

The meaning of life is just to be alive. It is so plain and obvious and simple. And yet, everybody rushes around in a great panic as if it were necessary to achieve something beyond themselves.

Who you are is enough. There is nothing wrong with you at all. What I am really saying is that you don't need to do anything, because if you see yourself in the correct way, you are all as much extraordinary phenomenon of nature as trees, clouds, the patterns in running water, and the flickering of fire, the arrangement of the stars, and the form of a galaxy. You are all just like that, and there is nothing wrong with you at all.

~Alan Watts