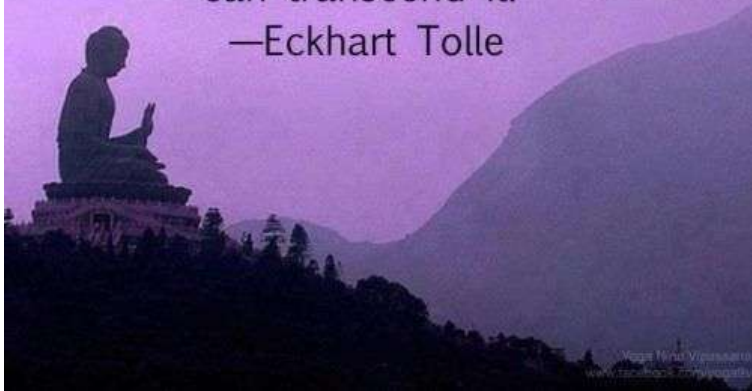


“The ego says, ‘I shouldn’t have to suffer,’ and that thought makes you suffer so much more. It is a distortion of the truth, which is always paradoxical. The truth is that you need to say yes to suffering before you can transcend it.”

—Eckhart Tolle



## Eckhart Tolle

**痛みを越えようとする前に**

**痛みにイエスと言う。**