

# KIAM

Journey with young Henry, age 10,  
as nature reveals to him the wisdom  
of Kiam, a way of life that leads to  
health and fulfillment.



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KIAM™

A Young Boy's Journey to Feeling Good

A Tale for Kids and Grown-Ups

By Bill E. Goldberg

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Catch the Current Publishing

*Dedication*

That all baby oaks grow up  
to be big, strong, glorious oak trees  
with branches that streak  
like lightning across the sky.

That all children, everywhere,  
grow up to be  
all that they can be.

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Once upon a time there was a little boy named Henry. He was ten years old and for much of his life he had been sick — a runny nose here, a cough there. He was not feeling good much of the time. How sad it was for Henry! Often he couldn't go to school and play outside with his friends. He'd see other children enjoying themselves and feel a yearning deep in his heart to be healthy and well. His family was very concerned about him. They had taken Henry to doctors and no one could figure out what was going on with him. Everyone was puzzled and frustrated about what to do.

One day when Henry had finally gotten over a long cold, his family decided to go camping. Henry, his older brother Ian, and his Mom and Dad all got in the car and drove into the mountains. When they arrived at the campground, they picked a wonderful campsite by a river. Everyone felt so good getting out of the city and being surrounded by the beauty of nature. They had arrived early in the day, so there

was plenty of time to do something fun.

They decided to take a raft down the river and this is where their real adventure began. It was a warm day and soon they were all in the raft enjoying gliding, coasting, and relaxing in the sun. A gentle breeze combined with the sun to make the temperature just right. As they cascaded down the river, they were refreshed by the clean air and water. Just looking at the deep blue water made them feel clean inside. Henry leaned back against the side of the raft and gently put his hand in the water. It felt so good he got on his knees, put both hands in the water, and washed his face in it. What a rush! He felt exhilarated!

About a half an hour went by and everyone was talking and sipping the cold drinks they had brought. They felt like they were in heaven, and they were. Dad, who was steering the raft, noticed that a little way down the river a smaller stream broke off to the right. He was curious to see where it went so he veered to the right and they were off on a new adventure.

This tributary was smaller than the river yet was lovely in its own way. It moved slower and was very relaxing. Dad noticed that on his left there was a big

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boulder. He maneuvered the raft and started going around the big rock. He encountered a large eddy where the water was swirling round and round, caught between the boulder and the bank of the stream. The water was no longer flowing freely there.

Once again, Henry leaned back against the side of the raft and put his hand in the water. He quickly yanked it out this time because it felt all slimy and yucky. It felt dirty, with decaying leaves in it. He said to himself, "I'd never want to wash my face in that water. It would make me sick." All of a sudden a light bulb went off in his head. He thought to himself, "The river water that is moving is clean and I was excited to wash my face in it, yet this blocked water that isn't moving feels dirty and would make me sick." Then he thought, "I get sick a lot." "Click, click, click!" he heard inside his head. "Flowing... clean. Blocked... dirty." Henry felt that the river was speaking to him. He now was listening intently.

And then from the depths of the river he heard, "The key to being healthy is to **Keep It All Moving.**" "Kiam, Kiam, Kiam" he heard the river repeat. Henry loved the sound of the word "Kiam." It was short and sweet sounding to his ears.

Then a big question came into his mind. How do I

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keep things moving in my life? What does the river mean by Kiam? So Henry asked the river, “How do you do this? How do you keep things moving?” The river quickly answered saying, “If you listen really carefully and pay attention to nature, to the mountains, the birds, to all of nature’s creatures and surroundings, they each will teach you a lesson about Kiam. Nature will teach you how to live in a way that works.” The river said that if he *asked a question* to the mountain or birds, they might give him an answer if he could learn to speak their language. This idea made Henry feel very excited. He felt like he had a new friend in the river.





**Bill E. Goldberg** is a licensed Marriage and Family Therapist who shares here, for children and adults, the essence of the life philosophy he developed over twenty years as a counselor and teacher. He has written extensively and his communications CD, *Protecting the Diamond* has been endorsed by *New York Times* best-selling authors, **John Bradshaw** (*Homecoming*) and **Dr. Thomas Gordon** (*Parent Effectiveness Training, P.E.T.*).

Bill is a great admirer of the creative process. Writing, dancing, and dwelling in nature are some of the ways he appreciates this process.

He has dedicated much of his career to children, helping them grow up more easily realizing their potential.

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