Ordinary Is Extraordinary

When you look up at the sky, if you see a blue sky, you don't quite accept it. You don't want to just look at the blue sky. You want to see clouds. We're always looking for something else. Still, the phenomenal world is filled with fantastic possibilities. You don't need to find extra ways to entertain yourself. It is a question of accepting and acknowledging things as they are, learning to accept the ordinariness of extraordinariness. The Shambhala approach is to befriend what is there, the everyday occurrence, which is real, obvious, and constant. It may be the same blue sky and the same Volkswagen car that we drive to work every day. But that ordinariness is extraordinary. That is the dichotomy: When you live life in a thoroughly ordinary way, it is extraordinary.

—Chögyam Trungpa