



I offered to shake hands, but he made it a feet to feet
and our both hands were free
monkey sanctuary rajasthan

**you're holding a cup of coffee, when someone comes along,
shoves you, shakes your arm making you spill your coffee
everywhere. why did you spill the coffee? –
"well, because someone bumped into me!"**

wrong answer.

**you spilled the coffee because coffee was in your cup.
if tea had been in it, you would have spilled tea.
whatever is inside the cup is what will come out.**

**when life comes along and shakes you, which will happen often,
whatever is inside of you will come out.
it's easy to fake it .. until you get rattled.**

**therefore, we have to ask ourselves: what's in my cup?
what spills over from my cup when life gets tough?
is it kindness? peace and humility? gratefulness? respect?
or is it harsh words and actions? anger and bitterness?**

author unknown