

(1) Out in the deep ocean, there was a young fish that crossed paths with an older fish.

“Excuse me,” said the young fish. “You are older than I, so can you tell me where to find this thing they call the ocean?”

“The ocean,” said the older fish, “is the thing you are in now.”

“Oh, this? But this is water. What I’m seeking is the ocean,” said the disappointed fish as he swam away to search elsewhere.

(2) In a very rural area in the Asian continent, there was once a spiritual seeker, who had been in a long journey to seek for meaning in life – this spiritual seeker was looking for God.

This spiritual seeker came to across an old wise sage, a spiritual master sitting under a tree. The seeker said to the sage: “For years I have been seeking God. I have searched the Sacred, for meaning in life. I have searched everywhere in places where I am supposed to find God: on the mountain peaks, in the vastness of the desert, the silence of the monastery, and the dwellings of the poor.”

“Have you found what you’re looking for?” the master asked.

“No, I have not. Have you?”

(3) The wise master just sat in silence, and with a gentle smile on his face, the master gazed at the beauty of the river passing through...

...and noticed the singing birds on the branches up above...

...the moon and the winged creatures flying through it as the moon rose above the mountain in the early evening.

And finally, the echo of the shrieks of children playing in a village nearby.

Moments of silence continued, and then, since the sage did not saying anything, the spiritual seeker left disappointed to search elsewhere.

(4) WONDERING

#1 - I wonder what you was most important for you in this story. What did you find most interesting?

#2 – I wonder if you’ve had an experience that came close to this.

#3 – I wonder where you are in this story. I wonder if you are able to empathize with someone or something in this story

Keep on sharing your story. Keep on listening to each other’s story. And keep on listening to the silence.