

Lost in the Desert

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

Once, there was a man who got lost in the desert. The water he had in his flask had run out two days prior and he knew if he didn't find a source of water soon, he'd surely die.

He walked for what seemed like miles and just as he was about to collapse, he saw a small hut in the distance. Surely, he thought, it must be a mirage, a trick of his mind. But, since he had no alternate available to him, he walked closer to the hut to see if it was real.

As he got closer, he discovered the hut was in fact real. He knocked on the door of the hut and went inside and saw that it was unoccupied. It seemed as if the place had been abandoned for quite some time.

He began to search the hut for some water to drink and was surprised when he found a water pump in the back corner. Perhaps it went deep into the earth and he would find some water to drink.

He began to work the hand pump, but nothing came out. He figured it had been a long time since it had been used and so he continued to pump a while longer...still nothing came out.

Finally he gave up from exhaustion and frustration.

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As he sat on the ground of the hut, as he thought about how he'd die of thirst in this abandoned hut, it was then that he noticed a bottle filled with what appeared to be water. It sat on a shelf corked up.

He quickly rushed over to the shelf and was about to gulp down the bottle when he noticed a note attached to it.

It read, "Use the water in this bottle to start the pump. Don't forget to refill the bottle when you are done."

The man was caught in a dilemma. If he followed the instructions and it worked, he'd have water to drink. If he followed the instructions and no water came from the pump, he would have wasted his only chance at water and survival.

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After much deliberation, the man decided he had to trust the note that if he poured the water from the bottle, that he'd have water to drink.

He closed his eyes and with trembling hands, he poured water from the bottle into the pump and said his prayers that it would work.

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All of a sudden, a gurgling sound started and water began gushing from the pump. More water than he could ever drink. He drank to his fill, refilled his canteen and the bottle from the hut.

He relaxed in the hut for a bit and as he did, he found a pencil and a map of the area. While he was still far away from the nearest village, he at least knew now what direction to go.

As he about about to leave, he put the bottle with its note back on the shelf for the next weary traveler, but not before adding to the note, "Trust me...it works."

DISCUSSION QUESTIONS & PROMPTS

OPENING CLASS

One of the great yoga axioms, or universal truths is, "You are exactly where you are meant to be."

See if you can soften into this moment as it is, as you are.

No situation in our life, no matter how joyous or painful, is unworthy of our attention and our willingness to relate to it. If in every moment we are exactly where we are meant to be, then this very moment holds the very wisdom needed to take our next step, our next breath.

Begin to deepen your breath here...

DURING CLASS

After Telling the Story

We often think in life that we'll first find the evidence in order to have faith: "If I get this thing, then I'll know it's possible".

But that's not faith. That's fear-based thinking. Faith is trust and it's faith that gives us the evidence just by our willing suspension to be as we are, where we are.

CLOSING CLASS

No matter what you are up against, trust that you are exactly where you are meant to be in this moment.

EXTRAS

The Buddha, in his first discourse, illuminated the 4 Noble Truths. The **4th Noble Truth is the path out of suffering and in order to find our way out of suffering, we must be willing to feel and experience our present moment reality** on deeper and deeper levels. With deep, present moment awareness, we then work to accept our reality with less and less resistance. **To take steps on the path means to realize that in any given moment, we are exactly where we are supposed to be.** Ultimately, the laws of karma and the universe have put us in this particular experience and it is the perfect experience for us to take steps forward toward liberation.