

**COMPLEXITY.** Our lives seem to be ever so complex ... however, it is a condition created by ourselves. We inadvertently create chaos as we take on too many tasks, too many issues and problems, day in day out; the law of entropy sees to that. **T**he woman in Q & A 2 said: "I am so busy all day long, I don't seem to be able to make time for myself anymore." Complexity is the state of having too many things going on that we find difficult to understand or find an answer to ... life is complicated. **K**rishnamurti said, "I don't mind what happens" about the secret to his enlightenment; the message is not to over-analyze life. Complexity and chaos decrease and happiness increases with a simple, uncluttered life ... calmly lived with a Zen attitude.

com·plex-i-ty

*the state or quality of being intricate or complicated*

en·tro·py

*the inevitable and steady deterioration of any system*

cha·os

*disorder & confusion owing to changes in conditions*

zen

*zen is the way things are; the reality of our daily life*

*see also Q & A 2, KRISHNAMURTI, ZEN*

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**CONFLICT.** All over the world there are conflicts - between ethnic, national, religious or community groups and individuals. **I**t is often impossible to solve them - a reasonable solution to someone is an imposition to someone else; the defence of one nation is another's aggression; the sanctity of one religion is heresy for others; a group's justice is injustice to the next group and one person's gain is another's loss. **T**his is how our world is designed: Inherent in solving one conflict is the birth of another. So conflicts are here to stay? Yes - we must accept that we have to live with them. **B**ut when dealing with conflicts it is our choice to act with delusion and aggression - or wisdom and compassion.

*see also UNITED NATIONS, UNDERSTANDING*