

# BREATHE

A spiritual care resource created by Kaseman's Spiritual Care Department

## THE FISH SEARCHING FOR THE OCEAN (a Sufi story)

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.



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 the 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?"

The wise master just sat in silence, and with a peaceful and gentle smile, the master gazed at the beauty of the river passing through, and noticed the singing birds on the branches up above; and the winged creatures flying across the moon 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. Since the sage did not saying anything, the spiritual seeker left disappointed to search elsewhere.



## REFLECTION QUESTIONS

- Which part of the story did you find the most important? Which part of the story resonated with you?
- What experiences have you had that is close to this story?
- Where do you find yourself in this story? Which part of the story is about you?
- What keeps you from seeing the beauty and wonder around you?
- What allows you see? Notice if you have had moments when you saw clearly - i.e., moments of awe and wonder?

# WHICH PART(S) OF THE STORY IS ABOUT YOU?

## OCEAN



- What could the ocean be in your own life? That is, what is something that is so important in your life that is already present & available, but so hard to see?
- What are instances in your life in which you were looking for your ocean?

## INVISIBLE BUT PRESENT



- What got in the way of you seeing things clearly?
- What helped you to be able to see clearly?

## THE SEARCHER & THE GUIDE



- Who is (are) your guide(s) in your search? Or who are your potential guides?
- Are there moments in your life when you served as the guide for someone who is searching?