

KNOW YOUR INNER WORTH.

WHERE ARE YOUR TREASURES

Self-discovery Session

Intent of th Story

- ✓ *To become aware that every one is born rich with treasures of goodness and potentialities.*
- ✓ *We have not to look for them outside us, but within*
- ✓ *We have to discover our uniqueness and accept it.*

THE MUSK DEER

Once upon a time, there lived a magnificent musk deer. He was intrigued by the sweet scent he perceived. As time went on, that sweet fragrance haunted and puzzled him. He said to himself: "Happen what may, I have to find out where this scent comes from.

And so, in search of the source of that fragrance, unrelentingly, night and day, our deer went over mountain and dale. But, all in vain! Wherever he went he perceived the same enchanting scent. But, its source he could not trace!

One day, in desperation, as he climbed the highest cliff of a mountain range, he leapt down the cliff. There, at the bottom of the precipice, with his limbs torn apart and his musk glands poured out lay our deer.

Slowly the whole valley filled with sweet fragrance and scent. Unfortunately, it was too late for the deer to discover where the source of the fragrance was found.

Adapted from the story, "The Musk Deer"

QUESTIONS FOR REFLECTION AND SHARING

1. Where did the Musk Deer look for the source of the fragrance he experienced all around him? Why?
2. Did he ever discover it? Why?
3. Where did the source of that fragrance actually lay?
4. What were the harmful effects of ignoring the source of his inner fragrance? Why?
5. What does that fragrance of the Musk Dear stand for in each one of us?
6. Can we apply the story of the Musk Dear to the fragrance that is hidden inside others as well? How?

7. Do we truly know our inner fragrance, treasures and riches? How to find them?
8. Where should we look for to discover the goodness and wealth hidden in each person?
9. How can we help others to discover their worth?
10. What are the harmful effects of ignoring our qualities and talents? Explain.
11. Applying the story of the Musk Deer to our spiritual life, I ask: Where have we to search for God? How can we find Him?
12. Can you find some other applications of the story of the Musk Deer to our life? If so, mention them.

POINTS FOR TEACHING AND DISCUSSION

- Even without our realizing it we go about life scattering fragrance all over, bringing Joy and happiness to people
- The true worth of a person is found inside him. Our goodness lies inside, not outside us.
- We search outside for treasures, though we carry them right within.
- Against all odds and appearances we have to have a firm faith in ourselves and in our hidden strengths.
- We have poor "self-images" because we do not know what really we are. We do not know ourselves and our potentialities.
- We have to believe in the innate goodness and worth of every human being.
- God has gifted all people with plentiful talents.
- We have to help them discover them. How?
- We look for God all over, yet we have Him at the centre of our hearts. In Him we are, exist and move.