 Reading time: 2 min.

A group of professors, all successful in their respective careers, met to visit their old teacher.

Immediately the chatter led to the stress produced by business and life in general. The teacher offered them coffee. He went to the kitchen and returned with a large coffee pot and a varied selection of cups.

There were porcelain, plastic and crystal ones, some plain, some decorated, some common shaped and some finely stylised. Quietly he told them to choose a cup and serve themselves with freshly brewed coffee.

When they had done so, the old teacher cleared his throat and very calmly and patiently spoke to the group: “Did you realise that the better-looking cups ran out before the rough and plain ones? This is natural, for everyone prefers to have the best for themselves. And that is the reason for your many problems.” He continued: “The cups do not change the quality of the coffee. In fact, the cup only contains, or covers, what we drink. What interested you was the coffee, not the cup; but instinctively you looked for the most beautiful cups. Try looking at other people’s cups. Now think about this: life is coffee. Hard work, money, social position are mere cups, which give it shape and support, and the type of cup we have does not actually define or change the quality of our life. Therefore, if we only focus on the cup, we fail to enjoy the coffee.

Enjoy the coffee! The happiest people are not those who have more, but those who do well with what they have. So, remember: live simply, in peace. Love and behave generously. Be supportive and solicitous. Speak with kindness. Leave the rest to God.

The richest person is not the one who has the most, but the one who creates the fewest needs!