

Wake Up Call #13a

Learn to Return

This one is "Learn to Return." I'm going to start by reading a fable from my book, *Bickart's Just-in-Time Fables*, Volume 1 of 3, #36, "The First Walk" (Bickart, 2020, Volume 1, #36, The First Walk).

#36 *The First Walk*



A mother ewe had twin lambs, a male and female. The day came when it was time for her to take them on their first walk to the greener pasture up the hill. “Now children,” she bleated, “you will follow closely and stay on the path.” As there were many

rocks, she knew full well that this would not necessarily be an easy task. The threesome began rather well, the she-lamb stepping quite carefully in her mother's footsteps. The he-lamb followed as best he could, but alas, his footing was not good. He made snap judgements in placing his trotters among the rocks, tumbling and falling fairly often. When they arrived at the pasture, mother ewe praised the lambs on a successful walk. "But mother," bleated out the he-lamb, "did you not see me fall oh-so many times?" "Of course I did," she gently replied, "but, by my count, you got up one more time than you fell!"

The Path

The true master never wants to teach the student to stay the course in life.

*This could set up constant disappointment
in the necessary repeated mistakes and failures!*

*Instead, the master transforms the student,
teaching him to return to the path.*

For we all fall and fail continually.

Humankind is not good at standing.

Our genius ...

is that we are so damn good at getting back up!

***DO NOT PRACTICE STAYING
LEARN TO RETURN***

And "Learn to Return" is our wake up call, today.

So, there's falling and getting back up, but there's also losing yourself and getting back to center. Now, that's a time issue. That return is back to a place of no time, so to speak. I mean, think about it. What's the ultimate distraction? The physical world. The physical world causes you to notice when something is moving, and something moving makes you notice time.

So, we're going to do an exercise to get outside of time. Ready? Close your eyes, where there is nothing moving. Go to the place of NOTHING. There's nothing around you. There's no space. There's no physical objects of a physical world. Can you tell if time is passing? No.

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It's time you're getting out of. And you can return to that place where things are still - not moving - any time you want. Where is it? Here. When is it? Now. The here and now is available at all times to return to. It's just pure meditation. There's no magic in this one, any more than any of the other wake up calls. The wake up call is: stop, pause, and stop time every once in a while for yourself.

So, that's it for today. I'll see you in one of those tomorrows.



References

Bickart, J. (2020). *Bickart's Just-in-Time Fables* (Vol. 1).
Asheville, NC: Red Shirt Interactive Group.