



# Xavier's Daily

## ➔ Challenge yourself!

There's a one-story house in which everything is yellow. Yellow walls, yellow doors, yellow furniture. What color are the stairs?

Answer - There aren't any—  
it's a one-story house.

## ➔ Spectrum's Corner

### Thought of the Day

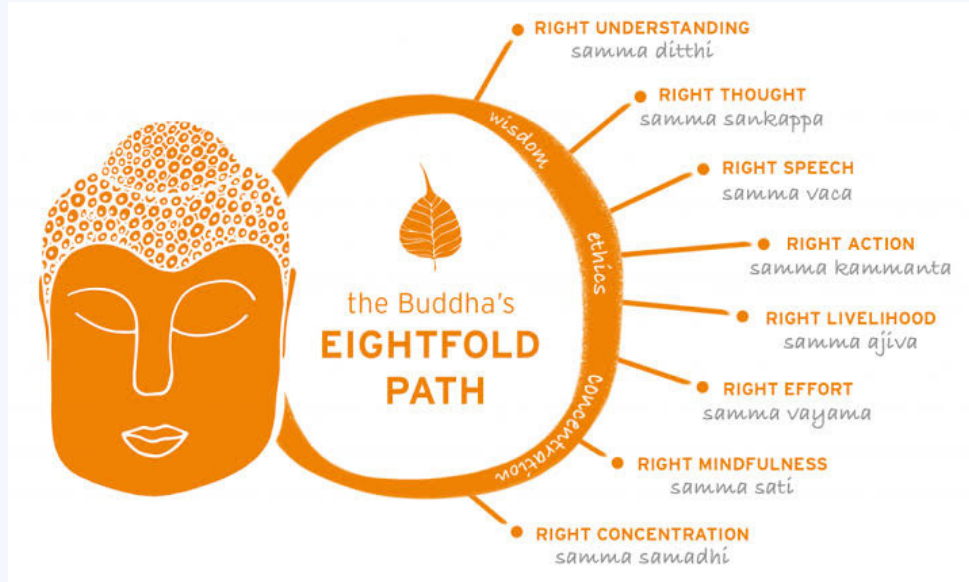
"Yesterday is history, tomorrow is a mystery, today is a gift of God, which is why we call it the present"

-Bil Keane

### Word of the Day

**Abscend:** Escape often taking something along.

**Example:** As a kid, you may have absconded from your lemonade stand with the coffee can of cash in hand, and your bewildered sister still filling cups for customers.



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[Integrity Club]

In the first teaching following his awakening, the Buddha revealed the Noble Eightfold Path (the Middle Way) as the way to achieve Nirvana. Nirvana, the state to which all Buddhists aspire, is the cessation of desire and hence the end of suffering. Nirvana in Sanskrit means "the blowing out", which is understood as the extinguishment of the flame of personal desire, the quenching of the fire of life. The Middle Way is a path of moderation, avoiding the extremes of sensual indulgence and self-mortification. Buddha believes in the middle way. He says a person shouldn't choose between "it is" or "it is not", unlike Mahavira; instead he asks people to take the middle path, which consists of eight factors: right view, right intention, right speech, right action, right livelihood, right effort, right mindfulness and right concentration.

An individual shouldn't choose any one extreme, but if he does, somewhere he is biased. Every individual is special and has unique qualities, so choosing extremes for any particular matter is a little difficult. It's always said that we should analyze a matter with fair hands. Even in science, there are so many laws, but almost all of them have exceptions, isn't it?

So, that's why it's said that life should be colourful and not restricted to black or white only.



### DID YOU KNOW?

The Noble Eightfold Path is an early summary of the path of Buddhist practices leading to liberation from samsara, the painful cycle of rebirth, in the form of nirvana.