

## **The Night Katie Learned to Fly**

*Understanding One Person Makes a Difference*

When Katie woke up in the middle of the night,  
she was also in the middle of a dream.

Katie was dreaming a vivid dream.

In her dream, Katie could see herself  
as she flew in the night sky.

She flew on a Great Blue Heron.  
She flew up over the housetops,  
up over the telephone poles,  
above the clouds and into the stars.

As she was flying, she felt free and  
and surer of herself than ever before,  
like she could do anything and  
fly above whatever may hold her back.

Katie flew from one star to the next until  
she came to one that looked just like her.

This star was so bright and beautiful. She knew  
the star was meant for her.

The heron stopped flying for a moment  
and Katie stared at the star.  
It was like looking in the mirror!  
Katie saw her own reflection,  
her own face, in the star.

Then, the star spoke and said to Katie,  
“There’s something I want you to know.”

Before the star could say more,  
the heron began flapping  
its wings again.  
Katie somersaulted off,  
stretched out her arms,  
and started flying!

The heron flew next to Katie until  
she could fly on her own.

Katie looked below as she flew,  
and her neighborhood as she knew it,  
had disappeared.

She looked down at her world,  
and there were no lines  
dividing one street from the other,  
or one neighborhood from the other,  
or one city from another,  
or one nation from another.  
She saw the whole world without border lines.  
She saw the whole world as ONE.

Katie flew back to the star that looked like her  
and asked,  
“What do you want me to know?”

The star replied,  
“The light that is shining in me is also in you.  
You are a bright star,  
go shine your light in the world.  
Your light and life make a difference.

You can do whatever you can dream  
and if anyone tells you that you can’t,  
then remember when you left  
the heron’s back and began flying  
on your own.

You can fly, Katie.”

Katie listened well  
so that she could remember what her star said.  
She thanked the star and then flew away.

She flew from star to star,  
down through the clouds,  
until she could see the tippy tops  
of the telephone poles,  
and the rooftops of houses  
in her neighborhood.

She flew back to bed, into her warm,  
cozy covers and fell back asleep.  
The next morning when she woke up,  
she rubbed her eyes, sat up in bed,  
and said, “Mom, I can fly!”

“I can fly so high that I can touch the stars.  
And there is a star that looks just like me.

When I’m flying, I feel as if I can do anything.  
I know I can do whatever I can dream.  
When I see my face in the star,  
I know that my life is important and  
I have a light inside me that shines.

I think there is a star for everyone.  
There is starlight in each of us.  
I know that each of us is important and unique.  
Our light and our lives are meant to shine as bright as stars.”

Katie’s mom asked, “What do you want to do,  
knowing that your life is meant to shine?  
And that ONE person can make a difference  
in this big and wondrous world?”

Katie was quiet. She was quiet for a very long time.

And then she said,  
“If I can make a difference, then all of us together  
can make an even bigger difference.  
This is what I want everyone, everywhere to know.  
And I will tell them.”

When we understand this,  
then we KNOW *The Spirit of One Heart*.

(Names of famous people written as backdrop)