

# Verna the Volcano

Yoga Story Episode 7



## Verna the Volcano episode 7

Once upon a time in an ancient land there was a humble volcano named Verna. Verna was very shy, kept to herself and didn't like much attention. When all of the other volcanoes were erupting, she would lay low, hang out and keep to herself. Some of the other volcanoes would have competitions to see how much lava they could erupt and to see who's lava was hottest. Verna would just look up at the sky and watch the clouds float by, not interested in winning the hot lava contest. One beautiful day a small bird landed on top of her and started a conversation.

The bird asked Verna if she was a dormant volcano? Why wasn't she erupting like the others? Verna had never been asked this question before. Hmmm she said... I don't know. Let me think about it.

The next day the bird came back and Verna was excited to see her new friend. And ready to answer this big question.

"I think I'm scared." She said

"What are you scared of?"

Taking up space, causing a scene, being made fun of, trying something new.

But doesn't it ever feel uncomfortable to have all of that bubbling hot lava inside? Asked the bird.

Verna thought about it again and realized that the answer was yes.

She suddenly felt something she had been ignoring before, the red hot burning bubbling shaking and quaking feeling.

I think I am ready to erupt ...

Something shifted inside of Verna and she was no longer afraid, or worried about taking up space or what others may think...

And she counted backwards from 10 like a rocket ship taking off into outer space

**Here we go!** She told the bird who flew just high enough to be able to get a view from above.

10-9-8-7-6-5-4-3-2-1

For the first time Verna became an erupting volcano and all of the other volcanoes were amazed! They had never seen so much lava, and it was so hot and impressive and bubbly. It even caused an earthquake. It was like an applause of wonder from near and far.