



# That will pass

A student complains to his teacher that his meditation practice is so terribly difficult.

He is easily distracted, his legs hurt and he falls asleep constantly.

His teacher replies: "That will pass."

The student goes back to his cushion and continues to meditate.

A week later the student comes back to his teacher and says: "Meditating is great! I feel so good, so calm and completely pain free, it's just amazing!"

To which his teacher says: "That will pass!"

## Questions about the story:

1. What does this story explain to you?
2. Why do you think the teacher does not tell the student straight away about change and impermanence?
3. Can you come up with an example from your own life in which your feelings about something changed?
4. How do you experience impermanence in your feelings?
5. What is the good thing about feelings coming and going? What is a bad thing about it?
6. How would you live your life differently if you always remembered that your experiences will change?