

Title:

Simplicity, Patience And Compassion: The Three Treasures

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Summary:

According to Eastern tradition there are three treasures on the pathway to enlightenment: simplicity, patience and compassion.

In this short article then, I invite you to take a page from Eastern religion: explore the treasures of simplicity, patience and compassion.

Keywords:

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Article Body:

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In this short article then, I invite you to take a page from Eastern religion: explore the treasures of simplicity, patience and compassion.

Simplicity

The first treasure: simplicity. Simplicity in thought and action. According to author Thomas Cleary, simplicity is the key to enlightenment.

Simplicity of action, however, feels a greater challenge. It involves priorities and discovering what is truly important.

Try it now. What can you remove from the task list today that could bring you closer to simplicity?

Patience

Treasure number two: patience. Yes, the virtue. And just like simplicity, it is also a challenge. Patience is the key to enlightenment.

In this framework, more of my favorite wisdom comes from author Richard Carlson in his new book, "Don't Sweat the Small Stuff."

Compassion

Compassion, the third treasure. I often liken it to empathy. Although we cannot always know what others are feeling, we can try to understand.

Thomas Cleary reminds us we should always act in sincerity. In Taoist Meditation he writes: "The Taoist path is a path of sincerity."

Today, be aware of the ways spirit is working through you. Remember: You are the vessel of peace.

In Conclusion:

It is my wish these positive ideas enhance your life and bring you peace. Be conscious every day of the treasures of simplicity, patience and compassion.

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