

## The Garbage Can



I am starving to death, says the hungry.  
What a delightful absence of temptation, says the fasting.  
Your happiness is determined by your thoughts.  
Your point of view determines whether you suffer or delight.  
Remember all ye that existence is pure joy; that all the sorrows are  
but as shadows; they pass & are done; but there is that which  
remains.  
Filling your head with idle and malicious thoughts, is like filling a  
garbage can. Eventually it will start smelling. Men will avoid it. Only  
rats and dogs and cockroaches will enjoy your company.

- Alas! - aphorisms on the Path. Bjarne S. Pedersen, 1996 e.v.