

How Can I Be Happy When There Is So Much Wrong In The World?

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I would like to reshare a post from the site below that is relevant for the time that we are living in: www.facebook.com/BuddhismPageFB

A man once asked an old Buddhist monk:

“How can I allow myself to feel peace or happiness when the world is full of suffering, injustice, pain, and chaos?”

The monk looked at him quietly and asked: “If your house was dark...would you refuse to light a candle because the whole world is not yet bright?”

The man stood silent.

The monk continued: “The suffering of the world is real. But if you destroy your own peace completely, you only create one more exhausted and hopeless human being.”

The man replied, “But isn’t being happy selfish when others are suffering?”

The monk smiled gently. “A drowning person cannot save another drowning

person. Peaceful people heal more than broken people consumed by despair."Then the monk pointed to a pond nearby. "When the water is disturbed, it cannot reflect clearly. But when it becomes still, everything becomes visible."

He looked back at the man and said: "The same is true for the mind. A restless mind reacts with fear, anger, and hopelessness. A peaceful mind responds with wisdom, compassion, and clarity."

The man lowered his head and whispered, "But the world still feels so heavy." The monk nodded. "Yes. And that is why your peace matters even more." Then he added softly: "Do not carry the pain of the entire world in one heart. Instead...Be kind where you are. Help where you can. Speak gently. Reduce suffering around you, even in small ways. A single candle cannot remove all darkness...but it still changes the room it enters."

In Buddhism, happiness is not ignoring suffering.

It is learning how to remain compassionate without letting the suffering of the world destroy your spirit completely.

The monk smiled one last time and said: "Protect your inner peace.

The world needs more calm hearts, not more broken minds."

For steps in (re)creating connection and communion in relationships:

www.coachmyrna.org/blog/category/begin-anew-4-steps

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