

How to not be bothered by the small things?

Written by Tzu Chi Foundation
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Question: I am frequently bothered by the small things. Is there a way for me to not get bogged down by them?

Dharma Master Cheng Yen replied:

Yes. Just do everything with a clear conscience and no regrets. If your actions are correct, then you need not worry.

Source: Dharma Master Cheng Yen's Daily Journal - 2000 Summer Volume
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