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Stars. Psyche. Being.

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THE CHILD AND THE OLD MAN

The Official Weekly Newsletter of Searchinsachin

RESOURCES TO HELP YOU THROUGH

Book Recommendations:

[A mind at home with itself how asking four questions can free your mind, open your heart, and turn your world around by Byron Katie, Stephen Mitchell](#)

[The Power of Now by Eckhart Tolle](#)

Music Recommendation: [the old story \(feat. Emory Hall\) by Trevor Hall](#)

Affirmation: I have Whispering Wisdom within my heart. I can hear it in the silence of my heart.

PSYCHE, THOUGHTS, EMOTIONS

First there is a simple silence within the lake of the psyche, then a pebble of thought is dropped into this lake. This pebble of thought further generates ripples of emotions. These ripples of emotions disturb the calmness of the lake. Why should we and how do we return to the calmness of the lake? Is it possible? Who threw the pebble into the lake?

From silence, to thoughts, to emotions, to everything else - the chaos spontaneously generated by our selves leads us nowhere, no matter how convinced we are of our arrival at a happier destination, we are still stuck with the lake, its stones, and its ripples. Until the lake is silently watched we will continue to suffer our very selves. Let's explore the story of the child and the old man to make sense of this.

THE CHILD AND THE OLD MAN

I wish to tell you a tale that I seem to be writing spontaneously as I write in this very moment, I call it "The Child and the Old Man."

Long long ago, in this very moment, there lived a child in a village called Psyche, next to a Lake named Now.

One day the wise old man of village Psyche whilst taking a walk next to the lake saw a boy skipping stones into the lake.

He went up to the child and whispered, "Hello child, what's your name?"

The child responded with an innocent look, "Hello, strange whispering man, I am Ego. What is your name?"

The man replied, "They call me Whispering Wisdom."

The child laughed condescendingly and said, "Nice to meet you strange man with a strange name."

Ego hurriedly skipped stones into Lake Now while the Whispering Wisdom silently watched him.

The whispering old man lived next to the Lake and so did the child.





Ego ran around the lake looking for stones to skip. He was on his own trip.

When the stones were flat and smooth he felt good, and when they were rough and round, in a bad mood. When they skipped many a times, he would jump and bounce, and when they did not, he wanted to renounce.

This went on everyday, for many a days, Ego skipped pebbles and Whispering Wisdom watched the childish play.

Every stone that skipped on the lake, made many ripples. Sometimes they hit the beautiful white swan, and other times the frogs on the lotuses, sometimes the angry alligator, and other times the bouncing fish. As all this playfulness of little Ego happened within the lake, he never noticed any of it, all he cared was about what he did.

All Ego knew was to skip stones and all he ever wanted to become was the best stone skipper of village Psyche.

One day, Whispering Wisdom, whispered to Ego, "Why do you mindlessly skip these pebbles? What does it get you?"

Ego thought to himself, "this crazy strange whispering man with a crazy strange name is asking crazy strange questions."

He replied, "Because that is my life. That is who I am. I am the stone skipping boy of village Psyche. I will become the best and the happiest and the most well known stone skipper. Now, Let me practice old man!"

The old man whispered to Ego, "Have you ever wondered what is in the lake, where is this village, what are these pebbles, who I am, and who you are?"

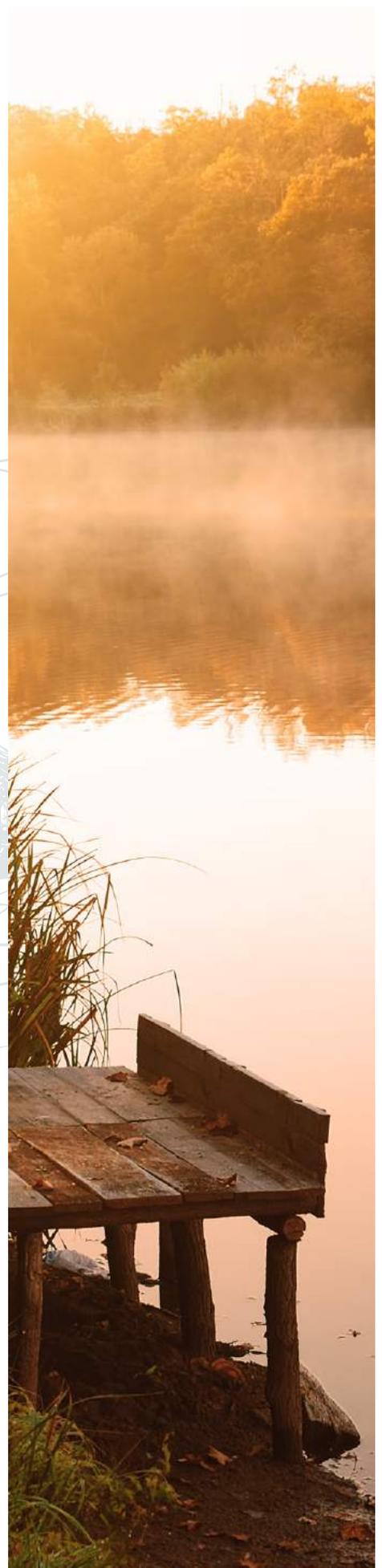
Ego said, "The Lake is for skipping stones, and the stones are for me to skip, and I will become the happiest and most loved and most celebrated pebble skipper of village Psyche. All of this exists for me."

Wisdom smiled and whispered, "What if I told you, you are the lake, and the lotuses, and the swan, and me, and the village? What if I told you that the purpose of all of this is not what you think it is?"

Ego laughed condescendingly and thought that the whispering old man has gone crazy because of his age. He indeed looked ancient. Ego ignored Whispering Wisdom, and continued his quest to become the best.

Many years passed by and Ego had become better at skipping and famous and loved for it. Now, everyone wanted to be with Ego and everyone gave him a lot of importance and attention.

Ego now wanted to become even better at what he did, and go further and further beyond! He did not want to stop at any cost for anything, and he suffered and practiced more, and rejoiced when he got better and practiced harder when he did not."





One morning Ego while looking for better stones to skip fell down and broke his arm really badly.

Poor Ego thought that he will never be able to skip a stone as good as before. He became worried and impatient and angry and scornful and cursed everything and every visitor of village Psyche. Ego became an angry and bitter young boy.

Whispering Wisdom silently watched all of this but couldn't do anything because his whispers could not reach the loud cries and angry screams of Ego.

As Ego eventually became a bit more silent because of the hopelessness and sorrow. He felt a bit humbled but very lost. Ego did not know what to do with his life as all he knew was to skip stones for the sake of being the best skipper ever. He had also become lonely now as no-one would talk to him anymore. Gone were the days of glory for poor Ego.

One fine day, he remembered Whispering Wisdom's questions from long ago. So he decided to go to his cottage next to the lake. Now, Whispering Wisdom was the only one who had neither ever applauded nor ever condoned him. So, his heart, though turned into a stone still had some space left for wise old Whisper.

Ego knocked on the ancient door of this ancient man. Knock! Knock!

Whispering Wisdom whispered, "Who's there?"
Ego screamed, "It is Ego! Remember me!"

Whispering Wisdom opened the door and whispered, "Hello Ego! Welcome to my humble cottage! I am sorry to hear what happened with you. How can I help you?"

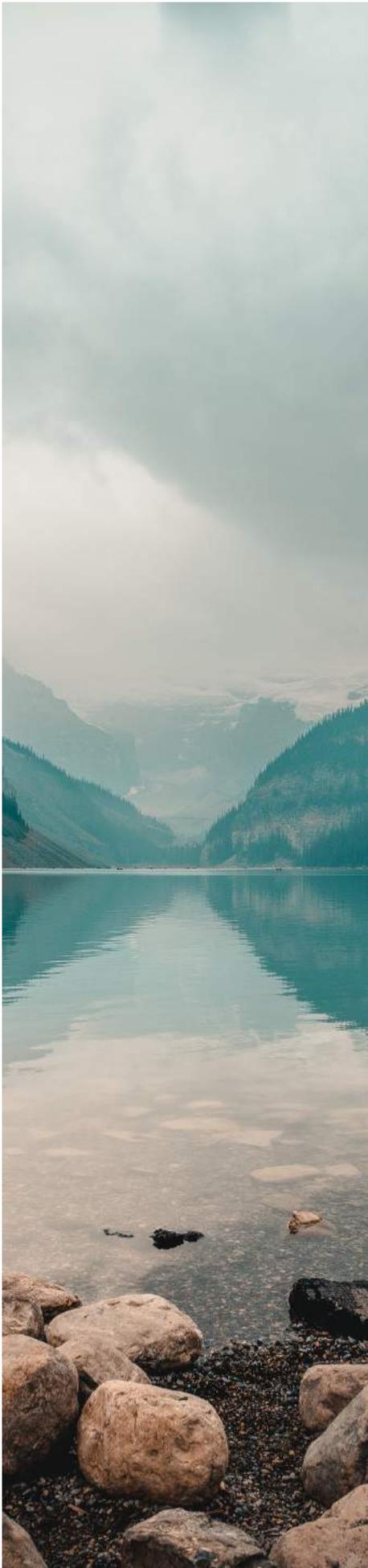
Ego mustered up some courage and with hesitation responded, "Thank you for letting me in. Can we spend some time together? I would like to talk to you and know you more? Can we sit next to Lake Now and chat?"

Whispering Wisdom picked up his tattered dusty coat and an old crooked stick, and joyfully said, "Come! Let's go! I always need someone to talk but no-one seems to be able to hear me."

They went next to lake Now to relax and catch up. While the old man sat silently with a joyful heart, Ego was restless.

Whispering Wisdom smiled and said, "Dear Ego, I have seen you feel humiliated when you couldn't skip the stones well enough as the visitors watched you, I have seen you blame the rain, or the waters of the lake, or the shape and size of the stones when you couldn't skip well, I have seen you in despair when you hurt your arm, I have seen you anxious when you didn't know if you can do better than before, I have seen you crave for more stones and better stones, I have seen you hate the visitors who wanted to share your stones, I have seen you become inflated with pride when everyone applauded for you. I have seen you in cycles of enjoyment and unfulfilment."





He said to the old man, "You are right Whispering Wisdom. I am a terrible little boy who cannot do anything right, I have failed and I am ashamed of myself of my failures."

The old man hugged Ego and whispered, "Dear Ego, I was once like you, and I know you can understand everything about Village Psyche but sitting next to Lake Now."

Ego felt a relief but still felt guilt and pain. He responded, "Thank you Whispering Wisdom, I need to be with you more often. But I still feel small and worthless now that I cannot do the only thing I knew how to do to find a little bit of happiness."

The old man kept his hand on Ego's heart and whispered, "You are a courageous boy. You can hear me because you are more silent and lost. Now I need you to use your courage to forgive yourself and begin doing as I say. You have had it your way, now give Whispering Wisdom a chance. You have nothing to lose dear boy."

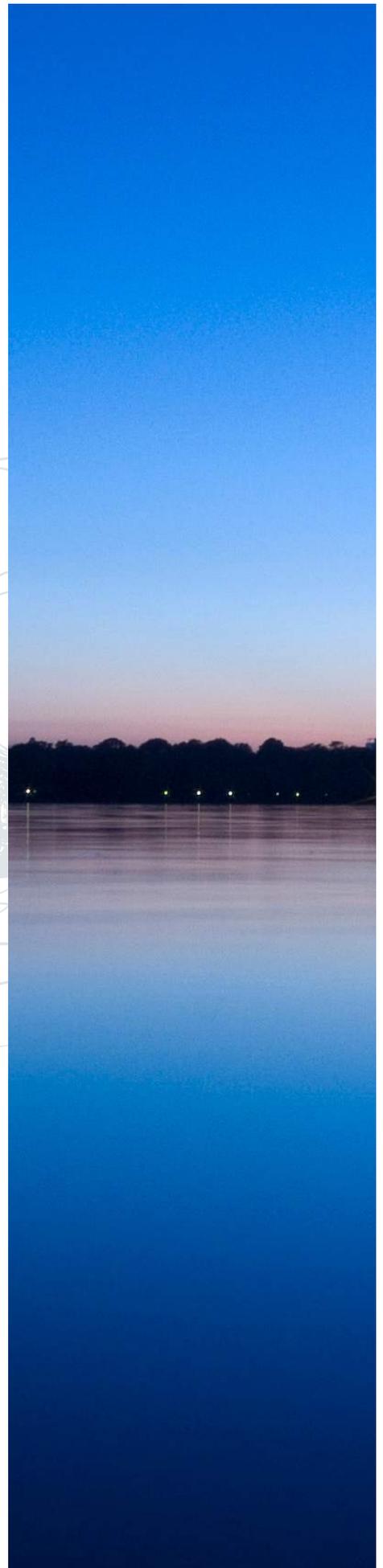
Ego said, "I have many things to say before I can feel at ease. I need to reveal myself to you, all that I have kept within myself all these years." To which the old man whispered, "dear Ego, I am all ears."

They talked and talked for a long long time.

Ego said to the old man, "I am a terrible little boy who cannot do anything right, I have failed and I am ashamed of myself of my failures. But how do I live my life now? I don't know what to do with myself, my heart hurts everyday and I am angry and ashamed and guilty for hurting others with my hurt heart. Whoever comes close to my heart gets hurt as well. My mother, Moon, wants me to live according to her needs, and my father, Sun, wants me to be better. All I want to do is leave village Psyche and go to Higher Dimensions away from this mess."

Whispering Wisdom listened carefully and then thought for a while, and then took a deep deep breath, and after a few more moments finally whispered, "I know you still want to skip stones dear Ego. I know you will not skip pebbles until and unless you can skip them better than others and better than your own yesterself. So my suggestion for you is to try to skip pebbles only because you like to skip pebbles and not for any other reason."

He whispered some more, "I need you to become mindful. But most importantly, when the stone falls into the lake, I need you to watch the ripples. I need you to watch the swans fly away and alligators run ashore, and the lotuses float to the sides. I need you to skip mindfully and I need you to skip only for yourself. Would you still want to skip? Do you still want to skip stones?"





Ego, with a bewildered look, listened more carefully than he had ever before to the wise old whispers of Whispering Wisdom, and responded, "Yes, I know only how to skip stones and I know only how to skip when I compare myself to others. But because I have nothing else to do and I do not know how to do anything else, and I have nothing to lose, I will do as you say. I will mindfully skip stones and mindfully watch the ripples and the swans and the lotuses and the alligators and everything else. I will do my best. I will become the most mindful person anyone has ever seen."

With some hope and courage, Ego along with Whispering Wisdom went close to the lake to skip some stones.

Now that he knew his condition, he was relieved of the pressure to perform. He skipped a stone or two and tried to be mindful but he wandered off into the past and future.

He listened to the whispers, "Look at the stones more carefully and just sit next to the lake before you skip. You have nowhere to go. You are Village Psyche, nowhere has anywhere to go. Be with Lake Now only dear Ego."

He Whispered some more, "Watch yourself as you look for the stones and watch yourself throw the stones itself. Look at the shape , size, and everything about the stone.

"...when you throw it, watch the motion and speed, and watch it skip with all your heart, and then watch the ripples, and see every from the start. Count the ripples and know each one, and watch them more as they slowly disappear. Observe the lotuses as they float away, and the Swans as they go astray. Watch the creatures cry watch them get hit by your stones and feel their cries as you observe. Whatever you watch, feel it fully, and whenever you fail in watching watch your inner-bully. Be patient, Ego, and practice everyday, and soon you will have something deeper to contemplate."

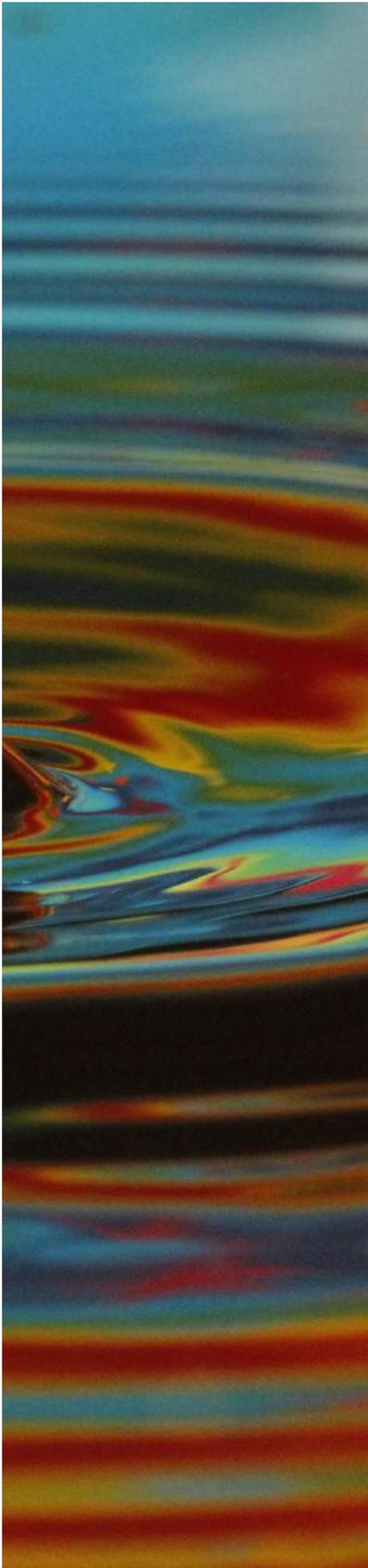
Ego had so many questions. Ego's curiosity was peaking and his heart dancing to try this formula out. It was over-excited.

Whispering Wisdom saw Ego get over-excited, and whispered, "Shhh, slow and steady, act for the sake of the action and not the result, because If you cannot be with the action, you cannot remain with the result."

In this way, Whispering Wisdom silently watched Ego progress everyday in its mindful stone skipping.

One morning, Ego stood next to the lake, and felt evermore present as he skipped away. He could find more stones and see more of the Lake, but still not enough to forget about its past sorrows and play.





With every little realisation Whispering Wisdom's whispers became a little bit louder than a whisper, and he heard again, "See there is so much more around the lake. There are many mysteries in Village Psyche. But for now remain with lake."

He then threw the stone and he realised that even though he could not throw with a lot of strength, he really enjoyed it. He could laugh at himself when he couldn't throw well. He felt an ease.

He went closer to Lake Now and touched the waters, he felt lighter but he couldn't understand why. Little did our little Ego knew about the greatness of the ever-present and ancient Lake Now of Village Psyche.

Ego threw a stone and the stone went Pidup! Pidup! into the lake, and he laughed at the sound of it. Ego had trained seriously and never thought this way. It was a special moment, this was not just another day. Ego watched the ripples, big ripples and small ripples, and all the beautiful patterns that they made. When he looked more closely at the ripples, he even saw underneath the lake, but it was still hazy and confusing and made him feel scared. But each day in Whispering Wisdom's company, Ego touched the waters of the lake, and with every realisation Ego felt a bit more awake but still all for his own sake.

One day, Whispering Wisdom whispered a loud whisper, "Ego let us swim in the lake."

But Ego was scared of the alligators, swans, and fish, and everything else, and responded, "No! It is dangerous in the lake, and I don't know how to swim."

The old man said, "Who said that the lake is dangerous? And I can teach you how to swim."

Ego remained silent. He felt Whispering Wisdom's hand within his hand and they walked into the cooling waters of Lake Now for a swim.

Whispering Wisdom said, "Don't worry Ego, the Swans are friendly, the Fish are harmless, and the alligators don't come out at this time of the day."

But as they walked further, Ego began to drown in the lake. As he lost control of his senses and began to drown, Whispering Wisdom for the first time, screamed with a resounding sound, "Don't try to swim, forget about yourself dear Ego, be as still and let it all go"

As this happened, Ego laid flat on the surface of this beautiful lake and began to float like a lotus but not for his own sake. He felt as clear and light as the swans. He did not know anything in that moment. He forgot about the fights with father Sun and the sorrows of mother Moon, he forgot about the stone skipper in him, and the troubles and gossips of the village Psyche.





On that day, as he floated and laid, Ego saw the clearest sky, felt the cooling waters, heard the soothing sounds, tasted the refreshing waters, smelt the grounding smells, and felt lighter and lighter, more surrendered to the Now-ness of the lake.

He had never seen, felt, heard, smelt, and tasted everything in this way and all at the same time, so he freaked out and began to drown again.

Whispering Wisdom calmed him down yet again and in this way they practiced how to float for longer and longer in this ever-present lake.

As he got better at floating, he could not only remain in Now for longer but also learned how to swim explore the deep waters.

Every morning he would swim with Whispering Wisdom and explored the deeper parts of the lake where the serpents lived. He learnt many things about the serpents and their fears and poisons. In the evenings, he would simply mindfully skip some stones and watch the sunset.

Ego grew up faster than ever before and became a wise young man who consciously dealt with the matters of village Psyche, as he sung, "O' dear life, you are so beautiful, O' Lake Now, you are always within my heart, O' dear Whispering Wisdom you are my guide, I am so joyous, I feel so light."

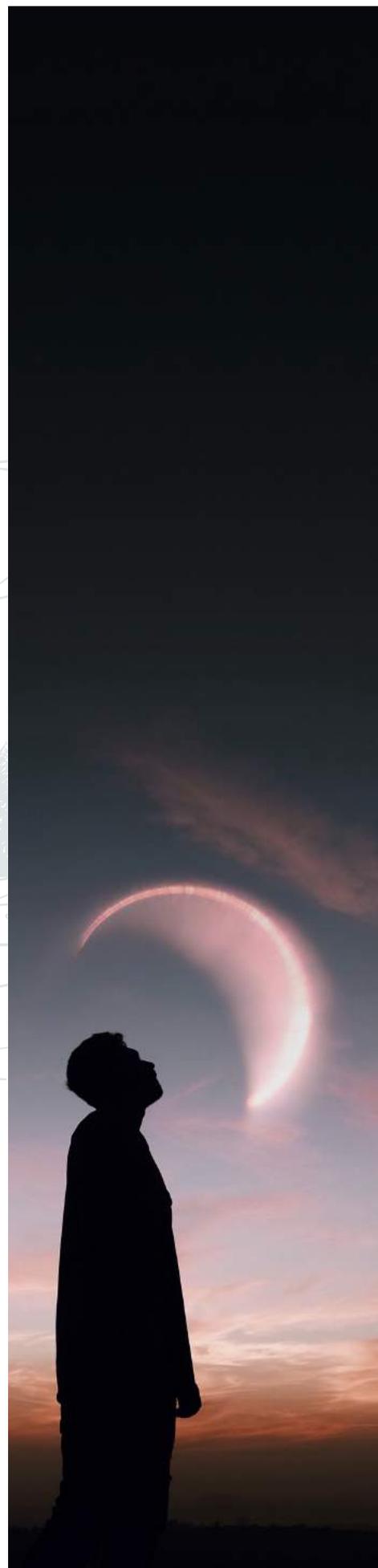
Whispering Wisdom and Ego had many deep conversations about the serpents called shadows, and what is beyond village Psyche in a place called City of Light somewhere in Higher Dimensions. They also talked about the more mundane matters of Village Psyche and Ego and learnt many a things from the old man.

Whispering Wisdom had to eventually leave as his work was done, now that Ego had learnt all that he could learn.

As the old man was leaving he said to Ego, "Ego, you are me now. I would like to give you a new name." He further said, "Your sorrowful humility and courage lead you to hear my voice, and now you have come so far. You have embraced the serpents, befriended the demons, mastered the shadows, and knows many mysteries of village Psyche, only someone who has completely understood love can do this. Therefore, I name you Love."

Ego with tears in his eyes hugged the old man and asked him to not leave, he said, "I am grateful for the glimmer of light that your voice showed me in the silent screams of darkness, and I am grateful for everything that I have learned through you. Please remain and stay dear Wisdom."

The old man smiled and said, "I am always in the silence of your heart, dear Love. I cannot leave as I am you."





Those were the last words that Whispering Wisdom whispered and then he disappeared. Ego deeply contemplated and understood the meaning of these words.

As years passed by and Love lived and rejoiced in the silence of his heart. He moved into the Higher Dimension to a city called Light. Not much is known what happened to Love in Light. But as the tale goes, great vistas of the mysteries of the beyond were explored by him.

This is a simple tale of The Child and the Old Man from my heart to yours dear reader. My first attempt to write a short story, a spontaneous inspiration that I followed.

Village Psyche is our Soul, as the original definition of the word 'Psyche' was 'Soul'. Psychology is more a study of the Soul than anything else.

The Soul/Psyche is the village in our story which behold everything else within itself - the Lake, the Wisdom, the Ego, the Shadow Serpents, the Lotuses, the Swans, the Stones, the Ripples, the Sunset, etc - each one of these is a symbol for you to interpret.

Lake Now is the ever-present lake that is always available to the Ego and the Psyche/Soul.

The stones are Ego's thoughts which it throws into Lake Now and disturbs the Now-ness of the lake. Ego's disturbances disturbs the Lake. Ego does not know how to skip stones properly, it needs to be taught, it needs to learn how to think without hurting the life that is connected to Lake Now and Village Psyche.

The ripples are the many feelings that are generated by the stones of thoughts. These emotions do not allow us to see the Now-ness and do not allow us to manage the affairs of our Psyche.

Whispering Old man is our inner-voice that is always there but cannot be heard because of the troubles of the Ego.

The Soul can explore the Higher Dimension of Light but it first must learn to become Love by transforming Ego.

So, Ego uses the Whispering Wisdom to realize the Now-ness which allows it explore the village of the Soul/Psyche, this exploration of the Village Psyche then transforms it into Love. This Loving Soul furthers the journey of evolution of consciousness into Higher Dimensions into the City of Light - matters which are beyond our current level of understanding, but matters which are openly discussed by the great spiritual masters of various eastern and western world.



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