

Suffering Is Not Enough

Life is filled with suffering, but it is also filled with many wonders, like the blue sky, the sunshine, the eyes of a baby.

To suffer is not enough. We must also be in touch with the wonders of life. They are within us and all around us, everywhere, any time. If we are not happy, if we are not peaceful, we cannot share peace and happiness with others, even those we love, those who live under the same roof. If we are peaceful, if we are happy, we can smile and blossom like a flower, and everyone in our family, our entire society, will benefit from our peace.

Do we need to make a special effort to enjoy the beauty of the blue sky? Do we have to practice to be able to enjoy it? No, we just enjoy it. Each second, each minute of our lives can be like this. Wherever we are, any time, we have the capacity to enjoy the sunshine, the presence of each other, even the sensation of our breathing. We don't need to go to China to enjoy the blue sky.

We don't have to travel into the future to enjoy our breathing. We can be in touch with these things right now. It would be a pity if we are only aware of suffering.

Thich Nhat Hanh

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