

CITRA-VIDYĀ

~ Drawing-to-Learn Workbook Series ~

Book Four



**The Boy Who Steadied
the World**

A Story from Ancient India



1. The King's Lap

Little Dhruva ran to climb onto his father's lap. But he was told the golden throne was not for him. He did not cry — something brave and quiet began to wake inside his heart.



1. The King's Lap

Draw or write

When do you see yourself feeling truly content and fulfilled? Draw or write about the moments you have felt happy, complete, and at peace with what you have.

Draw

...or write

❁ **Word to Know** ❁

KING

'The one who shines' — a true king shines with kindness, not gold.

(In Sanskrit: RĀJA)



2. In His Father's Arms

For one warm moment, little Dhruva nestled close in his father's arms. Wrapped in love, held safe and near, his heart felt calm and glad — this was where he longed to be.



2. In His Father's Arms

Draw or write

Where — or with whom — do you feel truly accepted and valued? Where is that place for you? Draw or write about the person or place where you truly belong.

Draw

...or write

❁ Word to Know ❁

TENDER LOVE

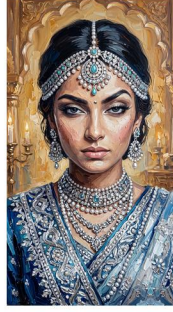
Vātsalya means the tender, protecting love a parent has for a child
— warm arms that make you feel safe and cherished.

(In Sanskrit: VĀTSALYA)



3. Sharp Words

Dhruva's stepmother pointed at him and spoke cold, sharp words — the golden throne was not for him. The words hurt like stones. But Dhruva did not cry.



3. Sharp Words

Draw or write

Words can wound or heal. Draw or write about a time unkind words were spoken — by you or to you — and a kinder way they could have been said.

Draw

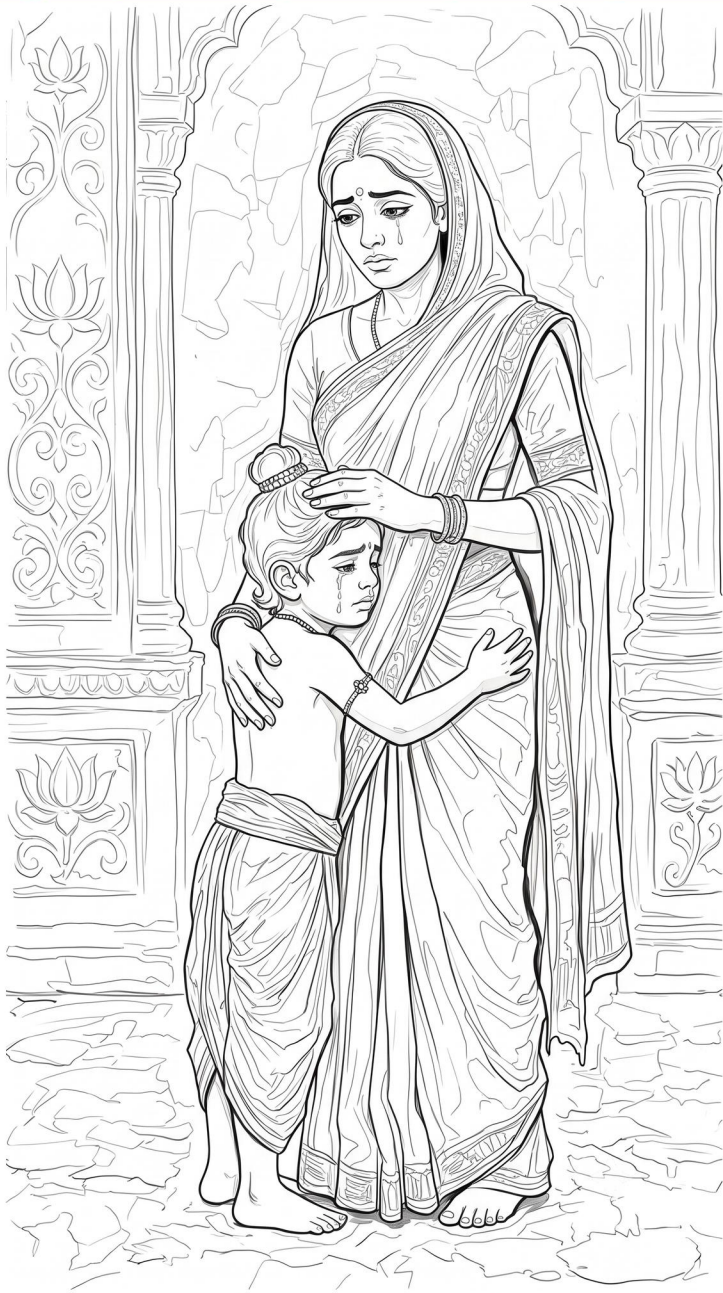
...or write

❁ **Word to Know** ❁

SPEECH

Vāk means speech — words can wound or heal, so the wise choose gentle ones.

(In Sanskrit: VĀK)



4. Mother's Comfort

Dhruva ran to his mother, Suniti. She held him close and dried his tears. 'Go to the Lord,' she said softly. 'He shelters all who come to him, and he will never turn you away.'



4. Mother's Comfort

Draw or write

Who holds you when you feel hurt or small? Draw the person or place where you find comfort — or write about them.

Draw

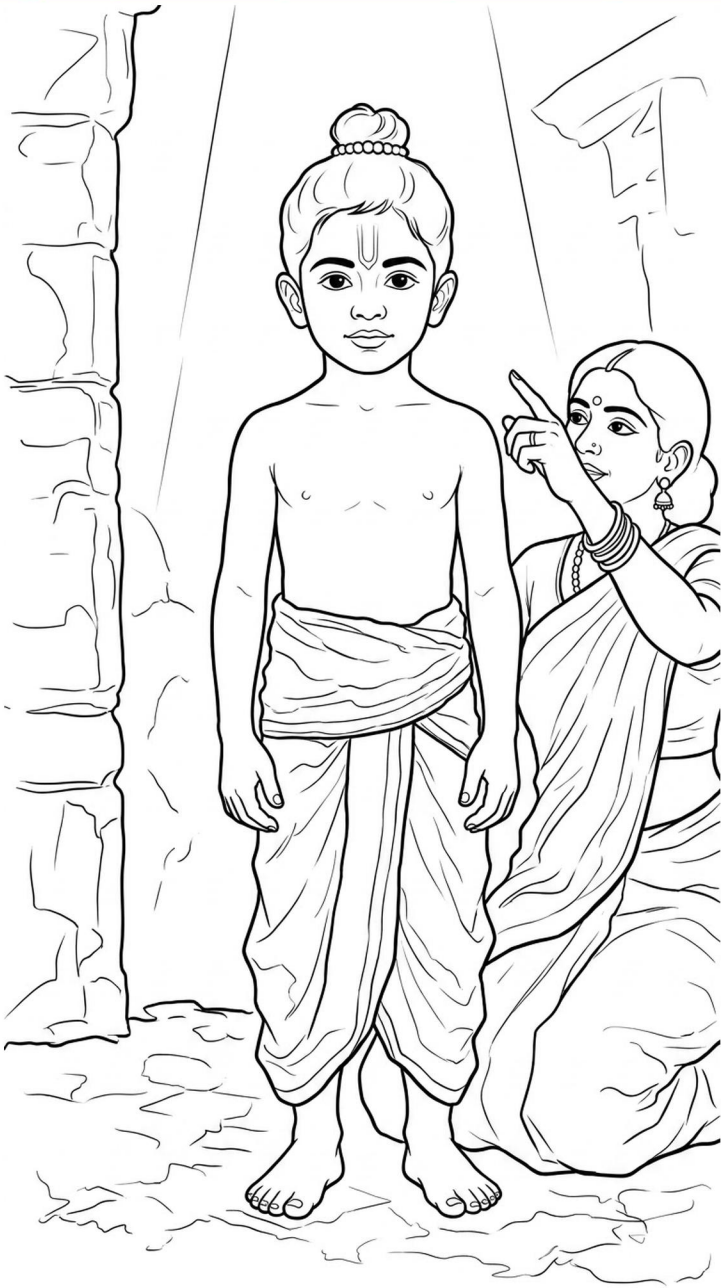
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❁ Word to Know ❁

SHELTER

Śaraṇa means shelter — a safe place or person who holds you when you cannot hold yourself.

(In Sanskrit: ŚARAṆA)



5. A Mother's Advice

Then Suniti dried her eyes and pointed the way. 'The Lord is greater than any throne,' she said. 'Seek him with a true heart, and he will never turn you away.' And Dhruva made up his mind.



5. A Mother's Advice

Draw or write

*Think of the best advice someone who loves you has given.
Draw that moment — or write down their wise words.*

Draw

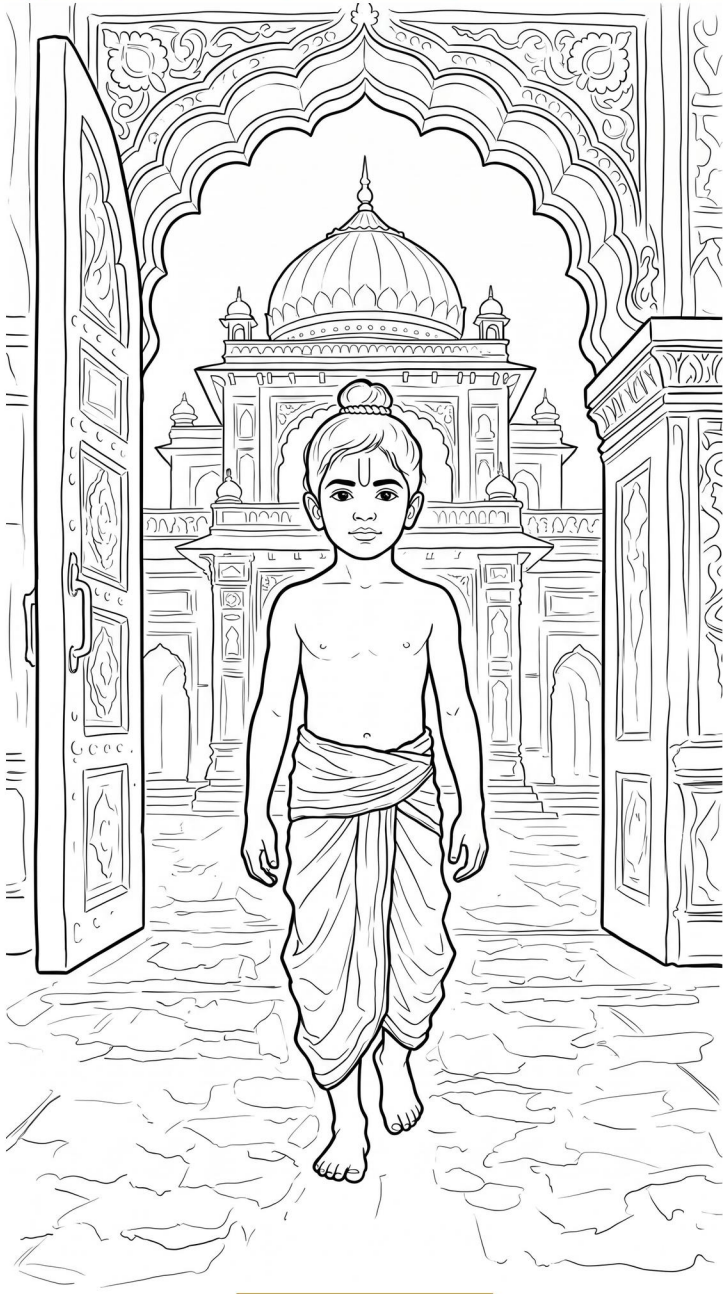
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❁ **Word to Know** ❁

GUIDANCE

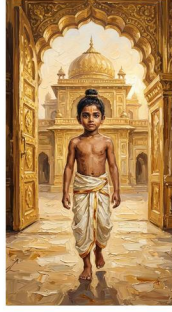
Upadeśa means guidance — wise, loving words that point you toward the light.

(In Sanskrit: UPADEŚA)



6. Setting Off

With his mind made up, little Dhruva walked out through the great palace gates — all alone, into the wide world — to find the Lord.



6. Setting Off

Draw or write

Think of something brave you set out to do — a place to reach or a dream to follow. Draw it in the top box, or write about it on the lines below.

Draw

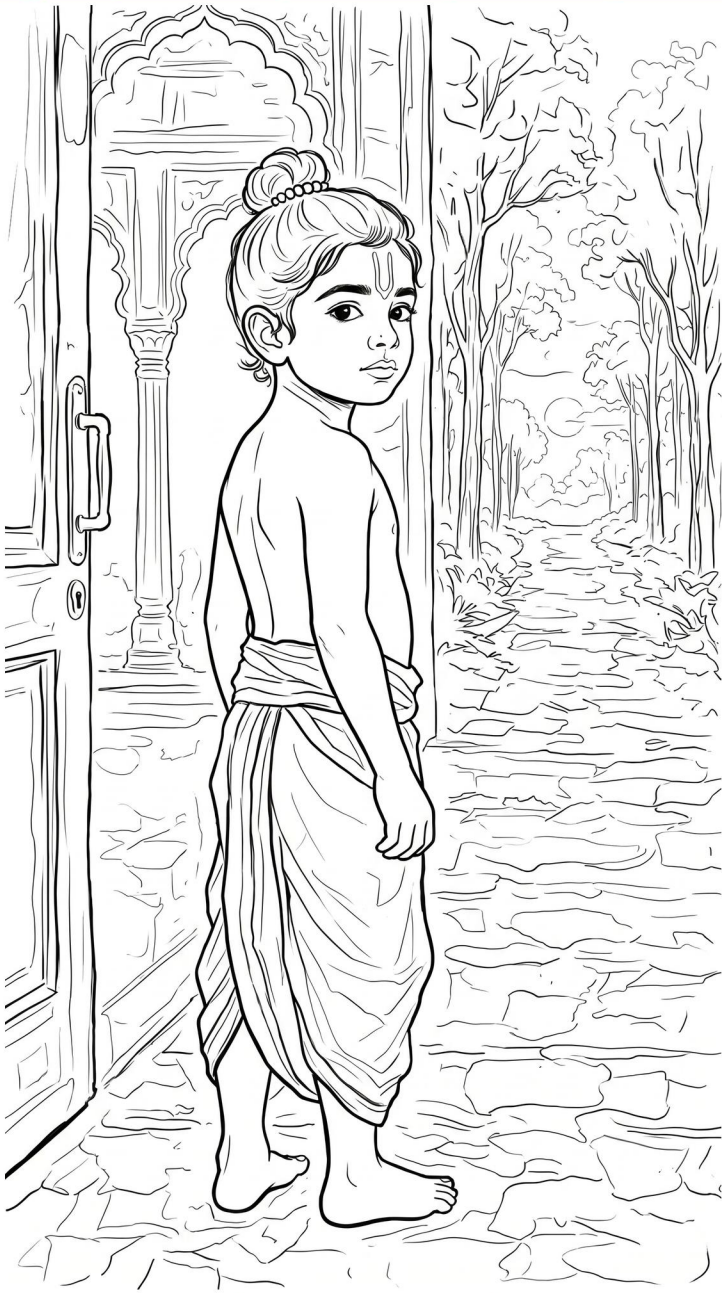
...or write

❁ **Word to Know** ❁

JOURNEY

Yātrā means a journey — every great journey begins with one small brave step.

(In Sanskrit: YĀTRĀ)



7. Looking Back

At the great gates, Dhruva turned once to look back at the only home he had ever known. His heart tugged — but he did not stop. He walked on, into the forest.



7. Looking Back

Draw or write

Draw or write about something you had to leave behind to grow — a place, a habit, or something comfortable.

Draw

...or write

❁ **Word to Know** ❁

LETTING GO

Vairāgya means letting go — releasing what is comfortable to reach for something truer.

(In Sanskrit: VAIRĀGYA)



8. Into the Forest

Deeper and deeper Dhruva walked, into the great green forest. He was all alone, and the way was long — but his heart stayed set on one thing: to find the Lord.



8. Into the Forest

Draw or write

Draw or write about a time you stepped into something new and unknown — and where you found the courage to go.

Draw

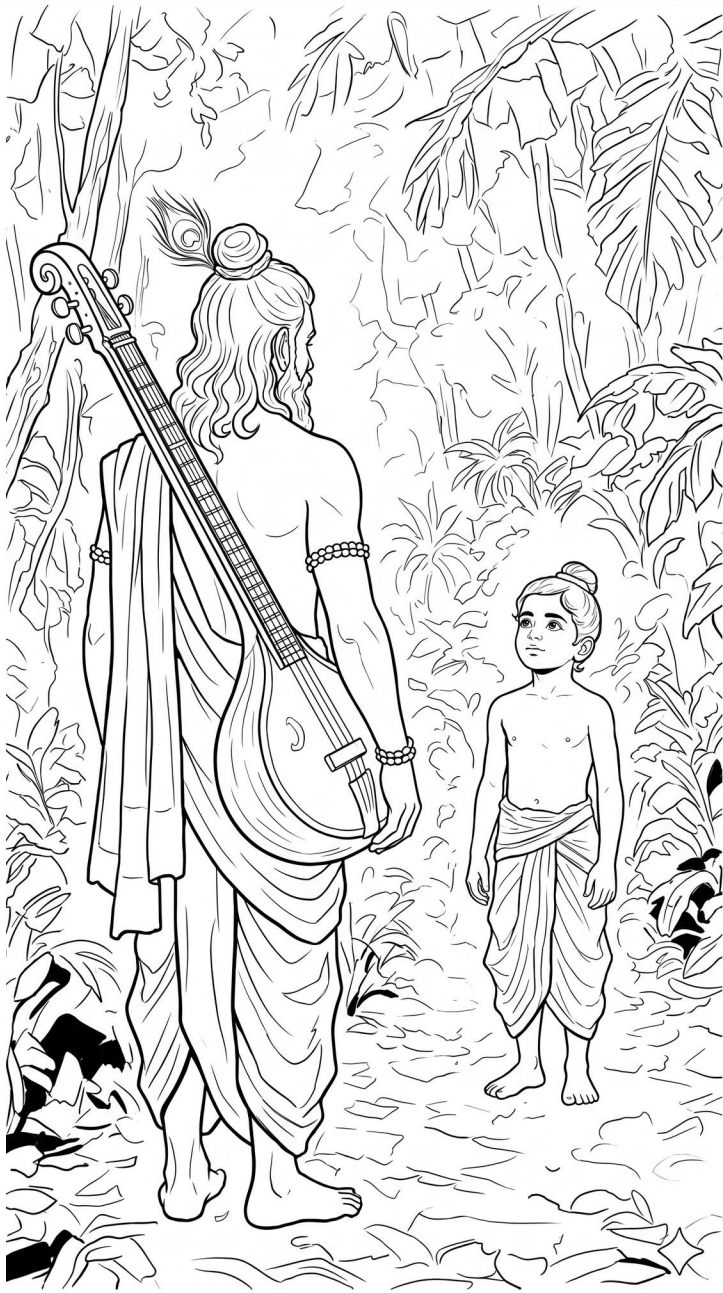
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❁ **Word to Know** ❁

COURAGE

Dhairya means steady courage — the quiet strength to keep walking your path, one step at a time.

(In Sanskrit: DHAIRYA)



9. The Sage on the Path

On the forest path, a shining sage appeared — Nārada, with his humming tanpura. He tested the little boy's heart, then smiled. Here was someone who would truly help Dhruva find his way.



9. The Sage on the Path

Draw or write

When we set off toward something that matters, we often meet just the right people to help us. Draw or write about someone who appeared right when you needed them.

Draw

...or write

❁ **Word to Know** ❁

GUIDE

Guru means one who leads you from darkness to light — a wise guide who helps you find your way.

(In Sanskrit: GURU)



10. The Mantra

Nārada knelt and placed his hand on Dhruva's head. He taught him a sacred sound to hold in his heart — 'Om̐ namo bhagavate Vāsudevāya' — and told him never to stop saying it.



10. The Mantra

Draw or write

Someone wise once gave you words worth keeping. Draw or write the advice or the special words you hold and carry inside your heart.

Draw

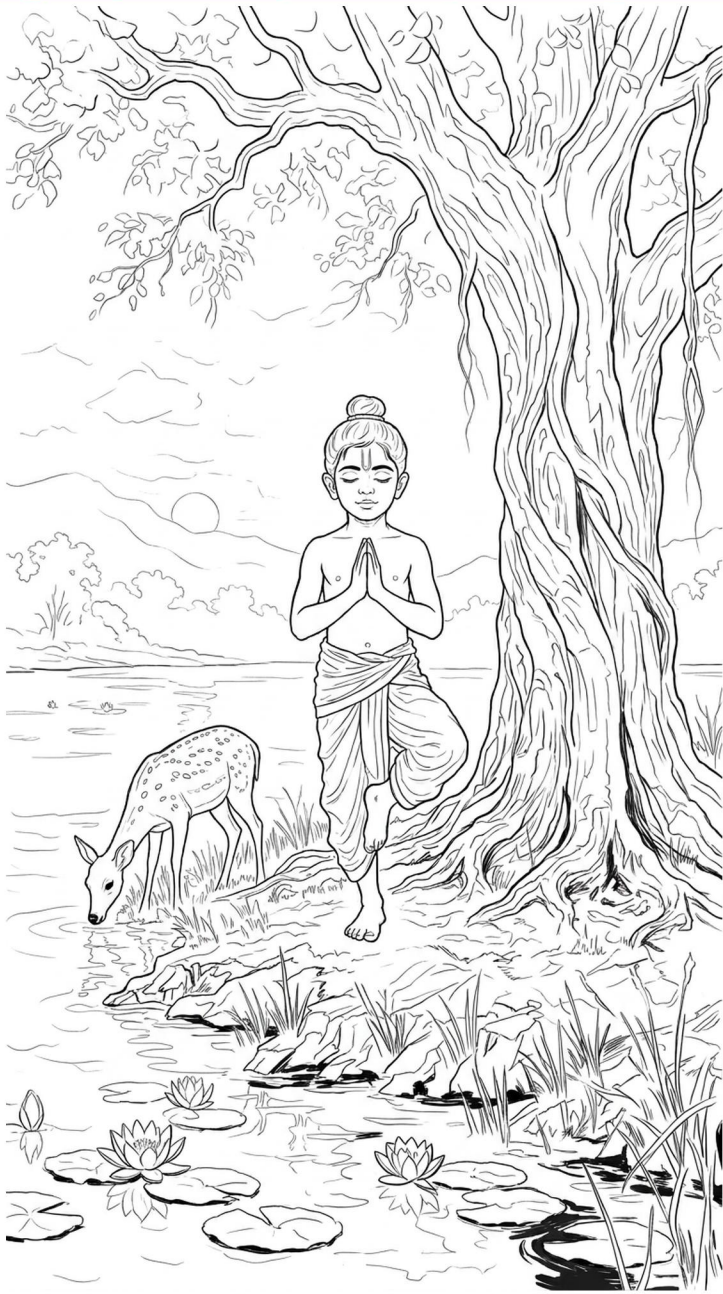
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🌸 **Word to Know** 🌸

SACRED WORD

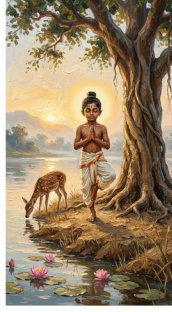
Mantra means a sacred sound that carries the mind toward truth — a word that protects and steadies the heart.

(In Sanskrit: MANTRA)



11. The Great Penance

Months passed by the river. Dhruva ate less and less — a little fruit, then only water, then only air — until he stood as still as a tree, his whole mind fixed on the Lord.



11. The Great Penance

Draw or write

What is something you are working on slowly, bit by bit, with patience? Draw or write how you keep practising, step by step, to reach it.

Draw

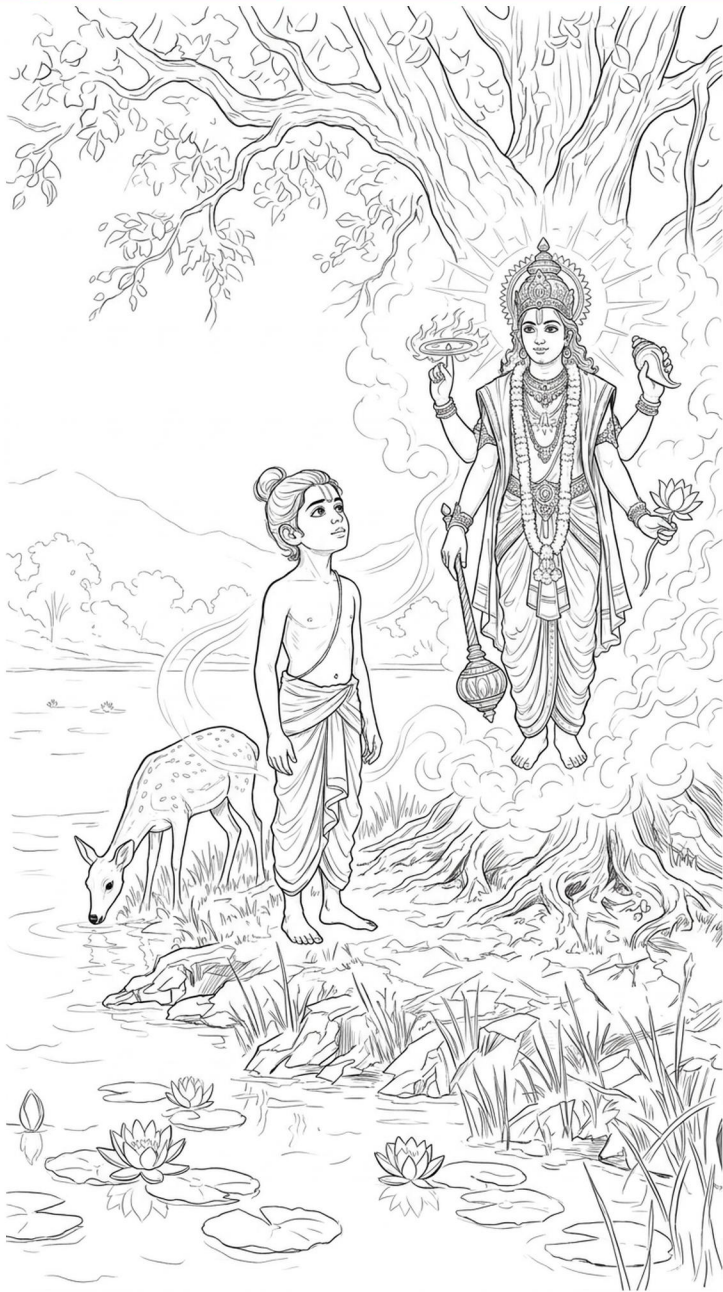
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❁ **Word to Know** ❁

EFFORT

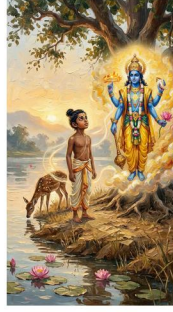
Tapas means the fire of sincere effort — patient practice that slowly makes the heart strong and pure.

(In Sanskrit: TAPAS)



12. The Vision

After his long, steady seeking, Dhruva opened his eyes — and there stood the shining Lord he had longed for. All at once the whole picture became clear, and the goal he had reached for felt truly near.



12. The Vision

Draw or write

When you keep striving toward something with all your heart, one day the whole picture becomes clear and your goal feels within reach. Draw or write about a goal you are working toward — and how it will look when it finally comes together.

Draw

...or write

❁ **Word to Know** ❁

VISION

Darśana means to truly see — the moment when, after steady effort, the whole picture becomes clear and your goal feels within reach.

(In Sanskrit: DARŚANA)



13. The First Taste

At last the Lord reached out and touched his conch softly to Dhruva's cheek. After all his long, patient work, this was Dhruva's very first taste of the goal he had reached — the first sweet fruit of his journey.



13. The First Taste

Draw or write

When you finally reach something you worked long and hard for, the very first taste is sweet. Draw or write about the first happy reward you received after a lot of patient effort.

Draw

...or write

❁ **Word to Know** ❁

FRUIT

Phala means fruit — the sweet first reward that comes when long, patient effort finally bears results.

(In Sanskrit: PHALA)



14. Filled with Joy

The Lord smiled, his eyes softly closed, holding his shining conch. Dhruva had reached the One he had sought for so long — and his whole heart overflowed with deep contentment and warm, quiet love.



14. Filled with Joy

Draw or write

When you finally reach a goal you longed for, your heart fills with contentment and love. Draw or write about a time reaching something filled you with a warm, happy, peaceful feeling.

Draw

...or write

❁ **Word to Know** ❁

JOY

Ānanda means deep, glad fullness — the contentment and love that fill your heart when you reach what you truly longed for.

(In Sanskrit: ĀNANDA)



15. The Star That Never Moves

That night Dhruva stood by the river and looked up. High above shone one still star that never moved — a steady light in the turning sky. It became his own star, forever pointing the way to the great goal he had tasted.



15. The Star That Never Moves

Draw or write

A guiding star reminds us of the great goal we are reaching for — one we may have already tasted. Draw or write about your own 'pole star': the big dream that keeps pointing you forward.

Draw

...or write

❁ **Word to Know** ❁

STEADFAST

Dhruva means steadfast and unmoving — like the pole star that never leaves its place, always pointing the way to your greatest goal.

(In Sanskrit: DHRUVA)