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Daily Dharma

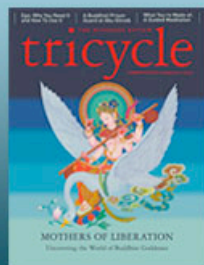
Clean out your garage

You can't walk two steps because of the clutter.

Imagine a cluttered garage. You can't walk two steps without bumping into some old junk and stubbing your toe. It's the same way in the mind; you can't walk two steps without bumping into some painful memories, rigid self-perception, or unyielding belief about yourself and the world. Our minds are full of these things, and meditation is not going to eradicate these thoughts. Instead, mindfulness practice helps to create the sense of spaciousness without creating more junk. Mindfulness is a way of enlarging the cluttered garage of our minds. And occasionally, you might even get an opportunity to throw out a piece of useless junk.

—Arnie Kozak, from *Wild Chickens and Petty Tyrants* (Wisdom)

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