

*Two monks walked along a riverbank.
They turned a corner and saw a young woman
struggling to cross. The one monk, much
younger than the other, immediately waded
into the middle of the river, gently scooped her up in his arms
and carried her to the riverbank, where he gently placed her
down.*



*After saying thank you, she continued her journey as did the
monks with theirs.*

*Some time passed when the older monk said to the younger
monk, “you are a monk, and you have taken vows, you of all
people should not have carried that woman in your arms.”
The younger monk replied, very gently, “When I got to the river
bank, I placed her down, how come, you are still carrying her?”*

During this time of “lockdown”, we have time to reflect.
One of the ways we hurt ourselves is to carry anger, regret,
disappointment, and even guilt that we no longer need to.
We let it cling to us, it damages us, and it hurts us.

Why not use some of this time to consciously, intentionally, let
go of that which you know is not helping you, and take on some
of the good things you have experienced.
Let you “spirit” feel lighter. There are enough “other” things to
worry us during these days.

Stay safe
Blessings
Brian

(I read the illustration many, many years ago and I can't remember where.
So, I apologise for not acknowledging the source.)