

Book #1
Education in Love series



The Poofy Family

Trouble with Anger

By Diane Stanley

Although this book is based on Divine Truth teachings, it is a reflection of my current understanding and soul condition.

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The Poofy's live in a cozy home in a field of bamboo shoots in the town of Hillsdale but they are in trouble.

They are a family of red pandas with a Papa, Mama, two sons and a daughter and because their last name is Poofy sometimes the younger son, Bailey, gets picked on by a boy at school when he yells "There goes a Poofy, Poofy, Poofy! He is such a Poofy sissy!"

But that is not the trouble this story is about.¹

The trouble this story is about is what happens at the Poofy's home.

You see, the Poofy's want to love each other. But as hard as they try, they get angry and yell and are moody and talk meanly to each other. They are impatient, and blame each other for how upset they get.

They want it all to change but they don't know how.

Sometimes Papa Poofy wakes up angry and yells at the children. "Stop all that noise and get a move on! Get ready for school! The bus will be here soon!"

And the children are angry and ignore him and don't get ready.

And then Mama Poofy gets angry with Papa Poofy for yelling and with the children for not getting ready. So then angry Mama Poofy grumbles as she helps them brush their fur, make their beds, get their lunch and backpack ready.

And with everyone angry, out the door the children go just as the bus pulls up.

But then one Saturday morning, Ivy the youngest of the three, had enough. Papa woke up in a bad mood and then Mama got in a bad mood and then her brothers started fighting.

Ivy went to the river and sat on her favorite rock with her eyes closed as the bright sun warmed her fur. Her lip quivered. Her eyes watered. And her stomach began to hurt.

Her parents didn't believe in God so she wasn't sure if she did either. But for just a moment as she enjoyed the warmth of the sun, she felt there *had* to be a God. It seemed impossible that there wasn't so she cried, "Please help me."

And then days went by and then weeks went by and she forgot all about her prayer until the day she heard Tony talking.

¹ Stay tuned for book #3 titled 'The Poofy Family Trouble with Not Speaking Up' It will be available free at www.educationinlove.com

It was a Saturday when she decided to take a walk down a path she had never been down before. She heard voices up ahead and as she got closer, she saw a small cabin with a sheep and two red Pandas sitting on the front porch.

Mr. Muscle talked loudly as his son, Petey, and the sheep listened. “Are you saying that Petey can do no wrong?”

Ivy stopped walking and listened.

The sheep replied, “No, not at all. I’m saying that whenever he does ‘do wrong’, as you put it – that doesn’t give you permission to be angry and mean.”

“But how can I not be angry when he doesn’t do what I tell him! He makes messes and doesn’t clean up. He eats like a piglet and gets food all over the place. He doesn’t wash himself and his underarm fur pits stink – and I could go on and on!”

Tony explained, “You told me you want to learn about love and projecting anger is not loving. You’re blaming someone else for how you feel rather than take responsibility for how you feel. You’re involving someone else in your pain.² You think projecting anger is a good tool to help you feel powerful and in control but it’s a very unloving thing to do.”³

Ivy knew Petey from school and it was true that he ate like a piglet. And it was true that he did sometimes smell bad. And it was true that Mr. Muscle got angry a lot. Sometimes Ivy saw him look at Petey with angry eyes that reminded her of how her parents look at her. It made her feel sad.

Just then, Ivy moved her leg and the others looked her way. Mr. Muscle leaned forward and asked, “Is that you, Ivy?”

“Yes. I didn’t know this is where you live, Petey.”

Petey jumped down from the porch and said, “Yes, it is! Do you want to see my fort?” He then looked at his dad and asked if that was okay.

“Yes, that’s fine, Petey. If Ivy has time. It will give Tony and me some time alone.”

After Petey showed Ivy the fort he made with old wood boards, cardboard and branches, he took out some bamboo for them to chew on as they sat inside on some cut logs. Petey’s fur smelled like rotten eggs mixed with old onions so Ivy moved her log a little closer to the door.

“Who is that sheep you and your father were talking to?”

“Oh, that’s Tony from Love Farm⁴. It’s a farm where everyone gets an education in love. Have you heard of it?” Ivy shook her head no so Petey continued. “My aunt went there about a

² Taken from Can there be justified anger? Divine Truth FAQ video

³ Taken from How Does Anger Ruin My Relationship? Divine Truth FAQ video

⁴ *Love Farm* is a free novel available at www.educationinlove.com

year ago. At first, we thought she was crazy. Who needs to learn about love, anyway? Don't we already know what love is? Well, that's what we thought until we got her letters. Her letters shared a lot about the teachings called Divine Truth. Have you heard of that?"

"No. But I liked what Tony said to your dad. And I didn't like what your dad said about you."

Petey smiled. "Well, actually, what my dad said is true. I do get food all over the place when I eat and I don't clean up my messes. And it is true I don't wash my fur pits but the part about where I stink - I don't think that's true, is it?" He lifted his arm, moved his nose close and took a big whiff. "Ahhh! Now that's sweet," Tony smiled and looked at Ivy.

Ivy looked down and didn't want to answer but Petey insisted. "Please tell me the truth. This is something we're also learning. That we can tell the truth without being mean. Do *you* think my fur pits smell?"

Ivy looked at Petey. "Yes."

Petey was quiet for a while and then said, "Okay, wow. Thank you. Maybe that's why some of the others don't like to sit by me at school. I thought my dad's nose was off when he told me I smell. But my nose must not be working right. I thought I smelled like roses! Since Tony came here, I'm learning a lot – and not just about my stinky fur pits!"

Ivy got excited about what Tony shared as she thought about how it might help her own family. She remembered she asked God for help and she wondered if this was the answer. "Does Tony live around here?" she asked.

"No. He's just visiting. He lives at Love Farm which is about two days to the northwest. But sometimes he travels to meet with others who want to hear more about Divine Truth. That's why he's here."

"Do you think he'd meet with my family also?" Ivy tried not to get her hopes up too much in case it didn't work out.

"There's only one way to find out, my friend! Let's go ask!" Petey took her paw and off they ran toward the porch.

Petey was so excited to ask Tony if he would also talk to Ivy's parents that he almost interrupted his dad and Tony. But then he stopped himself as he saw them talking. He felt it wouldn't be loving to interrupt, so he waited.

Ivy and Petey sat down on the porch floor and listened.

“So, you’re saying that I should feel my anger but not project it?” Mr. Muscle asked.

“Yes. Don’t put your anger on someone else. Go somewhere private and feel it and then feel what’s underneath that anger. Love doesn’t want to put the pain of what we’re feeling onto others. Only when *you* love can you educate your son about love.”

Mr. Muscle looked at Petey and said, “I’m very sorry, Petey, for getting so angry at you. And making you feel responsible for my anger. I want to do better. I want our home to be happy and full of love.” He started to tear up as he added, “And I know that’s one of the reasons your mother left me. My anger. And I’m starting to realize that under all my anger is a lot of sadness.”

After a few moments, Tony asked Petey, “You seemed like you wanted to say something earlier – what is it?”

“Well, actually, Ivy does.” Petey thought it would be better if Ivy did the asking.

Ivy looked at Tony. “I like what you’re saying because my home is also full of anger. There’s not much fun or love and I’m sad a lot of the time. So, I wondered if you could come to my house to talk to my parents.”

Tony smiled. “Ivy, I only share with those who have a desire to be educated in love. But if your parents are interested, you are all welcome to come to Ms. Tulip’s barn tomorrow night at 6pm. Do you know where that is?”

Ivy knew Ms. Tulip and her barn well. She was the town librarian and loved to host get togethers in her big barn.

“Oh, thank you! Yes, I know where that is. I’ll let my parents know.” Ivy wasn’t sure what her parents would say but she hoped they would come with her.

“No way am I going there!” Mr. Poofy was angry when Ivy asked her parents if they would go with her to the meeting at Ms. Tulip’s barn. “And you aren’t going either! Love is love. Who needs to go to a class about love, anyway?”

Ivy felt like crying but she stopped herself using the trick her Papa taught her. Papa Poofy learned the trick from his father when he was little and then he passed it on to all three of his children. He told them that it’s important to ‘stay strong and not look weak.’

Ivy held in her tears because she didn’t want to anger Papa more.

She then looked at Mama hoping she would understand.

Mama Poofy could see how upset Ivy was so she tried to smooth things over. She rarely disagreed with Papa Poofy. “This is a very busy time of year, Ivy, with the holidays coming up. We don’t really have the time to go.”

“But I want to go. Can I go with Petey and his father?”

“You heard Mama! No arguing!” Papa boomed.

Ivy ran to her room and cried. She didn't know what to do. She stayed in her room. She didn't eat or drink and Mrs. Poofy got worried so she went to the library to talk to Ms. Tulip.

"Yes, I'll be going to the meeting tomorrow," said Ms. Tulip. "Tony, the sheep visiting from Love Farm, will talk about love. I've only met with him for a few hours but I could already see where I thought love was one thing and I now see it's not!"

"Like what?" Mama Poofy was curious.

"Like I thought love sometimes gets angry but now I see that it never does."

Mama Poofy shook her head and mumbled. "I don't understand how love never gets angry. That doesn't make sense. Maybe I'll go tomorrow, after all."

When Mama Poofy got home, she told the family that she talked to Ms. Tulip and that she would be going to the barn tomorrow. "And whoever wants to join me is welcome." She smiled at Ivy.

Ivy hugged Mama and then Papa mumbled, "Well, I guess it will just be me and the boys tomorrow night."

Mama Poofy looked at her sons, Bobby and Bailey. "Do either of you want to come with Ivy and me tomorrow?"

Bobby continued making his model airplane as he mumbled, "No way. I'll stay with Papa."

Bailey looked up from the book he was reading but remained silent. He did want to go but was too afraid to say so.

The barn was packed with all kinds of animals and some humans. Tony was on stage speaking.

"Welcome everyone! It's so good to see so many here who are interested in the Divine Truth teachings – first taught by Joshua." He pointed to the quote on the board and read, "And as Joshua⁵ often said, 'Many want to hear about love while at the same time deny all unloving behavior.' But those who are sincere *do* want to learn about their unloving behavior such as anger. And that's what we'll talk about tonight. Anger. And when I say anger, I don't just mean yelling. If you ever get moody or annoyed or grumpy or frustrated or impatient or give someone the silent treatment – all of that is motivated by anger.

So does anyone have an idea about why you get angry with others?"

⁵ Quote from Jesus (A. J. Miller) – www.divinetruth.com

“Because others don’t know how to act – that’s why! If everyone did what they’re supposed to do I wouldn’t get angry!” Mr. Puddles, the horse who owned the toy store, shouted.

“So, it’s *their* fault you get angry?” Tony asked.

“Yes! Of course. It’s not *my* fault! Why, just the other day that troublemaker Joey took an alien zombie off its hook and put it back on the hook with the alien princesses! That wasn’t very loving of him, was it? I have a right to be angry.”

“It’s true that the loving thing would have been for him to put it back where he got it and not make more work for you. But what would be the loving thing for you to do?”

Mr. Puddles answered quickly, “Just what I did! Yell at him and tell him to put it back in the right place!”

“In order to educate our children in love we need to be educated ourself. Anger comes from a place where we don’t want to be responsible. And not being responsible is unloving.”⁶

“He’s not being responsible! Not me!”

“Yes, he’s not being responsible when he doesn’t put things back where he got them but you’re not being responsible when you don’t feel your emotions.”

Mr. Puddles shook his head. “You don’t understand. I *am* feeling my anger! That’s why I yelled at him!”

“No, actually - when you yell, you’re *not* feeling your anger. Whenever we blame others for how we feel we’re not feeling what we feel! Try it out sometime. Go someplace alone to feel your anger – and also what’s underneath it. You’ll probably be surprised at what you find.”

After the meeting at Ms. Tulip’s barn, Mama Poofy made a decision. So, when the children were in bed, she told Papa Poofy she had something to tell him.

“I want things to change inside of me and inside of our home so I’m going to continue with the education in love classes. I want our home to be full of love not anger – but it takes both of us to make that happen. So, if you don’t have any desire to do something about the anger inside of you, the children and I will move out until you do.

I love you – and I love the children and also myself - and that’s why I’ve made this decision.”

Papa Poofy was surprised Mama Poofy put her foot down - but after he got over the shock of it, he felt glad that she did.

⁶ [What is Anger Divine Truth FAQ](#)

Lately, his stomach was hurting a lot like when he was young. He wasn't feeling very good about himself which then made him angrier toward the children. He didn't like when he acted that way one bit.

His eyes teared up as he said, "I don't like how grumpy I am either. I don't act so moody outside of the home so I want to stop being so moody inside of the home. Maybe the classes can help me. It's worth a try."

The entire Poofy family, Mama, Papa, Bobby, Bailey and Ivy, went to Tony's meetings while he was there in Hillsdale.

Bobby thought the classes were dumb but he went because some of his friends were there. They all sat in the back and played thumbsies.

Mama, Papa, Bailey and Ivy sat together a few rows in front of Bobby and they learned a lot about love.

A Month later ...

after a lot of education in love classes, Papa told Bobby, Bailey and Ivy that they were now responsible to get up and get ready for school on their own. And then Mama explained what the consequences would be if they didn't.

"If you miss the bus, we will drive you to school but you'll need to pay us back for the gas and the time it takes us to get you to school and get back home. You'll do chores to earn the money and no friends or computer or TV until it's all paid back."

Bailey and Ivy looked at Mama with wide eyes but Bobby smirked when he thought about how easy it would be to get her to cave.

"But how are we going to wake up if you don't tell us to get up?" Bailey asked.

Mama Poofy smiled. "Well, what are some other ways you can think of to wake yourself up in the morning?"

All three were silent for quite awhile until Ivy said excitedly, "An alarm clock!"

Papa and Mama Poofy smiled.

But then Ivy looked sad. "But I don't have one."

Papa Poofy asked, "How could you get one?"

Bobby said, "You could buy one for us."

Papa said, "No, son. We won't be doing that. How else can you get one?"

Bailey said, "We can do extra chores and buy it ourself."

Papa was happy they thought of a solution on their own. "If you earn enough money during this school vacation you can walk to Mr. Bubbles store at the end of the week and buy a clock in time for when school starts back up. If you don't, you'll still be responsible to get up on time. Mama and I will no longer take on that responsibility."

Every day during their school vacation Ivy and Bailey did chores to earn money. And every day Bobby went off to play baseball with his friends.

Bobby said, "I don't need to buy one. I'll wake up when Bailey's clock goes off!"

At the end of the week Ivy and Bailey felt good as they handed Mr. Bubbles enough money to buy their own clock.

Mama and Papa were surprised Bobby didn't think about paying for half of Bailey's clock but they said nothing.

For the first three days after vacation everyone woke up and got ready on time. All three made their beds, washed and brushed their own fur and teeth, got their own breakfast and packed their own lunches and backpacks and got to the bus on time.

Mama and Papa Poofy didn't get angry or step in if they thought someone would miss the bus.

It all worked fine until the fourth morning when Bobby didn't get up on time and he missed the bus.

"I guess I'll just have to stay home today," Bobby told his parents.

Mama and Papa Poofy looked at each other and then back to Bobby.

"Actually," Mama Poofy said, "do you remember what we told you would happen if any of you missed the bus? We'll drive you to school but you'll have to do chores to pay us back for the time and gas money it takes for us to drive you there and get back home. You'll start with chores today when you get home from school. And no TV or computer or friends until you pay us back in full."

Bobby's mouth dropped open and his eyes got big. "What! Are you serious?"

Papa Poofy said, "Yes, son. We are serious. We're all learning about how to love each other better."

“How does getting to school on time has anything to do with love!” Bobby argued.

“Taking care of yourself and being responsible is loving not only to yourself but others. And part of being responsible is being honest with yourself about how unloving you are.

It’s kind of like what’s happening with me. Before, I used to tell you kids that I’m just grouchy or cranky or in a bad mood – making it seem like it’s no big deal. But now I’m more honest. I now tell you that I’m being *unloving* – which is the truth. I’m becoming more honest about what I’m doing because I can now feel more of the consequences of what I’m doing.

We’re not going to protect you from feeling the consequences of your actions. That would not be loving of us. Feeling the consequences will help you become more honest about your unloving behavior.”

Bobby really didn’t understand what Papa was saying and he didn’t care that he didn’t understand. He was fuming and didn’t try to hide it as he mumbled, “**This is so stupid.**”

But Bobby wasn’t the only one that was having trouble feeling his emotions and doing the loving thing. Papa Poofy was also – but the difference was that he cared.

One day Papa yelled at the children for not cleaning up their messes⁷ and then he apologized for being unloving. As he went for a walk in the woods by himself, he felt angry and helpless. He felt so powerless and frustrated and sad. But when he started to cry, he stopped himself with the trick his dad taught him when he was little.

And then when he realized how unloving it was of his father to teach him not to cry, he let out a cry so loud that the old groundhog, Mr. Pickles, popped his head out of his burrow and asked, “What’s all the racket?”

But when Mr. Pickles saw Papa Poofy crying, he went back in his hole and told his wife, “It’s just another one crying, dear. Those classes about love are sure helping some of us to be more honest about what we’re really feeling.”

Papa cried like he had never cried before. He thought his father was loving in what he taught him but now he knew he wasn’t.

And then he remembered he taught his children the trick to stop themselves from crying – and then he let out an even louder cry. He felt so bad for doing that. He thought he had been loving but now he knew he wasn’t.

⁷ Stay tuned for Book #2 **The Poofy Family Trouble with Not Being Self Responsible** It will be free at www.educationinlove.com

When Papa Poofy got home, he called a family meeting.

“I was wrong when I told you kids it’s weak to cry. My father was wrong to teach me that trick to stop myself from crying and I was wrong to teach it to you. There is nothing wrong with feeling our emotions. It’s important that we do. I’m so sorry I did that!”

Bobby didn’t like what Papa said. He still thought those who cried were weak.

Ivy felt happy that things were changing in their home.

And Bailey wanted to make Papa feel better so he said, “That’s okay, Papa.”

Papa Poofy looked at Bailey and said, “No, son, it’s not. It’s not okay for me to be unloving to you. I know you’re feeling uncomfortable with my emotions right now and you’re trying to make me feel better – but that’s not your responsibility. And it’s not true that I’ll feel better by not feeling my emotions. I *want* to feel what I’ve done and what my father has done. And it’s important for you, also, to feel all of your emotions about what I’ve done.

Do you understand what I’m saying, Bailey?”

“I think so.”

Papa Poofy smiled. “We’re all learning. Together.” He smiled at Mama Poofy. “And I can feel a difference in our home already. Can you?”

Mama, Bailey and Ivy yelled, “Yes!”

Ivy said, ‘Family hug!’

And all the Poofy’s hugged.

But Bobby’s arms stayed rigid by his side.

Resources for parents:

Divine Truth videos from [Divine Truth FAQ Youtube channel](#)

[What is Anger?](#)

[How is Anger Created?](#)

[Can There Be Justified Anger?](#)

[How Does Anger Ruin My Relationship?](#)

[How Can I Release Suppressed Anger of Many Years?](#)

Divine Truth Quotes

All quotes are from Jesus (A.J. Miller) or Mary

Suggestion:

Read each quote slowly out loud and feel any feelings that come up.

Blaming is not really feeling. Blaming is wanting someone else to feel.

You want to feel powerful in your anger rather than powerless in your sadness.

If what I feel I am doing is a burden or a chore, such as raising children, I have an emotional error in me.

Anger is always an indication there is an addiction – expectations and demands not met.

What addictions aren't getting met that cause me to get angry?

Anger is coming from a place where we don't want to be responsible.

We use anger to force others to meet our addictions and demands – to regain control.

A lot of times anger comes up when we're afraid.

Some use anger to avoid emotional intimacy. Anger destroys emotional openness and sensitivity. It is an expression to harm others.

How to properly feel anger: take responsibility for feeling the anger and for feeling the emotion underneath that causes the anger.

To further your education in Love, here are some Divine Truth resources:

Teachings Of Divine Truth

[Divine Truth Website](#)

[Divine Truth Channel](#) YouTube Videos (videos about parenting are in the Human Relationship playlist)

[Divine Truth FAQ](#) YouTube Videos

[Divine Truth Clips](#) YouTube Videos

Start With [Overview of Divine Truth - Secrets Of The Universe Session 1](#)

[Notes Along The Way](#) You can sign up here to receive blog updates about Divine Truth projects and events.

This story, and any others I write based on Divine Truth teachings, can be downloaded for free at educationinlove.com. Printed copies will also be available at some point. If you sign up on that website, you'll be notified of any new content added.

My desire is that the Divine Truth teaching becomes so wide spread that the understanding about love and God and free will and soul condition and soul progression is common day as families communicate and resolve conflicts around the dinner table.

And also ... as governments communicate and resolve conflicts around the world.

Please pass this book onto whoever you feel may be interested.

And if you have a desire to donate your time and skills to sketch, draw, or paint some illustrations for the Poofy Family books please email me.

With Love,

Diane

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*Children arrive uneducated.
It is the parent's role to educate them.*

- Jesus (A.J. Miller)

*Divine Truth teachings
provide that education.
www.divinetruth.com*