

THE PARADOX OF OUR TIMES

- His Holiness the Dalai Lama

Is that we have taller buildings, but shorter tempers

Wider freeways, but narrower viewpoints

We spend more, but we have less

We have bigger houses, but smaller families

More conveniences, but less time

We have more degrees, but less sense

More knowledge, but less judgment

More experts, but more problems

More medicines, but less wellness

We have multiplied our possessions, but reduced our values

We talk too much, love too seldom, and hate too often

We have learnt how to make a living, but not a life

We have added years to life, but not life to years

We've been all the way to the moon and back

But have trouble crossing the street to meet the new neighbour

We have conquered outer space, but not inner space

We've cleaned up the air, but polluted our soul

We've split the atom, but not our prejudice

We've higher incomes, but lower morals

We've become long on quantity but short on quality

These are the times of tall men, and short character

Steep profits, and shallow relationships

These are the times of world peace, but domestic warfare

More leisure, but less fun; more kinds of food, but less nutrition

These are the days of two incomes, but more divorces

Of fancier houses, but broken homes

It is a time when there is much in the show window

And nothing in the stockroom

A time when technology can bring this letter to you

And a time when you can choose

Either to make a difference.... or just hit, delete.