Friends with the Wind, by Byron Katie

The only time we suffer is when we believe a thought that argues with what is. When the mind is perfectly clear, what is is what we want. If you want reality to be different than it is, you might as well try to teach a cat to bark. You can try and try, and in the end the cat will look up at you and say, "Meow." Wanting reality to be different than it is is hopeless. You can spend the rest of your life trying to teach a cat to bark. And yet, if you pay attention, you'll notice that you think thoughts like this dozens of times a day. "People should be kinder." "Children should be well-behaved." "My neighbors should take better care of their lawn." "The line at the grocery store should move faster." "My husband (or wife) should agree with me." "I should be thinner (or prettier or more successful)." These thoughts are ways of wanting reality to be different than it is. If you think that this sounds depressing, you're right. All the stress that we feel is caused by arguing with what is. After I woke up to reality in 1986, people often referred to me as the woman who made friends with the wind. Barstow is a desert town where the wind blows a lot of the time, and everyone hated it; people even moved from there because they couldn't stand the wind. The reason I made friends with the wind - with reality - is that I discovered I didn't have a choice. I realized that it's insane to oppose it. When I argue with reality, I lose - but only 100 percent of the time. How do I know that the wind should blow? It's blowing! I am a lover of what is, not because I'm a spiritual person, but because it hurts when I argue with reality. We can know that reality is good just as it is, because when we argue with it, we experience tension and frustration. We don't feel natural or balanced. When we stop opposing reality, action becomes simple, fluid, kind, and fearless. --Byron Katie

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