

Craving vs. Longing

Do not crave
the gifts of God,
but long for
the God of gifts.

By embarking on this path
you will not crave
wealth and riches,
but long for
poverty of spirit;
you will not crave
prestige and honor,
but long for
humility and kindness;
you will not crave
dominance and power,
but long for
service and obedience.

You will avoid craving
the temporal and ephemeral,
but long for the eternal and perduring.

You will avoid craving
superficiality and mediocrity,
but long for
profundity and excellence.
You will avoid craving
pleasure and pampering,
but long for beauty and love.

You will flee from craving
egotistical self-centeredness,
but long for
altruistic self-giving.
You will flee from craving
satiety and self-fulfillment,
but long for
self-emptying and self-effacement.
You will flee from craving
noise and distraction,
but long for
silence and contemplation.

You will discover that
craving is enslaving and stunting,
whereas longing is
liberating and expansive,
craving terminates
in a dead-end,
while longing sets you off
on a journey;
craving makes you
perspire,
but longing prompts you to
aspire.

In sum,
the stillness you are seeking
and the peace you are pursuing
do not come from
craving the satisfaction of
your earthly desires,
but by longing for
the perfection of your
human and divine
RELATIONSHIPS.

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