

Elise and the Lantern of the Soul: A Short Parable



Once upon a time, in a small village surrounded by green hills, there lived a little girl named Elise. In Elise's heart, there was a small, lit lantern. This flame was her prayer to Jesus. As long as the flame burned brightly, Elise felt joyful, strong, and protected, even when school sometimes seemed like a great storm of homework.

One day, a friend showed her some very colorful pictures about Yoga and Reiki. "Look how beautiful these colors are!" her friend said. On the tablet, Elise saw figures stretching like flowers in the sun and hands that seemed to make the light dance. The people seemed peaceful, happy, even "cured" of their pain.

Curious, Elise wanted to try it too. She began practicing new postures and listening to and repeating chants called "mantras." She started doing all sorts of poses: the cobra, the sun, the tree, to stretch her muscles and relax in the evening before going to bed.

After watching a few videos, she began placing her hands on certain points on the body called "chakras."



At first, she thought it was simply adding pretty colors to her lantern. But a strange phenomenon appeared: after a while, following each session, a small, unpleasant music, like the buzzing of bees, would settle in her ears, and her head would feel heavy, as if gray clouds were settling there. The sounds she repeated resonated too loudly within her body, and the relaxation was no longer the same as at the beginning...

Months passed, and a weight settled within her. Little by little, the light from her lantern grew dim. Elise's dreams no longer spoke of peace, but of mysterious shapes and whispers that troubled her. The flame of her prayer seemed to have hidden behind a thick veil.

One evening, her grandmother, who knew her granddaughter well, saw her very sad; she sat down next to her.

"My dear Elise," she murmured, "the lantern of your soul seems quite troubled. Why does your inner flame flicker so much? What is happening?"



Elise told her everything: the colors, the postures, the "mantras," and that strange noise in her ears, that weight near her heart. The grandmother tenderly took her hands and explained an important truth:

- Elise, the world is full of beautiful things and different paths. Some will seek the light elsewhere because it's fashionable... You see, your faith is like a beautiful lantern that Jesus gave you.

She lights your path and protects your heart.

If you open the lantern too wide to put other lights in, you can also let in the wind which can weaken or even extinguish that beautiful flame.

Yoga postures often originate from a religion that worships gods like Surya or Vishnu or the serpent Kundalini...

Making these gestures is a bit like saying "hello" to them or paying them homage.

But we only honor the true God, Jesus.

Jesus told us, "I am the way, the truth, and the life. No one comes to the Father except through me." (John 14:6) As for Reiki: healing simply by placing hands on a painful area, it is not given to everyone. It is a very rare gift. If someone also asks for money to "heal" in this way, it does not come from God.

Elise looked at her Grandma, her heart heavy with worry.

"But how can I protect my little flame now?" she asked.



Grandma then took out a precious object: her rosary.

- We are going to use this chaplet and pray what is called the Rosary. Let us ask the Blessed Virgin Mary to help us close the doors that trouble your heart and to cover you with her Protective Mantle.

They began to recite the Hail Mary. With each bead that slipped between her fingers, Elise felt as if the gray veil was lifting a little more. Beneath Mary's blue mantle, fear fled and light returned. The unpleasant little tune in her ears faded away, giving way to the sweet silence of Peace. True Peace, the Peace of God!



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Now, Elise's lantern shines again, pure and clear. She has left the mysterious paths to rediscover simple joy: stretches that feel good to the body, joyful walks with her dog Joy, bike races with her friends and above all, a sincere prayer that seeks only the presence of Jesus.

Moral: Like a well-protected lantern, keep your heart turned towards Christ alone; it is by remaining faithful to His light that you will find true Peace. Amen.

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