight year old Australian girl who has a brother Ben and a Mum and Dad who love you. You live in the house over there.” He pointed his beak in the direction of her house.



Grace looked over to it and wasn't quite sure if that was the answer she was looking for.

"Thanks Kevin, see you later!"

Looking down at the grass as she kept walking, Grace soon came across Bella Bobtail who was soaking up the sun lazily.

"Hi Bella! I have an important question that maybe you can help me with."

"Of course Grace, anything for you."

"I really want to know who I am."

"Oh, that's easy," she laughed. "You are like a ray of sunshine, bright and happy, loving, talented, friendly and a wonderful person that I am proud to call my friend."

"Thanks Bella!" replied Grace happily but still not content.

She was getting closer to home when she came across Kip Kangaroo under a shady tree.

"Hello Kip! I have been asking everyone the same question and I really want to know - **WHO am I?**"

Kip stretched and got up to tell Grace, “Well, you like the colour purple, riding your scooter, going to school, reading, swimming and jumping on the trampoline. You also love your family and friends and pet parrot.”

“Yes, I do, thanks Kip.” Grace still wasn’t satisfied with the answer. She had a niggling feeling that she was something much bigger than all these things. Yes, they were details *about* her but there had to be more . . .

Suddenly she ran into Wise Wombat on her path.

“Hi Mr Wombat! I have asked everyone and you are the wisest of all so *must* know- **WHO AM I TRULY?**”

“Oh, that is a **VERY** important question that you need to discover for yourself Grace but I will give you some interesting tips ok.”

“Great!” Grace said excitedly.

“First, it will help if I point out what you are **NOT** in order to find out who you **are**. I have a feeling you already know that you can’t really be the clothes you wear, the bike you ride, the house you live in or even the sports you play or hobbies you like, as these

things can change. Life is constantly changing Grace, so we can't truly be these. Yes, they are *parts* of us but not our real nature. If you close your eyes and gently watch, you will see that thoughts, pictures, feelings and sensations come and go, so they can't be who you **TRULY** are, can they?"

"No, you are right!" Grace said curiously.

"In fact, as surprising as it may be, we are not our age or bodies either; they grow old and change too. Who we are *never* dies."

"I knew we were much bigger than our bodies!" Grace said happily. "So if I am not all these things then **WHO AM I TRULY?**"

"If you look inside, you will find an endless sea of silence, an ocean of stillness that never changes. It is full and complete, lacking nothing, you can never be alone. No pain, fear or sadness exist here - just pure, perfect peace. It is the source of all good, joy, love, beauty, innocence and the wonder of the magic of life. It is your **DIVINE ESSENCE** Grace, the essence of everything and everyone. It is everywhere all the time and it is important you explore that space **INSIDE**.



Life is a wonderful adventure, unfolding perfectly in every moment. Discovering your True Nature is the reason we are born - to live 200% of life - 100% on the inside and 100% on the outside!"

"Wow, thanks Will! I knew the truth was something amazing!"

"Yes it is. **ALWAYS REMEMBER** Grace. It is **YOU.**"

"I will, I promise!" laughed Grace, skipping to her house - content.

