

## The Pasture, The Partner, and The Path: What a Horse Named Dolly Teaches Us About Living



A photograph captures a moment frozen in time. In this one, a man and his horse stand quietly in a back pasture, the early light softening the edges of a rustic barn. The horse is Dolly. The man is **Dr. Frank A. Lucas**, author of *Life is Linear, Living is Cyclical*. This image, taken over two decades ago, is more than a memory of his equine partner. It is a living portrait of the very philosophy he would later articulate—a powerful lesson about time, partnership, and the nature of a life well-lived.

Dr. Lucas, now nearing eighty, reflects on this chapter not with mere nostalgia but with the clarity of a philosopher who has discerned a universal truth in a personal experience. Dolly was not just a pet; she was a core member of a team. Together

with two other horses, they formed a unit built for the demanding sport of competitive riding. Their world was one of predawn starts, shared labor, and mutual dependence. They enjoyed shelter, nutrition, and companionship. But more importantly, as Dr. Lucas notes, they "formed a community of competent and worthy individuals for mutual benefit." This was a microcosm of society at its best. Each sunrise brought a new training session. Each season dictated a different rhythm of work and care. Every competitive event was a culmination of their daily cycles. This was *living cyclically*—the repetitive, rhythmic, and nurturing pattern of daily existence within the boundaries of nature and purpose.

Yet, the barn is empty now. Time, in its relentless linear march, has moved forward. That specific chapter, with its particular joys and challenges, is complete. It exists firmly in the archive of the past. This is the undeniable truth of *life is linear*. Dr. Lucas stands in the present, a different man in a different day, but the lessons from that pasture persist. They did not fade with the years; they crystallized into wisdom. The past itself will not change, but our understanding of it can deepen, providing the tools for our present.

This brings us to the core of Dr. Lucas's message, beautifully symbolized by his journey with Dolly. Today, he wakes up to a new winter sunrise. The linear path of his life continues, but this new day is a fresh cycle within it. It is, as he says, his chance to "ring the bell again." The experiences with his equine team—the discipline, the trust, the handling of both victory and setback—are now part of his reservoir of knowledge. They inform the choices, big and small, that he makes today. He understands that some actions will yield expected results, borne of trusted experience. Others may lead to unexpected outcomes, requiring him to "stop digging and learn more." This conscious application of past lessons to present choices, within the predictable cycle of a new day, is the very essence of intentional living.

The story of Dolly is therefore a profound metaphor. The empty barn reminds us that every season ends. The enduring lesson reminds us that wisdom is eternal. Our linear life is the single, unbroken trail from birth to death. Our cyclical living is the daily

rhythm of dawn and dusk, of effort and rest, of planting and harvesting—much like the steady, seasonal care for an animal that depends on you. **Dr. Frank A. Lucas's** book, ***Life is Linear, Living is Cyclical***, is the culmination of this understanding. It is the philosophical framework built from a lifetime of such experiences, teaching us to honor the past without living in it, to plan for the future without fearing it, and to fully inhabit the present moment where our true power lies.

His authority stems from this lived authenticity. He is not a theorist speaking in abstractions. He is a man who has felt the leather of the reins, understood the responsibility for another creature, and seen chapters of his life close, all while learning to read the map of existence these experiences provided. His work guides us to see our own lives with the same dual perspective: to recognize the linear journey we are on, and to find peace and purpose in the beautiful, repetitive cycles that make up each day of the trip.

To learn this transformative perspective for yourself, explore the insights in ***Life is Linear, Living is Cyclical*** by **Dr. Frank A. Lucas**. This book provides the essential framework for navigating your own journey with clarity. Find it available for purchase on his official [website](#), [Amazon](#), and all major book retailers.