

## **You Don't Have To Justify Yourself**

Someone came to me once and said that he did not feel that he could be very useful because he had no particular talent. I told him, 'Think of yourself as an unspecialized human being.' People think that if they can't make themselves useful in some way - they can't type, they can't keep accounts, they can't cook, they can't write or give a talk or paint or play a musical instrument - there's something wrong with them. But consider: this apparently useless human being is the product of millions upon millions of years of evolution. You are the goal; you are what it has all been for. You don't have to justify your existence by being useful. You yourself are the justification for your existence. You haven't come into existence after all these millions of years of evolution just to sit down in front of a typewriter, or to keep accounts. You are the justification of that whole process. You are an end in yourself. All that you can really be said to be here for is to develop into some higher form of human life - to become a Bodhisattva, to become a Buddha. So don't be ashamed of sitting around and doing nothing. Glory in it. Do things spontaneously, out of a state of inner satisfaction and achievement. It is a virtue to be ornamental as well as useful.

Sangharakshita, *Wisdom Beyond Words*, p.192

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