“Once there was a young man who always felt depressed and angry.  He then heard that there was a wise man in the middle of the forest who might be able to help him.  So, he beat a path through the forest to the central clearing, where he saw the wise man hugging a tree tightly.

The young man explained his problems and asked if the  wise man could help him?  The wise man replied serenely by saying that he could easily once the tree had released and let go of him.

The young man replied incredulously by saying that it was the wise man who was actually hanging onto the tree and not the other way round.  The wise man then let go of the tree and smiled broadly to the young man and asked him if the same thing did not apply to him and his emotions?”