

# Operation Toss Away

How does an alert awareness solve daily difficulties? Let's take a familiar problem that was expressed by one man. "Doctors and psychologists declare that a man has all the natural energies he needs. If this is so, why are there so many tired people – including myself?"

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## Fable

The fable is told of the traveler staggering down the road with a rock in one hand and a brick in the other. On his back was a sack of earth, around his waist was wound a long coil of vines. On his head was balanced a heavy pumpkin.

Along the way he met a villager who asked, "Weary traveler, why burden yourself with that big rock?"

"That's odd", replied the traveler, "but I never really noticed it before." So he tossed the rock aside and felt much better.

Along came another villager who inquired, "Tell me, weary traveler, why wear yourself out with that heavy pumpkin?"

"I'm glad you pointed it out", said the traveler, "because I didn't realize what I was doing to myself". So he knocked the pumpkin off his head and went on high way with a much lighter step.

One by one the villagers made him aware of his needless burdens. So one by one, he abandoned them. Finally he was a free man – and walked like one.

