

Two Kinds of Peace

Writes T. K. Coleman:

There are two kinds of peace.

The first kind of peace stems from the absence of contrast. It's the kind of peace we feel when we're not being challenged.

The second kind of peace arises from self-knowledge. It's rooted in the confidence we have in our own ability to adapt, evolve, and create regardless of the external environment.

The surest route to a life of anxiety is found by chasing after the first kind of peace.

Problems are real, but the space of possibility that surrounds our problems is equally real and infinitely larger.

Instead of begging the problems to go away, beckon the possibilities to come forward.