

How
can I

stop getting so upset? How can I be more balanced, composed, resilient and peaceful?

If
Pain
is reflected upon,
we can learn from it.
We see our mistakes.
We grow emotionally.
We realize the suffering
of a materialistic lifestyle
and seek relief through
spiritual practices such as
mindfulness. These bring
us lasting fulfillment. When
we experience hardship, we
are extinguishing past karma.
No pain no gain; no mud
no lotus.

Seeing injustice
we're angry.
We seek gain,
fear loss;
seek pleasure,
fear pain;
seek praise
fear blame;
seek fame,
fear disgrace.
Focus on these
brings stress.
We're not entitled
or cursed;
how much of
these we get
is determined by
our actions over
countless past lives.
So focus instead on
creating good karma
to make a better future.
Our deeper goals in
life fulfill our longing.
Meditation helps us
find those goals &
reduces worry over
superficial things.
Contemplation of
impermanence -
everything changes,
nothing lasts forever -
brings us closer to Truth, peace, & equanimity.

If
Pleasure
is reflected upon,
we want something,
grasp it and cling to it,
protect it, fear losing it.
Still we're unsatisfied, &
always seeking the next
bigger & better pleasure.
Try to reduce this cycle by
enjoying without craving,
expectation & attachment.
Find more enjoyment in
simple everyday experiences
& silent moments in nature
alone.

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