

The Bird's Advice

.....source unknown (adapted and modified by Amy Fox)

A beautiful bird was chirping on a branch when all of a sudden she felt a heavy cloud pressing her down to the ground. A cunning huntsman had managed to trap the stunning little bird in a net. Flapping around, she was unable to free herself from the man's snare. She quickly assessed her die situation and came up with a clever solution. She pleaded with her captor:

"O great hunter, you must have captured many impressive beasts in your time and feasted on innumerable cows, sheep, and other delicious animals, Yet none of them seem to have appeased your hunger. Let me assure you that neither will my tiny body with its minuscule amount of flesh. Allow me to offer you three pieces of advice that are far more valuable than my worth as simple prey."

The hunter was unsure of the bird's intention and whether he could trust her. The little bird felt his uncertainty and was quick to add:

"I assure you that you will reap infinite riches using these three precious bits of advice. I will give you the first counsel while still in your grip, and if you like it, then I will tell you the second one from the roof of your hut. The third and most important one I will impart to you from that tree," she said as she pointed with her beak toward a nearby poplar.

The hunter was still not convinced but reluctantly agreed as he saw that, truly, the little bird was not enough to feed even one member of his large family. The bird, still in the man's grip, offered her first suggestion:

"My first advice to you, my good sir, is to never believe the impossible from anyone."

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The hunter liked this piece of advice and kept his word, releasing the little bird, who flew to the roof of his hut.

"The second advice is to never regret the past. When something is in the past, it's never coming back."

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The man, waiting to hear the third piece of advice, watched the bird as she flew to the top of the tree.

"Inside my stomach, there's a rare pearl that weighs a hundred grams!" Unfortunately you lost your only chance of ever owning it! Obviously, it wasn't meant for you; otherwise, you could have fed your entire family for the rest of their days."

As the hunter heard these words, he began to wail and sob.

"Didn't I tell you to never regret the past?" the bird rebuked him. "Are you deaf, or did you simply not hear me? My other advice was to never believe the impossible. How could a pearl weighing a hundred grams be in my tiny body when I don't even weigh ten grams myself?"

The man pulled himself together and wiped the tears in his eyes, and sheepishly asked the bird for her third piece of advice.

"You've got to be mad to ask me for more!" exclaimed the bird. "Why would I impart a third secret when I've seen how poorly you've put the other two to use?"

She prepared to fly away, but before she did she called back to her captor: "To impart advice to the foolish is like trying to grow crops in a salt field!"

DISCUSSION QUESTIONS & PROMPTS

OPENING CLASS

"First, the Universe will tickle you with a feather, then it will throw a brick at you... you don't want to wait for the Mac truck." – unknown

Life always gives us three chances to solve any challenge we are up against. First, it will tickle us with the feather, we'll get the gut feeling to do or not do something. Then, if we don't listen, life will throw a brick, an even bigger challenge or gut feeling our way. And when we don't listen to that, that's when the Mac truck, the big things hit.

How often do you wait for the Mac truck, rock bottom, to make a change? Where today can you tune into your inner guidance?

CLOSING CLASS

This week, may you tune in, listen and honor what you need and may you remember that you are always exactly where you are meant to be.

DURING CLASS

Before Telling the Story

What do you need right now? Tune in. Listen. What is your body asking for? Is it craving a challenge? Or do you need to peel back?

After Telling the Story

The best advice comes from experience and it lived experience that offers us wisdom. It's knowing that wherever you are in this moment is where you need to be and if you tune in, you'll find your next best step and your next breath.

EXTRAS

The Intuitive Way by Penney Peirce is a great workbook and resource to increasing your awareness and building the muscle of intuition.