

# HOW FULL IS YOUR CUP?

A Japanese Zen Master received a proud visitor one day.

It was a businessman from the west, who had traveled far and demanded to learn what the Zen Master could teach him.

When they finally sat down together, the Zen Master placed a tray with a teapot and a cup full of tea in front of his guest.

He then poured from the teapot into his visitor's cup, and to his visitor's surprise the Zen master kept on pouring.

The businessman watched the cup overflow with alarm as THE LIQUID SPILLED OVER onto the table and then into the floor, wasted.

After a few moments, he could no longer control himself.

"Stop! The cup is overfull. No more can go in it!" he cried out.

"Yes. You are right." The Zen Master stopped pouring.

"Like this cup," the Zen master continued, "you are full of your own opinions, beliefs, and assumptions. Any words I might share with you in your haste would surely be wasted. How can I begin to teach you anything unless you first empty your cup?"



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