

Common Sense, Insight, & Logic

Chapter 5

There's a saying: "The toughest journey in life is between your head and your heart."

Originating from the Sioux Indians, it speaks to the challenge of aligning our thoughts and emotions. Aligning rationality and emotion into a harmonious unity is often daunting, especially when faced with crucial decisions or the temptation of immediate satisfaction. Finding the balance between feelings and thoughts can be tricky when emotions sway more than logic.

Most of the time, when our rational mind warns us against it, our emotions lead the way. However, some things can aid in bridging this gap: having common sense, building insightful reflection, and leveraging logical reasoning. These tools can help us navigate the intricate lost connection between our head and heart, ultimately leading to more balanced decisions and a greater understanding of ourselves. Let us define these three terms in detail to bring this all together:

- ***Having common sense:*** Possessing an innate knack for navigating life's complexities with intuitive wisdom, practical judgment, and a grounded understanding of societal norms and practical realities.
- ***Building insightful reflection:*** Engaging in a deliberate and systematic process of introspection, analysis, and contemplation to cultivate profound understanding, clarity of thought, and meaningful perspectives on oneself, others, and the world.

- ***Leveraging logical reasoning:*** Harnessing the power of structured thinking, rational analysis, and deductive reasoning to effectively solve problems, make sound decisions, and construct coherent arguments based on evidence and principles of logic.

Now, let's delve into the significance of these three concepts in pursuing life's purpose through a captivating short story. This narrative, known as "The Monkey and the Coconut," is often referenced in intellectual discourse. While I didn't create it, its origins remain a mystery, adding intrigue and relevance to our discussion.

The Monkey and the Coconut

Once upon a time, monkeys wreaked havoc on farmers' fields, but instead of resorting to violence, the farmers chose compassion. Rather than harming the mischievous primates, they devised a clever plan to catch and release them unharmed. However, trapping these agile and aggressive creatures took much work. Many attempts resulted in the monkeys injuring themselves, leaving them maimed and in pain.

Determined to find a humane solution, one wise farmer observed the monkeys' behavior and devised a simple yet effective method. He crafted a coconut with a small hole big enough for a monkey's hand to enter, tied it to a tree, and placed a tempting banana inside. When a curious monkey reached in for the fruit, its clenched fist prevented it from withdrawing its hand.

Despite the monkey's efforts to escape, the farmer approached calmly and captured it without causing harm. This tale illustrates the power of patience, observation, and ingenuity in solving problems.

There are many ways this story has been analyzed to make many points. So, allow me to explain how this story comes into play with our topic. This story has two critical components:

the farmers and the monkeys. Let us look at the farmers first. The farmers had the *insight* to know they had a negative situation with the monkeys; they also had the *common sense* to deal with the monkeys, but in the beginning, they lacked the *logic* needed to capture the monkeys in a manner to avoid hurting the monkeys. One farmer took the time to study the monkeys to gain additional insight into their behavior. Once he had a deeper understanding of the problem and the monkeys' actions, he used *logic* to build a better solution that was more humane and efficient. Then, he used *common sense* to implement the clever plan, successfully addressing the negative situation.

On the other hand, there were the monkeys, who had the basic common sense to raid the farmers' fields to obtain food. They had insight into how to raid the fields but did not have the *logic* to avoid the traps. This was due to two specific reasons: the monkeys' greed and their complacency. The monkeys were so emotionally greedy that they could not see they were in danger; they were also so used to having access to an easy food source that they became complacent.

All the monkeys had to do was let go of the banana in the coconut, and they would not have been captured. In the end, one farmer was able to sync his head and heart as he saw a safe, intelligent, humane way to deal with the monkeys, but the monkeys, unfortunately, their heart wanted the bananas, and their head was not equipped to escape a simple trap.

Who's Journey: Rosemary or her Gift.

(Part 5 – The Heart Wants What It Wants)

After her divorce, Rosemary returned to her hometown to live with her grandmother. However, after a few months, she found it increasingly difficult to cope with the constant chaos - too many people crammed into one house, items disappearing mysteriously, and enduring

mistreatment from a particular uncle. Fed up, Rosemary decided to leave, taking her children with her. They moved in with her sister Patty and brother-in-law Danny to a small town called Donaldsonville, known locally as D-Ville, located south of her hometown. While D-Ville wasn't vastly different from Rosemary's hometown, it boasted a few more amenities, such as additional traffic lights, a McDonald's, and a Sonic.

Rosemary's older sister, Patty, had been married to Danny for nearly seven years. While Danny had children from a previous marriage, they had none. Both worked hard to make ends meet—Danny in the sugar cane fields and Patty at a convenience store. Initially, life seemed stable for Rosemary and the kids despite all four having to share one tiny room. Rosemary got a job as a shift manager at the McDonald's a few blocks away. The only downside was that Patty and Danny shared pastimes, which caused issues every blue moon – drinking and playing bones (dominos). One Saturday, while Rosemary was at work, they indulged in their favorite activity, with J-Mart joining in. Despite being only twelve, J-Mart was adept at the game.

During an intense round, Patty made a cryptic remark that helped J-Mart secure the win. However, this led to Danny's explosive reaction. He accused J-Mart of cheating and began to grab and shake him violently. Patty, seeing this, intervened, and Danny's rage turned toward her. J-Mart defended his aunt in the chaos by striking Danny with a bottle. Danny stumbling and falling to his butt, blood dripping from his head, gathers himself as he is so intoxicated the hit only stuns him temporarily. Danny gets to his feet with this look of destruction towards J-Mart. Seeing this, fearing for his safety, J-Mart fled to his mother's workplace, where he tearfully recounted the events to Rosemary.

Rosemary wasted no time dialing the emergency number for the police as she stormed off to confront Danny. Despite the unmistakable evidence of Patty's bruised and battered state, Patty

made a conscious decision to shield Danny by fabricating a tale when the authorities arrived. Rosemary seeing the sight of Patty clinging steadfastly to Danny despite the visible signs of abuse, left Rosemary shattered, her heart torn between disbelief and anguish at the depth of Patty's loyalty. Unable to persuade Patty to depart, Rosemary moved in next door to an available apartment to closely monitor her sister. She then informed all her less sympathetic male relatives, who firmly intended to confront Danny but were told to stand down by their grandmother. Their grandmother was aware of the abuse; this wasn't the first time Danny struck Patty. Their grandmother and Rory once had to confront Danny, leaving Rory behind bars for a few days due to breaking Danny's jaw; this was before Patty and Danny got married. Once they got married and the abuse continued, their grandmother realized there wasn't much she or anyone could do unless Patty used her common sense, insight, and logic to address the situation herself. However, mere threats forced Danny's conduct to remain controlled, with the imminent prospect of retaliation from Rosemary's and Patty's male relatives.

In the end, despite Rosemary's efforts, Patty remained trapped in an abusive relationship, unable to liberate herself from her affection for Danny. However, about two months after Rosemary moved in next door, Patty and Danny split and moved out without notice. It appeared that Danny persuaded Patty to commit theft by taking the night drop funds from her job, resulting in Patty becoming a wanted criminal. To evade Patty's potential arrest, they relocated to Michigan, a place familiar to Danny because it's where his first wife and sons lived.

-The End -

It's essential to add a bit more context to understand this story. Patty found herself trapped in a situation where she possessed the power to break free, yet she clung on despite the evident

danger, akin to the Monkey trapped by the coconut. Despite recognizing the dangerous nature of her circumstances, Patty struggled to differentiate between love and fear. While she acknowledged the danger, she inexplicably chose to remain, failing to heed the logical course of action, which would have been to leave the moment Danny first laid his hands on her.

Admittedly, this is easier said than done, particularly when emotions override reason, making it challenging to make rational decisions. Furthermore, even with insightful awareness, if one's common sense is disregarded or misunderstood, it leads to a distorted perception and misguided beliefs. Ultimately, when logic is ignored, destruction inevitably follows.

Common sense, insight, and logic are crucial in life. While each can exist independently, Patty's example illustrates the power of not combining them. Patty faced challenges by neglecting her common sense, logic, and insight. However, when these three aspects are utilized together, they enhance one's strength and ability to navigate any situation. This synergy enables rational decision-making, leading to positive growth in life.

The End



Signature: Randy Roth

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