

# no mud, no lotus.

**"Without mud, there can be no lotus."**

The lotus reminds us that suffering is a kind of mud that we need to experience joy and happiness. Without suffering, there is no happiness. We should not run away from our suffering, but acknowledge, face, and transform it.

As Thich Nhat Hanh teaches us, "If we can learn to see and skillfully engage with both the presence of happiness and the presence of suffering, we will go in the direction of enjoying life more. Every day we go a little farther in that direction, and eventually we realize that suffering and happiness are not two separate things."

