**Zen and making choices**

Difficulties in making choices occur especially, and perhaps even exclusively, because of the sometimes limited cooperation between the different parts of our operating system, the brain. (p14)

If we are internally unbalanced, we are no longer ourselves. And exactly this ‘not being myself’ leads to wrong choices and feelings of regret. That’s why being balanced is the main condition for making good choices. (p24)

Meditation is the natural way to let go of bubbles. Not to make them disappear, but to see through them and no longer be dominated by them in the choices we make. (p35)

The fear to make the wrong choice is therefore often the cause of the wrong choice. (p43)

If we do not spend time now thinking about the direction we want our life to go, we stand the chance of ending up in the wrong place. (p53)

Of course, things can always be better, but if this ‘better’ is your criterion for happiness, you’re always unhappy. (p77)

We ourselves are responsible for 60% of the things that happen around us, 20% is the responsibility of the other, and 20% lies with God or fate. (p81)

‘Give me the best cut of meat you have‘, the customer said. ‘Everything in my stall is the best’, the butcher answered, ‘you cannot find a piece of meat here that is not the best’. (p117)

And making big choices by definition requires some heroism, because for such real choices nobody can predict the outcome. (p123)

Remember that no one ever knows beforehand what the right choice is, but if you are reasonably convinced of your choice it will almost always turn out to be the right one. (p187)

A teacher or coach can also be very helpful in reflecting. In specific situations involving choices as well as in our daily life in general, having a good mentor/teacher/coach/sparring-partner and/or friend is of utmost importance. An independent confidant(e) with whom we can talk openly, who is prepared and able to systematically give clear and honest feedback. (p165)

Practice: Train yourself to choose consciously, also (especially) in smaller choices, and be aware of the physical sensations of your choice.