



daily GOOD

For thousands of years, we've believed that in order to find happiness, we need to change the world around us: a bigger house, more money, a healthier body, a more attractive or understanding partner. With these beliefs as our unconscious religion, we've spent our lives at war with the world. Trying desperately to get reality to match our stories of how we believe it "should" be, we wonder why we don't feel any lasting sense of peace. But how can we feel peace when mentally we're engaged in war, wanting everything to be different than it is. [...] I am simply a woman without a story. --Byron Katie

Be The Change: