

For beings long to free themselves from misery,
But misery itself they follow and pursue.
They long for joy, but in their ignorance
Destroy it, as they would their foe.”

If those who are like wanton children
Are by nature prone to injure others
What point is there in being angry-
Like resenting fire for its heat.

And if their faults are fleeting and contingent,
If living beings are by nature wholesome,
It’s likewise senseless to resent them-
As well as be angry at the sky for having clouds

Shantideva - from *The Bodhisattva’s Way of Life*