



# One by One

## Be Peaceful

An adaptation of The Starfish Story by Loren Eiseley

Bryan was having a very difficult day. Actually, he was having a pretty bad year. It seemed that no matter what he did, nothing ever seemed to go right. Bryan wasn't seeing the good in, well, just about anything....he was simply losing hope. Bryan decided to go to the beach, the one place that brought him joy as child, hoping it would do the same as an adult. As he was walking along the beach he noticed a boy picking something up and gently throwing it into the ocean.

Approaching the boy, Bryan asked, "What are you doing?" The little boy replied, "I'm throwing sea stars back into the ocean. The surf is up and the tide is going out. If I don't throw them back, they'll die."

"Hey kid", Bryan said, "don't you realize there are miles and miles of beach and hundreds of starfish? You can't make a difference!"

After listening politely, the boy bent down, picked up another sea star, and threw it back into the ocean. Then, smiling at Bryan, he said, "I made a difference for that one."

At that moment Bryan got something he wasn't expecting when he went to the beach. That little boy showed him that sometimes it's more important to focus on what you can do, instead of on what you can't. Bryan forgot about all of things going wrong in his life and instead decided to follow the lead of the young boy by picking up some sea stars and returning them to the ocean. With each gentle toss Bryan said to himself, "I made a difference for that one!"