



Case Study

Chapter -6: Yoga of Meditation

Lord Buddha gave up everything to practice and attain realization of the self. After many many years of practice, Buddha obtained no substantial results/experiences. One day he came to the point that it is useless to continue all the practices that he was doing for self realization as they were not yielding any results. That night he decided that he would return home the next day and forget all about realization. During the night he had a vision.

In the vision, as he was walking along the beach he saw a little lizard running into the water, wetting its body, coming back to the beach, rolling in the sand, again going back into the ocean back and forth indefinitely. Buddha asks the lizard as to why it is doing this? The lizard said, "I laid my eggs on the beach and the ocean came and swept them away, so now I am going to dry out this ocean no matter what it takes." Buddha said this is an impossible task you lizard because the ocean is vast and you are so tiny and you will never be able to do it.

The lizard said, "I don't care as to how long it takes. Even if I die in this process, I would still continue to do whatever I am doing".

1. What did you learn from the story?
2. Do you think that the lizard is doing the right thing, if so why?
3. What do you think Buddha did after he came out of this vision?
4. How would you use the story in your own life?