



Shihan Molly's Parable About Focus

The Fox and the Bunny

In a forest, a very fast fox lived near a bunny named Shihan Molly. The fox was very proud of how fast he was. He would often make fun of the bunny for her slow pace. Tired of getting insulted, Shihan Molly challenged the fox to a race.

The fox laughed at the bunny and said "A race? What a joke? I can beat anyone in this forest in a race." The bunny accepted the challenge and they decided to have the race on a fine sunny day.

On the day of the race, all the animals gathered to watch the race. The race started. The fox ran very fast and soon left Shihan Molly far behind. But on the way, the fox saw a field full of grapes. He got totally distracted when he saw the juicy grapes. He thought to himself, "How does the bunny expect to win the race when she is walking at such a slow pace?" The fox thought he had enough time to eat some grapes and take a nap. So, he fell asleep and totally forgot about the race.

Meanwhile, Shihan Molly never lost her focus about trying to win the race. She walked and walked. She soon passed the fox who was fast asleep on the side of the forest.

The animals who were watching cheered so loudly for the bunny that they woke up the fox! The fox started running faster than he had ever run before. But he was too late. At the finishing line, he met up with Shihan Molly who had used her focus to accomplish her goal and win the race!