

Meditation for Monday, January 23, 2012:

**All Things Change**

If you realize that all things change,  
there is nothing you will try to hold on to.  
If you aren't afraid of dying,  
there is nothing you can't achieve.

Trying to control the future  
is like trying to take the master carpenter's place.  
When you handle the master carpenter's tools,  
chances are that you'll cut your hand.

verse 74 of the Tao Te Ching, translated by S. Mitchell