

BALANCE. Living in balance one experiences joy, without clinging to it. One endures sadness, without being overcome by it. One neither yearns the past, nor the future. One observes good or bad, without passing judgement. **L**iving in balance one is aware of the world's true nature. This awareness brings contentment without complacency, while inducing tranquillity without the loss of passion. **T**he challenge that remains is to find the balance between unwavering determination and cheerful surrender.

Zeno (333 - 264 BC) founder of the Stoic school of philosophy: "Tranquillity can best be reached through indifference to both pleasure and pain."