



# Building a new home

By:  
Becca  
Barbanell





The reason OM capitalized in hOME.

It is actually a chant in Buddhism and Hinduism cultures, meaning

“the Divine which manifests as all that is.”

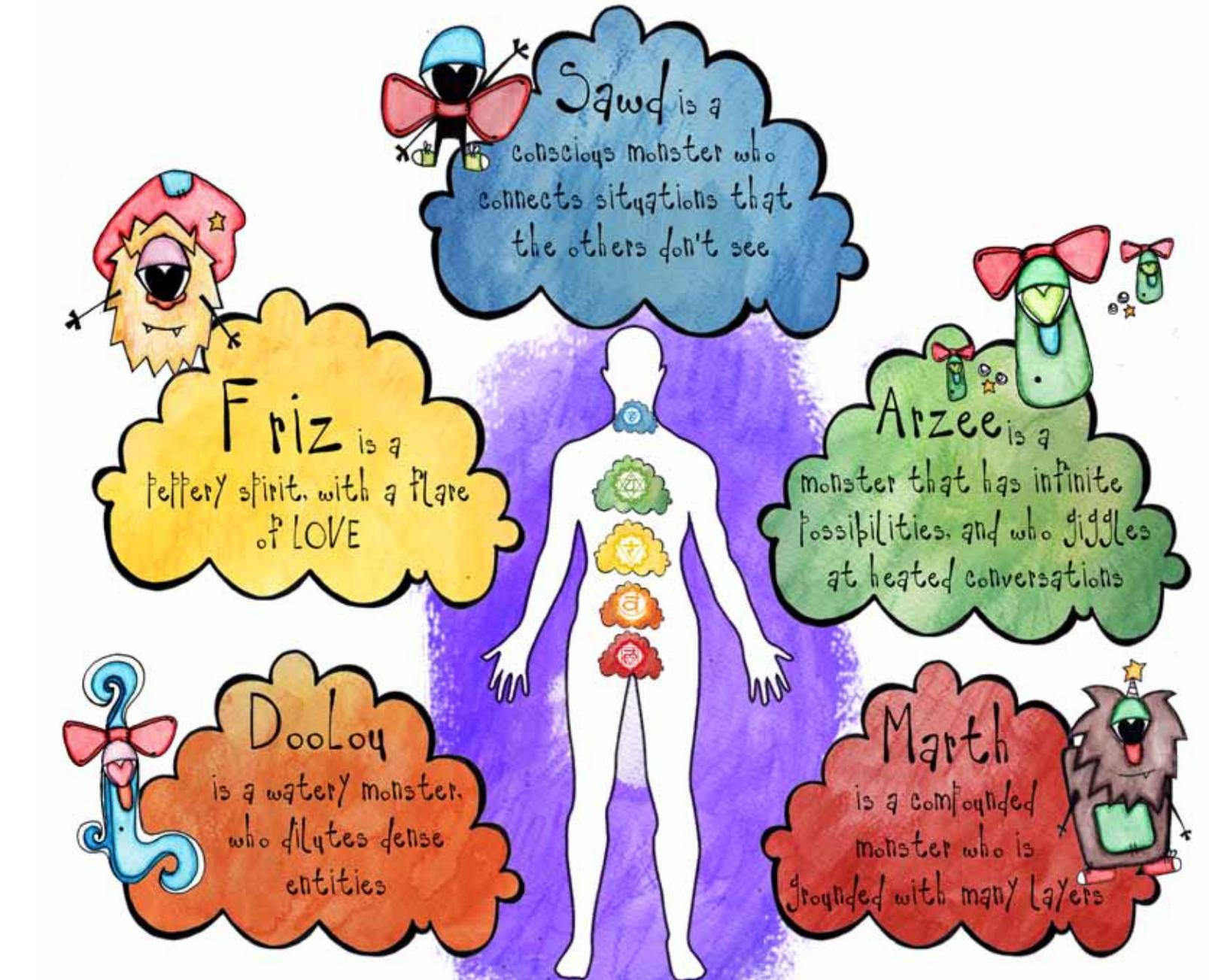
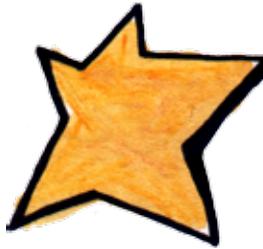
Try out this fun exercise:

A cool thing you can do while reading this book is OM together.

An example. “Building a new hoooooooooooooOMMMMe.”

Try noticing what you feel and if you feel any sensations, or change in energy.

# Elemental System





One day while day  
dreaming, Friz decided  
to build a hOME to  
HOLD all his family.



While in the process, Friz ran  
into some roadblocks. He did not  
know where to put the new  
hOME.

Doolou came along to see how things were progressing on the new hOME. She noticed that Friz seemed overwhelmed and in a frenzy.



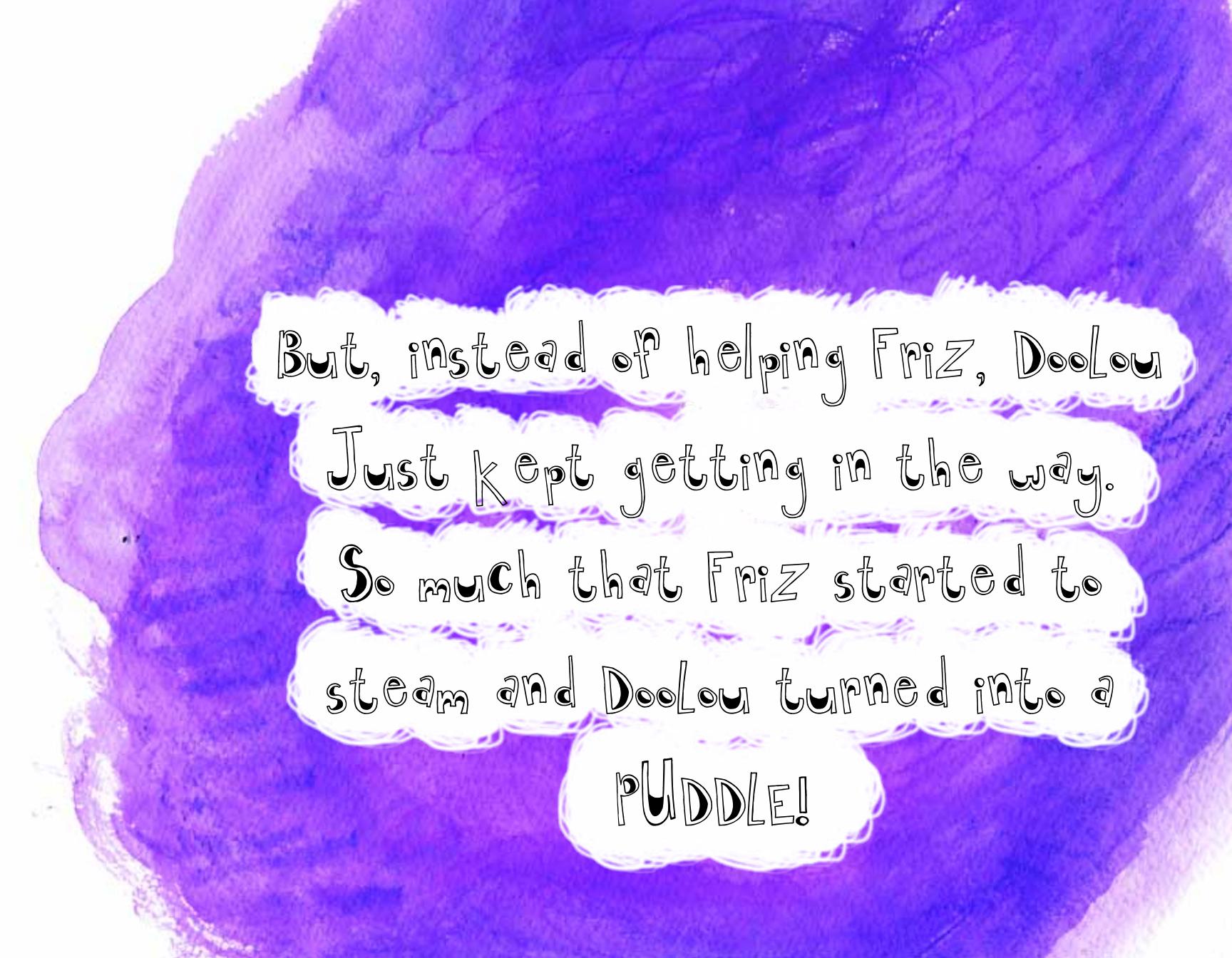
She asked, "Hey Friz, do you need any help on our new hOME?"



Doolou kept asking Friz  
“Do you need help?”

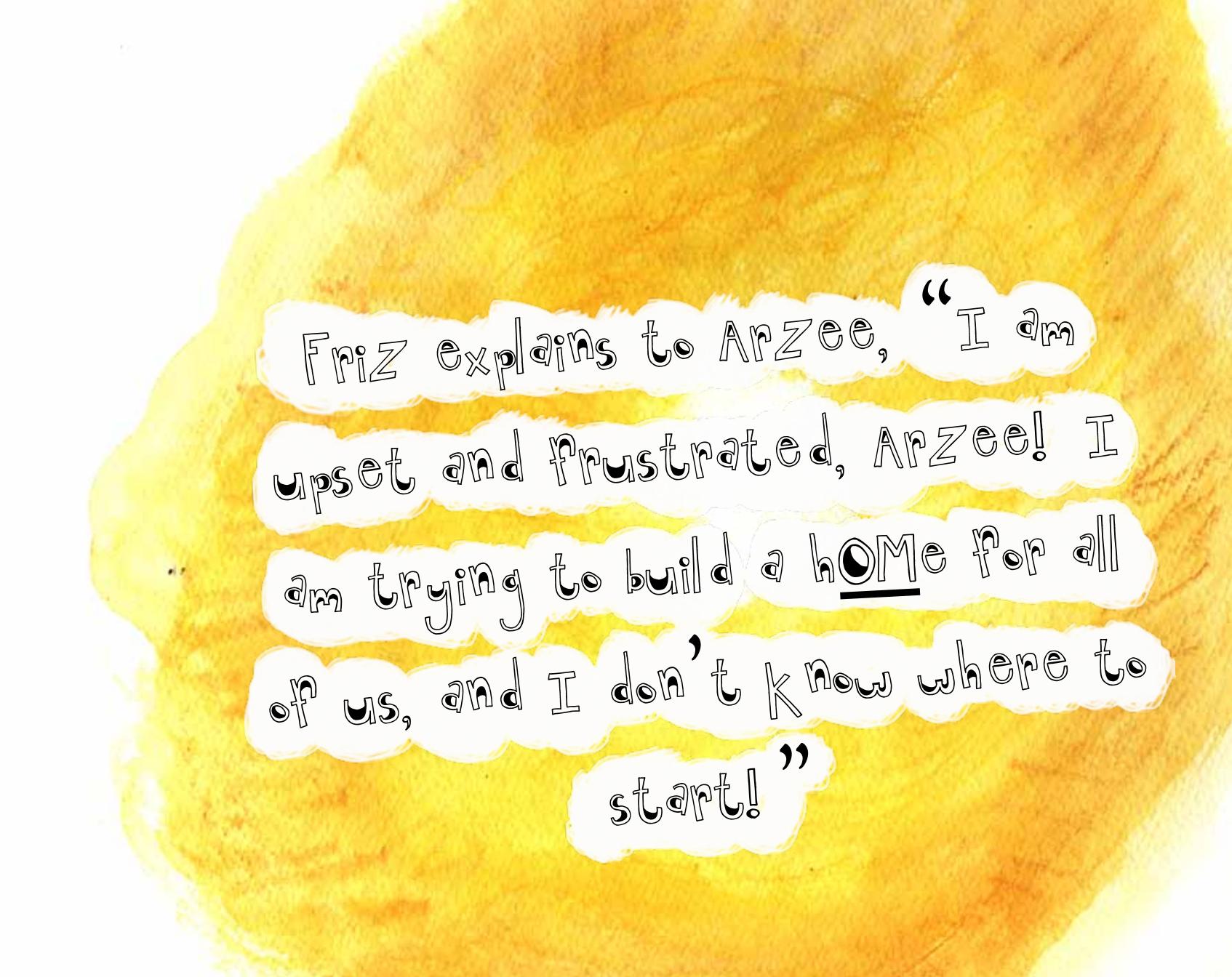


“Do ya,  
do ya?”





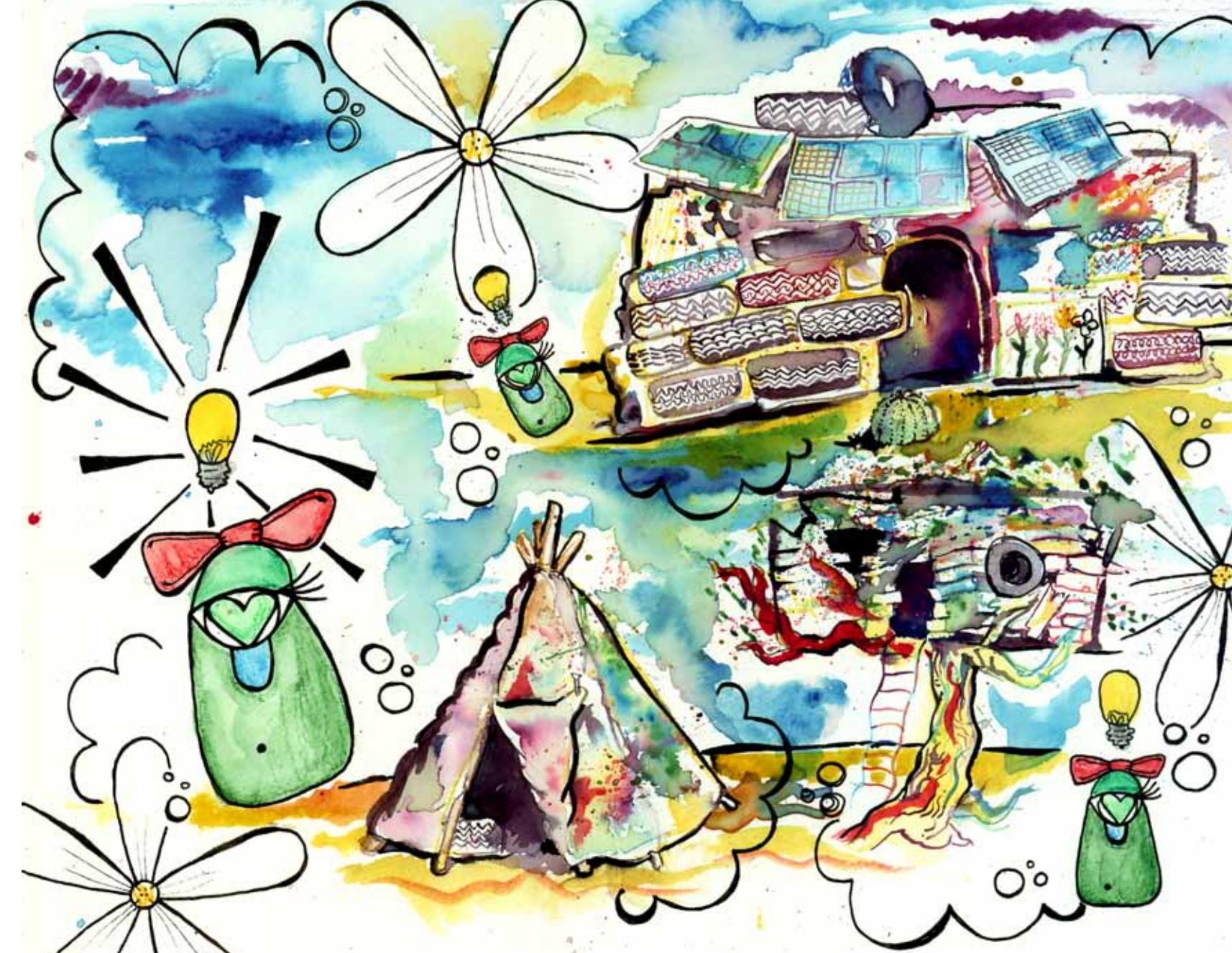
"Oh my goodness Friz,  
what is going on?"  
said Arzee.



Friz explains to Arzee, "I am  
upset and frustrated, Arzee! I  
am trying to build a home for all  
of us, and I don't know where to  
start!"

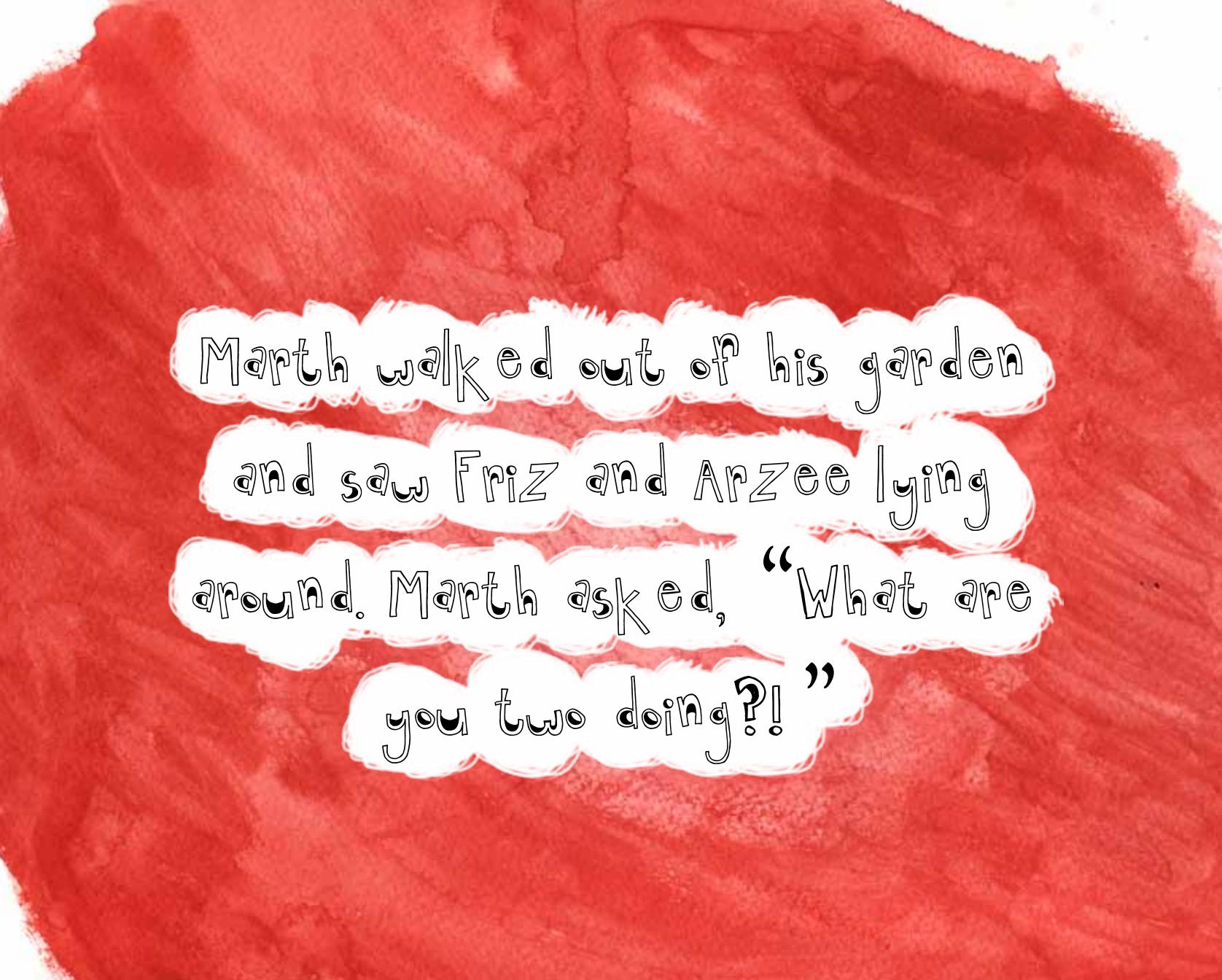


After Friz blew off some steam,  
he took a deep breath inside.  
Arzee sprang up with  
excitement! She was full of  
infinite possibilities about where  
their new home could be.

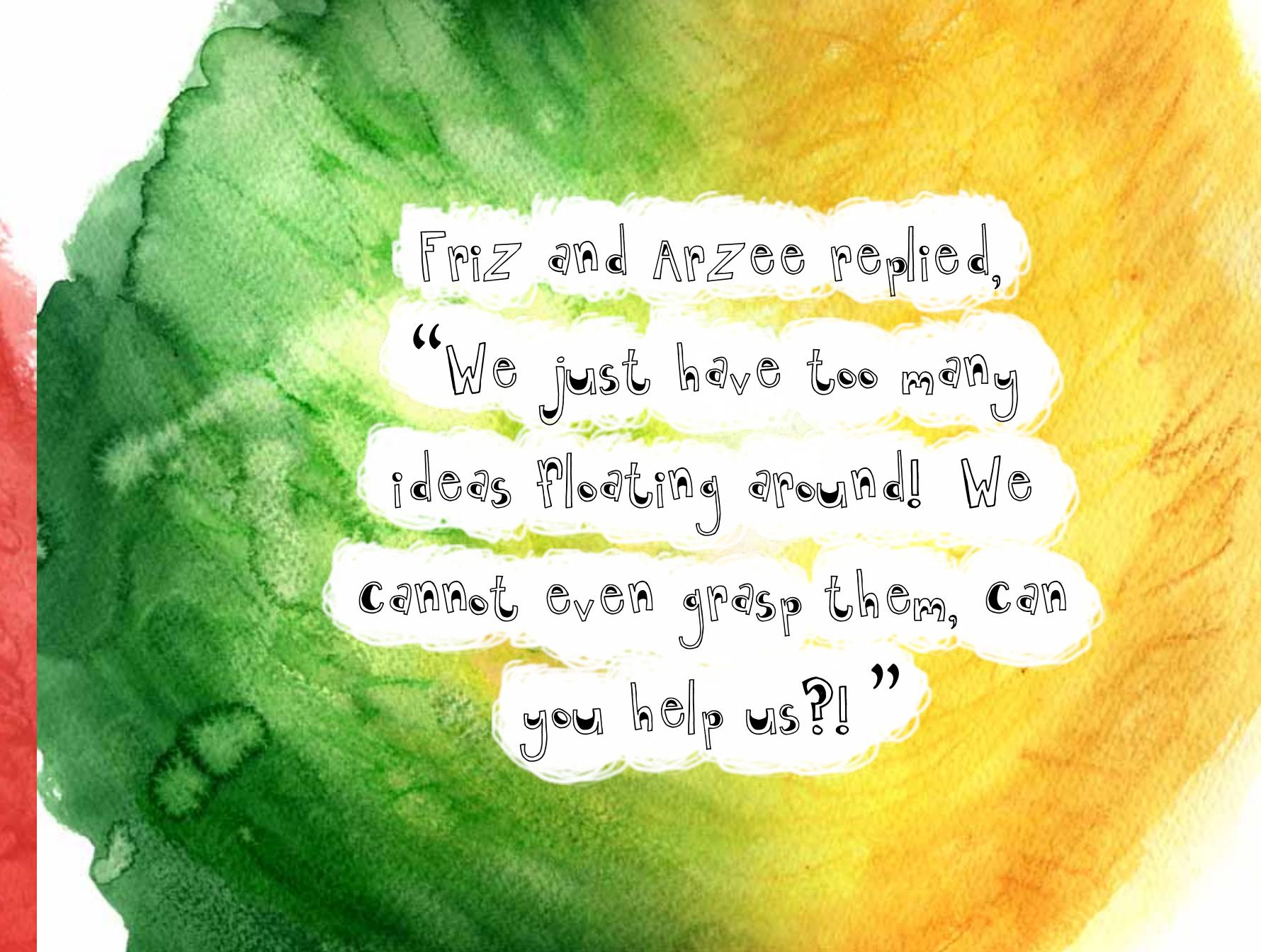


After brainstorming all the infinite possibilities, they grew tired and lazy. They felt stuck and didn't know what to do next.





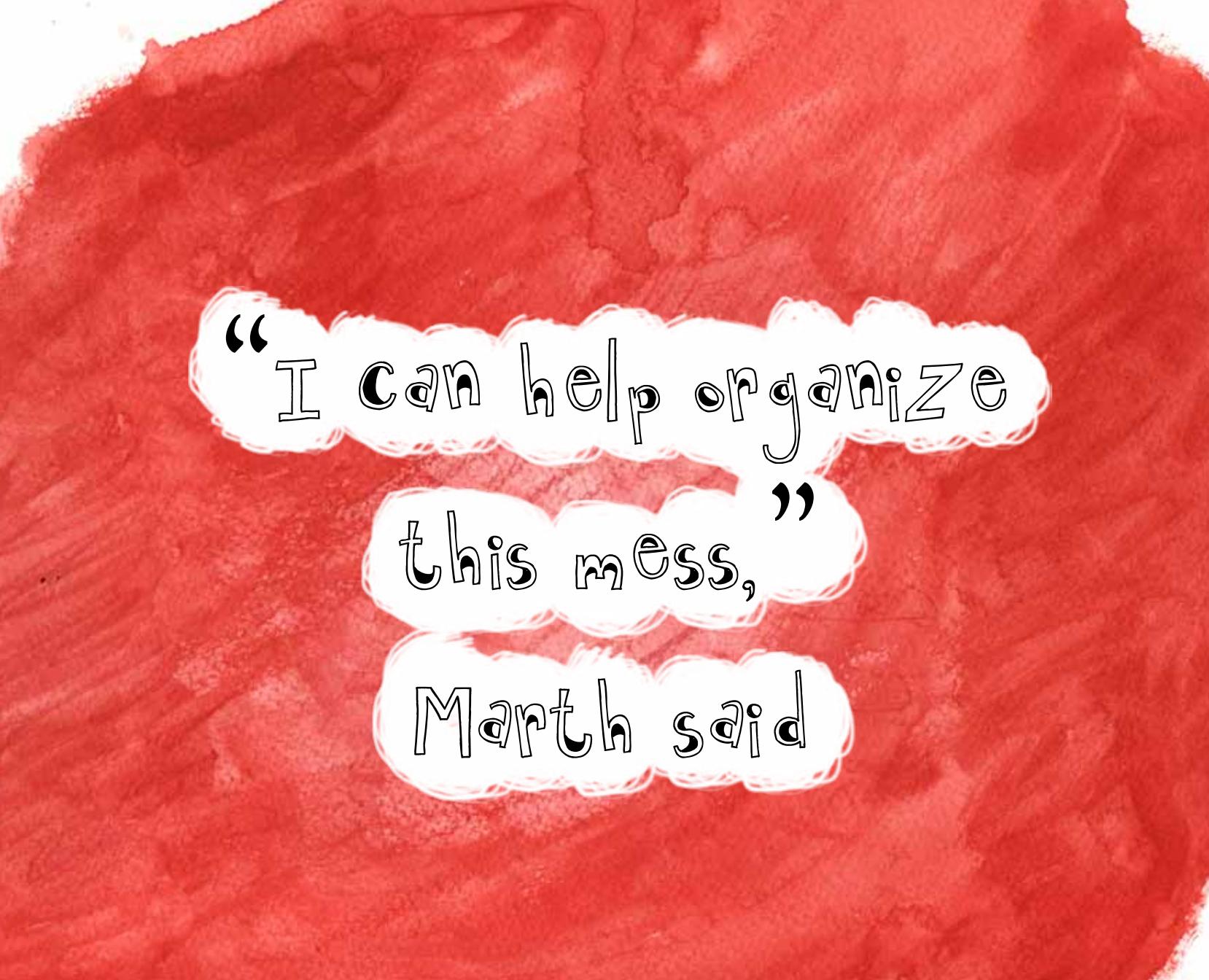
Marth walked out of his garden and saw FriZ and Arzee lying around. Marth asked, “What are you two doing?! ”



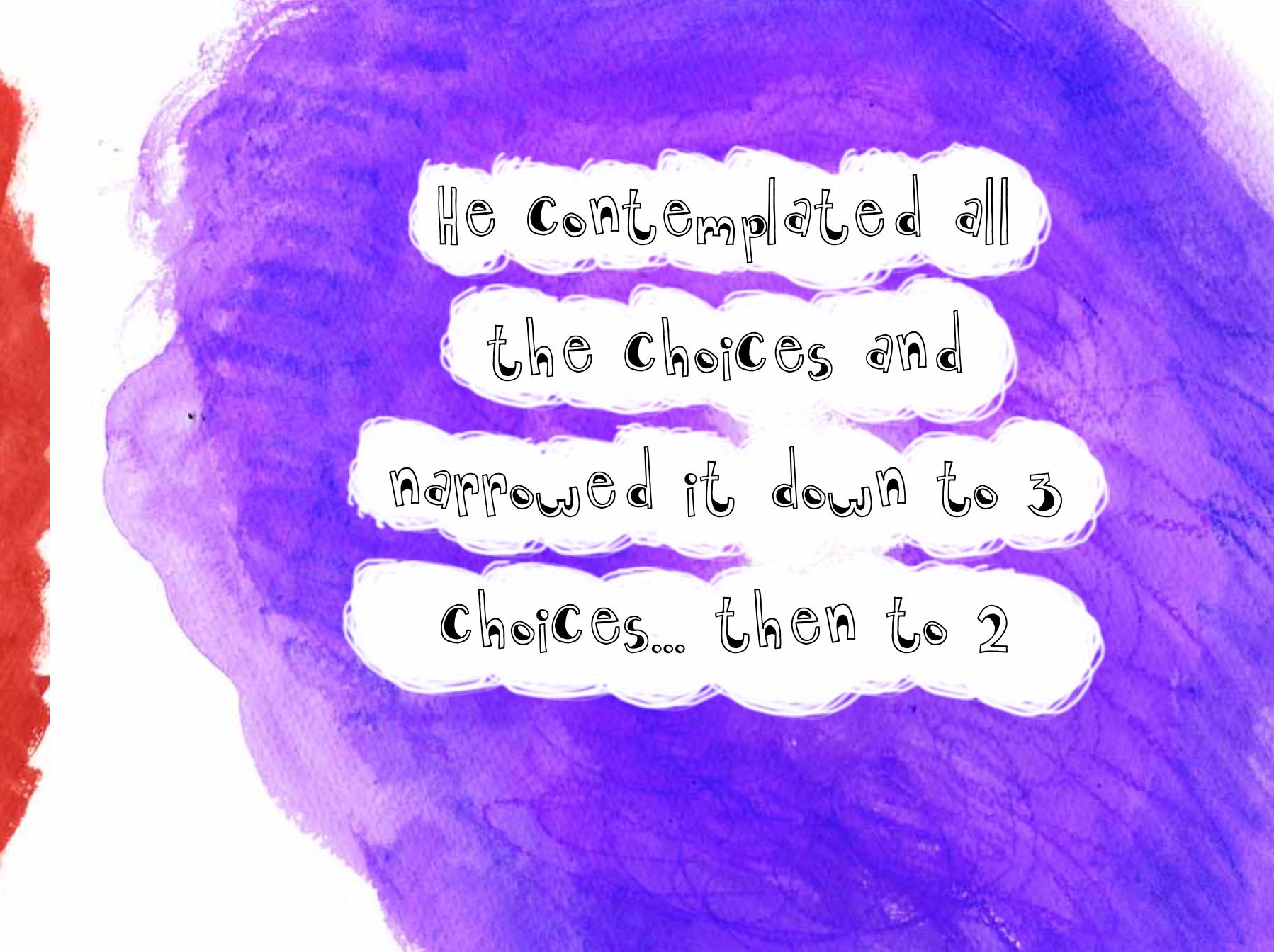
FriZ and Arzee replied, “We just have too many ideas floating around! We cannot even grasp them, can you help us?! ”

"Cool. I am The right  
monster." says Marth,  
"How can I help?"





“I can help organize  
this mess,”  
Marth said



He contemplated all  
the choices and  
narrowed it down to 3  
choices... then to 2

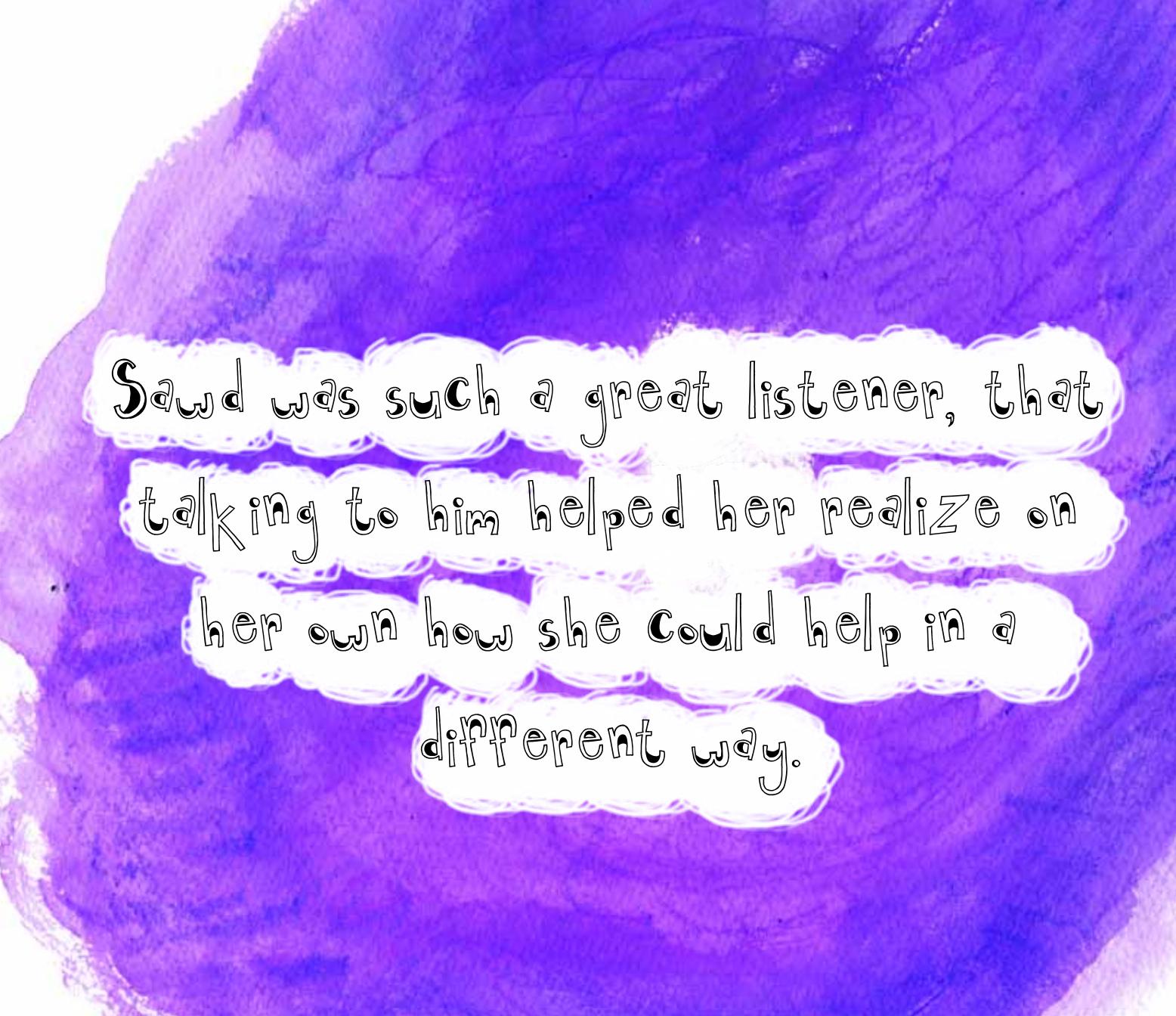
And... They all decided together  
that the number 1 choice was to  
live in a TREE HOUSE!

Finally, the plan was solid and  
everyone was excited!





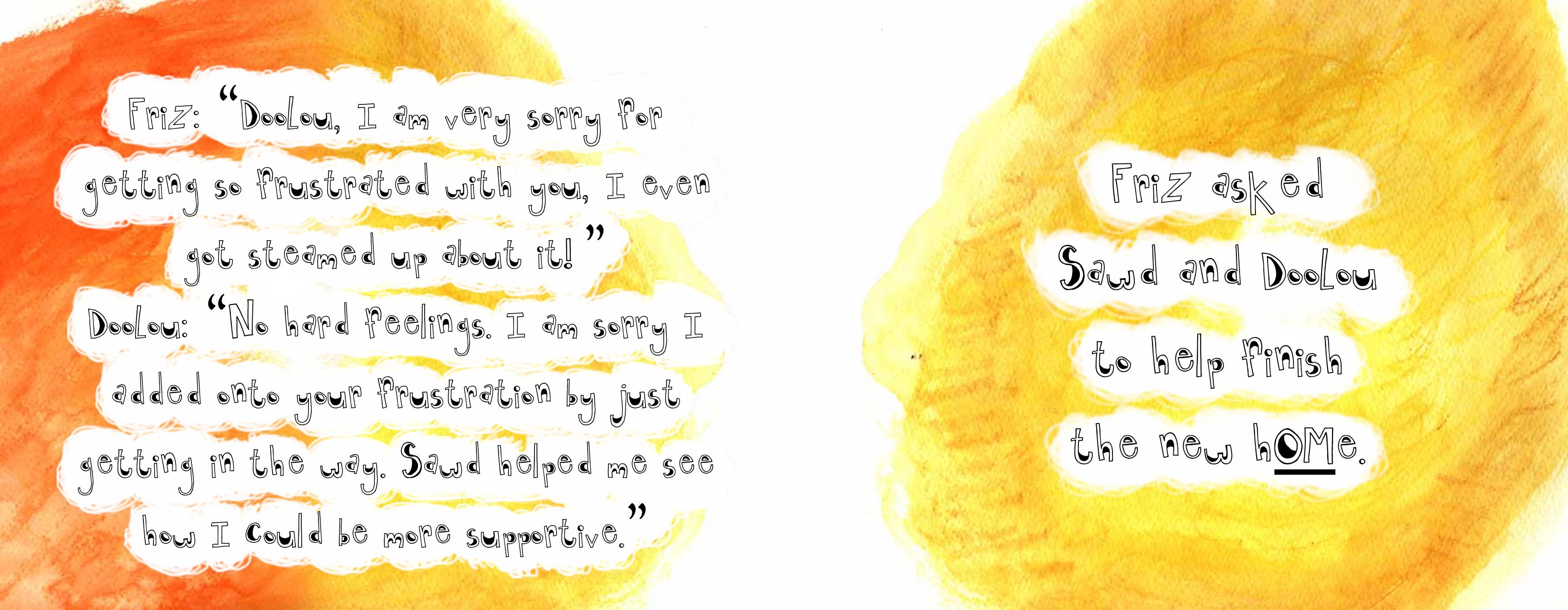
Meanwhile, Doolou went to Sawd to find clarity on what just happened between herself and Friz.



Sawd was such a great listener, that talking to him helped her realize on her own how she could help in a different way.

Clarity





Friz: “Doolou, I am very sorry for getting so frustrated with you, I even got steamed up about it!”

Doolou: “No hard feelings. I am sorry I added onto your frustration by just getting in the way. Sawd helped me see how I could be more supportive.”



Friz asked Sawd and Doolou to help finish the new home.



After all their hard  
work, their new hOME  
was complete. It was  
more than they even  
could have imagined!



That evening they cooked up a feast  
and ate together as a family for  
the first time. All things were  
perfectly aligned. They were  
excitedly awaiting the new  
adventures that were to come.

★ The beginning! ★



Ether - Blue (Sawd) - Space, Stillness, openness, emptiness, allowing, being, presence, sacredness, meditation, inspiration



Air - Green (Arzee) - lightness, quickness, playfulness, movement in all directions at once, agility, responsiveness, dryness, infinite possibilities



Fire - Yellow (Friz) - Heat, warmth, brightness, clarity, focus, action, exuberance, bursting forth, sun energy, vitality, setting things in motion, directed movement, power, intensity



Water - Orange (Doolou) - Flowing, merging, smoothness, nurturing, making connections, melting boundaries, timelessness, fullness, fertility, moon energy, rhythmic, cyclic, round, circular, endless



Earth - Red (Marth) - Dense, solid, organized, enduring, thick, heavy, strong, slow, patient, methodical, secure, thorough, grounded, practical, structure, manifestation, completion

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I want to dedicate this manifestation of this book to everyone that I have been in contact that has helped me with my path and that continues to do such things. I also dedicate this book to dreams, hopes, butterfly kisses, earth, life, Teachers, students, mothers, fathers, children, teenagers, and the universal community.

I want to thank all to have contribute to this wonderful gift for all. Here are some of them: Elisa Pavlet, Hunter Hancock, Jordan Cohen, Tracy McDonald, Polarity family, My relations, To my heart to yours.

To who helped me solidify the book:

Co-Illustrator: Hunter Hancock, creating beautiful imagery to the story. Toast to all the late nights and movie nights to get through it all.

Igor Brezhnev, The earthy human that has infinite possibilities, thoughts, and ideas. He is Igor bringing it all together this amazing creation.

Rob Craer! Who is able to convert this amazing project on to paper for everyone to see.

To everyone else that I have not mentioned that is and will continue to help the process.

Thank you.

# About the Author



Becca "Dang" Barbanell took the opportunity to integrate many different interests from her early years at art school, assisting at Montessori, performing with the didgeridoo, and practicing Polarity Therapy as well as Integrated Cranial. Her travels around the US and abroad put her in touch with many different cultures and languages. She continues to soar through the sky touching down to the earth to show her craft expression. Creating the children's book You Hold in Your Hands is a testament to Becca's desire to provide a different perspective, dimension and bring dreams to reality for old and young alike.



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