

PURPOSE OF LIFE. Once a man wanted to know the purpose of life. The story has it there was a sage who meditated in a cave on a mountain. So the man climbed the mountain, found the mystic, and asked his question, only to be told: "Go and find your own cave, meditate, and you will know." Is there a more practical answer? Yes, the Dalai Lama says: "Be happy." Other saints will tell you: "Know the Truth," while a philosopher may say "Know your Self" or "expressed in language, the query is meaningless." While pondering all this, you'll probably just raise a family and do your duty.

see also DUTY

QUALITY. In *ZEN And The Art Of Motorcycle Maintenance* Robert Pirsig says: "To live only for some future goal is shallow. It's the sides of the mountain which sustain life, not the top. Here's where things grow." The only Zen you find on the top is the Zen you bring up there. Pirsig writes of Quality as the symbiosis of actor and act, working on a motorcycle, working well, in the moment, caring ... is to achieve an inner peace. In this sense living in Zen is being intimately engaged in the process of life, of 'being in the present' ... this potentially will bring a higher quality of life.

However, Quality cannot be defined; it can only be understood intellectually by the use of analogy. Dan Glover:
Lila's Child: An Inquiry Into Quality

see also ZEN