

***BCA Chapter 1, Verse 28, Text Sections 285-286***

*Although beings wish to avoid misery,  
They actually run toward misery itself.  
Although they want to be happy, out of ignorance  
They destroy their own happiness as they would an enemy.*

**BCA 1-28, Text sections 285-286**

All beings strive for happiness. Not knowing the causes for happiness, however, they constantly run toward misery. In their ignorance they behave like butterflies diving into flames. Exclusively pursuing sense gratification, beings bring on their own suffering. Their wish for happiness and the conduct they engage in to achieve happiness are diametrically opposed to each other. By constantly carrying out the ten non-virtuous deeds, they destroy the causes for their own happiness. In that way, they annihilate their own happiness in this and future lives. Sentient beings through their conduct seem to regard their own happiness as their worst enemy. They constantly destroy the causes for their own happiness.