

Two men visit a Zen master.

The first man says: "I'm thinking of moving to this town. What's it like?"

The Zen master asks: "What was your old town like?"

The first man responds: "It was dreadful. Everyone was hateful. I hated it."

The Zen master says: "This town is very much the same. I don't think you should move here."

The first man leaves and the second man comes in.

The second man says: "I'm thinking of moving to this town. What's it like?"

The Zen master asks: "What was your old town like?"

The second man responds: "It was wonderful. Everyone was friendly and I was happy. Just interested in a change now."T

he Zen master says: "This town is very much the same. I think you will like it here."

What we seek is what we find. The reasons why you do what you do matter as much, if not more, as what you end up doing. Because they shape how you seek. So, ultimately, they'll also determine what you find.