

How had been a fifth
monk, a



**ASSIGN
BUSTER**

How to be wise (One way) Four monks prepared to meditate without talking for two weeks.

Prior to starting the meditation, they agreed to light a candle as a symbol of their practice. By dusk on the first day, the candle flickered under the wind and went out. The first monk exclaimed: " Oh, no! The candle is out.

" The second monk said: " Aren't we supposed NOT to speak?" The third monk said: " Must you two always break the procedures?" The fourth monk laughed and said: " Ha! I win! I'm the only one who didn't talk." In life, 95% of all talking covers only two things: · The person whose mouth is open. ·

The things that are (usually) outside our control. The first monk got distracted by something outside his control and he felt caused to point it out. He could've just re-lit the candle and continue meditating.

The second monk thought that he had to remind everyone of a rule that had already been broken. He could've just kept meditating until the end of his practice. The third monk couldn't control his annoyances and felt he had to pour out his irritation. He could've just remained calm and finish his meditation.

Now, the fourth monk got carried away with his ego. He could've just enjoyed his little advantage in silence and continued meditating until he realized the real success. These four have something in common: They shared their thoughts without filtering them, something that did nothing to improve their position but instead broke the entire process. If there had been a fifth monk, a wiser one, he would have continued silent and kept meditating.

He would've shown the other four monks their weaknesses without uttering a word. The more people speak, the more prone they are to say something foolish. When you're not talking, you have time to observe the position and identify an essential clue or even a moment that can provide a quick fix.

Only speak when what you have to say has a significant, constructive impact on a condition. It's no wonder we're always encouraged to listen more.

Listening leads to understanding.

Wisdom is developed in silence.