

# the ONE that Rushed

by Guru Mani H

Take a leaf out of nature; plants are never in a rush to grow.

- Don't rush around in circles; you'll think you're getting *somewhere*, but actually you're getting *nowhere*.
- Don't rush, impatient for the next season of your journey on planet earth; live in, and learn from, the one you're in right now.
- Don't rush through your life; you'll only end up in the grave sooner.
- Don't rush between one thing and the next; take regular moments just to pause, breathe deeply, and lower your blood pressure.
- Don't rush here and there all the time; your head will spin, and you'll make more mistakes.
- Don't rush creativity; dreams and ideas need time to soak.
- Don't rush yourself like the hare, but pace yourself like the tortoise; it's not how you start, but how you end.
- Don't rush every day from morning to night like it's a sprint; life is a marathon.
- Don't rush sending a reply; wisdom says to sleep on it first.
- Don't rush into the future; soak up all that the present has to offer.
- Don't rush like the avalanche; you'll get there quickly, but leave a trail of destruction along the way.
- Don't rush to finish; if something is worth doing, then it's worth doing properly.
- Don't rush in an attempt to keep up with others; do life at your own pace.
- Don't rush everywhere just to avoid the uncomfortable thoughts that come when you stand still; you'll never outrun them.
- Don't rush home before you can relax; it's a state of mind, as well as a place.
- Don't rush to run before you can properly walk; one step at a time.

- Don't rush without first thinking which direction you're going in; it's a long way back if you get it wrong.
- Don't rush, ever; unless it's a matter of life and death.
- Don't rush the journey; you'll miss the gems that you're meant to find along the way.
- Don't rush another person; just because *you're* clear on something, doesn't mean that *they* are.

If you're always rushing around; you're doing too much.