



Lessons from the Old Man and the Pigeons



In a chaotic city, Matt, a high-strung first responder, was drowning in the weight of his duties.

One crisp fall day, he slipped away to a quiet park on his break. There, he spotted an old man calmly tossing crumbs to pigeons.

Desperate for relief, Matt asked how he found such peace in the storm.

The old man said, **“Life’s like a raging fire: fighting it alone burns you out, but stepping back saves your strength.”**

Matt argued that his job demanded constant action. The old man replied, **“The real fight is within—to care for yourself so you can keep going.”**

He nodded at the **pigeons**, fully present as they pecked, and handed Matt some crumbs. Hesitant, Matt scattered them.

As the birds flocked, Matt felt his racing thoughts slow. The breeze whispered, and sunlight warmed his tense shoulders.

The old man grinned and said, **“Sometimes stopping is how you survive.”**

Matt felt unburdened, seeing he didn’t have to carry it all at once.

Back on duty, he started taking brief pauses, breathing deeply, and jotting down his thoughts.

To his relief, slowing down sharpened his instincts and steadied his mind.

Matt learned that **pausing, like a fire finding stillness, was his path to enduring.**

Pause!

Feed the pigeons!

Slow down to speed up!

