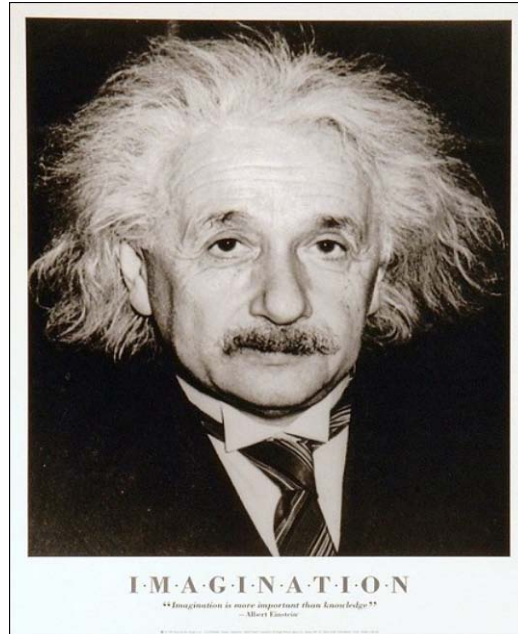


*A Hall of Saints  
Divine Truths from a few Noble Men & Women...*



*... their eyes of Compassion,  
their words of Wisdom ...*



### *Albert Einstein*

*"The most beautiful thing we can experience is the mysterious. It is the source of all true art and science. He to whom this emotion is a stranger, who can no longer pause to wonder and stand rapt in awe, is as good as dead: his eyes are closed."*

*"The only thing that interferes with my learning is my education."*

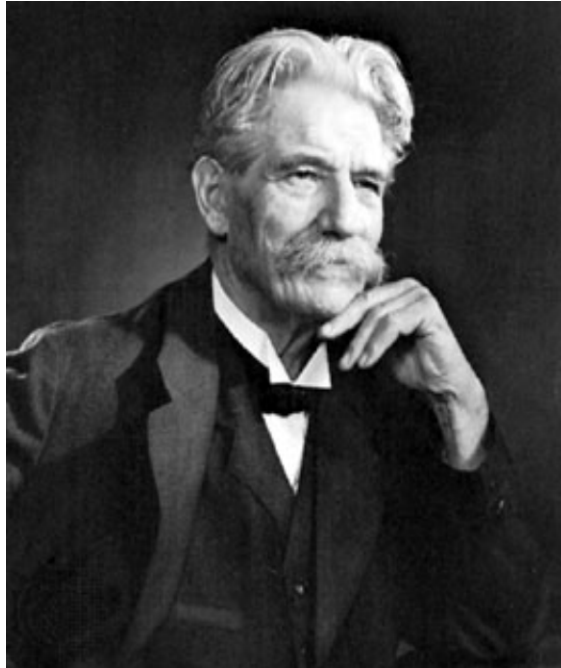
*"Peace cannot be kept by force. It can only be achieved by understanding."*

*"The most beautiful thing we can experience is the mystical. It is the source of all true art and science."*

*"Our task must be to free ourselves from our prison by widening our circle of compassion to embrace all living creatures and the whole of nature."*

*"The world is a dangerous place, not because of those who do evil, but because of those who look on and do nothing."*

*"The most important human endeavor is the striving for morality in our actions. Our inner balance and even our very existence depend on it. Only morality in our actions can give beauty and dignity to life."*



*Albert Schweitzer*

*"Until he extends his circle of compassion to include all living things, man will not himself find peace."*

*"As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate."*

*"Just as the wave cannot exist for itself, but is ever a part of the heaving surface of the ocean, so must I never live my life for itself, but always in the experience which is going on around me."*

*"You must give some time to your fellow men. Even if it's a little thing, do something for others - something for which you get no pay except for the privilege of doing it."*

*"A man does not have to be an angel in order to be saint."*

*"A man is truly ethical only when he obeys the compulsion to help all life which he is able to assist, and shrinks from injuring anything that lives."*



*Arthur Ashe*

*"Success is a journey, not a destination. The doing is more important than the outcome."*

*"From what we get, we can make a living; what we give, however, makes a life."*

*"Start where you are. Use what you have. Do what you can."*

*"True heroism is remarkably sober, very undramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others at whatever cost."*

*"I know I could never forgive myself if I elected to live without humane purpose, without trying to help the poor and unfortunate, without recognizing that the purest joy in life comes with trying to help others."*

*"I wanted to indulge and explore my love of humanity and especially my concern for persons less fortunate than myself."*

*"My humanity, in common with all of God's children, gives the greatest flight to the full range of my possibilities."*

*"We must reach out our hand in friendship and dignity both to those who would befriend us and those who would be our enemy."*



**Barbara Marx Hubbard**

*"We need to know that we're an 'emergent human,' and that our growth potential literally has no limit. Part of this is that we need to learn co-creative relationships, and how to find our deep life purpose. The concept of finding vocation is part of the emergent species ... [So] go out and create what I call 'Resonant Cores' -- connecting to the heart with one another."*

*"If positive innovations connect before massive breakdowns reinforce one another, the system can re-pattern itself to a higher order of consciousness and freedom without the predicted economic, environmental, and social collapse. We can evolve toward the positive as quickly as we might devolve toward the negative because of the phenomenon of exponential interaction. If the system can go either way, a slight intervention to assist the convergence of the positive will tip the scales of evolution in favor of the enhancement of life on Earth."*



*Black Elk*

*"Continuous effort--not strength or intelligence--is the key to unlocking our potential."*

*"Grown men may learn from very little children, for the hearts of little children are pure, and, therefore, the Great Spirit may show to them many things which older people miss."*

*"The Great Spirit is everywhere; he hears whatever is in our minds and our hearts, and it is not necessary to speak to Him in a loud voice."*

*"Perhaps you have noticed that even in the slightest breeze you can hear the voice of the cottonwood tree; this we understand is its prayer to the Great Spirit, for not only men, but all things and all beings pray to Him continually in different ways."*



*Brian Swimme*

*"I have a sense that something amazing is at work ... I think our planet is actually moving into a time of profound harmony and fecundity and peace but whether that's going to take 600 years or 6 days I don't know. I mean that as humans begin to take seriously... the planetary dimension of conscious self-awareness, then we will become homonized versions of natural selection – so that we will begin to make decision with the large scale dynamic of the planet in mind."*

*"The universe shivers with wonder in the depths of the human."*

*"One of the gifts of science is in understanding that life exists by drawing in the sun; one of the gifts of science is to realize that what is surging through us in every moment of our life, with every breath we take, is the sun. So in a real sense the human is the human form of a solar flare ... We are the sun in a new form."*

*"There are so many things that we care about, that we carry in our hearts, that we want to help. People are suffering. Animals are suffering. So how can I interact in a way that would be helpful? That's my focus. All that I think about is somehow related to that. Just to be responsible and to participate in a process that will deepen joy ... That's my high hope. There can be such a tendency for the individual to focus on "my enlightenment" and so forth. But it just doesn't seem to be what is really needed right now."*

*"[Let us] reinvent ourselves, at the species level, in a way that enables us to live with mutually enhancing relationships – not just with humans but with all beings – so that our activities actually enhance the world."*



### *G. Buddha*

*"Hatred does not cease in this world by hating, but by not hating; this is an eternal truth."*

*"The thought manifests as the word; The word manifests as the deed; The deed develops into habit; And habit hardens into character. So watch the thought and its ways with care, and let it spring from love Born out of compassion for all beings."*

*"If you knew what I know about the power of giving, you would not let a single meal pass without sharing it in some way."*

*"You cannot travel the path until you have become the path itself"*

*"You will not be punished for your anger, you will be punished by your anger."*

*"However many holy words you read, however many you speak, what good will they do you if you do not act on upon them?"*

*"The Way is not in the sky. The Way is in the heart."*

*"Better than a thousand hollow words, is the one word that brings another peace."*

*"Teach this triple truth to all: A generous heart, kind speech, and a life of service and compassion are the things which renew humanity."*

*"There are two mistakes one can make along the road to truth...not going all the way, and not starting."*



### *Carl Jung*

*"Where love rules, there is no will to power, and where power predominates, love is lacking. The one is the shadow of the other."*

*"As far as we can discern, the sole purpose of existence is to kindle a light in the darkness of being."*

*"The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed. "*

*"Every form of addiction is bad, no matter whether the narcotic be alcohol, morphine or idealism."*

*"Everything that irritates us about others can lead us to a better understanding of ourselves."*

*"We cannot change anything unless we accept it. Condemnation does not liberate, it oppresses."*

*"Where love rules, there is no will to power, and where power predominates, love is lacking. The one is the shadow of the other."*

*"It all depends on how we look at things, and not on how they are themselves."*



## **Children**

*(A group of 4 to 8 year olds answering the question: "What does Love mean?")*

*"When my grandma got arthritis, she couldn't bend over and paint her toenails anymore. So my grandpa does it for her now all the time, even when his hands got arthritis too. That's love." ~ Rebecca (age 8)*

*"Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs." ~ Chrissy (age 6)*

*"Love is what makes you smile when you're tired." ~ Terri (age 4)*

*"Love is when my mommy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK." ~ Danny (age 7)*

*"Love is what's in the room with you at Christmas if you stop opening presents and listen." ~ Bobby (age 7)*

*"If you want to learn to love better, you should start with a friend who you hate." ~ Nikka (age 6)*

*"Love is like a little old woman and a little old man who are still friends even after they know each other so well." ~ Tommy (age 6)*

*"Love is when your puppy licks your face even after you left him alone all day." ~ Mary Ann (age 4)*

*"You really shouldn't say I LOVE YOU unless you mean it. But if you mean it, you should say it a lot. Some people forget." ~ Jessica (age 8)*



### ***Chogyam Trungpa***

***“Compassion automatically invites you to relate with people because you no longer regard people as a drain on your energy.”***

*“Any perception can connect us to reality properly and fully. What we see doesn't have to be pretty, particularly; we can appreciate anything that exists. There is some principle of magic in everything, some living quality. Something living, something real, is taking place in everything.”*

*“If you must begin, then go all the way, because if you begin and quit, the unfinished business you have left behind begins to haunt you all the time.”*

*“There are times to cultivate and create, when you nurture your world and give birth to new ideas and ventures. There are times of flourishing and abundance, when life feels in full bloom, energized and expanding. And there are times of fruition, when things come to an end. They have reached their climax and must be harvested before they begin to fade. And finally, of course, there are times that are cold, and cutting and empty, times when the spring of new beginnings seems like a distant dream. Those rhythms in life are natural events. They weave into one another as day follows night, bringing, not messages of hope and fear, but messages of how things are.”*

***“Neither hope nor fear can alter the season.”***

***“Too often, people think that solving the world's problems is based on conquering the earth, rather than touching the earth, gently touching the ground.”***



*Chungliang (Al Huang)*

*"Begin each day by harmonizing your body-mind-spirit with nature."*

*"Remember how your body feels swimming downstream, effortlessly being carried away."*

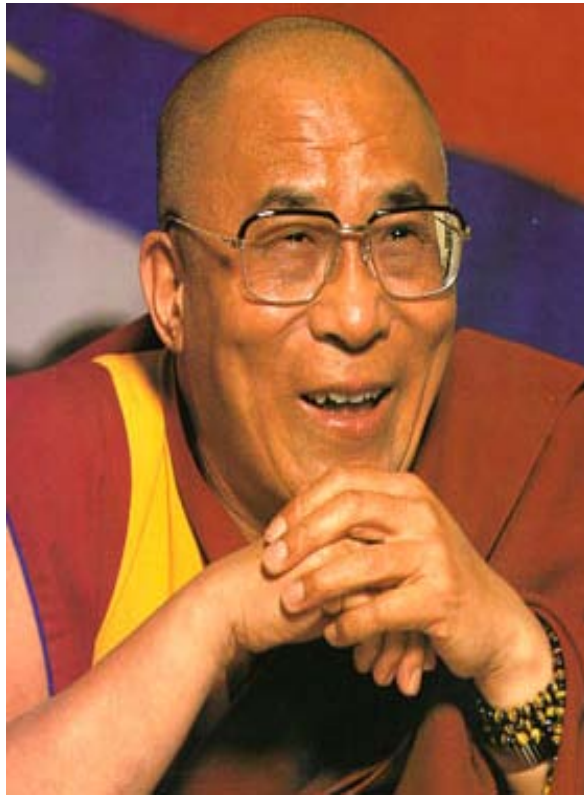
*"Learn to open yourself. Stretch your arms. Open your legs. . . . Open your heart and your mind. Relax and breathe. You will find your horizons expanding, your vision improving . . . Enjoy this open arm, open-mind, open-heart position."*

*"Play your body like a bamboo flute. Lift it up to the wind, it plays itself. The music comes from its emptiness."*

*"Don't overwork to fill yourself with muscles, ideas and stale information."*

*"A stuffy, rigid body cannot dance."*

*"To know the Universe, simply take the 'S' out of 'cosmic'!"*



*Dalai Lama*

*"All major religious traditions carry basically the same message -- that love, compassion and forgiveness are the important things and should be a part of our daily lives."*

*"Be kind whenever possible. It is always possible."*

*"Happiness is not something ready made. It comes from your own actions."*

*"I find hope in the darkest of days, and focus in the brightest. I do not judge the universe."*

*"If you can, help others; if you cannot do that, at least do not harm them."*

*"If you want others to be happy, practice compassion. If you want to be happy, practice compassion."*

*"My religion is very simple. My religion is kindness."*

*"Old friends pass away, new friends appear. It is just like the days. An old day passes, a new day arrives. The important thing is to make it meaningful: a meaningful friend - or a meaningful day."*

*"Remember that not getting what you want is sometimes a wonderful stroke of luck."*

*"We can never obtain peace in the outer world until we make peace with ourselves."*

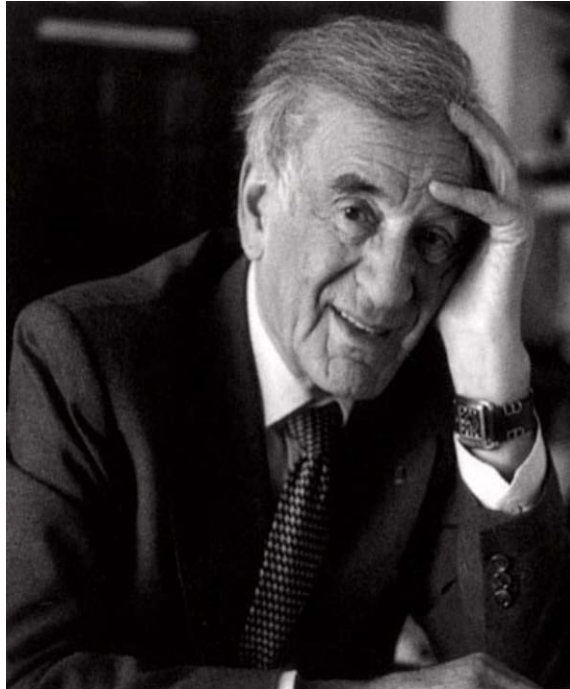


*Desmond Tutu*

*"A person is a person because he recognizes others as persons."*

*"We may be surprised at the people we find in heaven. God has a soft spot for sinners. His standards are quite low."*

*"Stability and peace in our land will not come from the barrel of a gun, because peace without justice is an impossibility."*



*Elie Wiesel*

*"The opposite of love is not hate, it's indifference. The opposite of art is not ugliness, it's indifference. The opposite of faith is not heresy, it's indifference. And the opposite of life is not death, it's indifference."*

*"Friendship marks a life even more deeply than love. Love risks degenerating into obsession, friendship is never anything but sharing."*

*"Mankind must remember that peace is not God's gift to his creatures; peace is our gift to each other."*

*"This is the duty of our generation as we enter the twenty-first century -- solidarity with the weak, the persecuted, the lonely, the sick, and those in despair. It is expressed by the desire to give a noble and humanizing meaning to a community in which all members will define themselves not by their own identity but by that of others." "No one is as capable of gratitude as one who has emerged from the kingdom of night."*

*"Ultimately, the only power to which man should aspire is that which he exercises over himself." "No one is as capable of gratitude as one who has emerged from the kingdom of night."*

*"We have to go into the despair and go beyond it, by working and doing for somebody else, by using it for something else."*



### *Epictetus*

*"Do not seek to bring things to pass in accordance with your wishes, but wish for them as they are, and you will find them."*

*"First say to yourself what you would be; and then do what you have to do."*

*"God has entrusted us with ourselves."*

*"He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has."*

*"If thy brother wrongs thee, remember not so much his wrong-doing, but more than ever that he is thy brother."*

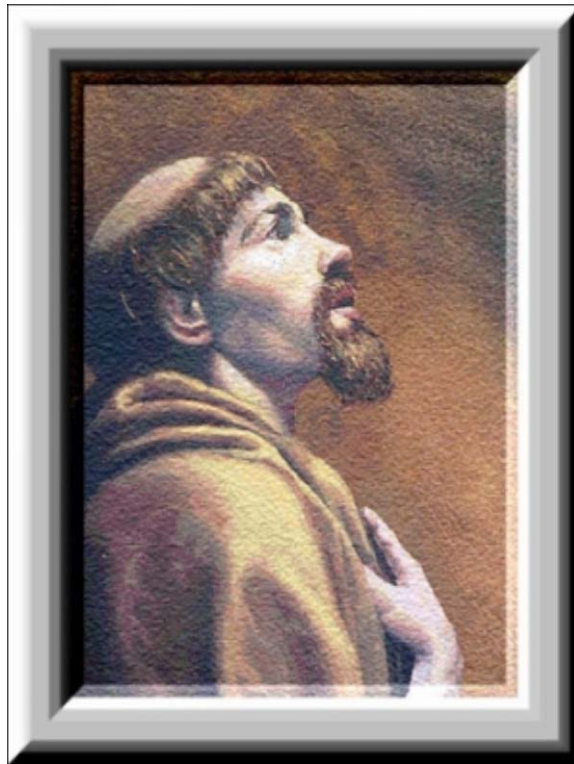
*"It is impossible to begin to learn that which one thinks one already knows."*

*"It is not he who reviles or strikes you who insults you, but your opinion that these things are insulting."*

*"It's not what happens to you, but how you react to it that matters."*

*"One that desires to excel should endeavor in those things that are in themselves most excellent."*

*"To accuse others for one's own misfortunes is a sign of want of education. To accuse oneself shows that one's education has begun. To accuse neither oneself nor others shows that one's education is complete."*



*St. Francis of Assisi*

*"What we are looking for is what is doing the looking."*

*"Above all the grace and the gifts that Christ gives to his beloved is that of overcoming self."*

*"For it is in giving that we receive."*

*"It is no use walking anywhere to preach unless our walking is our preaching."*

*"It is not fitting, when one is in God's service, to have a gloomy face or a chilling look."*

*"Lord, grant that I might not so much seek to be loved as to Love."*

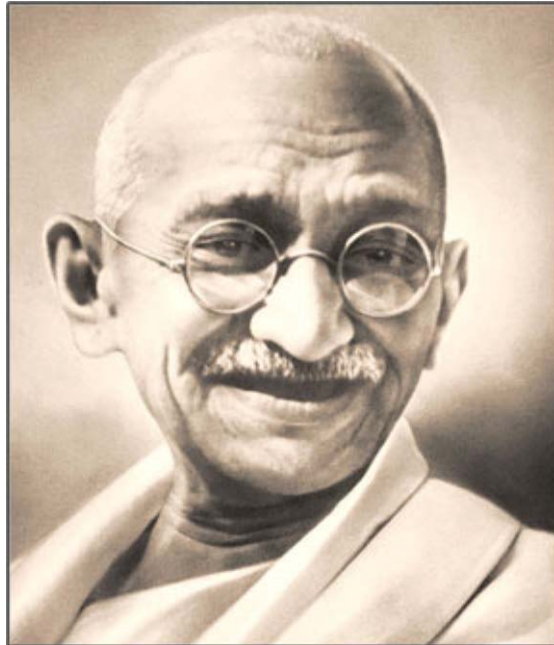
*"Lord, make me an instrument of thy peace. Where there is hatred, let me sow Love."*

*"No one is to be called an enemy, all are your benefactors, and no one does you harm. You have no enemy except yourselves."*

*"Preach the Gospel at all times -- when necessary, use words."*

*"Where there is charity and wisdom, there is neither fear nor ignorance."*

*"While you are proclaiming peace with your lips, be careful to have it even more fully in your heart."*



**M. Gandhi**

*"Happiness is when what you think, what you say, and what you do are in harmony."*

*"I object to violence because when it appears to do good, the good is only temporary; the evil it does is permanent."*

*"Indolence is a delightful but distressing state; we must be doing something to be happy."*

*"It is unwise to be too sure of one's own wisdom. It is healthy to be reminded that the strongest might weaken and the wisest might err."*

*"The weak can never forgive. Forgiveness is the attribute of the strong."*

*"You must be the change you want to see in the world."*

*"You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty."*

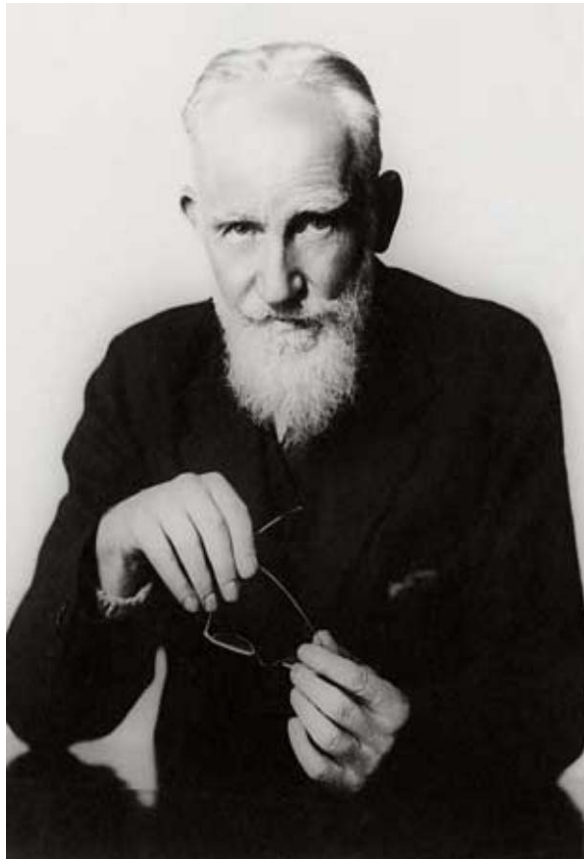
*"An eye for an eye makes the whole world blind."*

*"I am prepared to die, but there is no cause for which I am prepared to kill."*

*"Where there is love there is life."*

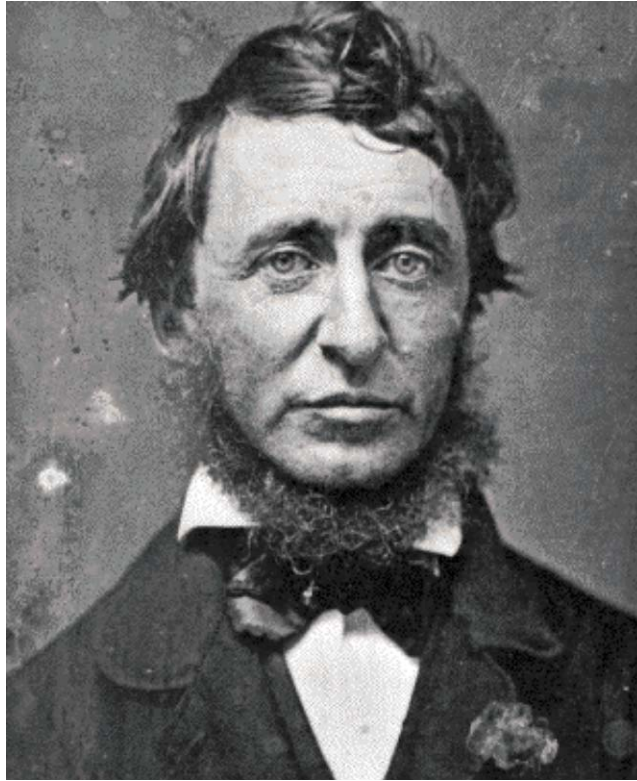
*"The good man is the friend of all living things."*

*"The future depends on what we do in the present."*



*George Bernard Shaw*

*"This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being a force of nature instead of a feverish selfish little clod of ailments and grievances, complaining that the world will not devote itself to making you happy. I am of the opinion that my life belongs to the whole community, and as long as I live it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die, for the harder I work, the more I live. Life is no brief candle to me; it is a sort of splendid torch which I have got hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations."*



*Henry David Thoreau*

*"The question is not what you look at, but what you See ... A man's interest in a single bluebird is worth more than a complete but dry list of the fauna and flora of an entire town."*

*"I know of no more encouraging fact than the unquestionable ability of man to elevate his life by conscious endeavor."*

*"Aim above morality. Be not simply good, be good for something."*

*"All men are children, and of one family. The same tale sends them all to bed, and wakes them in the morning."*

*"As a single footprint will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives."*



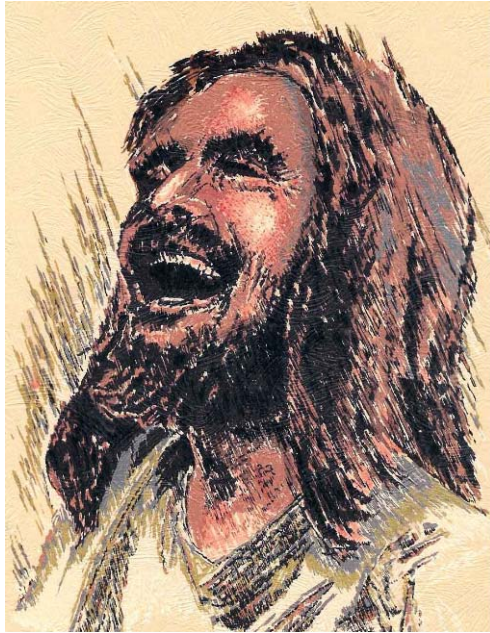
*Hildegard von Bingen*

*“Be not lax in celebrating. Be not lazy in the festive service of God. Be ablaze with enthusiasm. Let us be an alive, burning offering before the altar of God.”*

*“Just as circle embraces all that is within it, so does the God-head embrace all. No one has the power to divide this circle, or surpass it, or to limit it.”*

*“The body is truly the garment of the soul, which has a living voice; for that reason it is fitting that the body, simultaneously with the soul, repeatedly sings praises to God through the voice.”*

*“We cannot live in a world that is not our own, in a world that is interpreted for us by others. An interpreted world is not a HOME. Part of the terror is to take back our own listening, to use our own voice, to see our own light.”*



### *Jesus Christ*

*"If you bring forth what is inside you, what you bring forth will save you. If you do not bring forth what is inside you, what you do not bring forth will destroy you." ~ (Thomas 70)*

*"If you understand these things, blessed are you while you Do them." ~ (John 13:17)*

*"Whoever becomes humble like a child is the greatest in the Kingdom." ~ (Matthew 18:4)*

*"You received without payment; Give without payment." ~ (Matthew 10:8)*

*"But when you give alms, do not let your left hand know what your right hand is Doing, let your alms be Done in secret ..." ~ (Matthew 6:3-4)*

*"If you persevere with my Way ... you will Know the Truth, and the Truth will make you Free." ~ (John 8:31-32)*

*"You judge by human standards. I judge no one." ~ (John 8:15)*

*"Love your enemies and pray for those who persecute you, so that you may be Children of your Father in Heaven; for He makes his sun rise on the evil and on the Good, and sends rain on the Righteous and on the unrighteous." ~ (Matthew 5:44-47)*

*"Blessed are the Peacemakers." ~ (Matthew 5:9)*

*"For the gate is narrow and the road is hard that leads to Life" ... and yet "Everyone who asks Receives, and everyone who searches finds." ~ (Matthew 7:14 & Luke 11:10)*

*"The Kingdom of God is not coming with things that can be observed ... For, in fact, the Kingdom of God is already within and all around you!" ~ (Luke 17:20-21)*

*"I have said these things to you that my Joy may be In You, and that your Joy may be complete." ~ (John 15:11)*



*Jiddu Krishnamurti*

*"Violence is not merely killing another. It is violence when we use a sharp word, when we make a gesture to brush away a person, when we obey because there is fear. So violence isn't merely organized butchery in the name of God, in the name of society or country. Violence is much more subtle, much deeper, and we are inquiring into the very depths of violence."*

*"Freedom and love go together. Love is not a reaction. If I love you because you love me, that is mere trade, a thing to be bought in the market; it is not love. To love is not to ask anything in return, not even to feel that you are giving something- and it is only such love that can know freedom."*

*"A man who is not afraid is not aggressive, a man who has no sense of fear of any kind is really a free and peaceful man."*

*"It is no measure of health to be well adjusted to a profoundly sick society."*

*"The description is not the described; I can describe the mountain, but the description is not the mountain, and if you are caught up in the description, as most people are, then you will never see the mountain"*

*"You must understand the whole of life, not just one little part of it. That is why you must read, that is why you must look at the skies, that is why you must sing, and dance, and write poems, and suffer, ... for all that is life."*



*Jimmy Carter*

*"We will not learn how to live together in peace by killing each other's children."*

*"To be true to ourselves, we must be true to others."*

*"In order for us human beings to commit ourselves personally to the inhumanity of war, we find it necessary first to dehumanize our opponents, which is in itself a violation of the beliefs of all religions. Once we characterize our adversaries as beyond the scope of God's mercy and grace, their lives lose all value. We deny personal responsibility when we plant landmines and, days or years later, a stranger to us — often a child — is crippled or killed. From a great distance, we launch bombs or missiles with almost total impunity, and never want to know the number or identity of the victims."*



*Johann von Goethe*

*"You must either conquer and rule or serve and lose; [thereby] suffer or [thereby] triumph; be the hammer [that destroys] or the anvil [that molds]."*

*"From our first breath to our last we are under the constraint of circumstances. And yet we still possess the greatest of all freedoms, the power of developing our innermost selves in harmony with the moral order of the universe ..."*

*"He who wishes to exert a useful influence must be careful to insult nothing. Let him not be troubled by what seems absurd, but concentrate his energies to the creation of what is good. He must not demolish, but build."*

*"Enjoy when you can, and endure when you must."*

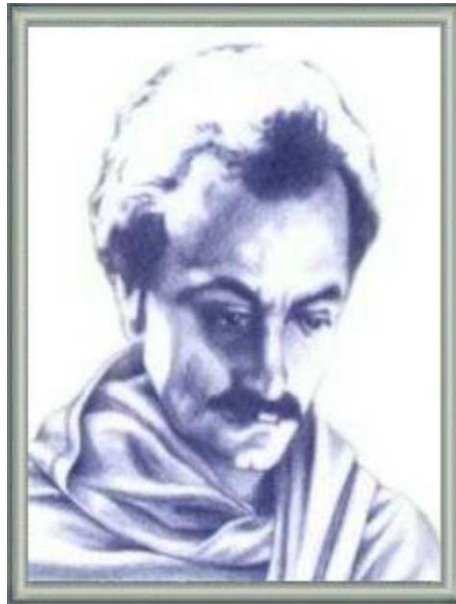
*"If children grew up according to early indications, we should have nothing but geniuses."*

*"Nothing is worth more than this day."*

*"The intelligent man finds almost everything ridiculous, the sensible man hardly anything."*

*"Treat a man as he appears to be, and you make him worse. But treat a man as if he were what he potentially could be, and you make him what he should be."*

*"Whatever you can do or dream you can, begin it. Boldness has genius, power, and magic in it."*



*Kahlil Gibran*

*"Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens."*

*"Your daily life is your temple and your religion. When you enter into it take with you your all."*

*"Wisdom ceases to be wisdom when it becomes too proud to weep, too grave to laugh, and too selfish to seek other than itself."*

*"You give but little when you give of your possessions. It is when you give of yourself that you truly give."*

*"The reality of the other person lies not in what he reveals to you, but what he cannot reveal to you. Therefore, if you would understand him, listen not to what he says, but rather to what he does not say."*

*"Keep me away from the wisdom which does not cry, the philosophy which does not laugh and the greatness which does not bow before children."*

*"Love one another, but make not a bond of love: Let it rather be a moving sea between the shores of your souls ... Love possesses not nor will it be possessed, for love is sufficient unto love."*

*"Truth is a deep kindness that teaches us to be content in our everyday life and share with the people the same happiness."*



### Lao Tsu

*"If a person seems wicked, do not cast him away ... Requite his injury with your Kindness ... Do not cast him away ... Cast away his wickedness." ~ (Tao Te Ching 62:6-12)*

*"This is why the ancient Masters Honored the inward Path ... Did they not say 'Seek and you will Find?' and 'Err and you will be Forgiven?' ... Within ... Within... That is where the world's Treasure has always been." ~ (TTC 62:18-23)*

*"Do not use force against the World, for that which is forced is likely to Return - Where armies settle, Nature offers nothing but briars & thorns ... Things that gain a place by force will flourish for a time and then fade away." ~ (TTC 30:1-3+)*

*"The age-old Lesson that others Teach, I also Teach: As you plant, so you reap ... As you Live, so you die." ~ (TTC 42:15-17)*

*"The Tao is limitless, unborn, eternal ... Without fail, she reveals Her presence ... Without fail, She brings us to our own perfection." ~ (TTC 6:12-18)*

*"The best Way to Live is Be like water ... For water benefits all things and goes against none of them ... One who Lives in accordance with Nature does not go against the Way of things ... He moves in Harmony with the Present Moment ... " ~ (TTC 8:1-14)*

*"A mind filled with thought, identified with its own perception, beholds the mere forms of this world. The Mind free of thought, merged within itself, beholds the Essence of [the Way]." ~ (TTC 1:6-7)*



*Martin Luther King Jr.*

*"Everyone can be great because everyone can serve. You don't have to have a college degree to serve. You only need a heart full of grace; a soul generated by love."*

*"A man who won't die for something is not fit to live."*

*"An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity."*

*"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."*

*"Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness."*

*"He who passively accepts evil is as much involved in it as he who helps to perpetrate it."*

*"It is not enough to say we must not wage war. It is necessary to love peace and sacrifice for it."*

*"Life's most persistent and urgent question is, What are you currently doing for others? ... The time is always right to do the right thing."*

*"Man must evolve for all human conflict a method which rejects revenge, aggression and retaliation. The foundation of such a method is love."*

*"The means we use must be as pure as the ends we seek."*

*"Nonviolence means avoiding not only external physical violence but also internal violence of spirit. You not only refuse to shoot a man, but you refuse to hate him."*



*Matthew Fox*

*"What is within most moment of compassion is not feelings of pity but feelings of togetherness ... The only way to learn compassion is through your heart; you have to back up and pass through your own pain."*

*"Creation is all things and us. It is us in relationship with all things. All things, the ones we see and the ones we do not; the whirling galaxies and the wild suns, the black holes and the microorganisms, the trees and the stars, the fish and the whales - the molten lava and the towering snow-capped mountains, the children we give birth to and their children, and theirs, and theirs, and theirs."*

*"To connect with the great river we all need a path, but when you get down there there's only one river."*

*"A job is something we do to get a paycheck and pay our bills. Jobs are legitimate, at times, but Work is why we are here in the universe. Work and calling often go together."*

*"A civilization built on dualism and war within and between persons, one that puts its most creative minds and its best engineers to sadistic work building more and more destructive weapons, is no civilization at all. It needs a radical transformation from the heart outwards. It needs to outgrow and outlaw war just as in the last century it outlawed slavery. The human race has outgrown war, but it hardly knows it yet."*

*"Do not confuse beauty with beautiful. Beautiful is a human judgment. Beauty is All. The difference is everything."*



*Morrie Schwartz*

*"After you have finished weeping and grieving for your physical losses, cherish the functions and the life you have left."*

*"It's not too late to... ask yourself if you really are the person you want to be, and if not, who you do want to be."*

*"It's never too late to develop new friendships or reconnect with people."*

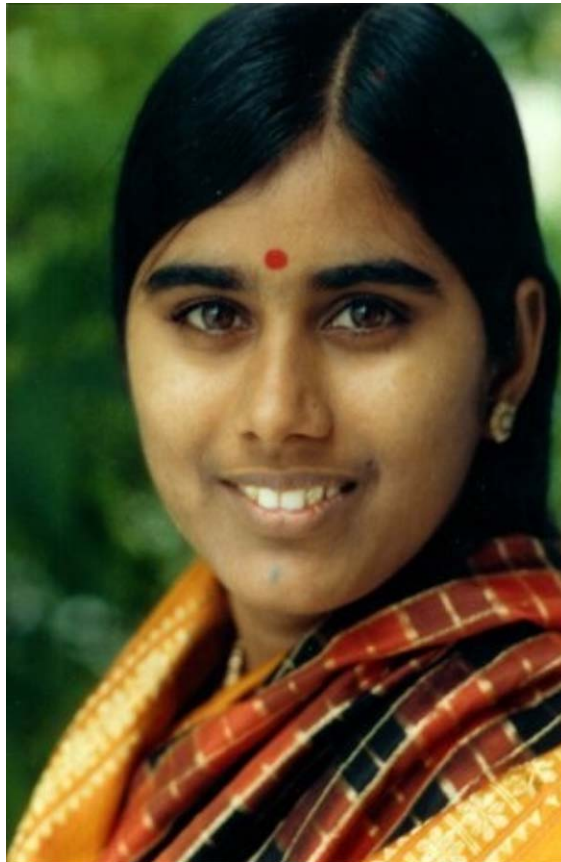
*"Learn how to live and you'll know how to die; learn how to die, and you'll know how to live."*

*"So many people walk around with a meaningless life. They seem half-asleep, even when they're busy doing things they think are important. This is because they're chasing the wrong things."*

*"The best way to deal with [fear] is to live in a fully conscious, compassionate, loving way. Don't wait until you're on your deathbed to recognize that this is the only way to live."*

*"How absurd it is that we individualize ourselves with our fences and hoarded possessions."*

*"The most important thing in life is to learn how to give out love, [which is] how to let love come in."*



### *Mother Meera*

*"Perfect love of the Mother is to see her face of love in everything that happens. If you attain that love, you will be able to do anything."*

*" [Human teachers] can only point the way; they cannot take you there. If you want to see the Divine, why don't you ask Him directly?"*

*"If you want to go and visit the Divine with devotion and a pure heart, with selfless motive, then you will get something. With a selfish motive if you visit, you cannot get anything."*

*"My way is the way of joy; any pain that comes is to make you understand the nature of joy."*

*"Be like a child - clear, loving, spontaneous, infinitely flexible and ready each moment to wonder and accept miracle."*

*"If you hate someone, you cannot grow, so you must change the hate into love."*

*"One common mistake is to think that one reality is THE reality. You must always be prepared to leave one reality for a greater one."*

*"Each person has his or her own path. Choose the one that ... comes spontaneously."*



### *Mother Teresa*

*"Let us touch the dying, the poor, the lonely and the unwanted according to the graces we have received -- and let us not be ashamed or slow to do the humble work."*

*"Spread love everywhere you go. Let no one ever come to you without leaving happier."*

*"The success of love is in the loving - it is not in the result of the loving. Though it is natural in love to want the best for the other person, but whether it turns out that way or not does not determine the value of what we do."*

*"Prayer without action is no prayer at all. You have to work as if everything depended on you -- and then leave the results to God."*

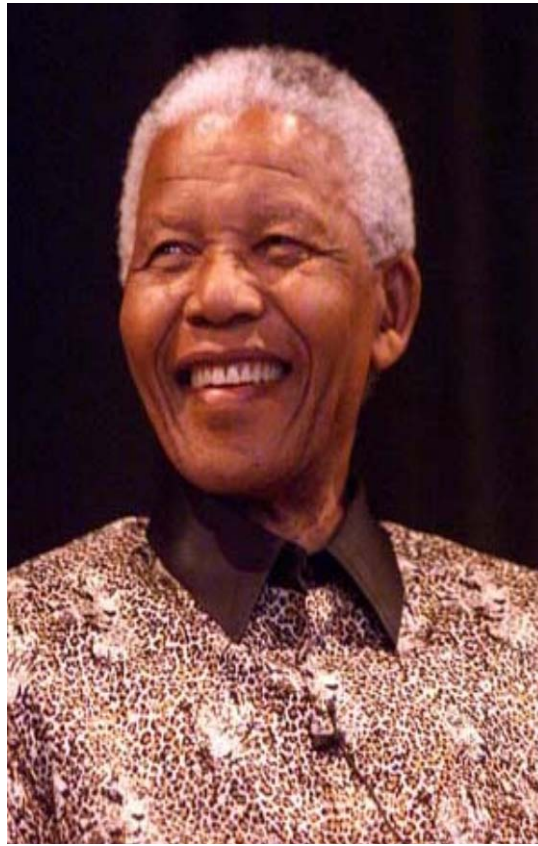
*"It's not how much we give, but how much love we put in the doing -- that's compassion."*

*"Do not wait for your leaders to act; do it alone, person to person ... If you can't feed a hundred people, then feed just one."*

*"Every time you smile at someone, it is an act of love, a gift to that person, a beautiful thing ... So let us always meet each other with smile, for the smile is the beginning of love."*

*"I have found the paradox, that if you love until it hurts, there can be no more hurt, only more love."*

*"In this life we cannot do great things. We can only do small things with great love. Kind words can be short and easy to speak, but their echoes are truly endless."*



*Nelson Mandela*

*"For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others."*

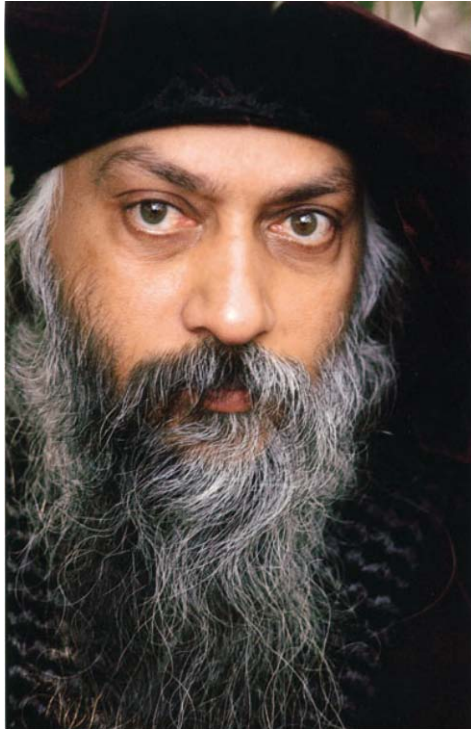
*"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear."*

*"If you want to make peace with your enemy, you have to work with your enemy. Then he becomes your partner."*

*"It always seems impossible until its done."*

*"The greatest glory in living lies not in never falling, but in rising every time we fall."*

*"There is no passion to be found playing small - in settling for a life that is less than the one you are capable of living."*



## Osho

*"There are only two ways to live your life, only two ways to be. One is the right way, the other the wrong way. The right is to give, to share, to love. The wrong way is to snatch, to exploit, to accumulate. Love and money are the symbols of these two ways. Money is neurosis, love is ecstasy. Love is the right way and money is the wrong way."*

*"Let this truth go as deep in you as possible: that life is already here, arrived. You are standing on the goal. Don't ask about the path."*

*"Knowledge is not information, it's [potential] transformation."*

*"A little foolishness, enough to enjoy life, and a little wisdom to avoid the errors, that will do."*

*"Only people who carry the opinions of others need the support of others."*

*"Questioning makes you aware of many possibilities of which you may not have been aware before."*



### *Paramahansa Yogananda*

*"To me there is no difference between one person and another; I behold all as soul-reflections of the one God. I can't think of anyone as a stranger, for I know that we are all part of the One Spirit. When you experience the true meaning of religion, which is to know God, you will realize that He is your Self, and that He exists equally and impartially in all beings. Then you will be able to love others as your own Self."*

*"Let my soul smile through my heart and my heart smile through my eyes, that I may scatter rich smiles in sad hearts."*

*"The happiness of one's own heart alone cannot satisfy the soul; one must try to include, as necessary to one's own happiness, the happiness of others."*

*"The man form is higher than the angel form; of all forms it is the highest. Man is the highest being in creation, because he aspires to freedom."*

*"There are always two forces warring against each other within us."*

*"The season of failure is the best time for sowing the seeds of success."*

*"There is a magnet in your heart that will attract true friends. That magnet is unselfishness, thinking of others first; when you learn to live for others, they will live for you."*



### *Peace Pilgrim*

*"The way of peace is the way of Love. This is the way of peace: Overcome evil with good, falsehood with truth, and hatred with love."*

*"Love is the greatest power on earth. It conquers all things."*

*"Pure love is a willingness to give without a thought of receiving anything in return."*

*"To attain inner peace you must actually give your life, not just your possessions. When you at last give your life - bringing into alignment your beliefs and the way you live then, and only then, can you begin to find inner peace."*

*"Anything you cannot relinquish when it has outlived its usefulness possesses you, and in this materialistic age a great many of us are possessed by our possessions."*

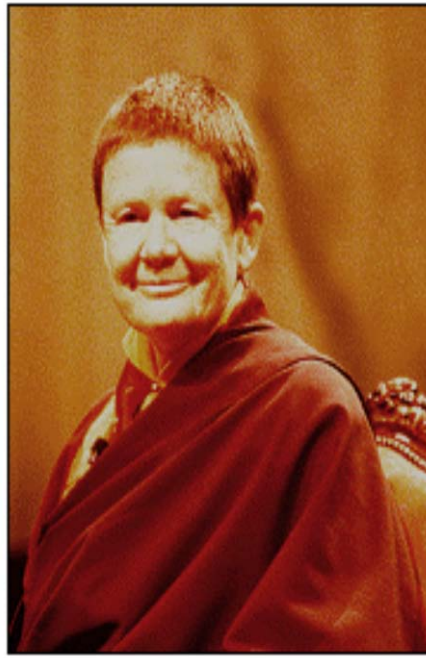
*"Before the tongue can truly speak, it must have lost the power to wound."*

*"Do not suppress anger - that would hurt you inside. Do not express it either - as this would not only hurt you inside, it would cause ripples in your surroundings. What you do is transform [your anger with forgiveness]."*

*"Humanity has only scratched the surface of its real potential."*

*"Keep your feet on the ground and your thoughts at lofty heights."*

*"No one can find inner peace except by working, not in a self-centered way, but for the whole human family."*



*Pema Chodron*

*"The truth you believe and cling to makes you unavailable to hear anything new."*

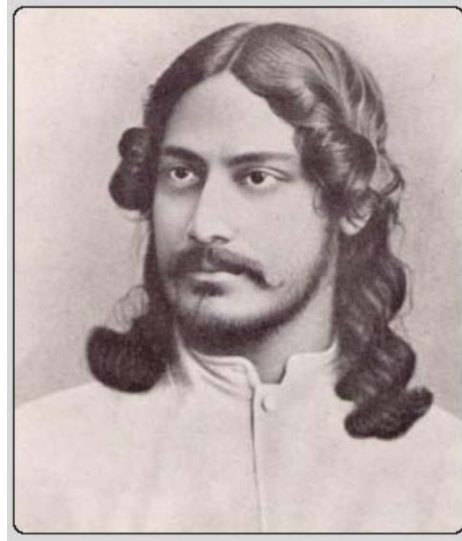
*"Compassionate action starts with seeing yourself in those moments when you start to make yourself right or when you start to make yourself wrong. At that point you can just contemplate the fact that there is a larger alternative to either of those, a more tender, shaky kind of place where you could live ... [Accept] yourself completely as you are."*

*"There's a reason you can learn from everything: you have basic wisdom, basic intelligence, and basic goodness ... If we learn to open our hearts, anyone, including the people who drive us crazy, become our teachers."*

*"When you begin to touch your heart or let your heart be touched, you begin to discover that it's bottomless, that it doesn't have any resolution, that this heart is huge, vast, and limitless. You begin to discover how much warmth and gentleness is there."*

*"A further sign of health is that we don't become undone by fear and trembling, but we take it as a message that it's time to stop struggling and look directly at what's threatening us."*

*"People get into a heavy-duty sin and guilt trip, feeling that if things are going wrong, that means that they did something bad and they are being punished. That's not the idea at all. The idea of karma is that you continually get the teachings that you need to open your heart. To the degree that you didn't understand in the past how to stop protecting your soft spot, how to stop armoring your heart, you're given this gift of teachings in the form of your life, to give you everything you need to open further."*



### **Rabindranath Tagore**

*“According to the true Indian view, our consciousness of the world, merely as the sum total of things that exist, is imperfect. But it is perfect when our consciousness realizes all things as spiritually one with it, and therefore capable of giving us joy. For us the highest purpose of this world is not merely living in it, knowing it and making use of it, but rather realizing our own selves in it through the expansion of Compassion; not alienating ourselves from it and dominating it, but comprehending and uniting it with ourselves in perfect union.”*

*“He who wants to do good knocks at the gate; he who loves finds the gate open.”*

*“Let us not pray to be sheltered from dangers but to be fearless when facing them.”*

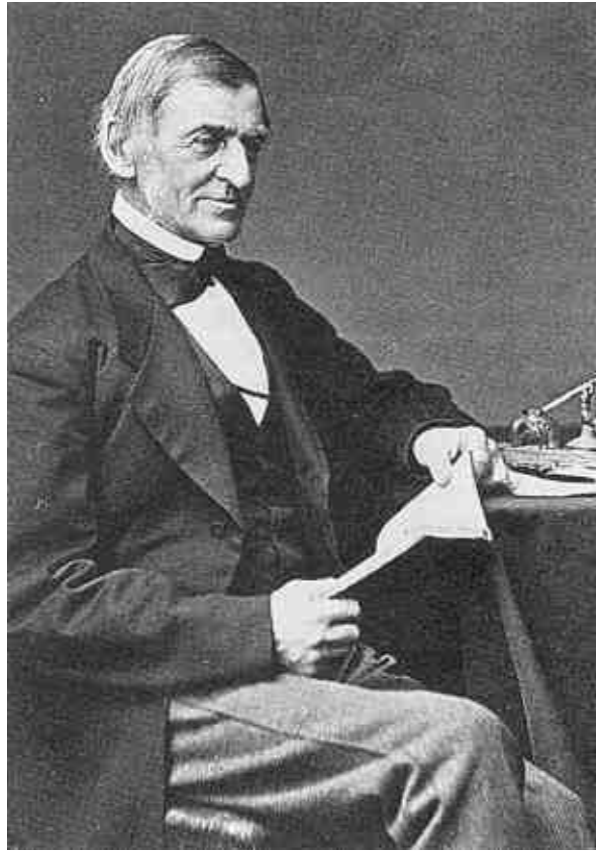
*“So our daily worship of God is not really the process of gradual acquisition of him, but the daily process of surrendering ourselves, removing all obstacles to union and extending our consciousness of him in devotion and service, in goodness and in love.”*

*“The most important lesson that man can learn from his life is not that there is pain in this world, but that it depends upon him to turn it into good account, that it is possible for him to transmute it into joy... Man's freedom is never in being saved from troubles, but it is the freedom to take trouble for his own good, to make the trouble an element in his joy... that in pain is symbolized the infinite possibility of perfection ...”*

*“To understand anything is to find in it something which is our own, and it is the discovery of ourselves outside us which makes us glad. This relation of understanding is partial, but the relation of love is complete. In love the sense of difference is obliterated and the human soul fulfills its purpose in perfection, transcending the limits of itself and reaching across the threshold of the infinite. Therefore love is the highest bliss that man can attain to, for through it alone he truly knows that he is more than himself, and that he is at one with the All.”*

*“We come nearest to the great when we are great in humility.”*

*“I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy.”*



*Ralph Waldo Emerson*

*"Finish each day and be done with it. You have done what you could; some blunders and absurdities have crept in; forget them as soon as you can. Tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense."*

*"Do not follow where the path may lead. Go, instead, where there is no path and leave a trail."*

*"The reward of a thing well done, is to have done it."*

*"What lies behind us and what lies before us are small matters compared to what lies within us."*

*"There is then creative reading as well as creative writing."*

*"It was a high counsel that I once heard given to a young person, 'Always do what you are afraid to do.'"*



*Ram Dass*

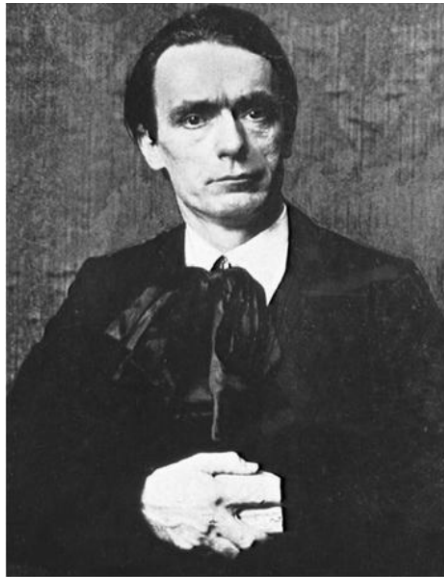
*"Working on our own consciousness is the most important thing that we are doing at any moment, and being love is a supreme creative act."*

*"I'm not interested in being a "lover." I'm interested in only being love."*

*"Our rational minds can never understand what has happened, but our hearts.. if we can keep them open to God, will find their own intuitive way."*

*"We are all affecting the world every moment, whether we mean to or not. Our actions and states of mind matter, because we are so deeply interconnected."*

*"The most important aspect of love is not in giving or the receiving: it's in the being. When I need love from others, or need to give love to others, I'm caught in an unstable situation. Being in love, rather than giving or taking love, is the only thing that provides stability. Being in love means seeing the Beloved all around me."*



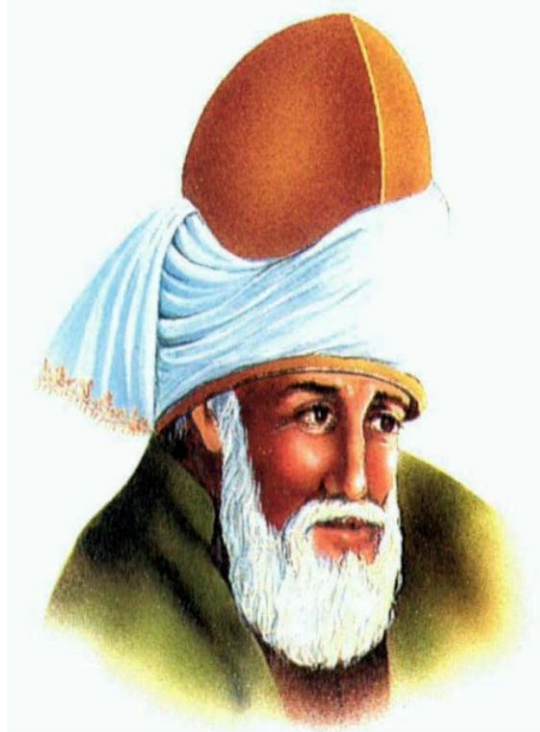
*Rudolph Steiner*

*"A healthy social life is found only, when in the mirror of each soul the whole community finds its reflection, and when in the whole community the virtue of each one is living."*

*"May my soul bloom in love for all existence."*

*"Love extends beyond the bounds of family to all human beings and is changed into vivifying, creative, transmuting power."*

*"God, having vanished from the world, is reborn in the depths of the human heart."*



### J. Rumi

*"Load the ship and set out. No one knows for certain whether the vessel will sink or reach the harbor. Cautious people say, "I'll do nothing until I can be sure" ... If you do nothing, you lose. Don't be one of those merchants who won't risk the ocean."*

*"The dark thought, the shame, the malice ... Meet them at the door laughingly and invite them in. Be grateful for whoever comes, because each has been sent as a Guide from Beyond."*

*"When you do things from your Soul, you feel a river moving in you, a joy ... Be source, not result."*

*"You've heard it said that there is a window that opens from one mind to another. But if there is no wall between them, there is no need for fitting the window ... Your task is not to seek love, but merely to seek and find all the barriers within yourself that you have built against it."*

*"It is a question of developing spiritual senses. See beyond phenomena."*

*"An eye is meant to see things. The Soul is here for its own joy. A head has but one use: to love a true love."*

*"Gamble everything for love if you're a true Human Being. If not, leave this gathering. Half-heartedness cannot reach into majesty."*



### *Sadhguru Jaggi Vasudev*

*"If you are deeply involved with the simplest aspects of your life, you will see every aspect of your life as spectacular"*

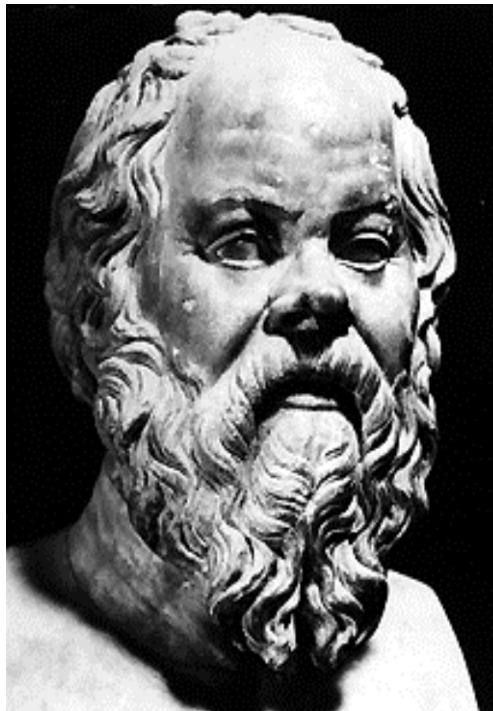
*"Spiritual science is about inner well being. To create the inner well being we use every possible method that life allows. Modern science has proved that the whole existence is just a reverberation of energy."*

*"This life for me is an endeavor to help people experience and express their divinity. May you know the bliss of the Divine."*

*"Our lives become beautiful not because we are perfect. Our lives become beautiful whenever we put our heart into what we are doing."*

*"It is time to really create a vision within ourselves as to what is it that we really care for, not just for today. If you look deep enough your vision will be the universal vision. Really in terms of being a human being, what is the highest that you can seek and simply creating that vision. Whether everything else happens or doesn't happen on the way is not the point. Whatever you have known as the highest - simply seeking that with undivided attention - that is a way of knowing life here and beyond. It is a simple way of knowing life here and beyond."*

*"It is very easy to comment on every thing around you, but it is another thing to create something for human well-being."*



*Socrates*

*"An honest man is always a child."*

*"It is not living that matters, but living rightly."*

*"Let him that would move the world first move himself."*

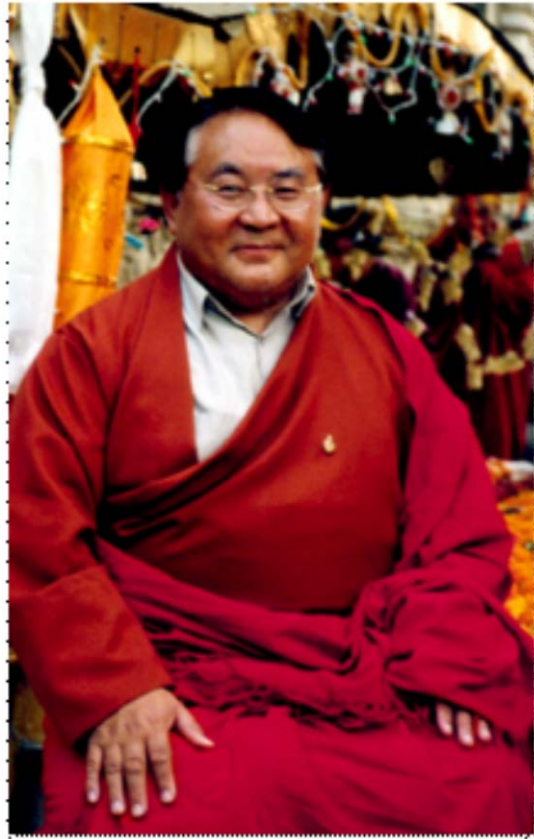
*"One who is injured ought not to return the injury, for on no account can it be right to do an injustice; and it is not right to return an injury, or to do evil to any man, however much we have suffered from him."*

*"Our prayers should be for blessings in general, for God knows best what is good for us."*

*"The end of life is to be like God, and the soul following God will be like Him."*

*"We are what we repeatedly do. Excellence, then, is a habit."*

*"Wisdom begins in wonder."*



*Sogyal Rinpoche*

*"Living with the immediacy of death helps you sort out your priorities in life. It helps you to live a less trivial life."*

*"When we finally know we are dying, and all other sentient beings are dying with us, we start to have a burning, almost heartbreaking sense of the fragility and preciousness of each moment and each being, and from this can grow a deep, clear, limitless compassion for all beings."*

*"Just as if you put your finger into water, it will get wet, and if you put it into fire, it will burn, so if you invest your mind in the wisdom mind of the Buddhas, it will transform into their wisdom nature."*



*Sri Yukteswar*

*"Ordinary love is selfish, darkly rooted in desires and satisfactions. Divine love is without condition, without boundary, without change. The flux of the human heart is gone forever at the transfixing touch of pure love."*

*"The Heart's natural love is the principal requisite to attain a holy life. When this love, the heavenly gift of Nature, appears in the heart, it removes all causes of excitation from the system and cools it down to a perfectly normal state; and, invigorating the vital powers, expels all foreign matters- the germs of diseases-by natural ways (perspiration and so forth). It thereby makes man perfectly healthy in body and mind, And enables him to understand properly the guidance of Nature ... When this love becomes developed in man it makes him able to understand the real position of his own Self as well as of others surrounding him."*

*"It is never a question of belief; the only scientific attitude one can take on any subject is whether it is true. The law of gravitation worked as efficiently before Newton as after him. The cosmos would be fairly chaotic if its laws could not operate without the sanction of human belief."*



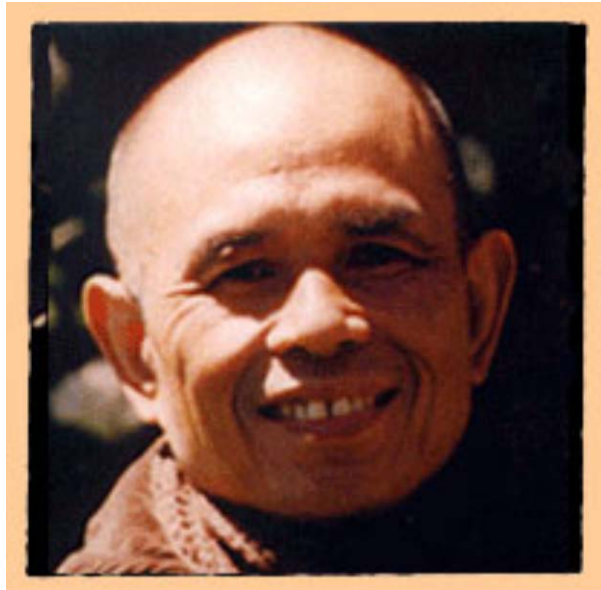
*Swami Muktananda*

*"I am whoever you see. If you see me as a saint, I am a saint. If you see me as a fool, I am a fool. If you see me as an ordinary man, I am an ordinary man. I see myself as myself."*

*"The inner heart of a true yogi cares not for pleasure or things of sense: He is content with whatever comes."*

*"The most important question raised is this: can you attain what you haven't attained, or do you attain what you already have? If you are going to get something which you didn't have before, what good is it? Because if you didn't have it before and you get it now, there is every possibility that you'll lose it some time . . . the truth is that we get what we already got."*

*"Nothing that you do on your spiritual path ever goes to waste."*



### *Thich Nhat Hanh*

*"The most precious gift we can offer others is our presence. When mindfulness embraces those we love, they will bloom like flowers."*

*"Drink your tea slowly and reverently, as if it is the axis on which the world earth revolves - slowly, evenly, without rushing toward the future. Live the actual moment. Only this moment is life. So smile, breathe and go slowly."*

*"The miracle is not to walk on water. The miracle is to walk on the green earth, dwelling deeply in the present moment and feeling truly alive ... There is no enlightenment outside of daily life."*

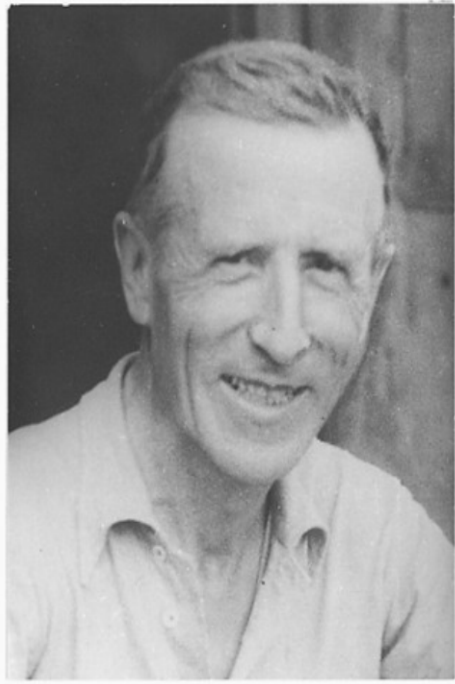
*"People deal too much with the negative, with what is wrong...Why not try and see positive things, to just touch those things and make them bloom?"*

*"When we come into contact with the other person, our thoughts and actions should express our compassion, even if that person says and does things that are not easy to accept. We practice in this way until we see clearly that our love is not contingent upon the other person being lovable."*

*"If in our daily life we can smile, if we can be peaceful and happy, not only we, but everyone will profit from it. This is the most basic kind of peace work ... Smiling is very important. If we are not able to smile, then the world will not have peace. It is not by going out for a demonstration against nuclear missiles that we can bring about peace. It is with our capacity of smiling, breathing, and being peace that we can make peace."*

*"A bodhisattva is someone who has compassion within himself or herself, and who is able to make another person smile or help someone suffer less. Every one of us is capable of this."*

*"I would not look upon anger as something foreign to me that I have to fight...I have to deal with my anger with care, with love, with tenderness, with nonviolence."*



### *Teilhard de Chardin*

*"Love alone can unite living beings so as to complete and fulfill them... for it alone joins them by what is deepest in themselves. All we need is to imagine our ability to love developing until it embraces the totality of men and the earth."*

*"In the final analysis, the questions of why bad things happen to good people transmutes itself into some very different questions, no longer asking why something happened, but asking how we will respond, what we intend to do now that it happened."*

*"It is our duty as men and women to proceed as though the limits of our abilities do not exist."*

*"We are not human beings having a spiritual experience. We are spiritual beings having a human experience."*

*"We are one, after all, you and I. Together we suffer, together exist, and forever will recreate each other."*

*"The most satisfying thing in life is to have been able to give a large part of one's self to others."*

*"Someday, after mastering the winds, the waves, the tides and gravity, we shall harness for God the energies of love, and then, for a second time in the history of the world, man will have discovered fire."*



*Thomas Berry*

*"The universe is composed of subjects to be communed with, not objects to be exploited. Everything has its own voice. Thunder and lightning and stars and planets, flowers, birds, animals, trees, -- all these have voices, and they constitute a community of existence that is profoundly inter-related."*

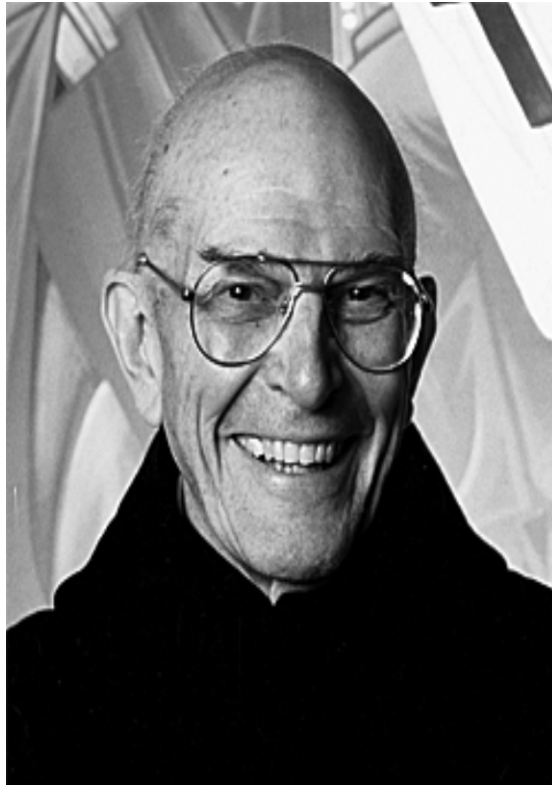
*"It would be easier for us if we could remember that that the earth itself, as the primary energy, is finding its way both to interior conscious expression in the human and to outer fulfillment in the universe. (...) There is reason to believe that those mysterious forces that have guided earthly events thus far have not suddenly collapsed under the great volume of human affairs in this late twentieth century."*

*"Our human destiny is integral with the destiny of the earth."*

*"We will go into the future as a single sacred community, or we will all perish in the desert."*

*"The universe itself is the primary revelation of the divine, the primary scripture, the primary locus of divine-human communion."*

*"Our human role is to be that being in whom the universe reflects on and celebrates itself and its numinous origin in a special mode of conscious self-awareness."*



*Thomas Keating*

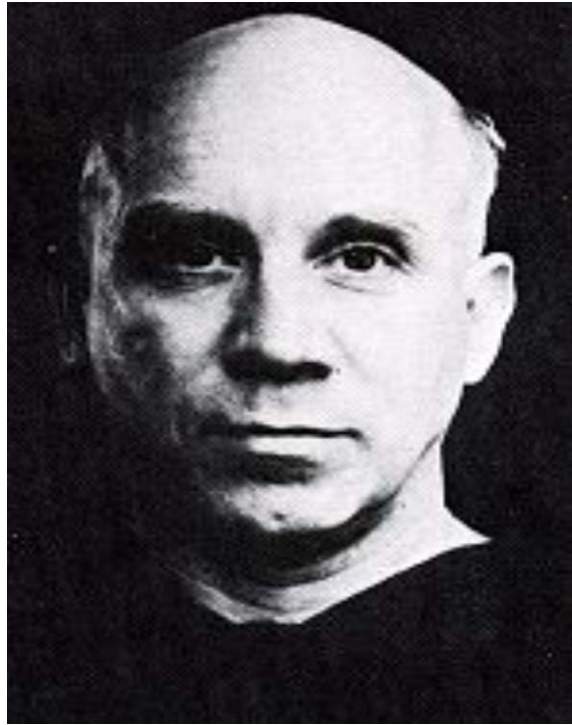
*"The more we know about nature, the more we know about the mind of God."*

*"Whatever satisfaction comes from getting what the false self wants is always brief."*

*"God's first language is Silence. Everything else is a translation."*

*"If we refuse to think of anything except what we are doing or the person that we are with, we develop the habit of being present to the present moment. In a way, the present moment becomes as sacred as being in church. Far better to be present to your duty if you are a bartender, than to be present in church and to be thinking about being in a bar. At least you are present to yourself when you are paying attention to what you are doing."*

*" [Prayer is the world in which] . . . our private, self-made worlds come to an end; a new world appears within and around us and the impossible becomes an everyday experience. Yet the world that prayer reveals is barely noticeable in the ordinary course of events."*



*Thomas Merton*

*"We cannot arrive at the perfect possession of God in this life, and that is why we are traveling and in darkness. But we already possess Him by grace, and therefore in that sense we have arrived and are dwelling in the light."*

*"I am against war, against violent revolution, for peaceful settlement of differences, for nonviolent but nevertheless radical changes."*

*"The beginning of love is to let those we love be perfectly themselves, and not to twist them to fit our own image."*

*"The truth that many people never understand, until it is too late, is that the more you try to avoid suffering the more you suffer, because insignificant things begin to torture you in proportion to your fear of being hurt."*

*"To consider persons and events and situations only in the light of their effect upon myself is to live on the doorstep of hell."*

*"Love seeks one thing only: the good of the one loved. It leaves all the other secondary effects to take care of themselves. Love, therefore, is its own reward."*

*"A life is either all spiritual or not spiritual at all. No man can serve two masters. Your life is shaped by the end you live for."*

*"In the last analysis, the individual person is responsible for living his own life and for "finding himself." If he persists in shifting his responsibility to somebody else, he fails to find out the meaning of his own existence."*



*Victor Frankel*

*"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."*

*"When we are no longer able to change a situation - we are challenged to change ourselves."*

*"Everyone has his own specific vocation or mission in life; everyone must carry out a concrete assignment that demands fulfillment. Therein he cannot be replaced, nor can his life be repeated, thus, everyone's task is unique as his specific opportunity to implement it."*

*"For the meaning of life differs from man to man, from day to day and from hour to hour. What matters, therefore, is not the meaning of life in general but rather the specific meaning of a person's life at a given moment."*

*"Everything can be taken from a man or a woman but one thing: the last of human freedoms to choose one's attitude in any given set of circumstances, to choose one's own way ... [This is indeed] the last of human freedoms - the ability to choose one's attitude in a given set of circumstances."*

*"Ultimately, man should not ask what the meaning of his life is, but rather he must recognize that it is he who is asked."*



### *Vivekananda*

*"Where can we go to find God if we cannot see Him in our own hearts and in every living being ... You cannot believe in God until you believe in yourself."*

*"We are responsible for what we are, and whatever we wish ourselves to be, we have the power to make ourselves. If what we are now has been the result of our own past actions, it certainly follows that whatever we wish to be in future can be produced by our present actions; so we have to know how to act."*

*"The goal of mankind is knowledge ... Now this knowledge is inherent in man. No knowledge comes from outside: it is all inside. What we say a man 'knows', should, in strict psychological language, be what he 'discovers' or 'unveils'; what man 'learns' is really what he discovers by taking the cover off his own soul, which is a mine of infinite knowledge ... You have to grow from the inside out. None can teach you, none can make you spiritual. There is no other teacher but your own soul."*

*"The more we come out and do good to others, the more our hearts will be purified, and God will be in them."*

*"All the powers in the universe are already ours. It is we who have put our hands before our eyes and cry that it is dark."*

*"The greatest religion is to be true to your own nature. Have faith in yourselves!"*

*"Our duty is to encourage every one in his struggle to live up to his own highest ideal, and strive at the same time to make the ideal as near as possible to the Truth."*

*"My nature is to love Him. And therefore I love. I do not pray for any-thing. I do not ask for anything. Let Him place me wherever He likes. I must love Him for love's sake. I can not trade in love."*



Walter Russell  
1871-1963

*Walter Russell*

*"Mediocrity is self-inflicted - and genius is self-bestowed."*

*"When our knowing exceeds our sensing, we will no longer be deceived by the illusions of our senses."*

*"The beauty of a piece of music is not in its technique but in the Soul of its creator; nor is it in the sound vibrations of the piece but in the silence of the Light from which the sound springs."*

*"You may command nature to the extent only in which you are willing to obey her."*

*"The electric energy which motivates us is not within our bodies at all. It is a part of the universal supply which flows through us from the Universal Source with an intensity set by our desires and our will."*

*"Joy and happiness are the indicators of balance in a human machine...An inner joyousness, amounting to ecstasy, is the normal condition of the genius mind. Any lack of that joyousness develops body-destroying toxins. That inner ecstasy of the mind is the secret fountain of perpetual youth and strength in any man. He who finds it finds omnipotence and omniscience."*



*Yoda (muppet version)*

*"Grave danger you are in. Impatient you are."*

*"Try not. Do or do not, there is no try."*

*"Always in motion is the future."*

*"Size matters not."*

*"May the force be with you."*

*"Strength flows from the Force."*