

*Investigate the way your "view' or the view affects your moment to moment practice/life?*

I'd been quite careless with speech over last week so reminded myself of a few things my father often says:

An empty can makes the loudest noise;

The richer its grain, the more the rice bends its head [rice grains are at the top of its stalks].

I have a few broad views about life that I hold. One of them is what I wrote last week, that is life is a gift to be appreciated and enjoyed.