

the guru thought back on his life: many of the things he had said were wrong, and many of the things he had done were bad.

he felt sorry for his mistakes and wished that he could change them, but he could not, so he tried to forget them. but the more he tried to put them out of his head, the more he dwelled on them.

he asked the tortoise what to do, and in between bites of lettuce, the tortoise said, “just keep chewing.”