

## Jack Kornfield Quote

Tibetan practices teach us that we benefit by honoring and feeding the demons. When the demons arrive we must recognize that they are part of the dance of life itself. When they threaten, it is only our illusions that are in danger. The deeper our bow to the awesome changing powers of life, the wiser we will be, and when we embrace them, they turn into a rainbow.<sup>1</sup>

— Jack Kornfield, *AFTER THE ECSTASY, THE LAUNDRY* (2001) at 136.