



### THE PARADOX OF OUR TIMES

Is that we have taller buildings, but shorter tempers  
Wider freeways, but narrower viewpoints  
We spend more, but we have less.

We have bigger houses, but smaller families  
More conveniences, but less time.  
We have more degrees, but less sense  
More knowledge, but less judgement  
More experts, but more problems  
More medicine, but less wellness.

We have multiplied our possessions, but reduced our values.  
We talk too much, love too seldom, and hate too often  
We have learnt how to make a living, but not a life.  
We have added years to life, but not life to years.  
We've been all the way to the moon and back  
But have trouble crossing the street to meet the new neighbor.  
We have conquered outer space, but not inner space.  
We've cleaned up the air, but polluted our soul.  
We've split the atom, but not our prejudice.  
We've higher incomes, but lower morals.  
We've become long on quantity but short on quality.

These are the times of tall men, and short character;  
Steep profits, and shallow relationships.  
These are the times of world peace, but domestic warfare,  
More leisure, but less fun; more kinds of food, but less nutrition.

These are the days of two incomes, but more divorces;  
Of fancier houses, but broken homes.  
It is a time when there is much in the show window, and nothing in the stockroom.

A time when technology can bring this letter to you,  
And a time when you can choose,  
Either to make a difference .... or just hit, delete.

- His Holiness the Dalai Lama