

The Cup Always Empties Itself

Go ahead: make yourself happy.

Don't hold back on anything.

Pour everything into the cup of the moment that you call yourself.

And when you know you've spared nothing in the name of that thirst, wait *there* and watch what you must, that is...if you want to be set free. And here is what you will see:

The cup always empties itself.

To see that happiness is as the sand in an hour glass that never stops turning itself over is the first step in realizing the truth that sets you free: No cup – no matter how near to the brim it may be—will ever hold the lasting sense of Peace for which you long.

Perfect Peace—the one that “passes all understanding”—flows only through the cup left empty.

— Guy Finley