



Vegan Mini-Story Lesson

Hi. This is AJ. Welcome to the mini-story for “Vegan.”

Let’s get started.

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Pam the panda needed to quit smoking.

Who needed to quit smoking?

Pam, Pam the panda needed to quit smoking.

What was Pam?

Pam was a panda bear.

Was she a dog or was she a panda bear?

She was a panda bear. Pam was a panda bear.

What was her problem?

Well, she needed to quit smoking. She wanted to quit smoking.

First Pam went to China. She decided she wanted to turn over a new leaf.

Did Pam want to make a positive change or a negative change?

Well, she wanted to make a positive change. She wanted to turn over a new leaf. Pam wanted to turn over a new leaf.

She wanted to turn over a new what?

Leaf, she wanted to turn over a new leaf.

How did she want to turn over a new leaf?

Well, by quitting smoking. She wanted to turn over a new leaf by quitting smoking. She wanted to make a positive change by quitting smoking.



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Who wanted to turn over a new leaf?

Pam the panda, Pam the panda wanted to turn over a new leaf.

Did she want to turn over a new car?

No, no, no, leaf. Pam the panda wanted to turn over a new leaf.

She was smoking 780 cigarettes a day.

Seven hundred and eighty cigarettes a day.

How many cigarettes was Pam smoking every day?

Seven hundred and eighty, she was smoking 780 cigarettes every day.

Who was smoking 780 cigarettes every day?

Pam.

Pam the what?

Panda, Pam the panda was smoking 780 cigarettes every day. And she wanted to turn over a new leaf, she wanted to change.

So first she tried to quit cold turkey.

Did she try to gradually change or did she try to quit totally and suddenly?

Totally and suddenly, she tried to change totally and suddenly. She tried to quit cold turkey.

Who tried to quit cold turkey?

Pam the panda, Pam the panda tried to quit cold turkey. She tried to quit suddenly and totally.

What did she try to quit cold turkey?



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Cigarettes, she tried to quit cigarettes cold turkey.

Did she try to quit eating meat cold turkey?

No, no, no, not meat.

Did she try to quit smoking cold turkey? Did she try to quit gradually or did she try to quit cold turkey?

Well, she tried to quit cold turkey. She tried to quit suddenly and totally.

But she failed. She continued to smoke. Next Pam the panda went to Bangkok, Thailand. She went to a Buddhist temple.

Did she go to a Hindu temple?

No, she didn't go to a Hindu temple.

Did she go to a Christian church?

No, she didn't go to a Christian church.

Did she go to a Muslim mosque?

No, she did not go to a mosque.

Where did she go?

She went to a Buddhist temple.

What kind of temple did she go to?

She went to a Buddhist temple.

Where was the Buddhist temple?

Bangkok, Thailand. The Buddhist temple was in Bangkok, Thailand.

Why did she go to a Buddhist temple in Bangkok, Thailand?



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Well, to get help. She went to a Buddhist temple in Bangkok, Thailand to get help quitting smoking.

She saw a monk at the temple. She said to the monk “Help me. I’m over my head. I can’t quit by myself.”

Was she over her head?

Yes, she was. She was over her head.

Was she in a situation that was too difficult?

Yes, her situation was too difficult for her.

What situation was too difficult?

Well, quitting smoking, the situation of trying to quit smoking. It was too difficult. She was over her head.

Was she over her head with quitting smoking?

Yes, she was. She was over her head with quitting smoking.

What was she over her head with?

Quitting smoking, she was over her head with quitting smoking.

Who was over her head?

Pam, Pam was over her head with quitting smoking. She needed help. It was too difficult for her by herself. She said to the monk “I’m over my head. I can’t quit by myself.”

The monk said, “Meditate 12 hours a day for 30 days.”

How many hours must she meditate?

Twelve, according to the monk she should have meditated for 12 hours a day. He wanted her to meditate 12 hours a day.

For how many days?



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Thirty, for 30 days. The monk wanted her to meditate 12 hours a day for 30 days.

Who wanted Pam to meditate?

The monk, the Buddhist monk.

Did Pam want to meditate 12 hours a day for 30 days?

Oh, no, no, no, no, no.

Pam was lazy. Pam didn't want to meditate 12 hours a day for 30 days. In fact, she quit after only 2 minutes and 43 seconds.

How long did Pam meditate?

She only meditated 2 minutes and 43 seconds.

Who only meditated for 2 minutes and 43 seconds?

Pam, Pam the panda only meditated for 2 minutes and 43 seconds and then she quit.

Did Pam quit meditating after only 2 minutes and 52 seconds?

No, no, no, no, no. She quit after only 2 minutes and 43 seconds.

And then she started to smoke again.

Oh no.

She smoked and she smoked and she smoked more. Finally she decided to go to Japan. Pam went to Japan to see Yoda. She said to Yoda, "I need help. Now I smoke 1,800 cigarettes a day."

How many cigarettes did she smoke every day?

Eighteen hundred, one thousand eight hundred. She smoked 1,800 cigarettes a day.



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Did she smoke 1,900 cigarettes a day or 1,800 cigarettes a day?

Eighteen hundred, she smoked 1,800 cigarettes a day.

Yoda said, “Oh, that’s a lot. But I’ll give it a shot.”

Did Yoda say he would try to help her?

Yes, he did. He said, “I’ll give it a shot.” I will try.

How would he give it a shot?

Well, he would try by helping her, by trying to help her. He would give it a shot by trying to help her.

Was he going to try, yes or no?

Yes, he was going to try. He was going to give it a shot.

Give what a shot?

Helping her, he was going to give helping her a shot. Going to try helping her.

So he told her, “Please smoke.” And Pam began to smoke. When she was smoking Yoda smacked her on the head. Pam started to cry. “Why did you hit me?” Yoda said, “Smoke more.” So Pam started to smoke again. Yoda smacked her on the head again.

Did Yoda hit Pam?

Yes, Yoda hit Pam. He smacked Pam.

When did Yoda hit Pam?

When she was smoking, he hit Pam when she was smoking.

He hit Pam every time when she smoked.

Did he hit her sometimes when she smoked or did he hit her every time when she smoked?



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He hit her every time when she smoked.

Who hit her every time when she smoked?

Yoda, Yoda hit her every time when she smoked.

Yoda hit who?

Pam, Yoda hit Pam every time when she smoked.

Her head began to hurt. “Oh, I have a headache,” she said. She felt sick. Finally she decided, “No more, I will not smoke again.” Pam finally quit smoking.

Did she finally quit smoking?

Yes, she did. Pam finally quit smoking.

Who finally quit smoking?

Pam the panda bear. Pam the panda finally quit smoking.

She became healthy and happy.

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Okay, that is the end of the mini-story for “Vegan.” As always, please listen to this story many, many times. Listen to it every day. Listen to it for at least seven days. More is better.

Okay, I will see you next time. Bye bye.