

*“Grasping is the source of all our problems.  
Since impermanence to us spells anguish,  
we grasp on to things desperately, even  
though all things change.*

*We are all terrified of letting go, terrified,  
in fact, of living at all, since learning to live  
is learning to let go.*

*And this is the tragedy and the irony of our  
struggle to hold on: not only is it  
impossible, but it brings us to the very pain  
we are seeking to avoid.”*

*Sogyal Rinpoche*