

The Frog Factor

(Because frogs can only move forward)

by Kevin W. Rose

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THE FROG FACTOR

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- *“Life is the sum of all your choices.”*

Albert Camus



One **The Frog Lessons —**
A Marvelous Solution
When Life Gets Tough

- *“What saves a man is to take a step;
then another step.”*

C. S. Lewis

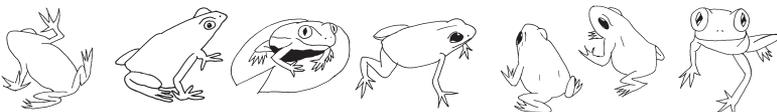




No one actually chooses to enter, yet everyone is there! A place where something new is always happening to us and inside us. Here in this place you journey but never really arrive; many times you never see who you really are. At times seeing the invisible and reaching for the impossible.

When you think you understand reality – then a new reality appears! What is seen as illusion suddenly transforms to great significance. Just when you think something will last forever – it is gone. This place has a dynamic, constantly ever changing, shifting, alive and electric environment.

In this place there is something with exceptional strength and is all prevailing. Something that everyone has, yet most are unaware of the incredible power it grants them. It is the one thing that cannot be taken away. It is the one thing that is truly authentic and that all future reality is based upon.

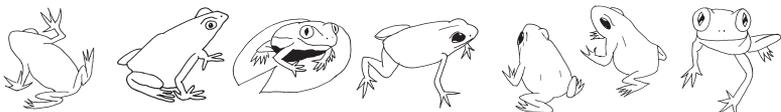




There is always a time when this power eventually crosses a line. In crossing this line this power collides with how things are and how things should be. This collision is an exposure of a potential new reality. In this collision there are always only two outcomes. One outcome is a beautiful progression from fantasy to reality, from hope to dreams fulfilled. Many times this progression is difficult, seemingly impossible. The other outcome is accepting things for how they are, accepting the current reality as the only reality, as the ultimate reality. Without this progression, with the acceptance that there is nothing more beyond current circumstances (reality) an infusion of helplessness, a sense of a loss of control sets in.

When fully utilized this power will make us alive in ways we never thought possible. This power is simply the power of choice everyone has over their circumstances, over their life. Our choices become us.

Everyday a choice must be made in how we will





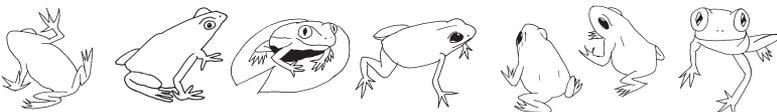
define and look at our circumstances (reality). I am what I choose to do. When a choice is made, there is always more than just the one choice. Making a choice sets off a series of events. A series of events that become your life. Ultimately, from choices flow purpose and meaning.

The story you choose to live becomes your reality, your life.

A Frog Parable

At times when circumstances are appreciably altered the outcome is unexpected. Take for instance this parable of the frog and salamander. This parable urges one to reflect and think over what is seen as reality. To question the status quo and ponder that what is seen as impossible may actually be achievable. That the power of choice is fully capable of achieving the impossible!

A frog and salamander were walking in the forest. Then all of a sudden they found themselves in very difficult



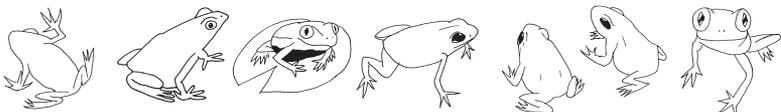


conditions. The ground gave way and both fell into a pit. The pit was steep with sides that were muddy wet and extremely slippery. There was just a glimmer of light at the bottom of the pit – it was very deep.

Both instinctively frantically began trying to climb out of the pit. As they went up the side a bit they eventually slid back down. At times one would make it close to half way up the pit only to surrender to the forces pulling downward. Those tiny frog fingers just could not hold on.

The salamander was naturally more agile than the frog but was unable to scale the wall. The salamander tried going up the wall forward, sideways, and at times even backward with no success. The frog was unable to go backwards and just maybe a little teeny tiny bit sideways. The frog's only option was forward. Both soon became exhausted.

Other frogs passing by tried to help, but being



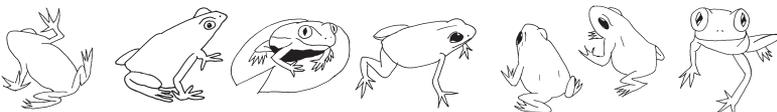


frogs they did not have the resources to make a positive difference. The frogs above the pit seen this as a hopeless situation and left. There was no way for the frog or salamander to get out of the pit.

More frogs and then salamanders passed by and shouted down that, “There is no way out!” As time went by it became a common occurrence for the frog and salamander in the pit to observe those at the top waving their arms and shouting that, “There is no way out!”

A very large dignified and authoritative salamander happened by and shouted down, “Know your limitations, there is no way out.” Upon hearing this the salamander in the pit at that moment sat down and stopped trying. Soon after the salamander died.

Now there was only one frog in the pit who now became more determined than ever to get out. This frog who was now all alone did not want to share in the same fate. Now the situation was about not just avoiding failure



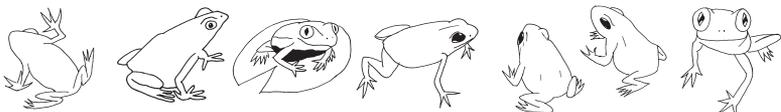


but about avoiding death.

Frogs and salamanders kept passing by waving their arms and shouting, “Why try as there is no way out. It is useless to continue struggling!” There was something inside this frog that would not give up. This frog made a choice to keep trying till he somehow gets out. Fear gave way to determination.

Determination and courage would not be enough, the frog would have to become ultra sensitive to the contours of the muddy walls. The frog would have to scrutinize every inch of the steep walls – and somehow detect any foot hold that would allow advancement up the wall.

The frog was willing to fail. Many imperfect climbs would be needed to make a map and find a way out. Each time the frog fell down meant a detailed mental map of a small part of the wall contours was memorized. On each successive climb he added to the mental map.

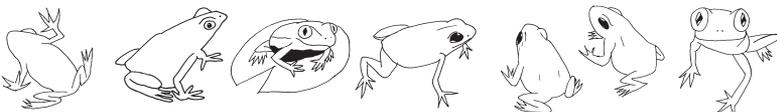




Then it was over. Exhausted and jubilant the frog made it out of the pit. The frog did not perform flawlessly, at first it was just a frantic struggle to get out. Things changed when the frog took on the challenge with a committed choice to get out of the pit.

Now free, the frog walked back to the pond. Of course, the other frogs were astonished to see the frog. They wanted to understand how the frog climbed out. Especially after all the negative comments that were said as the frog was struggling to get out. All the shouting of, “There’s no way out. The walls are too steep.”

It was then that all the frogs realized that the trapped frog had trouble hearing them. Frogs, after all, have very tiny ears! Being far down in the pit the frog could not make out what was being shouted. The frog thought that all the arm waving and barely discernible shouting was actually encouragement! That the frogs and salamanders at the rim of the pit were sending down words of support!



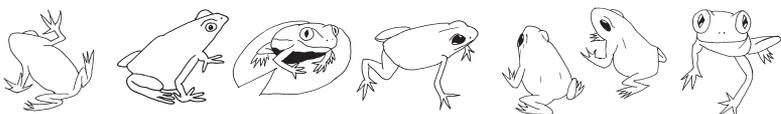


A frog and a salamander in the same circumstance – faced with the same challenge. One salamander died due to choice. One frog lived due to choice. The difference was in the awareness. Each made a choice of what was really possible – what was reality.

Once in a while a new reality hits us then everything changes.

From the parable it is also learned that frogs have an amazing trait. A trait I will call the frog factor. A trait that sets frogs apart in a special way. This trait prompts one into thinking about life – about living life in a fulfilling way.

This one simple understanding about frogs has significant implications. It creates a sense of living without fears and generates a powerful assertiveness towards living life. This trait that frogs have compels one to see circumstances differently. To recognize that what one is seeing may be different than one realizes.

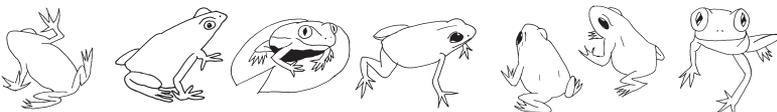




Frogs teach an essential lesson – the frog factor. No matter what frogs can only move forward!

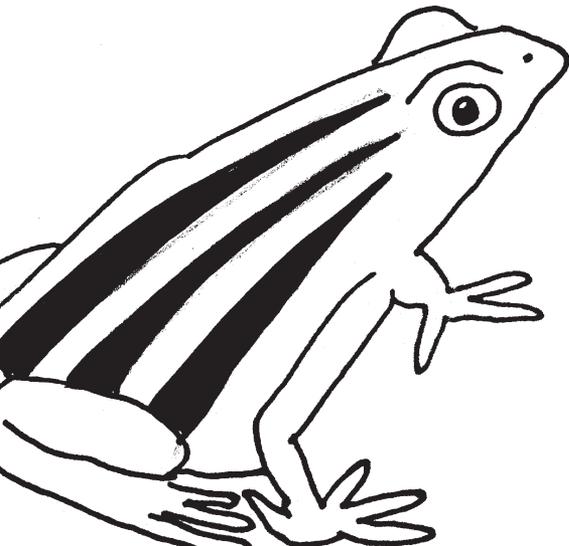
This simple lesson learned from observing frogs is profound. The frog in the pit had only one choice – the choice to move forward. No matter the circumstance or degree of difficulty, the act of taking a step forward, making the choice to go forward, is a catalyst that makes good things happen.

In this place, life on this planet, there are no safe places. Helen Keller, said it best. “Security is a superstition. It does not exist in nature. Life is either a daring adventure or nothing.” She was blind and deaf from early childhood yet became a celebrity and famous author. Despite her difficult circumstances she made the choice to move forward.



- *“You are responsible for your life. You can’t keep blaming... Life is really about moving on.”*

Oprah Winfrey



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