

“In Zen, there is an old saying: The obstacle is the path. Know that a whole and happy life is not free of obstacles. Quite the contrary, a whole and happy life is riddled with obstacles—they simply become the very stepping-stones that help lift us to a new perspective. It is not what happens to us in this life that shapes us, it is how we choose to respond to what happens to us.”

— Dennis Merritt Jones, *The Art of Being: 101 Ways to Practice Purpose in Your Life*

Walls may keep the pain out, but they keep YOU in.

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A Beautiful Mess, LLC