



Very Simple, by Scott Morrison

Earnestness is the key. Unconditional willingness. All you have to do is pay attention, be honest, and follow through. Truth is discovered when you simply refuse to lie to yourself anymore. Love is discovered when you stop indulging in self centeredness, fear, and anger. You don't have to improve yourself; just sort through the contradictions. Your desire is to love and be loved, yet you use and hurt and alienate the ones you wanted to love the most. You want to be honest, but you find a million excuses for continuing the pretense, for self righteousness, for psychological defense. You want to be happy and at peace, yet you cling to competitive, erroneous, and hurtful views of things. Do you really want to be happy? Just pay attention and be kind, unconditionally kind, on this breath alone. Forget about the future. Just this breath. No matter what the circumstances, just be kind. Friend, lover, family member, someone who seems to hate you, someone you've never met on the street, your own soft animal body. Just be kind, in whatever way is appropriate. Everything else will work itself out, and you will begin to sense your own Pure Heart everywhere. How amazing. Very simple. Just be kind. Only on this breath. -- Scott Morrison