

Saturday, March 13

What's Not Wrong?

We often ask, “What’s wrong?” Doing so, we invite painful seeds of sorrow to come up and manifest. We feel suffering, anger, and depression, and produce more such seeds. We would be much happier if we tried to stay in touch with the healthy, joyful seeds inside of us and around us. We should learn to ask, “What’s not wrong?” and be in touch with that. There are so many elements in the world and within our bodies, feelings, perceptions, and consciousness that are wholesome, refreshing, and healing. If we block ourselves, if we stay in the prison of our sorrow, we will not be in touch with these healing elements.

Thich Nhat Hanh, from Peace is Every Step