

## Just Round

Bizah hesitated for a moment, then he asked his best friend Tonga, “Do you think I am getting fat?”

“No, you are not fat, Bizah, just round.”

“What do you mean, just round?”

“I mean you are round-looking.”

“Does Leela think that too?”

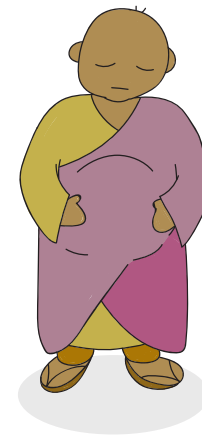
“Yes, she says you are just round.”

“Okay, today I am going to add exercise to my daily practices. Tonga, do you want to join me?”

“No.”

“Why not?” asked Bizah.

“When I get round, I will join you then.”



## On Red and Blue

“Master,” Bizah asked in earnest, “why is red, red? And why is blue, blue?”

“Wonderful question,” responded the Master. “The answer is because you call red, red. And you call blue, blue.”

## Bizah Asks About Running

“Master, when I run, I don’t know if I should just run until my body tells me to stop or to set some time and distance goals for myself each day.”

“What do you want to do, Bizah?”

“Just run until my body tells me I have had enough that day.”

“Then do that.”

## Bizah Goes for a Run

Bizah put his good robe to the side and donned a shorter white one. He was ready to get running.

The fifteen minutes were tough for him from start to finish. All he could do was think about not tripping, how much his knees hurt, and how his lungs burned.

When he got back he was met by his Master, who was smiling.

“Bizah, I hear that you are starting to exercise your body every day.”

“Yes, but Master, I’m wondering if that is wise now. When I ran today, I wasn’t mindful at all. All I could do was feel the aching in my body and watch out for stones so that I wouldn’t trip over them. I didn’t pay attention to the beauty of the trees or the sounds of the birds and insects. If I keep running, I will give up the greater portion – my contemplation of nature.”

“Bizah, nature will still be there to contemplate after you have finished your run each day. And if you keep it up, there will come a time when you will not be running: you will be run. Then you can move quickly and also be still inside to not only take in the beauties of nature but also feel the beauty of your own magnificent form.”

“But Master...”

“No excuses now, Bizah. This practice will be a very good one for you.”



## Bizah Feels Like He Is Being Run

“Master, you said that if I run long enough, I will come to the time when I feel I am being run. How is that?”

“Well, Bizah, you think the energy you use to run comes from yourself – from your legs, your lung power, your muscle power, your will – but it really comes from the inexhaustible supply of universal energy. If you run and run and run beyond what you think you can endure, you will have gone beyond your own energy output. When you are about to give up but don’t, you will open to the energy that birthed and guides the universe. That energy is in you. It is inexhaustible.”

“Now do you understand why I said that running would be a good practice for you?”

@BizahSays

**All change involves movement.**

## Wondering About Worrying

Bizah woke from a short and restless sleep. He was once again filled with worry – this time about a friend who suddenly took ill.

He got up to do some writing in his notebook. He wondered as he wrote why doing something – in this case writing about his day – helped to bring him ease when he got like this. He mused: why does worry thrive in idle times, in times of outward inaction? Why does worry like to visit during the middle of the night? Why is worry such a solitary activity that tends to leave when friends are around to talk to?

Just asking such questions seemed to distance worry, to bring Bizah ease.

Soon his pencil got heavy in his hand, and he went back to sleep.



@BizahSays

**Why is it when we hear a bird  
singing we usually think it is  
singing just for us?**

**Because it is!**

## Sharing a Story

There once was a village that was frequently visited by a beautiful white songbird. The bird appeared whenever someone needed to be reminded to drop sorrow and look at the things in their life to be grateful for.

Then one day the bird did not appear anymore. It had done its job. Because of its many previous visits, thanksgiving had become woven into the villagers' everyday life.

“Well, that’s certainly a short and simple story, Bizah,” said Tonga. “Is there any more to it?”

“No,” replied Bizah. “A happy ending is a happy ending.”