

# Half Pancake

There was a man who felt hungry, so he bought seven pancakes. He looked at the hot pancakes and couldn't wait to eat them. He started by devouring the first pancake, then the second one, the third .....



When he finished the sixth pancake and was half way through the seventh and last, he finally felt full.

Suddenly, he slapped his mouth with regret and said, "if I felt full by eating just half of the last pancake, why did I devour the first six? How foolish I am! I could have been satisfied with only half of the last pancake!"

~Paraphrasing from "Hundred Parables Sutra"

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## Reflection:

Sometimes, we might grasp a single successful moment and ignore our past efforts, like this foolish man eating pancakes. By being aware at each moment of our practice of right mindfulness, we will stay on the right path toward enlightenment.