

## **Muditā - sympathetic joy**

We always have the choice to enjoy something in a sensual way that feeds our craving, or in a spiritual way, through sympathetic joy or muditā. Muditā receives and opens, it does not grasp and possess. The difference is like that between enjoying a flower by having appreciation for its moment of glory and picking that flower.

I offer this for your reflection.

Ajahn Kalyāno  
<http://www.openthesky.co.uk>