



It  
takes  
only  
one

MJ HARDEN



Come.  
Take this magical journey with us.  
Around the world,  
throughout Earth's cultures,  
explore universal legends and truths.

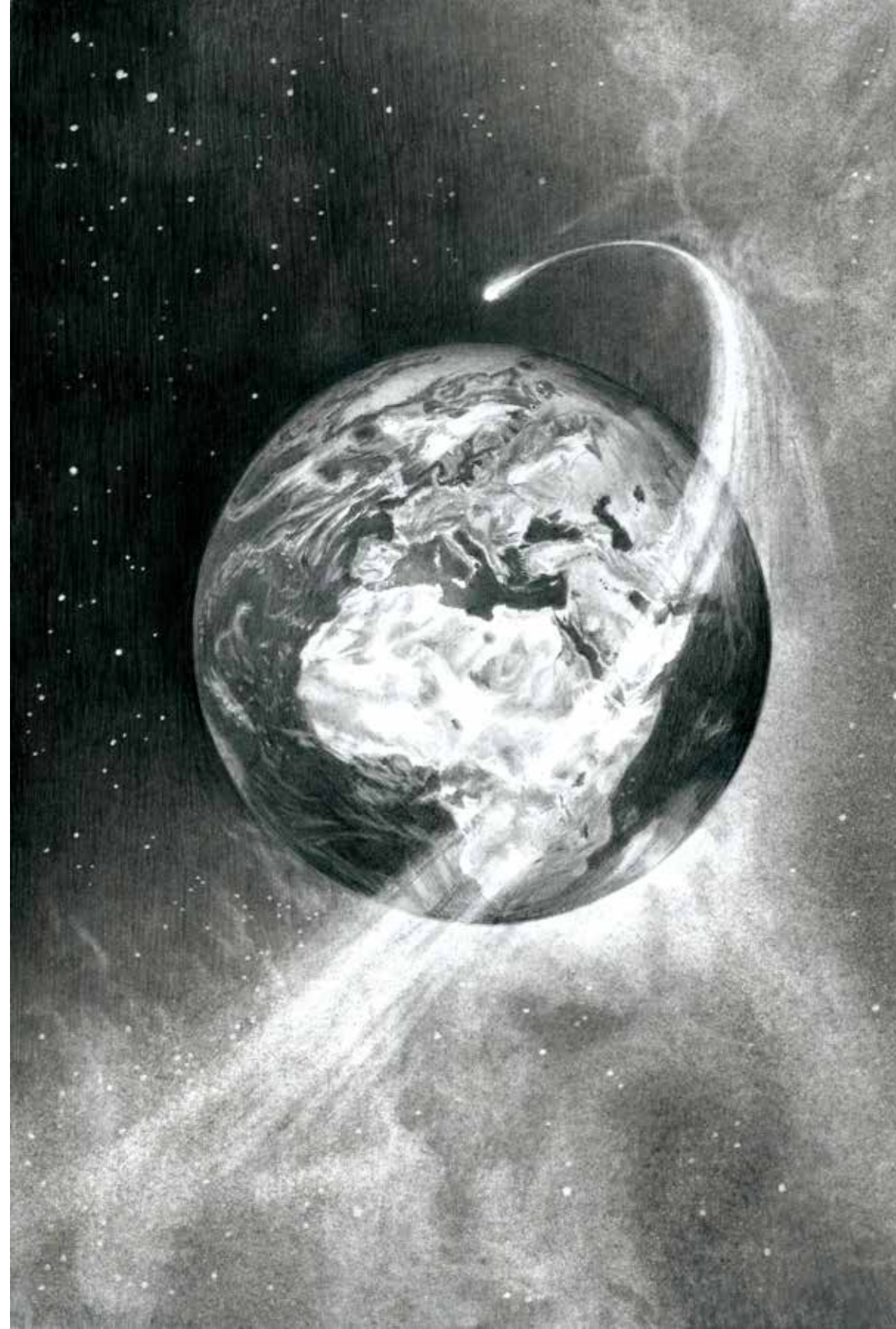
Connect again with your childhood champions  
as they reveal deeper roles they play.

**Relearn & remember & revel in:**

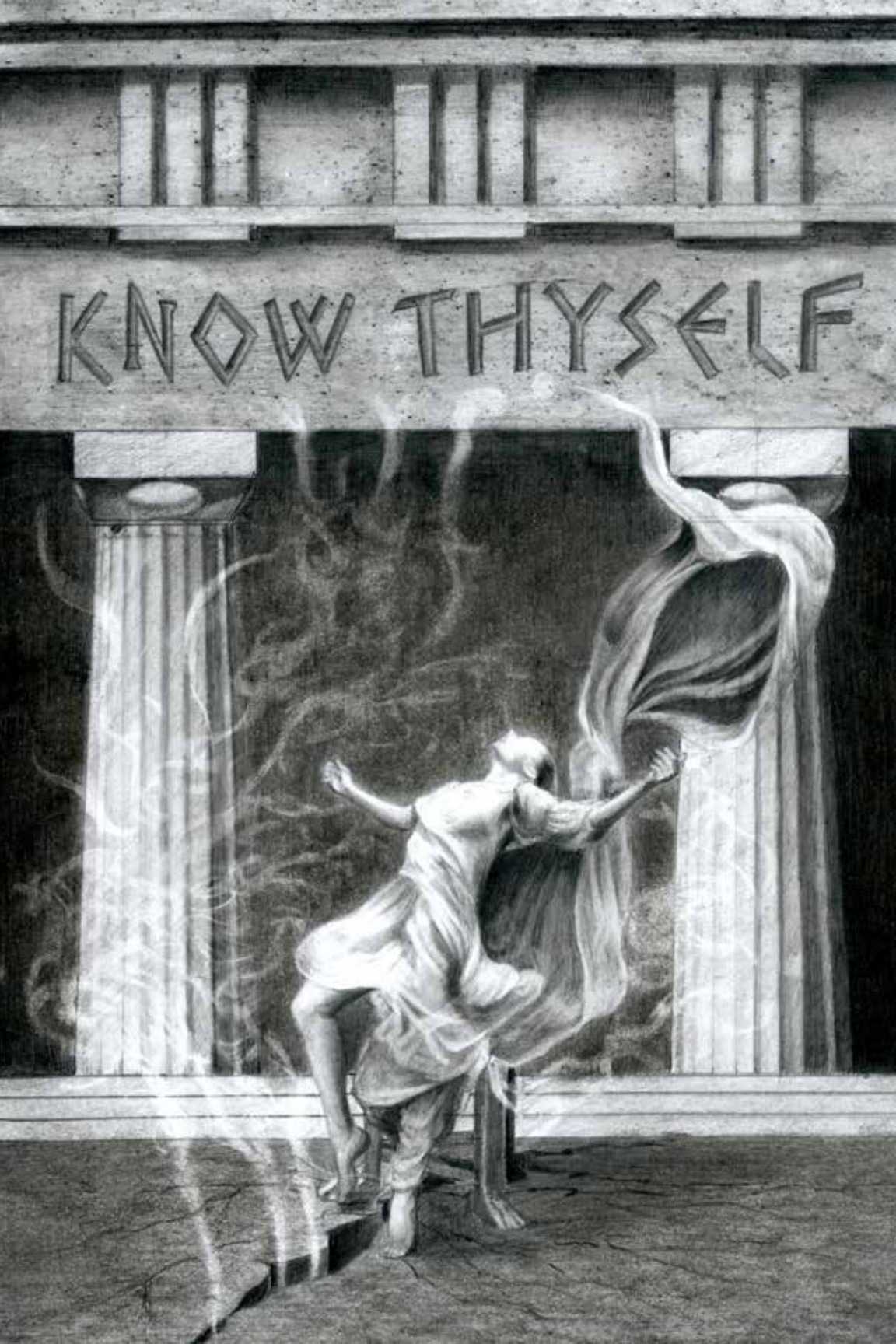
*global philosophies*  
*inspirational themes*  
*visionary ideas*  
*universal symbolism*  
*cultural ideals*  
*world mythology*  
*messages from the gods*

This is a glimpse into the fun, funny and profound world of

***It Takes Only One.***







time  
DIMENSIONS  
cultures  
IDEAS  
old  
new  
unknown  
KNOWN  
SHADOWS  
LIGHT  
secrets  
SYMBOLS  
MYSTERIES  
MYTHS  
magic  
BEAUTY

The Redwood Trees

**Huck Finn**

Mesoamerican God **Quetzalcoatl**

*African Elephants*

Dorothy of Oz

Archangel Michael

*Indian Hindu God* Hanuman

**Alice** *in Wonderland*

**Mad Hatter**

King Arthur's **Fisher King**

Chinese Goddess **Quan Yin**

**Raven & Coyote**, *the Trickster Gods*

*Hawaiian Volcano Goddess* **Pele**

Scottish Witches **Gellis & Isobel**

*The Tree of Life in the Sea of the World*

**Orangutan** of Borneo

*Persia's* **Simorgh**

**Phoenix** & Dragon

**Sun Hou-tzu** *the Chinese Monkey God*

*Britain's Wizard* **Merlin**

**Gilgamesh** *of Mesopotamia*

Nigeria's Earth Mother Goddess **Ala**

**Cheshire Cat** *and Caterpillar*

(and more)

## OUR CHARACTERS

*mythological*  
*symbolic*  
*literary*  
*cultural*

***It Takes Only One*** is a book of inspiration and adventure told by some of the world's most beloved characters. All of these characters share life's lessons with our main character, Baby Blue, a little spirit on a wisdom-seeking journey.



# Contents

Introduction: Explanation for this odd little book.

1: Oh my! I'm blue.

*Lift off from home.*

2: Dorothy is Us. Oz is within.

*No One from Nowhere*

3: A lifetime of you-isms to learn from the blue.

*Ala, Igbo Nigerian Earth Mother*

4: Fly High. The World awaits.

*Archangel Michael*

5: Wounds and Wonders

*Fisher King and Kingfisher*

6: Whoooo are you? Reality? Illusion? Truth?

*Alice and the Wonderland Characters*

7: Proceed North, up to doing no good.

*The Tricksters: Huckleberry Finn, Raven and Coyote*

8: Shine your heart through a true face.

*Quetzalcoatl, Plumed Serpent God  
Ceiba, the Mayan Tree of Life*

9: Outgrow your story, and let it be let it be.

*California's Redwoods*

10: Pay heed to your darkness and shadow.

*Scottish Witches  
Moon Goddesses of the World*

11: Live large through wisdom and intuition.

*African Elephants*

12: Be open and the answers will come.

*Pele, Hawaiian Volcano Goddess*

13: The world is full of umpteen many funs.

*Orangutan, Ape of Borneo*

14: Yes, I trust. I know I must.

*Sun Hou-tzu and Hanuman  
(Chinese and Indian Monkey Gods)*

15: Be strong, but hollow.

*Yoshino, Japanese Mountain Sage*

16: Light your path from within.

*Quan Yin, Chinese Goddess of Mercy  
Kylin, Dragon, Tortoise, Phoenix  
(China's Four Auspicious Creatures)*

17: Vanquish death playing your role for the whole.

*Gilgamesh of Mesopotamia*

18: Pay attention to clues and answers long told.

*Persia's Simorgh*

19: Know thyself: the hero's path of excellence.

*Greek Oracle at Delphi*

20: Two words will take you there.

*Wizard Merlin in the Labyrinth*

Last Chapter: The return.

*Journey ends as life begins again.*



# INSPIRING QUOTES & LIFE LESSONS

Relinquish the story of **i, me, mine, myself**.

Dim down the neon-flashing ego so you can see the small small candle burning within.

~~ Merlin the Wizard

*Too few know who they are, and, that their own journey makes a difference in the world. If you are yourself, from the core of your being, you will complete the world as only you can.*

~~ Hanuman, Hindu Indian God

You need the truth. Truth, so simple, yet covered with masks and roles and stories and excuses and defenses. It's exhausting. But truth is not. Dig, dig, dig until you get down to the absolute root. To the truth. It will be diamond bright and will keep your path always light.

~~ Greek Oracle at Delphi

*It's a long journey  
you have to find  
the answer to self.*

~~ Archangel Michael

On the mountain  
I become the mountain.

*Be strong on the outside  
and hollow on the inside.  
Just like bamboo itself.*

~~ Yoshino of Japan

*The question remains:  
Can humans  
open their hearts  
and thus save  
themselves?  
The heart must  
shine through a  
true face.*

~~ Quetzalcoatl  
Mesoamerican Serpent God



It's merely a simple tea party. It's life as reflected in the ritual of tea.

~~ Cheshire Cat

*You are young yet.  
You do not realize that  
most beings are multi  
layered. Each layer  
is a role, each role a  
game, each game a  
part of what we think is  
expected in the world  
that we live in. Larger  
and larger our layers  
grow until the core of  
who we are is deeply  
hidden.*

~~ Quan Yin  
Chinese Goddess of Mercy



*Let's not talk of wounds. Let's talk of wonders.*

~~ Fisher King of King Arthur's Court

White Buffalo Cow Woman brought the Sacred Pipe to my people. She put her mind into our minds and taught us to walk like living prayer. The pipe was lit from fire without end and passed from generation to generation. When the pipe no longer passes, when her ways are forgotten, prophecies say she'll reappear. And then it's over.

~~ American Indian No Name

*You want to be a hero?*

*Then be excellent. That's what it takes. Excellence.*

~~ Greek Oracle at Delphi

**You can't be clear with the burden of fear.**

~~ Sun Hou-tzu, Chinese Monkey God

*Life can be lived as a metaphor with symbols guiding you along your way.*

~~ Big Red, the Redwood Tree



## THEMES & PHILOSOPHIES

***It Takes Only One*** to save the world as only ***you*** can.

Your journey makes a difference.

Surrender. Let go. Let it be let it be.

Wake up to who you are. Never resist your own uniqueness.

March to your own drum and walk like living prayer.

It is a journey to find yourself.

Perfect yourself as you create yourself.

Too few know who they are.

Multi layers, multi roles keep hidden the core of who we are.

Know thyself. Just be, don't try. Trying is trying.

Follow your heart. And follow your gut.

Stay open and the answer comes.

Light your path from within.

Like bamboo, be strong on the outside, hollow on the inside.

True knowing is not about thinking.

Outgrow your story and no longer be a story. Just be.

Prevail over dark serpent nature by taking step after step higher and higher.

Deal with your shadow in order to evolve.

Arise wiser from the ashes of your shadowy self.

Death and rebirth from sin to godliness.

Forgive to retain your strength.

The heart must shine through a true face.

Excellence is the hero's path.

Signs and symbols point the way. Pay attention to signs from nature.

Look for the sacred in nature.

Flow like the waxing and waning of the moon. Honor the cycles.

Miracles are omnipresent.

The next chapter begins when you're ready.

It takes only one.

*You are a you you you you.  
You've got a lifetime of you-isms to learn from the blue.*

~~ Nigerian Earth Mother Ala



## Introduction

Explanation for this odd little book

I have always been a writer in a "straight" journalistic mode (magazines, newspapers, articles, brochures, reporting, editing). I have a couple of journalism degrees, and for me, writing is craft plus talent. And it's a job.

How then did a "normal" writer come up with this bizarrely different book? Definitely not a job. More like a mission. How did this happen?

Magic. I would have to say magic.

We've been told for centuries "to ask and you shall receive," and so I followed that advice. I've written everything from a documentary to a birthday card, but, I wondered, is there a reason I have this propensity to write? And so I asked. Out loud, twice a day, morning and evening, for three days. It wasn't a prayer, it wasn't a demand, it was a simple request: "Tell me what you want and I will do it." On the third day the process of knowing began. Or, rather, the process of surprising myself.

I walked into Maui's Haleakalā Crater to clear my mind and allow the message to come through. Haleakalā is quiet and expansive, a massive place for inspiration. By the time I hiked to the volcano's floor, a 3,000-foot descent, I had it. But boy, was I surprised by it: a diapered, blue baby who exhibits no gender, no nationality, no normal skin color, no particular culture. And Baby Blue is on a journey across the globe to meet mythological, legendary, cultural and fun characters who all impart wisdom as Baby passes through. You'll notice I'm avoiding the "him" or "her" pronouns because Baby Blue needs to be an "Everyman" character, someone who can represent all of us questioning, wondering, wandering souls.

The stories came to me in starts 'n stops, spurts 'n dribbles over 20-some years. I don't even remember exactly when I began. ITOO (It Takes Only One) was in no hurry to be written. When they did visit me, my muses expressed best in nature, particularly redwood forests and Haleakalā Crater. I was often startled by the very sentences I wrote down. I'd sit on a tree stump or a volcanic boulder and suddenly write in Lewis Carroll's voice for my "Alice" chapter, or the Arthurian character Fisher King would speak in my head in the crazy cadence of American comic Robin Williams, or, drifting in on his raft, Huckleberry Finn had me write in a similar manner to Mark Twain. It was a fun journey.

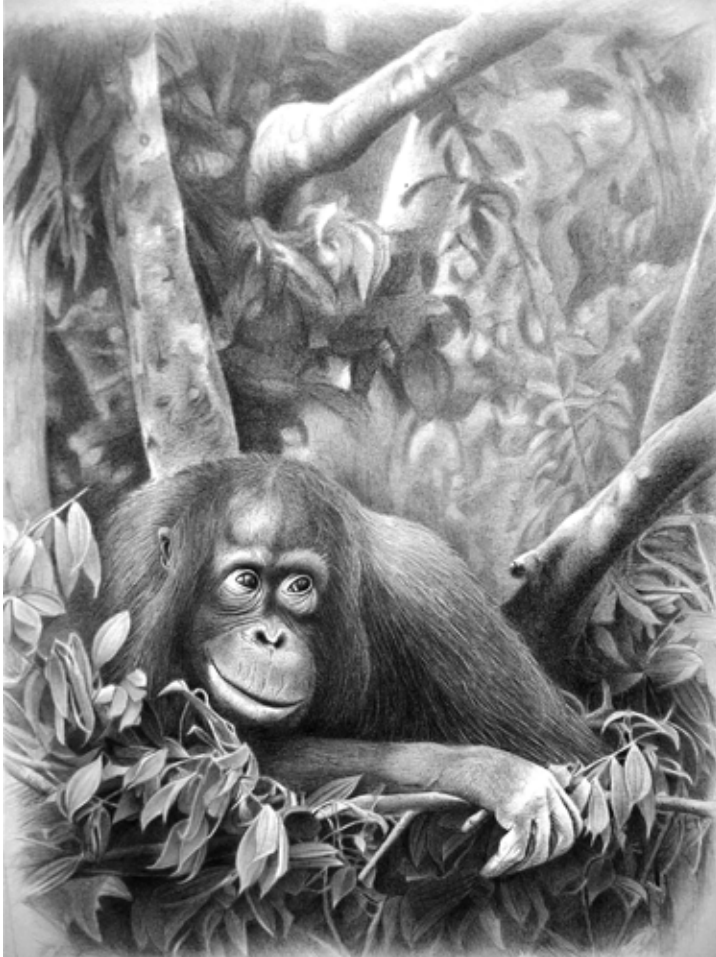
A year or so would go by with no writing done on ITOO, and then suddenly Gilgamesh had to have his say. The Oracle at Delphi was in a manic rage to make her points, and that certainly shocked me, while Archangel Michael, as you can imagine, had patient and kind advice. Persia's Simorgh, Britain's Merlin, Quetzalcoatl and the Mayan Ceiba, Hawaii's Pele and a Japanese mountain . . . just read the Table of Contents to see what an adventurous odyssey this has been. The characters, their stories and their advice, came through me in willful and peculiar ways, and, no doubt, that's because they seemed to write their own stories.

*~~ mj harden*





## Amazon Customer Book Reviews



The best book I've read in years!

— *Danielle Miller*

A fabulous journey . . . destined to be a classic.

-- *Ronaia*

It's fun, it's funny, it's educational and loaded with wisdom.

-- *DW*

Pure delight on so many levels, from profound to hilarious.

The brilliant writing draws you in.

-- *Laila Tarbah*

A thought-provoking and intensely insightful read.

It is beautifully written, the prose almost sings to you.

— *Real Laplaine*

This is a book you will choose to keep by your reading chair for years.

— *Susan*

This brilliant and whimsical adventure story is one of a kind.

It's so imaginative, pure creativity.

— *Karen La Puma*

A beautiful reminder that wise teachings are found in all cultures.

— *Della*

A whimsical, visual reminder of tidbits of wisdom  
from the greatest tomes and philosophies of humanity.

— *A. James*

A delightfully creative journey:

as if a modern Lewis Carroll falls into a cosmic vortex of sage irony.

— *E. Paul Mobley, MD*

I can't wait to read it again and go deeper  
into the world it has opened up!

— *Arica Sobel*

To read all the web reviews, go to: <http://tiny.cc/ITOO>

## BIG RED the Redwood Tree

*You need to wake up. It might as well be now. Let go of any story you've been mildewing in your cocoon and fly with your birthright on the wings of righteousness.*

## ARCHANGEL MICHAEL

*Explore cultures and ideas, both old and new, the known and unknown, shadows and light. Secrets, symbols, mysteries, myths, magic, beauty. Fly high young human, the world awaits.*

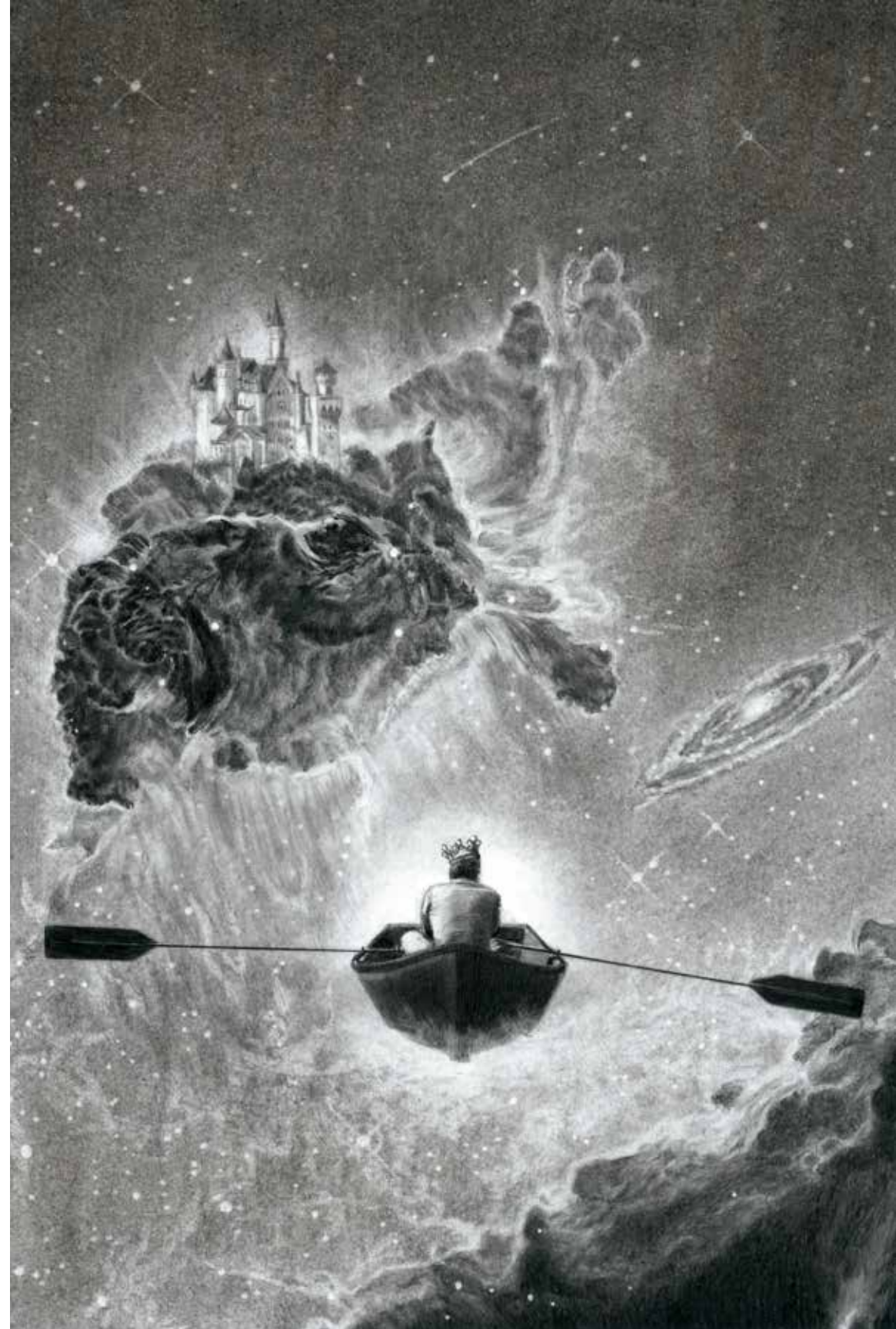
## ISOBEL, Scottish Witch of the 1600s

*T'is yer life to forge. We're all miracles and magic and symbols and synchronicity. Locked inside, ye must only find the key.*

## WIZARD MERLIN of King Arthur's Court

*I command you with my magical Medieval powers to become who you truly are. Go forth and become yourself.*

*Stay straight your course.  
Keep rowing.  
And keep the Grail Castle in sight.*





Buy  
either the print book or ebook  
online at <http://tiny.cc/ITOO>

*It Takes Only One* is an allegorical tale of a young spirit, a baby with no name, no gender, no obvious race, no particular nationality—just humanity—a literary “Everyman” on a hero’s journey into self knowledge. Our Baby Blue is a clear and empty slate who meets characters beloved the world over who teach Baby that “It Takes Only One” to do the job you are born to do.

This adventure into truth and wisdom becomes an odyssey of discovery: how to save the world (and yourself) as only you can.

*Author mj harden*, who lives on Maui, also wrote *Voices of Wisdom Hawaiian Elders Speak*, called a “brilliant book of interviews” (by *The Maui News*) of top cultural leaders, all well-known experts in their fields.