



daily GOOD

Happiness is not a matter of intensity but of balance and order and rhythm and harmony.

--Thomas Merton

Lucky Man: Life Lessons from William Segal

"How can we find balance and peace in the midst of pain and turmoil? A legendary Zen Buddhist master once sent this startling note to a friend: "Lucky man," wrote Soen Nakagawa Roshi, the abbot of Ryutakuji monastery in Japan. "One accident like yours is worth ten thousand sittings in a monastery!" The accident the Zen master mentioned was a devastating car crash. The "lucky man" was William Segal, 67, a magazine publisher, artist, and spiritual seeker. Segal received the message as he lay in a hospital bed in New York. Both hips were shattered, his skull was fractured; and all the bones in his face were broken." More about William Segal's life and spirit in this thoughtful piece.

Be The Change:

What is your framing of happiness and misfortune? Do you find this framing fosters your transformation, or keeps you stuck in certain patterns?