

**The Lizard Way:
A Guide to How the
World
Really Works**

By

David (Doc) Roberts

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Disclaimer: Since this book was written in the land of the free, you can disregard any or all "advice" in the book. If you have a brain in your head, but choose not to use it, the problem is yours. Also, my lawyer told me to say that all the information in this book is purely for entertainment, and has no socially redeeming value, and is not intended for human use or consumption. Always consult a professional before doing anything, including clipping your toe nails... I hate that clipping too close thing...

If you rip off this book (steal it) my children will starve and I will have to put my father in a rest home. A lot of sweat and work went into this book and other additions will follow... if you simply pay for the value received. If you ignore this plea for honesty, I will find your thieving butt and make your life miserable.

Note that all the names of the guilty, innocent, dumb and really dumb have been changed. If you recognize yourself in the book... don't tell anyone. Don't bug me with mean, nasty stuff... I didn't do it... It was probably some other guy who looked just like me.

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Introduction, Foreword, or Whatever you want to call it

Normally introductions can be skipped if you want to "get to the meat of it" quickly. But I wouldn't do that... or you may start in a very confusing place.

In this introduction there will be no thanks for all the folks that made this book possible. They know who they are and I have taken the liberty of thanking them in person. There will be no long list of "those gone before" or opposing theories. No, we will be to the meat of it... the core of the text and our starting point.

It is my simple belief that most people need help. Not just the groceries out of the car help... real help. They live lives of quiet desperation, or maddening confusion. Most people are either lost or blindly following leaders who are equally lost, but just not publishing that fact. And the sad part of it all is that we have no idea how life got "that way."

During periods of self analysis, we often voice, "If I had only done _____" (fill in the blank), or, "I knew I should not have _____." But

rarely do these observations lead to any productive behavior. More often they lead to feelings of helplessness and more self examination.

It is my hope that the Lizard Way will provide not just the reasons of why life "got this way," but also some useful help.

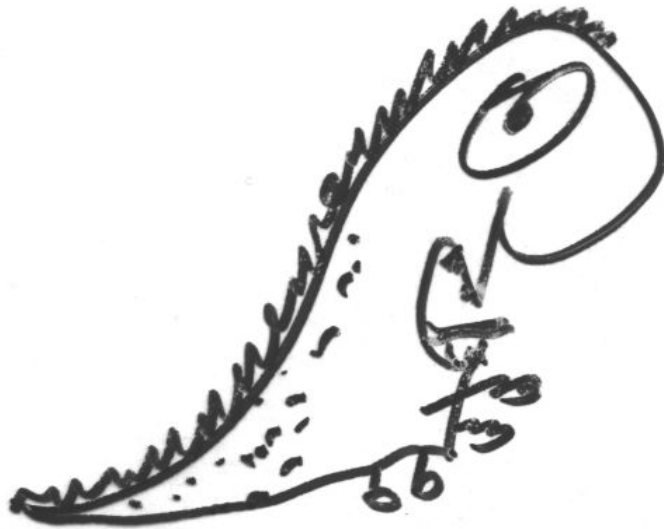
Hopefully the reader will find the book entertaining enough to read through to the end. Stories of camping, hiking and "mild adventures" are liberally sprinkled through the text to both keep the reader awake, and provide some life examples of subject ideas and principles. But on a larger scale the stories provide personal reference points that may aid the reader in digesting the information.

The book is broken up into thirty chapters, and is intended to be read at a chapter a day. The idea is that the "rules" or concepts need to be yours. You need to see if they apply or not, and how could you work them into your life. Slowly digest the concepts, think about the ideas during the day, and look for opportunities to apply the concept of the day.

The author also belongs to the Las Vegas school of teaching which basically adheres to the

philosophy that an entertained student is a learning student. The intent is to mildly amuse while embedding life modifying ideas deep in your subliminal mind... kind of like watching TV.

So without further delay, let us start at the beginning...



Chapter One

"Keeping it simple"

The meaning of it all... How did I get here? What is my purpose in life? To these and other "big" questions we will turn our attention and provide the answers. Other issues, such as the quest for eternal youth and endless riches will also be addressed. Throughout our journey together we will solve most of the world's problems, end hunger, and, of course, provide a path to world peace.

By now you are either thinking the author is quite mad, or has studied with the mystics of the East and has found the path to true enlightenment ... neither. Rather, we will take a trip together and learn the simple... the easy... the way often forgotten... the Lizard Way. And we start with a story, the birth of the Lizards...

The Lizards were born in the late Sixties. A group of well intentioned Berkeley professors wishing to enlighten some of the student body, gathered a small group of "never been in the woods" together and gave them only one instruction, "Bring whatever you think you will need for a week in the woods." A drive to Yosemite and one week later the group was being formally

ejected from the Park by the rangers and told never to come back again... It seems the group had run out of food on the third day and had resorted to dressing up in homemade "lizard" outfits (bark, leaves, and pieces of old canvas) and raiding campers in the lower valley. After reports of giant lizards running loose in the woods, the Rangers had caught the group and issued the now infamous Lizard greeting, "Get out and never come back."



Well now you have it... the genesis of our camping, skiing, hiking band. But you ask, how can any earth-shattering discoveries come from such simple minded roots? But you must understand that the Lizards of the late Sixties and the Lizards of the Twenty-first century are very

different creatures. And it is that evolution and understanding of that process that makes the Lizard Way so compelling and insightful.... the value of simple observations and even simpler stories to illustrate them.

For example, while it may be a disturbing fact to some that a "C" student (George W. Bush) could rise to the highest position of the most powerful nation on earth, it reaffirms the notion that life's rules are much simpler than we would like to think. It would seem that Mr. Bush's meteoric rise to power followed one simple rule, "If you're going to run for president, make sure that your father was a president." Clearly the rule had worked in the past (the Adams) and worked quite well for George B.

So our first life lesson of the Lizard Way is, "Reduce a thing to its simplest form." As in the early days of Lizarddom, "Fire hot... burn Lizard," was a valuable rule for keeping hands out of the campfire, later-day Lizards took value from more sophisticated rules like, "It's nice to be nice." Simply put, early Lizards needed to be careful not to fall into or "overdue" the warming effects of the campfire. Later-day Lizards have learned to benefit from a basic spirit of kindness, and the

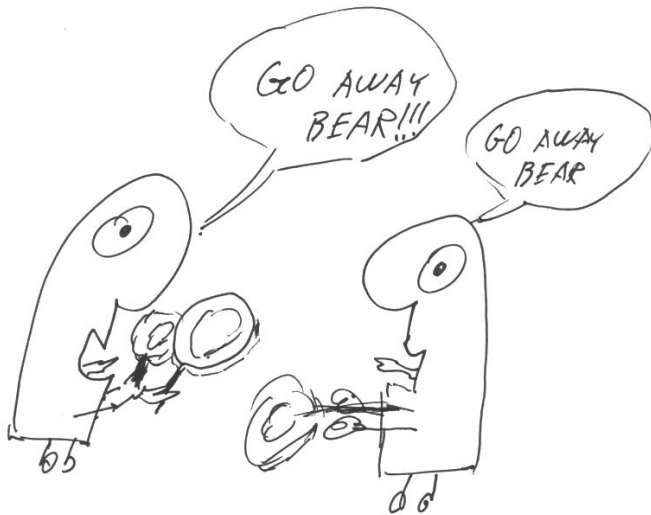
fact that kindness is its own reward. Being nice is just a good thing.

Having stated the first life lesson... the actual doing of it is a difficult thing. To find the simplest state of a thing means stripping away much of the useless, or needless complexities of life... but to illustrate we need another story...

The expedition started like most... a rush to leave the lights of the city behind... a stop in Bishop, California to buy more lights, and a generally disorganized scramble to base camp at Laura Lake. Starting late at the trail head, it soon became obvious that Laura Lake was beyond physical prowess of the two Lizards (Jeff and Doc) in the lead group and that an alternative site was needed at the Shadow Lake midway point. Because of the impact of campers on the area, though, camp sites were limited to a few spots on the far side... no problem.

Set up camp, gather some firewood, and kick back... Oh, the life of the Lizard in the woods... then, the night. After dinner, food sacks had been hung high in a tree using time-honored Lizard technology... the double bag counterweight with a pull rope drop (bear-proof). Doc Lizard put in his ear plugs and jumped in his bag. Note: Doc Lizard

used ear plugs because #1 snoring woke him up (especially his), and #2 he felt that if a bad thing was going to happen to him, he would rather not wake up in the middle of it.



2:00 AM Lizard Jeff yells, "There's a bear in camp!" Doc Lizard hears nothing... the ear plugs work. 2:02 AM Lizard Jeff is now beating on pots and yelling, "Go away bear!" Doc Lizard wakes up and shines the light of his flashlight (a new one purchased in Bishop) in the direction of the intruder. Ten feet away the beam of the flashlight stops at two yellow eyes on a huge black head. 2:03 AM Doc Lizard in BVD's and boots joins the chant, "Go away bear!", beating on pots, and jumping up

and down. 2:10 AM the bear has a headache and leaves.

2:15 AM, now the dilemma, go back to sleep and the bear comes back, or stay awake with a huge fire and be safe... 2:30 to 6:00, the Lizards sit around the fire and thinking very primitive thoughts... bear eat Lizards... not good... keep fire big... fire good...

By daybreak the Lizards were still trying to figure out the failing of Lizard technology, but it soon became apparent that this was no normal bear. Behind the campsite was a twenty foot wall of rock. The bear had jumped off the wall and on his way down slashed open the food bags and landed in a bed of pine needles. And, this was not his first attack! Closer inspection of the area revealed a summer of carnage... a trail of candy wrappers, cocoa containers, food bags...

The Lizards gathered up the food the bear had not eaten, counted their blessings, and added yet another rule to the book of Lizard wisdom, "Never bring food to the woods that even bears will not eat." Yes, the Lizards' freeze dried food had been rejected by a far wiser animal.

Yes, the Lizards had not only learned a valuable camping rule about negative value of freeze dried foods, they had started down a far more valuable road of enlightenment... food should taste like FOOD! The fact that freeze dried food weighted less, and was easy to prepare missed the fact that it tasted like rabbit droppings. Far wiser Lizards of the twenty-first century have learned to shop in "real stores" for real food for their camping expeditions.

The simple life lesson of "food should taste like food" had been lost in the complexities of the planning and the doing. And so the value of one of life's most pleasurable experiences had been lost. Needless to say, bear attacks may lie on the extreme side of "reducing a thing to its simplest form." The point is that it may take a great deal of effort to arrive at some very elementary conclusions... and for some, additional help may be required... which brings us to yet another bit of Lizardom...