

Daily Inspirational Quotes for Sustainable Living by www.globalstewards.org

Happiness's fundamental meaning is a free breathing of the soul. Helen Keller

Whilst everything around me is ever changing, ever dying, there is underlying all that change a living power that is changeless, that holds all together, that creates, dissolves and recreates. That informing power or spirit is God....And is this power benevolent or malevolent? I see it as purely benevolent. For I can see that in the midst of death life persists, in the midst of untruth truth persists, in the midst of darkness light persists. Hence I gather that God is Life, Truth, Light. He is Love. He is the supreme Good. Mahatma Gandhi

I change myself, I change the world. Gloria Anzuldúa

"Lots of people talk to animals," said Pooh..."Not very many listen, though," he said. Benjamin Hoff

"One can't believe impossible things." [said Alice]..."I daresay you haven't had much practice," said the Queen. "When I was your age, I always did it for half an hour a day. Why, sometimes I've believed as many as six impossible things before breakfast." Lewis Carroll, from Alice in Wonderland

"What do you like doing best in the world, Pooh? [asked Christopher Robin]..."What I like best in the whole world is Me and Piglet going to see You, and You saying 'What about a little something?' and Me saying, 'Well, I shouldn't mind a little something, should you, Piglet,' and it being a hummy sort of day outside, and birds singing." A.A. Milne, from The House at Pooh Corner

A man is rich in proportion to the number of things which he can afford to let alone. Henry David Thoreau

Everywhere I look I see myself. There I go: that bald man, this angry child, that fearful cat, that cool stone, that bubbling brook, that worm struggling for its life, that bird desperate to feed her hungry babies, that one trapped in his rage, this one anxious but fearful of finding out why. Hardly strangers! Empathy is the life of the soul, I think, because the soul that allows us to see the one in the other is the soul that finds joy. Claudia Michele

For someone visiting earth for the first time, the real treasures here would all be free. The smell of a sunlit prairie, the taste of a cold cup of spring water, the crunch of trackless snow underfoot, these are some of the earth's supreme treasures. On intergalactic maps, if there are such things, the place where we live must surely be designated as a magical garden in space, a place of astounding beauty. Steve Van Matre

I shall cease to be useful as soon as I cease to be myself. Mahatma Gandhi

It is our dreams that energize us more than our abilities. David Shi

More possessions than you actually need burden you...our possessions possess us when we keep them after they are no longer useful to us. Peace Pilgrim

No matter how complex or affluent, human societies are nothing but subsystems of the biosphere, the Earth's thin veneer of life, which is ultimately run by bacteria, fungi and green plants. Vaclav Smil

Only those who dare to fail greatly can ever achieve greatly. Robert F. Kennedy

Self-observation means watching--observing whatever is going on in you and around you as if it were happening to someone else. Anthony de Mello

Spiritual opening is not a withdrawal to some imagined realm or safe cave. It is not a pulling away, but a touching of all the experience of life with wisdom and with a heart of kindness, without any separation. Jack Kornfield

The cost of a thing is the amount of what I will call life which is required to be exchanged for it, immediately or in the long run. Henry David Thoreau

The first step in a spiritual practice is the cultivation of a "wakeful presence." Thich Nhat Hanh

There shall be no end to our central joy when once we ascend to the stratosphere of our richer abilities. Helen

There were no boundaries or borders. It was as if my mind had once long ago made up a story about separate objects with boundaries but the story wasn't true. The true story is that there is a luminous, spacious energy that flows through everything all the time. It's within matter, within things as well as within space, and you can tune in to it at any time, just like changing the frequency on the radio. There is no distance between this essence and ourselves. It is not otherworldly. It is right here, closer than our own flesh. Vijali Hamilton

To find the universal elements enough; to find the air and the water exhilarating; to be refreshed by a morning walk or an evening saunter...to be thrilled by the stars at night; to be elated over a bird's nest, or a wild flower in spring - these are some of the rewards of the simple life. John Burroughs

To venture in the highest sense is precisely to become conscious of one's self. Soren Kierkegaard

Very little is needed to make a life happy. Marcus Aurelius

Whatever you ask for in prayer, believe that you have received it, and it will be yours. Jesus

Where and when God finds you ready, he must act and overflow into you, just as when the air is clear and pure, the sun must overflow into it and cannot refrain from doing that. Meister Eckhart

All truthful movements spontaneously attract to themselves all manner of pure and disinterested help. Mahatma

Chaos theory says that complex and chaotic systems -- which means most of the systems we encounter in nature and in society -- cannot accurately be predicted or exclusively controlled. Neither can rigid systems be easily budged. However, there's a loophole. What if we acted through the myriad tiny feedback loops that hold a society together? Chaos tells us that each one of us has an unrecognized but enormous influence on these loops. Chaos suggests that although we may not have power of the controller in the traditional sense, we all possess the "butterfly power" of subtle influence. John Briggs and F. David Peat

Pleasure is what suggested which behaviors, emotions, social patterns and patterns of taste served us well during our evolutionary history. They were experienced as pleasures and encoded into our formative genetic codes . . . deep in the past, from about 100,000 years ago and beyond. Lionel Tiger

The artist is like a pump; he has inside him a great pipe that reaches down into the entrails of things, the deepest layers. He sucks up what was lying there below, dim and unnoticed, and brings it in great jets to the sunlight. Gustave Flaubert

We are the makers of our own state and...individuals who realize the fact need not, ought not, to wait for collective action. Mahatma Gandhi

When you get into a tight place and everything goes against you, till it seems as though you could not hang on a minute longer, never give up then, for that is just the place and time that the tide will turn. Harriet Beecher Stowe

A friend is one to whom one can pour out all the contents of one's heart, chaff and grain together, knowing that the gentlest of hands will take and sift it, keeping what is worth keeping, and, with the breath of kindness, blow the rest away. Arabian Proverb

A human being is part of the whole, called by us "universe," a part limited in time and space. He experiences himself, his thoughts and feelings, as something separate from the rest - a kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. Albert Einstein

A man is literally what he thinks, his character being the complete sum of all his thoughts. James Allen

A man is the facade of a temple wherein all wisdom and all good abide....the soul, whose organ he is, would he let it appear through his action, would make our knees bend. When it breathes through his intellect, it is genius; when it breathes through his will, it is virtue; when it flows through his affection, it is love. Ralph Waldo Emerson

A man never rises so high as when he knows not whither he is going. Oliver Cromwell

A man passes for that he is worth. What he is engraves itself on his face, on his form, on his fortunes, in letters of light. Concealment avails him nothing; boasting nothing. There is confession in the glances of our eyes; in our smiles; in salutations; and the grasp of hands. Ralph Waldo Emerson

A message prepared in the mind reaches a mind; a message prepared in a life reaches a life. Bill Gothard

A true friend is the greatest of all blessings. Duc De La Rochefoucauld

Accept your genius and say what you think. Ralph Waldo Emerson

Act as if what you do makes a difference. It does. William James

All art speaks in signs and symbols. No one can explain how it happens that the artist can waken to life in us the existence that he has seen and lives through. No artistic speech is the adequate expression of what it represents; its vital force comes from what is unspoken in it. Albert Schweitzer

All big things are made up of trifles. My entire life has been built on trifles. Mahatma Gandhi

All men are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly affects all indirectly. I can never be what I ought to be until you are what you ought to be, and you can never be what you ought to be until I am what I ought to be. Martin Luther King, Jr.

All of a sudden the progress will stop one day, and you will find yourself, as it were, stranded. Persevere. All progress proceeds by such rise and fall. Vivekandanda

All real and wholesome enjoyments possible to man have been just as possible to him since first he was made of the earth... John Ruskin

All the masters tell us that the reality of life - which our noisy waking consciousness prevents us from hearing - speaks to us chiefly in silence. Karlfried Graf Durckheim

All wilderness seems to be full of tricks and plans to drive and draw us up into God's light. John Muir

All you need to do to receive guidance is to ask for it and then listen. Sanaya Roman

Always hold fast to the present. Every situation, indeed every moment, is of infinite value, for it is the representative of a whole eternity. Johann Wolfgang von Goethe

Americans are indoors about 87 percent of the time. Lawrence Berkeley National Laboratory

Among the innumerable works of man, the most important, no doubt, is his own person. John Stuart Mill

And don't pretend you know where you are going. Because if you know where you are going, that means you've been there and you're going to end up exactly where you came from. Naomi Newman

And forget not that the earth delights to feel your bare feet and the winds long to play with your hair. Kahlil Gibran

And the day came when the risk [it took] to remain tight in the bud was more painful than the risk it took to blossom. Anais Nin

And when it rains on your parade, look up rather than down. Without the rain, there would be no rainbow. Jerry

Animals do not tell us to be happy, never demand that we dwell in nature. Rather, often in their presence, we are happy, we do dwell in nature. On one level, their great gift falls away as nothing more than our permitting them to act as benefactors. But there is nothing matter-of-fact about this gift. The gift given by animals is precious: a guide back to balance. On that level the gift is the basis of a profound mystery. Jim Nollman

Another glorious Sierra day in which one seems to be dissolved and absorbed and sent pulsing onward we know not where. Life seems neither long nor short, and we take no more heed to save time or make haste than do the trees and stars. This is true freedom, a good practical sort of immortality. John Muir

Anybody can do just about anything with himself that he really wants to and makes up his mind to do. We are capable of greater things than we realize. Norman Vincent Peale

Anyone who has never made a mistake has never tried anything new. Albert Einstein

Are you in earnest? Seize this very minute; What you can do, or dream you can do, begin it; Boldness has genius, power and magic in it. John Anster in adaptation of Goethe's "Faust"

Artistic originality is a culture's vital wellspring of renewal. Lit from within by a unique and transforming vision, deeply original new music, poetry, theater, film and visual art reimagine life from the inside out. New forms and new expression offer new ways of understanding our world and ourselves, of envisioning a future. Steven Winn

As long as you derive inner help and comfort from anything, you should keep it. If you were to give it up in a mood of self-sacrifice or out of a stern sense of duty, you would continue to want it back, and that unsatisfied want would make trouble for you. Only give up a thing when you want some other condition so much that the thing no longer has any attraction for you, or when it seems to interfere with that which is more greatly desired. Mahatma Gandhi

As long as you live, keep learning how to live. Latin Proverb

As soon as you trust yourself you will know how to live. Johann Wolfgang Von Goethe

As to me I know of nothing else but miracles... Walt Whitman

As we are liberated from our own fear, our presence automatically liberates others. Nelson Mandela

As you walk and eat and travel, be where you are. Otherwise you will miss most of your life. Buddha

Atoms are composed of vibrating energy packets [quantum] that have no solidity at all, no mass or size, nothing for the senses to see or touch....At the quantum level nothing of the material world is left intact....Even at the atomic level all objects are revealed as 99.9999 percent empty space. On its own scale, the distance between a whirling electron and the nucleus it revolves around is wider than the distance between the earth and the sun. But you could never capture that electron anyway, since it too breaks down into energy vibrations that wink in and out of existence millions of times per second. Therefore the whole universe is a quantum mirage, winking in and out of existence millions of times per second. Deepak Chopra

Because of deep love, one is courageous. Lao-tzu

Become aware of God, in whose presence you are while you pray . . . Then take a formula of prayer and recite it with perfect attention both to the words you are saying and to the Person to whom you are saying them. Saint John

Before the tongue can speak, it must have lost the power to wound. Peace Pilgrim, Peace Pilgrim

Begin at once to live, and count each separate day as a separate life. Seneca

Begin to free yourself at once by doing all that is possible with the means you have, and as you proceed in this spirit the way will open for you to do more. Robert Collier

Being in touch with our bodies, or more accurately, being our bodies, is how we know what is true. Harriet Goldhor

Believe one who knows: you will find something greater in woods than in books. Trees and stones will teach you that which you can never learn from masters. Saint Bernard de Clairvaux

Big-heartedness is the most essential virtue on the spiritual journey. Matthew Fox

Bringing simplicity into our lives requires that we discover the ways in which our consumption either supports or entangles our existence. Duane Elgin

But how do we connect to that passion? . . .we need to pay "exquisite attention" to our responses to things--noticing what makes our flame grow brighter. If we pay attention to those things, we'll be able to catch the flame and feed it. Nina Simons

By love He may be gotten and holden, but by thought and understanding, never. Cloud of Unknowing

Call it a clan, call it a network, call it a tribe, call it a family. Whatever you call it, whoever you are, you need one. Jane Howard

Can anything be more absurd than to make so much the more provision for life's journey, as there is less of that journey left. Cicero

Chaos Theory's "butterfly effect" states that a butterfly flapping it's wings in Asia may cause a hurricane halfway around the world.

Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn

Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like the leaves of Autumn. John Muir

Come forth into the light of things, let Nature be your teacher. William Wordsworth

Compassion...is an understanding of the unity of all things. It is an awareness that I is not separate from thou, that whatever is happening to the planet, or to another person, is happening to me. Compassion is total empathy, an absolute sense of connection. Paul Rezendes

Complete health and awakening are really the same. Tarthang Tulka

Concentration is inspiration. You must be completely overtaken by your work and your subject. Only then do all your influences and experience come up to the surface. Cesar Chavez

Courage and perseverance have a magical talisman, before which difficulties disappear and obstacles vanish into air. John Quincy Adams

Courage faces fear and thereby masters it. Martin Luther King, Jr.

Courage is not a virtue or value among other personal values like love or fidelity. It is the foundation that underlies and gives reality to all other virtues and personal values. Without courage our love pales into mere dependency. Without courage our fidelity becomes conformism. ...courage is necessary to make being and becoming possible. Rollo May

Courage is not the lack of fear. It is acting in spite of it. Mark Twain

Courageous risks are life giving, they help you grow, make you brave and better than you think you are. Joan L.

Cowards die many times before their deaths;
The valiant never taste of death but once. William Shakespeare

Creativity can solve almost any problem. The creative act, the defeat of habit by originality, overcomes everything. George Lois

Dance first. Think later. It's the natural order. Samuel Beckett

Dance is the hidden language of the soul, of the body. Martha Graham

Do not judge yourself harshly. Without mercy for ourselves we cannot love the world. Buddha

Do not let what you cannot do interfere with what you can do. John Wooden

Do not think that what your thoughts dwell upon is of no matter. Your thoughts are making you. Bishop Steere

Do not try to imitate the lark or the nightingale, if you can't do it. If it's your destiny to croak like a toad, then go ahead! And with all your might! Make them hear you! Louis-Ferdinand Céline

Do not try to...[teach] a great many things. Awaken people's curiosity. It is enough to open minds; do not overload them. Put there just a spark. If there is some good inflammable stuff, it will surely set fire. Anatole France

Don't get hung up on a snag in the stream, my dear. Snags alone are not so dangerous--it's the debris that clings to them that makes the trouble. Pull yourself loose and go on. Anne Shannon Monroe

Don't keep searching for the truth, just let go of your opinions. Master Sengstan

Don't wait for anyone to deputize you or authorize you or empower you. You have to just start out with yourself...and put one foot in front of the other. Hazel Henderson

Dreaming is the first step to becoming. To dream of the time ahead is to welcome an inner fold of reality we long for but have not yet realized. It is an act not just of hope but of inspiration. Paul H. Ray and Sherry Ruth Anderson

Dreams pass into the reality of action. From the action stems the dream again; and this interdependence produces the highest form of living. Anais Nin

Each friend represents a world in us, a world possibly not born until they arrive... Anais Nin

Each kind of tree is a sort of musical instrument: the apple a cello, the old oak a bass viol, the cypress a harp, the willow a flute, the young pine a muted violin. Put your ear close to the whispering branch and you may catch what it is saying. Guy Murchie, Jr.

Each morning we are born again. What we do today is what matters most. Buddha

Each of us is a living system within a greater living system, connected to each other in more ways than we can fathom. Paul H. Ray and Sherry Ruth Anderson

Each of us must rededicate ourselves to serving the common good. We are a community. Our individual Fates are linked; our futures intertwined; and if we act in that knowledge and in that spirit together, as the Bible says: "We can move mountains." Jimmy Carter

Each of us needs to withdraw from the cares which will not withdraw from us. We need hours of aimless wandering or spates of time sitting on park benches, observing the mysterious world of ants and the canopy of treetops. Maya Angelou

Each one has to find his peace from within. And peace to be real must be unaffected by outside circumstances. Mahatma Gandhi

Eating what you have grown completes a cycle, from seed to table, that humans have been fulfilling for thousands of years. In our busy and alienated existence we rarely have opportunities to meet our physical needs so directly. Pam Peirce

Education is the most powerful weapon which you can use to change the world. Nelson Mandela

Emotional release and muscular release are interdependent - one does not occur without the other. Elaine

Envisioning the end is enough to put the means in motion. Dorothea Brande

Even if you fall on your face, you're still moving forward. Robert C. Gallagher

Every breath we take, every step we make, can be filled with peace, joy, and serenity. We need only to be awake, alive in the present moment. Thich Nhat Hanh

Every child is born a genius. Richard Buckminster Fuller

Every choice we make can be a celebration of the world we want. Frances Moore Lappé and Anna Lappé

Every good movement passes through five stages, indifference, ridicule, abuse, repression, and respect. Mahatma Gandhi, All Men are Brothers, Autobiographical Reflections

Every hardship; every joy; every temptation is a challenge of the spirit; that the human soul may prove itself. The great chain of necessity wherewith we are bound has divine significance; and nothing happens which has not some service in working out the sublime destiny of the human soul. Elias A. Ford

Every time we experience a single day of inner stillness and joy, we are empowered to expand it into a second and a third day. A space opens in our hearts, and when two hearts recognize and acknowledge each other, a connection happens. It happens again and again as other hearts are joined in this stillness. LaUna Huffines

Every time you buy something consider it a vote of confidence in the company that produced it. Anita Roddick/John Arlidge

Everyone must act according to the dictates of his own reason. Thomas Jefferson

Everything seems to indicate that we must not be afraid of dreaming the seemingly impossible if we want the seemingly impossible to become a reality. Václav Havel

Everything you want is out there waiting for you to ask. Everything you want also wants you. But you have to take action to get it. Jack Canfield

Experience isn't the best teacher, it's the only teacher. Jeremy Wolff

Expose yourself to the possibility of doing something remarkable. C. Cunningham

Family, friends, community - these are the sources of the greatest love and joy we experience as humans... David Suzuki

Feelings of worth can flourish only in an atmosphere where individual differences are appreciated, mistakes are tolerated, communication is open, and rules are flexible - the kind of atmosphere that is found in a nurturing family. Virginia Satir

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things. The Bible

Find ecstasy in life; the mere sense of living is joy enough. Emily Dickinson

Finding the center of strength within ourselves is in the long run the best contribution we can make to our fellow men. Rollo May

For every thought supported by feeling, there is a muscle change. Primary muscle patterns being the biological heritage of man, man's whole body records his emotional thinking. Mabel Ellsworth Todd

For it matters not how small the beginning may seem to be: what is once well done is done forever. Henry David Thoreau

For the 99 percent of the time we've been on Earth, we were hunter and gatherers, our lives dependent on knowing the fine, small details of our world. Deep inside, we still have a longing to be reconnected with the nature that shaped our imagination, our language, our song and dance, our sense of the divine. Janine M. Benyus

Free men must live simple lives and have simple pleasures. William Morris

Give me knowledge, so I may have kindness for all. Native American (Plains) Proverb

Give to us clear vision that we may know where to stand and what to stand for, because unless we stand for something, we shall fall for anything. Peter Marshall

Go confidently in the direction of your dreams! Live the life you've imagined. Henry David Thoreau

God is to me that creative force, behind and in the universe, who manifests Himself as energy, as life, as order, as beauty, as thought, as conscience, as love. Henry Sloane Coffin

Gratitude unlocks the fullness of life. Melody Beattie

Great ideas originate in the muscles. Thomas Edison

Half an hour's meditation is essential except when you are very busy. Then a full hour is needed. Saint Francis de Sales

Happiness is not a station you arrive at, but a matter of traveling. Margaret Runbeck

Have nothing in your home that you do not know to be useful and believe to be beautiful. William Morris

He was alone. He was unheeded, happy, and near to the wild heart of life. He was alone and young and willful and wild-hearted, alone amidst a waste of wild air and brackish waters and the sea-harvest of shells and tangle and veiled grey sunlight. James Joyce

He who cannot change the very fabric of his thought will never be able to change reality. Anwar Sadat

He who is fretted with his own failings will not correct them. All profitable correction comes from a calm, peaceful mind. Saint Francis de Sales

Helping people to experience themselves as living bodies on a living earth . . . is necessary in achieving any solution to the problems we all face . . . Only with the bodily experience of power and compassion will people have the courage and the desire and the ability to undertake what must be done to heal the planet. Paul Linden

Here in this body are the sacred rivers: here are the sun and moon as well as all the pilgrimage places...I have not encountered another temple as blissful as my own body. Saraha

Honest hope has an edge. It's messy. It requires that we let go of all pat answers, all preconceived formulas, all confidence that our sailing will be smooth. It's not a resting point. Honest hope is movement. Frances Moore Lappe and Anna Lappe

How good it is to eat fruit tasty and ripe from the tree and vegetables fresh and crisp from the field. Peace Pilgrim

How many undervalue the power of simplicity! But it is the real key to the heart. William Wordsworth

How we spend our days is of course how we spend our lives. Anne Dillard

Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives. William

Humanity needs a vision of an expanding and unending future. E.O. Wilson

I am grateful for what I am and have. My thanksgiving is perpetual. It is surprising how contented one can be with nothing definite - only a sense of existence. My breath is sweet to me. O how I laugh when I think of my vague indefinite riches. No run on my bank can drain it, for my wealth is not possession but enjoyment. Henry David Thoreau

I am in favor of [actions] that have authenticity, roots, originality, verve, balance, taste, communicativeness, challenge, relevance to their time--in short, things that make sense. Vaclav Havel

I am in love with this world . . . I have climbed its mountains, roamed its forests, sailed its waters, crossed its deserts, felt the sting of its frosts, the oppression of its heats, the drench of its rains, the fury of its winds, and always have beauty and joy waited upon my goings and comings. John Burroughs

I am learning...that a man can live profoundly without masses of things. Richard E. Byrd

I am not at all concerned with appearing to be consistent. In my pursuit after Truth I have discarded many ideas and learnt many new things. Old as I am in age, I have no feeling that I have ceased to grow inwardly... Mahatma

I am one of those who never knows the direction of my journey until I have almost arrived. Anna Louise Strong

I avoid grandiose plans. I start with a small piece that I can do. I go to the root of the problem and then work around it. It's building brick by brick. Muhammad Yunus, Visionaries by Utne Reader

I believe that the very essence of a worthwhile life is in the striving. I do not fear the possibility of failure so much as the resigned acceptance of what is mediocre or wrong. Jimmy Carter

I change myself, I change the world. Gloria Anzaldúa, Borderlands/La Frontera: The New Mestiza

I find a powerful spur to faith in considering man's existence as an evolutionary day of twelve hours. It startles me--the vivid realization that Babylon and Egypt began to do mighty works but half an hour ago and that the world, for the most part, has been somewhat civilized for only a few minutes. Modern science entered during the last minute ticked off by the cosmic timepiece. Such a fancy makes possible a truer picture of man, still pathetically young, simple, stammering, bewildered by the swift accumulation of spiritual and mechanical forces he has not yet learned to control. Helen Keller, Let Us Have Faith

I got up early and bathed in the pond; that was a religious exercise, and one of the best things which I did. They say that characters were engraven on the bathing tub of King Tching-thang to this effect: "Renew thyself completely each day; do it again, and again, and forever again." Henry David Thoreau

I have just three things to teach: simplicity, patience, compassion. These three are your greatest treasures. Lao

I hope you will go out and let stories happen to you, and that you will work them, water them with your blood and tears and laughter till they bloom, till you yourself burst into bloom. Clarissa Pinkola Estes

I know of no more encouraging fact than the unquestionable ability of man to elevate his life by a conscious endeavor. Henry David Thoreau

I know of no restorative of heart, body, and soul more effective against hopelessness than the restoration of the Earth. Barry Lopez

I love those who can smile in trouble, who can gather strength from distress, and grow brave by reflection. 'Tis the business of little minds to shrink, but they whose heart is firm, and whose conscience approves their conduct, will pursue their principles unto death. Thomas Paine

I once had a sparrow alight on my shoulder for a moment while I was hoeing in a village garden, and I felt that I was more distinguished by that circumstance than I should have been by any epaulet I could have worn. Henry David Thoreau

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I really believe there are things nobody would see if I didn't photograph them. Diane Arbus

I tell you the truth, anyone who will not receive the kingdom of God like a little child will never enter it. Jesus

I think and think for months and years, ninety-nine times, the conclusion is false. The hundredth time I am right. Albert Einstein

I want to know God's thoughts...the rest are details. Albert Einstein

I want us all to face our fears and stop behaving like our goal in life is to merely survive. "Surviving" is for wimps and game show contestants stranded in the jungle or on a desert island. You are not stranded. You own the store....You deserve better. Michael Moore

I will so trust that what is deep is holy, that I will do strongly before the sun and moon whatever inly rejoices me, and the heart appoints. Ralph Waldo Emerson

I wish that life should not be cheap, but sacred. I wish the days to be as centuries, loaded, fragrant. Ralph Waldo Emerson

If a man wishes to be sure of the road he treads on, he must close his eyes and walk in the dark. Saint John of the Cross

If I were to choose the sights, the sounds, the fragrances I most would want to see and hear and smell--among all the delights of the open world--on a final day on earth, I think I would choose these: the clear, ethereal song of a white-throated sparrow singing at dawn; the smell of pine trees in the heat of the noon; the lonely calling of Canada geese; the sight of a dragon-fly glinting in the sunshine; the voice of a hermit thrush far in a darkening woods at evening; and--most spiritual and moving of sights--the white cathedral of a cumulus cloud floating serenely in the blue of the sky. Edwin Way Teale

If man act in accordance with what is dictated to him by his reason, his conscience, and his God, only the very best can result for himself as well as for the world. Leo Tolstoy

If peace is our single aim in all we do, we will always know what to do because we will do whatever will protect and deepen our peace. Gerald Jampolsky

If the age of the Earth were a calendar year and today were a breath before midnight on New Year's Eve, we showed up a scant fifteen minutes ago, and all of recorded history has blinked by in the last sixty seconds. Luckily for us, our planet-mates--the fantastic meshwork of plants, animals, and microbes--have been patiently perfecting their wares since March, an incredible 3.8 billion years since the first bacteria. ...After 3.8 billion years of research and development, failures are fossils, and what surrounds us is the secret to survival. Janine M. Benyus

If the doors of perception were cleansed every thing would appear to man as it is, infinite. William Blake

If the family were a container, it would be a nest, an enduring nest, loosely woven, expansive, and open. Letty Cottin Pegrebin

If the single man plant himself indomitably on his instincts, and there abide, the huge world will come round to him. Ralph Waldo Emerson

If there is any wisdom running through my life now, in my walking on this earth, it came from listening in the Great Silence to the stones, trees, space, the wild animals, to the pulse of all life as my heartbeat. Vijali Hamilton

If there is one thing clear about the centuries dominated by the factory and the wheel, it is that although the machine can make everything from a spoon to a landing-craft, a natural joy in earthly living is something it never has and never will be able to manufacture. Henry Beston

If water derives lucidity from stillness, how much more the faculties of the mind! Chuang Tzu

If we are willing to be still and open enough to listen, wilderness itself will teach us. Steven Harper

If we cannot envision the world we would like to live in, we cannot work towards its creation. If we cannot place ourselves in it in our imagination, we will not believe it is possible. Chellis Glendinning

If we cannot envision the world we would like to live in, we cannot work towards its creation. If we cannot place ourselves in it in our imagination, we will not believe it is possible. Chellis Glendinning

If we could see the miracle of a single flower clearly, our whole life would change. Buddha

If we live truly, we shall see truly. Ralph Waldo Emerson

If we take a survey of the greatest actions...in the world...we shall find the authors of them all to have been persons whose Brains had been shaken out of their natural position. John Adams

If we're operating on automatic pilot...we are not sensitive to how we're being influenced by what we eat, where we live, the way we work, and our actions, thoughts, and emotions. When we're not aware of these connections, we also remain baffled why we're sick, tense, in chronic pain, or depressed. Mirka Knaster

If you are centered, you can move freely. Morihei Ueshiba

If you are not radiant with joy and friendliness, if you are not filled to overflowing with love and goodwill for all beings and all creatures and all creation, one thing is certain: you do not know God! Peace Pilgrim

If you ask people what kinds of activities bring them pleasure, it's usually contact with nature, things that are creative, and relationships with people, and the things we do to live simply bring us all of those satisfactions.

If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul. Rabbi Harold Kushner

If you do not yet know where you fit, I suggest you try seeking it in receptive silence. I used to walk amid the beauties of nature, just receptive and silent, and wonderful insights would come to me. Peace Pilgrim

If you dream it, have faith in it, and struggle for it--as long as it takes. Marian Wright Edelman

If you follow your bliss, you put yourself on a kind of track, which has been there all the while, waiting for you, and the life that you ought to be living is the one you are living. Joseph Campbell

If you had a different concept of yourself, everything would be different. Neville

If you have built castles in the air your work need not be lost; that is where they should be. Now put the foundations under them. Henry David Thoreau

If you have love you will do all things well. Thomas Merton

If you observe well, your own heart will answer. De Lubicz

If you wish to know the divine, feel the wind on your face and the warm sun on your hand. Eido Tai Shimano Roshi

I'll walk where my own nature would be leading--It vexes me to choose another guide... Emily Brontë

Imagine that every person in the world is enlightened but you. They are all your teachers, each doing just the right things to help you learn perfect patience, perfect wisdom, perfect compassion. Buddha

In all of our actions, we must seek to be living examples of the change we wish to see in the world, by walking the path, we make the path visible. Phil Lane Jr.

In all ranks of life the human heart yearns for the beautiful; and the beautiful things that God makes are his gift to all alike. Harriet Beecher Stowe

In everything, love simplicity. Saint Francis de Sales

In order to seek one's own direction, one must simplify the mechanics of ordinary, everyday life. Plato

In our bodies, in this moment, there live the seed impulses of the change and spiritual growth we seek, and to awaken them we must bring our awareness into the body, into the here and now. Pat Ogden

In the point of rest at the center of our being, we encounter a world where all things are at rest in the same way. Then a tree becomes a mystery, a cloud a revelation, each man a cosmos of whose riches we can only catch glimpses. The life of simplicity is simple, but it opens to us a book in which we never get beyond the first syllable. Dag Hammarskjöld

In the woods, too, a man casts off his years, as the snake his slough, and at what period soever of life is always a child. . . .Standing on the bare ground, - my head bathed by the blithe air, and uplifted into infinite space, - all mean egotism vanishes. I become a transparent eyeball; I am nothing; I see all; the currents of the Universal Being circulate through me; I am part or parcel of God. Ralph Waldo Emerson

In the woods, we return to reason and faith. There I feel that nothing can befall me in life, - no disgrace, no calamity (leaving me my eyes), which nature cannot repair. Ralph Waldo Emerson

In this very breath that we take now lies the secret that all great teachers try to tell us. Peter Matthiessen

In times of danger large groups rise to the highest pitch of enthusiasm, courage and sacrifice . . . Mankind will be refashioned and history rewritten when this law is understood and obeyed. Helen Keller

Individuals [find] ways to engage in authentic individual creativity - "living in truth" - opening ourselves up to uncertainty, discovering the edge between our individuality and the universal, and acting from that discovery. In our authentic realization of the truth of the moment lies our ability to deeply, if humbly, influence even the rigid systems built on automatism and empty phrases. John Briggs and F. David Peat

Inner peace is found by facing life squarely, solving its problems, and delving as far beneath its surface as possible to discover its verities and realities. Peace Pilgrim

Instead of an intellectual search, there was suddenly a very deep gut feeling that something was different...seeing that Sun...set in the background of the very deep black and velvety cosmos, seeing - rather, knowing for sure - that there was a purposefulness of flow, of energy, of time, of space in the cosmos - that it was beyond man's rational ability to understand, that suddenly there was a nonrational way of understanding that had been beyond my previous experience...On the return trip home, gazing through 240,000 miles of space toward the stars and the planet from which I had come, I suddenly experienced the universe as intelligent, loving, harmonious. Edgar Mitchell

Intelligence is present everywhere in our bodies . . . our own inner intelligence is far superior to any we can try to substitute from the outside. Deepak Chopra

It is amazing how many hints and guides and intuitions for living come to the sensitive person who has ears to hear what his body is saying. Rollo May

It is from numberless diverse acts of courage and belief that human history is shaped. Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope; and crossing each other from a million different centers of energy and daring, those ripples build a current which can sweep down the mightiest walls of oppression and resistance. Robert F. Kennedy

It is not because things are difficult that we do not dare; it is because we do not dare that they are difficult. Seneca

It is not how much we have, but how much we enjoy, that makes happiness. Charles Haddon Spurgeon

It is not more bigness that should be our goal. We must attempt, rather, to bring people back to...the warmth of community, to the worth of individual effort and responsibility...and of individuals working together as a community, to better their lives and their children's future. Robert F. Kennedy

It is only when people begin to shake loose from their preconceptions, from the ideas that have dominated them, that we begin to receive a sense of opening, a sense of vision...That is the sort of time we live in now. We...live in an epoch in which the solid ground of our preconceived ideas shakes daily under our uncertain feet. Barbara

It is only with the heart that one can see rightly; what is essential is invisible to the eye. Antoine de Saint-Exupery

It is sufficient that people should understand that what is enunciated to them as public opinion, and maintained by such complex, energetic, and artificial means, is not public opinion, but only the lifeless outcome of what was once public opinion; and, what is more important, it is sufficient that they should have faith in themselves, that they should believe that what they are conscious of in the depths of their souls, what in every one is pressing for expression, and is only not expressed because it contradicts the public opinion supposed to exist, is the power which transforms the world, and to express which is the mission of mankind... Leo Tolstoy

It is the soul's duty to be loyal to its own desires. It must abandon itself to its master passion. Rebecca West

It is those who have enough but not too much who are the happiest. Peace Pilgrim

It is through solving problems correctly that we grow spiritually. We are never given a burden unless we have the capacity to overcome it. If a great problem is set before you, this merely indicates that you have the great inner strength to solve a great problem. There is never really anything to be discouraged about, because difficulties are opportunities for inner growth, and the greater the difficulty the greater the opportunity for growth. Peace Pilgrim

It was in the forest that I found "the peace that passeth understanding" Jane Goodall

It was when I found out I could make mistakes that I knew I was on to something. Ornette Coleman

It would be well, perhaps, if we were to spend more of our days and nights without any obstruction between us and the celestial bodies, if the poet did not speak so much from under a roof, or the saint dwell there so long. Birds do not sing in caves, nor do doves cherish their innocence in dovecots. Henry David Thoreau

It's not too late at all. You just don't yet know what you are capable of. Mahatma Gandhi

It's only when we truly know and understand that we have a limited time on earth - and that we have no way of knowing when our time is up - that we will begin to live each day to the fullest, as if it was the only one we had. Elisabeth Kübler-Ross

It's time to start living the life you've imagined. Henry James

It's vital to be growing through your life rather than going through your life. The object is not to change other people or situations; it's to do the inner work they stimulate. Wally Amos

Joy comes not through possession or ownership but through a wise and loving heart. Buddha

Joy in looking and comprehending is nature's most beautiful gift. Albert Einstein

Joy is man's passage from a lesser to a greater perfection. Baruch Spinoza

Joy is the concomitant of productive activity. It is not a "peak experience," which culminates and ends suddenly, but rather a plateau, a feeling state that accompanies the productive expression of one's essential human faculties. ...Joy then, is what we experience in the process of growing nearer to the goal of becoming ourselves. Erich

Keep away from small people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great. Mark Twain

Keep your hands open, and all the sands of the desert can pass through them. Close them, and all you can feel is a bit of grit. Taisen Deshimaru

Lasting change happens when people see for themselves that a different way of life is more fulfilling than their present one. Eknath Easwaran

Leap, and the net will appear. Julie Cameron

Learn to get in touch with the silence within yourself and know that everything in this life has a purpose. There are no mistakes, no coincidences. All events are blessings given to us to learn from. Elizabeth Kübler-Ross

Less is more. Robert Browning

Let go the things in which you are in doubt for the things in which there is no doubt. Mohammed

Let me exhort everyone to do their utmost to think outside and beyond our present circle of ideas. For every idea gained is a hundred years of slavery remitted. Richard Jefferies

Let the beauty we love be what we do. Rumi

Let the mind be empty, and not filled with the things of the mind. Then there is only meditation, and not a meditator who is meditating . . . The mind must be clear, without movement, and in the light of that clarity the timeless will be revealed. J. Krishnamurti

Let us settle ourselves, and work and wedge our feet downward through the mud and slush of opinion, and prejudice, and tradition, and delusion, and appearance, that alluvion which covers the globe...till we come to a hard bottom and rocks in place, which we can call reality, and say, This is... Henry David Thoreau, Walden

Let us spend one day as deliberately as Nature, and not be thrown off track by every nutshell and mosquito's wing that falls on the rails. Let us rise early and fast, or break fast, gently and without perturbation; let company come and let company go, let the bells ring and the children cry,--determine to make a day of it. Henry David Thoreau

Liberty exists in proportion to wholesome restraint. Daniel Webster

Life is either a daring adventure or nothing. Helen Keller

Life shrinks or expands in proportion to one's courage. Anais Nin

Listen to the voice of nature, for it holds treasures for you. Native American (Huron) Proverb

Live simply so that others may simply live. Mahatma Gandhi

Look! Look! Look deep into nature and you will understand everything. Albert Einstein

Look. This is your world!...Look at the greatness of the whole thing. Look! Don't hesitate - look! Open your eyes. Don't blink, and look, look - look further. Chogyam Trungpa

Looking deeply at life as it is in this very moment, the meditator dwells in stability and freedom. Buddha

Love all God's creation, the whole of it and every grain of sand. Love every leaf, every ray of God's light! Love the animals, love the plants, love everything. If you love everything, you will perceive the divine mystery in things. And once you have perceived it, you will begin to comprehend it ceaselessly, more and more every day. And you will at last come to love the whole world with an abiding, universal love. Fyodor Mikhail Dostoyevski

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always hopes, always perseveres. The Bible

Make up your mind that you are not going to allow anything to discourage you. Marian Wright Edelman

Man has no Body distinct from his Soul for that called Body is a portion of Soul discerned by the five Senses... William Blake

Man is a part of the world, and his spirit is part of the spirit of the world. We are merely a peculiar mode of Being, a living atom within it, or, rather, a cell that, if sufficiently open to itself and its own mystery, can also experience the mystery, the will, the pain, and the hope of the world. Václav Havel

Man is not himself only...He is all that he sees; all that flows to him from a thousand sources...He is the land, the lift of its mountain lines, the reach of its valleys. Mary Austin

Man is not imprisoned by habit. Great changes in him can be wrought by crisis -- once that crisis can be recognized and understood. Norman Cousins

Man's mind, once stretched by a new idea, never regains its original dimensions. Oliver Wendell Holmes

Many a man thinks he is buying pleasure, when he is really selling himself to it. Benjamin Franklin

Many of our tears are tissue paper thin, and a single courageous step would carry us through them. Brendan Francis

Many of us worry about the situation of the world . . . We need to remain calm, to see clearly. Meditation is a means to be aware, and to try to help. Thich Nhat Hanh

May you live all the days of your life. Jonathan Swift

Meditation is not a means to an end. It is both the means and the end. J. Krishnamurti

Meditation is to be aware of what is going on - in our bodies, in our feelings, in our minds, and in the world. Each day...children die of hunger.... Yet the sunrise is beautiful, and the rose that bloomed this morning along the wall is a miracle. Life is both dreadful and wonderful. To practice meditation is to be in touch with both aspects. Please do not think we must be solemn in order to meditate. In fact, to meditate well, we have to smile a lot. Thich Nhat Hanh

Men do not attract that which they want, but that which they are. James Allen

Men do not know themselves, and therefore they do not understand things of their inner world. Each man has the essence of God and all the wisdom and power of the world in himself... Paracelsus

More things are wrought by prayer than this world dreams of. Lord Alfred Tennyson

Most of our obstacles would melt away if, instead of cowering before them, we should make up our minds to walk boldly through them. Orison Swett Marden

Movement is a medicine for creating change in a person's physical, emotional, and mental states. Carol Welch

My heart is tuned to the quietness that the stillness of nature inspires. Hazrat Inayat Khan

My primary process of perceiving is muscular and visual. Albert Einstein

Nature has been for me, for as long as I remember, a source of solace, inspiration, adventure, and delight; a home, a teacher, a companion. Lorraine Anderson

Nature is painting for us, day after day, pictures of infinite beauty... John Ruskin

Nearly everybody is looking for something brave to do. I don't know why people shouldn't write poetry. That's brave. Robert Frost

Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inner peace for anything whatsoever, even if your whole world seems upset. Saint Francis de Sales

Never give in; never give in; never, never, never, never, never--in nothing great or small, large or petty--never give in except to convictions of honor and good sense. Winston Churchill

No face which we can give to a matter will stand us so well at last as the truth. ... Say what you have to say, not what you ought. Any truth is better than make-believe. Henry David Thoreau

No man ever prayed heartily without learning something. Ralph Waldo Emerson

No one can give you better advice than yourself. Cicero

None is richer than he who simply has peace of mind. Maj Wambebe

None of us can predict when the causes we support will capture the public imagination, and our once-lonely quests become popular crusades. Paul Rogat Loeb

None of us knows what he accomplishes and what he gives to humanity. That is hidden from us, and should remain so. Sometimes we are allowed to see just a little of it, so we will not be discouraged. The effects of energy are mysterious in all realms. Albert Schweitzer

Not only has one to do one's best, one must, while doing one's best, remain detached from whatever one is trying to achieve. Janwillem Van De Wetering

Nothing can cure the soul but the senses, just as nothing can cure the senses but the soul. Oscar Wilde

Nothing is at last sacred but the integrity of your own mind. Absolve you to yourself, and you shall have the suffrage of the world. Ralph Waldo Emerson

Now and again, it is necessary to seclude yourself among deep mountain and hidden valleys to restore your link to the source of life. Morihei Ueshiba

Obstacles are what you see when you take your eyes off the goal. Wally Amos

Often God has to shut a door in our face, so that He can subsequently open the door through which He wants us to go. Catherine Marshall

Often the hands will solve a mystery that the intellect has struggled with in vain. Carl G. Jung

On the other end of the spectrum there is waiting of another kind: that is, patience. For us this waiting was based on the knowledge that it made sense on principle to resist by speaking the truth simply because it was the right thing to do...that repeating this defiant truth made sense in itself, regardless of whether it was ever appreciated, or victorious, or repressed for the hundredth time. At the very least, it meant that someone was not supporting the government of lies. It also, of course, grew out of faith--but this is of secondary importance--that a seed once sown would one day take root and send forth a shoot. Vaclav Havel

One can make a day of any size, and regulate the rising and setting of his own sun and the brightness of its shining. John Muir

One day our descendants will think it incredible that we paid so much attention to things like the amount of melanin in our skin or the shape of our eyes or our gender instead of the unique identities of each of us as complex human beings. Franklin Thomas

One must envision the higher life and behave as if it were a fact before it can unfold. Helen Keller

One of the most powerful ways to pray, and a method used throughout the world, is the repetition of the name God. Krishan Chopra

One of the terrible temptations we face is that of thinking that the problem is so big that nothing we can do can possibly have any effect: we must leave it to the experts. ...Every single gesture...counts, and may have incalculable consequences. Dr. Philip Sherrard

One should pay attention to even the smallest crawling creature for these too may have a valuable lesson to teach us. Black Elk

One touch of nature makes the whole world kin. William Shakespeare

Only spread a fern-frond over a man's head and worldly cares are cast out, and freedom and beauty and peace come in. John Muir

Open your eyes and the whole world is full of God. Jakob Böhme

Open yourself to the miracle of life going on around you. Sense your intimate part in the great scheme of it... Kristen Zambucka

Opinion is the great, indeed the only coordinating force in our system. Woodrow Wilson

Opinions are formed in a process of open discussion and public debate, and where no opportunity for the forming of opinions exists, there may be moods...but no opinion. Hannah Arendt

Other people do not have to change for us to experience peace of mind. Gerald Jampolsky

Our body is precious. It is our vehicle for awakening. Treat it with care. Buddha

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Marianne Williamson

Our fulfillment is not in our isolated human grandeur, but in our intimacy with the larger earth community, for this is also the larger dimension of our being. Thomas Berry

Our life is frittered away by detail. Henry David Thoreau

Our original nature is...void, omnipresent, silent, pure; it is glorious and mysterious peaceful joy - and that is all. Enter deeply into it by awakening yourself. Huang Po

Our own body is the best health system we have--if we know how to listen to it. Christiane Northrup

Our own worst enemy cannot harm us as much as our unwise thoughts. No one can help us as much as our own compassionate thoughts. Buddha

Our true destiny...is a world built from the bottom up by competent citizens living in solid communities, engaged in and by their places. David W. Orr

Past the seeker as he prayed came the crippled and the beggar and the beaten. And seeing them...he cried, "Great God, how is it that a loving creator can see such things and yet do nothing about them?"...God said, "I did do something. I made you." Sufi Teaching

Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish. John Quincy Adams

Pay no attention [to your thoughts]. Don't fight them. Just do nothing about them, let them be, whatever they are. Your very fighting them gives them life. Just disregard. Look through. You need not stop thinking. Just cease being interested. Stop your routine of acquisitiveness, your habit of looking for results and the freedom of the universe is yours. Nisargadatta

People attain worth and dignity by the multitude of decisions they make from day to day. Rollo May

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

People seek out retreats for themselves in the country, at the seaside, on the mountains...but nowhere can a person find a retreat more full of peace than one's own soul. Make use then of this retirement continually and regenerate thyself. Marcus Aurelius

Perfectionism is the voice of the oppressor, the enemy of the people. It will keep you cramped and insane your whole life. Anne Lamott

Perhaps the most poignant image of our time is that of Earth as seen by the space voyagers: a blue sphere, shimmering with life and light, alone and unique in the cosmos. From this perspective, the maps of geopolitics vanish, and the underlying interconnectedness of all the components of this extraordinary living system - animal, plant, water, land, and atmosphere - becomes strikingly evident. Richard Benedick

Persistence and determination alone are omnipotent. Calvin Coolidge

Polish the heart, free the six senses and let them function without obstruction, and your entire body will glow. Morihei Ueshiba

Pray to understand what man has forgotten. Native American (Lumbee) Proverb

Prayer at its highest is a two-way conversation--and for me the most important part is listening to God's replies. Frank C. Laubach

Prayer is the most powerful form of energy one can generate....It supplies us with a flow of sustaining power in our daily lives. Alexis Carrel

Prayer is the recovery of the souls breathing. Gerald Heard

Prayer is the spirit speaking truth to Truth. Philip James Bailey

Qualities like love and compassion are not just abstract virtues that are the property of saints and adepts. Anyone can develop these qualities in themselves by doing spiritual practices. As the Buddha said, Come and see.

Rebellion against your handicaps gets you nowhere. Self-pity gets you nowhere. One must have the adventurous daring to accept oneself as a bundle of possibilities and undertake the most interesting game in the world--making the most of one's best. Harry Emerson Fosdick

Relation is the essence of everything that exists. Meister Eckhart

Remember not only to say the right thing in the right place, but far more difficult still, to leave unsaid the wrong thing in the tempting place. Benjamin Franklin

Remember, No man is a failure who has friends. Clarence in It's a Wonderful Life

Safety is the most unsafe spiritual path you can take. Safety keeps you numb and dead. People are caught by surprise when it is time to die. They have allowed themselves to live so little. Stephen Levine

See how nature - trees, flowers, grass - grows in silence; see the stars, the moon and the sun, how they move in silence... Mother Teresa

Self-confidence is the first requisite to great undertakings. Samuel Johnson

Self-trust is the first secret to success. Ralph Waldo Emerson

Setting an example is not the main means of influencing others; it is the only means. Albert Einstein

Settle yourself in solitude, and you will come upon Him in yourself. Saint Theresa

Shall I not have intelligence with the earth? Am I not partly leaves and vegetable mould myself? Henry David Thoreau

Silence is...the natural context from which we listen. Silence is also the natural context from which we speak. Cornelius Plantinga, Jr.

Silence of the heart is necessary so you can hear God everywhere--in the closing of a door, in the person who needs you, in the birds that sing, in the flowers, in the animals. Mother Teresa

Simple in actions and in thoughts, you return to the source of being. Lao Tzu

Simplicity is an exact medium between too little and too much. Sir Joshua Reynolds

Simplicity of living, if deliberately chosen, implies a compassionate approach to life. It means that we are choosing to live our daily lives with some degree of conscious appreciation of the condition of the rest of the world. Duane

Simplicity, simplicity, simplicity! I say, let your affairs be as two or three, and not a hundred or a thousand... Henry David Thoreau

Simply unleashing our imaginations can be empowering. Paul Rogat Loeb

Sit down before fact like a little child, and be prepared to give up every preconceived notion, follow humbly wherever and to whatever abyss Nature leads, or you shall learn nothing. T.H. Huxley

Slow down and enjoy life. It's not only the scenery you miss by going too fast - you also miss the sense of where you are going and why. Eddie Cantor

Someone who does not draw strength from himself and who is incapable of finding the meaning of his life within himself will...seek the map to his own orientation somewhere outside himself--in some ideology, organization, or society, and then, however active he may appear to be, he is merely waiting, depending. He waits to see what others will do, or what roles they will assign to him, and he depends on them--and if they don't do anything or if they botch things, he succumbs to disillusion, despair, and ultimately, resignation. Vaclav Havel

Sometimes when I consider what tremendous consequences come from little things...I am tempted to think...there are no little things. Bruce Barton

Somewhere deep down in us is stored the secret, and when we are digging in the wrong place, we know it. The secret wants to be discovered and will not let us go in peace a way that is not ours. Elizabeth O'Conner

Spirit is an invisible force made visible in all life. Maya Angelou

Stay centered, do not overstretch. Extend from your center, return to your center. Buddha/Master Mian

Take care of your body with steadfast fidelity. The soul must see through these eyes alone, and if they are dim, the whole world is clouded. Johann Wolfgang Von Goethe

Taste the feast by Nature spread. Samuel Johnson

Tell me, I'll forget. Show me, I may remember. But involve me and I'll understand. Chinese Proverb

That deeply emotional conviction of the presence of a superior reasoning power, which is revealed in the incomprehensible universe, forms my idea of God. Albert Einstein

That fire of clear mind is in everyone, and to remove any obscuration of its clarity is the duty of all people in this time, that each one may remember and find our way again to the source of our being. Dhyanis Ywahoo

The ability to simplify means to eliminate the unnecessary so that the necessary may speak. Hans Hofman

The aim of life is to live, and to live means to be aware, joyously, drunkenly, serenely, divinely aware. Henry Miller

The aim should be to obtain the maximum of well-being with the minimum of consumption. The cultivation and expansion of needs, is the antithesis of wisdom. It is also the antithesis of freedom and peace... E.F. Schumacher

The artist...is the voice of the people. Alice Walker

The best remedy for those who are afraid, lonely, or unhappy is to go outside, somewhere where they can be quite alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy amidst the simple beauty of nature. ...I firmly believe that nature brings solace in all troubles. Anne Frank

The best things in life are free. English Proverb

The best way to know God is to love many things. Vincent van Gogh

The better part of one's life consists of his friendships. Abraham Lincoln

The body always leads us home . . . if we can simply learn to trust sensation and stay with it long enough for it to reveal appropriate action, movement, insight, or feeling. Pat Ogden

The body is a multilingual being. It speaks through its color and its temperature, the flush of recognition, the glow of love, the ash of pain, the heat of arousal, the coldness of nonconviction. . . . It speaks through the leaping of the heart, the falling of the spirits, the pit at the center, and rising hope. Clarissa Pinkola Estés

The body never lies. Martha Graham

The call to simplicity and freedom is a reminder that our worth comes not from the amount of our involvements, achievements, or possessions, but from the depth and care which we bring to each moment, place, and person in our lives. Richard A. Bower

The clearest way into the universe is through a forest wilderness. John Muir

The conclusion is always the same: Love is the most powerful and still the most unknown energy of the world. Pierre Teilhard de Chardin

The creation of a thousand forests is in one acorn. Ralph Waldo Emerson

The deeper we live the life of our bodies, the deeper is the upwelling of love. Stanley Keleman

The deeper we look into nature, the more we realize that it is full of life, and the more profoundly we know that all life is a secret and that we are united with all life that is in nature. . . . From this knowledge comes our spiritual relationship to the Universe. Albert Schweitzer

The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease. Thomas Edison

The dream is real my friends. The failure to make it work is the unreality. Toni Cade Bambara

The effect of any writing on the public mind is mathematically measurable by its depth of thought...If it awakes you to think, if it lift you from your feet with a great voice of eloquence, then the effect is to be wide, slow, permanent, over the minds of men; if the pages instruct you not, they will die like flies in the hour. The way to speak and write what shall not go out of fashion is, to speak and write sincerely. The argument which has not power to reach my own practice, I may well doubt, will fail to reach yours. But take Sidney's maxim:--"Look in thy heart, and write." He that writes to himself writes to an eternal public. Ralph Waldo Emerson

The family is one of nature's masterpieces. George Santayana

The forest makes your heart gentle. You become one with it... No place for greed or anger there. Pha Pachak

The glory of friendship is...the spiritual inspiration that comes to one when he discovers that someone else believes in him and is willing to trust him. Ralph Waldo Emerson

The golden way is to be friends with the world and to regard the whole human family as one. Mahatma Gandhi

The greatness of nature can overwhelm the insignificant chatter by which we measure most of our days. If you have the wisdom and the courage to go to nature alone, the larger rhythms, the eternal hum, will make itself known all the sooner. When you have found it, it will always be there for you. The peace without will become the peace within, and you will be able to return to it in your heart wherever you find yourself. Kent Nerburn

The heart at rest sees a feast in everything. Hindi Proverb

The heart is like a garden. It can grow compassion or tear, resentment or love. What seeds will you plant there? Buddha

The indescribable innocence and beneficence of Nature,--of sun and wind and rain, of summer and winter,--such health, such cheer, they afford forever! Henry David Thoreau

The life of man is a self-evolving circle, which, from a ring imperceptibly small, rushes on all sides outwards to new and larger circles, and that without end. The extent to which this generation of circles, wheel without wheel, will go, depends on the force or truth of the individual soul. Ralph Waldo Emerson

The moment one gives close attention to any thing, even a blade of grass it becomes a mysterious, awesome, indescribably magnificent world in itself. Henry Miller

The more you know the less you understand. Lao Tzu

The natural healing force within each one of us is the greatest force in getting well. Hippocrates

The one who tells the stories rules the world. Native American (Hopi) Proverb

The one who would be constant in happiness must frequently change. Confucius

The only source of knowledge is experience. Albert Einstein

The only wealth is life. Saint Francis of Assisi

The passing moment is all that we can be sure of; it is only common sense to extract its utmost value from it... W. Somerset Maugham

The powers of reason, of love, of artistic and intellectual creation, all essential powers grow through the process of being expressed. Erich Fromm

The privilege of a lifetime is being who you are... Joseph Campbell

The purpose of life is undoubtedly to know oneself. We cannot do it unless we learn to identify ourselves with all that lives. The sum-total of that life is God. Mahatma Gandhi

The question is...whether we shall, by whatever means, succeed in reconstituting the natural world as the true terrain of politics, rehabilitating the personal experience of human beings as the initial measure of things, placing morality above politics and responsibility above our desires, in making human community meaningful, in returning content to human speech, in reconstituting, as the focus of all social action, the autonomous, integral, and dignified human "I,"... Vaclav Havel

The quieter you become the more you can hear. Ram Dass

The remarkable thing is that we really love our neighbor as ourselves: we do unto others as we do unto ourselves. We hate others when we hate ourselves. We are tolerant toward others when we tolerate ourselves. Eric Hoffer

The secret of health for both mind and body is not to mourn for the past, not to worry about the future, nor to anticipate troubles, but to live in the present moment wisely and earnestly. Buddha

The seven of us on board [the Space Shuttle] represented five different religions. But we were all agreed - it just doesn't make sense how people on earth treat each other. It doesn't make any difference what language we speak. It doesn't make any difference what country we come from. It certainly doesn't make any difference what the color of our skin is. We are all children of God traveling on spaceship earth together. Jake Garn

The silence of nature is very real. It surrounds you... Ted Trueblood

The source of man's unhappiness is his ignorance of Nature. Paul Henry Thiry D'Holdbach

The subtlest of subtleties, this is the gateway to all mysteries. Lao Tzu

The things we think about, brood on, dwell on, and exult over influence our life in a thousand ways. When we can actually choose the direction of our thoughts instead of just letting them run along the grooves of conditioned thinking, we become the masters of our own lives. Eknath Easwaran

The truly rich are those who enjoy what they have. Yiddish Proverb

The very process of the restoring the land to health is the process through which we become attuned to Nature and, through Nature, with ourselves. Chris Maser

The way to do is to be. Lao Tzu

The way to live in the present is to remember that "This too shall pass." When you experience joy, remembering that "This too shall pass" helps you savor the here and now. When you experience pain and sorrow, remembering that "This too shall pass" reminds you that grief, like joy, is only temporary. Joey Green

The whole of life lies in the verb seeing. Teilhard de Chardin

The whole secret of the study of nature lies in learning how to use one's eyes... George Sand

The world is mud-luscious and puddle-wonderful. e.e. cummings

The world of life, of spontaneity, the world of dawn and sunset and starlight, the world of soil and sunshine, of meadow and woodland, of hickory and oak and maple and hemlock and pineland forests, of wildlife dwelling around us, of the river and its wellbeing--all of this [is] the integral community in which we live. Thomas Berry

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There are a thousand hacking at the branches of evil to one who is striking at the root... Henry David Thoreau

There are many persons ready to do what is right because in their hearts they know it is right. But they hesitate, waiting for the other fellow to make the make the first move - and he, in turn, waits for you. Marian Anderson

There are two ways of spreading light: to be the candle or the mirror that reflects it. Edith Wharton

There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle. Albert Einstein

There can be no purpose more enspiriting than to begin the age of restoration, reweaving the wondrous diversity of life that still surrounds us. Edward O. Wilson

There is deep wisdom within our very flesh, if we can only come to our senses and feel it. Elizabeth A. Behnke

There is enchantment right in front of you, waiting for you to notice. Janet Luhrs

There is in all visible things an invisible fecundity, a dimmed light, a meek namelessness, a hidden wholeness. This mysterious unity and integrity is wisdom, the mother of us all, "natura naturans." There is in all things an inexhaustible sweetness and purity, a silence that is a fountain of action and joy. It rises up in wordless gentleness, and flows out to me from the unseen roots of all created being. Thomas Merton

There is no difficulty that enough love will not conquer...It makes no difference how deeply seated may be the trouble; how hopeless the outlook; how muddled the tangle; how great the mistake. A sufficient realization of love will dissolve it all. Emmet Fox

There is no other door to knowledge than the door nature opens; there is no truth except the truths we discover in nature. Luther Burbank

There is nothing so much like God in all the universe as silence. Meister Eckhart

There is something in every one of you that waits and listens for the sound of the genuine in yourself. [It is] the only true guide you'll ever have. Howard Thurman

There is something of the marvelous in all things of nature. Aristotle

There were no boundaries or borders. It was as if my mind had once long ago made up a story about separate objects with boundaries but the story wasn't true. The true story is that there is a luminous, spacious energy that flows through everything all the time. It's within matter, within things as well as within space, and you can tune in to it at any time, just like changing the frequency on the radio. There is no distance between this essence and ourselves. It is not otherworldly. It is right here, closer than our own flesh. Vijali Hamilton

There's a world of difference . . . between that information to which we now presumably have access by way of computers, libraries, and the rest of it, great stockpiles of data, and the knowledge that people have in their bones by which they do good work and live good lives. Wendell Berry

There's only one corner of the universe you can be certain of improving, and that's your own self. So you have to begin there, not outside, not on other people. That comes afterward, when you've worked on your own corner.

There's only one reason why you're not experiencing bliss at this present moment, and it's because you're thinking or focusing on what you don't have...But, right now you have everything you need to be in bliss. Anthony de Mello

Things do not change; we change. Henry David Thoreau

Things which matter most must never be at the mercy of things which matter least. Johann Wolfgang Von Goethe

Think with the whole body. Taisen Deshimaru

This above all: to thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man. William Shakespeare

This cabbage, these carrots, these potatoes, these onions ... will soon become me. Such a tasty fact! Mike

Those who are animated by hope can perform what would seem impossibilities to those who are under the depressing influence of fear. Maria Edgeworth

Those who are awake live in a state of constant amazement. Buddha

Those who seek the truth by means of intellect and learning only get further and further away from it. Not till your thoughts cease all their branching here and there, not till you abandon all thoughts of seeking for something, not till your mind is motionless as wood or stone, will you be on the right road to the Gate. Huang Po

Through our reactions we create delusions. Without reactions the world becomes clear. Buddha

Time and again in my life, contrary to all wise counsels, I have allowed myself to be guided by the inner voice - often with spectacular success. Mahatma Gandhi

To awaken, sit calmly, letting each breath clear your mind and open your heart. Buddha

To be awake is to be alive. I have never yet met a man who was quite awake. How could I have looked him in the face? Henry David Thoreau

To connect with our bodies is to learn to trust ourselves, and from that comes power. Mirka Knaster

To garden, you open your personal space to admit a few, a great many, or thousands of plants which exude charm, pleasure, beauty, oxygen, conversation, friendship, confidence, and other rewards should you succeed in meeting their basic needs. Tom Clothier

To go into solitude, a man needs to retire as much from his chamber as from society. I am not solitary whilst I read and write, though nobody is with me. But if a man would be alone, let him look at the stars....One might think the atmosphere was made transparent...to give man, in the heavenly bodies, the perpetual presence of the sublime.
Ralph Waldo Emerson

To have a friend is to have one of the sweetest gifts that life can bring; to be a friend is to have a solemn and tender education of soul from day to day. Amy Robertson Brown

To have a quiet mind is to possess one's mind wholly... Hamilton Mabie

To have begun is to have done half the task... Horace

To live a creative life, we must lose our fear of being wrong. Joseph Chilton Pearce

To live a spiritual life we must first find the courage to enter the desert of our loneliness and to change it by gentle and persistent efforts into a garden of solitude. Henri Nouwen

To meditate is to listen with a receptive heart. Buddha

True morality consists not in following the beaten track but in finding out the true path for ourselves and fearlessly following it. Mahatma Gandhi

True silence is the rest of the mind; it is to the spirit what sleep is to the body, nourishment and refreshment. William Penn

Trust in yourself. Your perceptions are often far more accurate than you are willing to believe. Claudia Black

Trust one who has tried it, you will find more in woods than in books; trees and stones will teach you what you can never learn from masters. Saint Bernard de Clairvaux

Trust yourself. Think for yourself. Act for yourself. Speak for yourself. Be yourself. Imitation is suicide. Marva

Try dying every day to your old self . . . So that you emerge renewed and young again as the tired mind sheds its load . . . Kristin Zambucka

Trying out new ways of using your body in handling various situations breaks you free from old ways of thinking and being. Mirka Knaster

Ultimately, we become aware of most of what is going on within us mainly through the muscles. Moshe

Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, the providence moves too. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents, meetings and material assistance, which no man could have dreamt would have come his way. W. H. Murray

Voluntary simplicity involves both inner and outer condition. It means...sincerity and honesty within, as well as avoidance of exterior clutter...The degree of simplification is a matter for each individual to settle for himself.

Watch my dust. Babe Ruth

We are all sculptors and painters, and our material is our own flesh and blood and bones. Any nobleness begins at once to refine a man's features, any meanness or sensuality to imbrute them. Henry David Thoreau

We are not here to curse the darkness, but to light the candle that can guide us through that darkness to a safe and sane future. John F. Kennedy

We are not human beings trying to be spiritual. We are spiritual beings trying to be human. Jacquelyn Small

We are not lacking in the dynamic forces needed to create the future. We live immersed in a sea of energy beyond all comprehension. Thomas Berry

We are not lacking in the dynamic forces needed to create the future. We live immersed in a sea of energy beyond all comprehension. Thomas Berry

We are what we repeatedly do. Excellence, then, is not an act, but a habit. Aristotle

We become human only in the company of other human beings. And this involves both opening our hearts and giving voice to our deepest convictions. ...When we shrink from the world, our souls shrink, too. Paul Rogat Loeb

We betray ourselves into smallness when we think the little choices of each day are trivial. Helen Keller

We can do anything we want as long as we stick to it long enough. Hellen Keller

We can learn whatever we need in nature because we are part of nature. Human beings are part of Creation. We live by the same laws as all of nature. Anne Wilson Schaef

We eat every day, and if we do it...with a focus and care it can be a wonderful thing. It changes the quality of your life. Alice Waters

We have all known the long loneliness and we have learned that the only solution is love and that love comes with community. Dorothy Day

We inter-breathe with the rain forests, we drink from the oceans. They are part of our own body. Thich Nhat Hanh

We must always base our commitment in the center of our own being, or else no commitment will be ultimately authentic. Rollo May

We must be fully committed, but we must also be aware at the same time that we might possibly be wrong. People who claim to be absolutely convinced that their stand is the only right one...is a dead giveaway of unconscious doubt. Commitment is healthiest when it is not without doubt, but in spite of doubt. Rollo May

We must become the change we want to see. Mahatma Gandhi

We need silence to be alone with God, to speak to him, to listen to him, to ponder his words deep in our hearts. We need to be alone with God in silence to be renewed and transformed. Silence gives us a new outlook on life. In it we are filled with the energy of God himself that makes us do all things with joy. Mother Teresa

We need to understand ourselves as biological creatures at one with the diversity of all life. When we can truly see this unity and interdependence, we will find nature to be forgiving, generous, and resilient. Kenny Ausubel

We often confuse spiritual knowledge with spiritual attainment. Spirituality is not a matter of knowing scriptures and engaging in philosophical discussions. It is a matter of heart culture, of unmeasurable strength. Mahatma Gandhi

We were born to make manifest the glory of God that is within us. It is not just in some of us; it is in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. Marianne Williamson

We were not sent into this world to do anything into which we can not put our heart. John Ruskin

We're always fixing things, aren't we? It never strikes us that things don't need to be fixed. They really don't. ...They need to be understood. If you understood them, they'd change. Anthony de Mello

We're fields of energy in an infinite energy field. e.e. cummings

What I do is me; for that I came. Gerald Manley Hopkins

What I love most is an abundance of simple food of perfect quality and staggering freshness, very simply and respectfully treated, tasting strongly of itself. Sybille Bedford

What is a loving heart? A loving heart is sensitive to the whole of life, to all persons; a loving heart doesn't harden itself to any persons or things. Anthony de Mello

What is life? It is the flash of a firefly in the night. It is the breath of a buffalo in the winter time. It is the little shadow which runs across the grass and loses itself in the Sunset. Crowfoot

What lies behind us and what lies before us are tiny matters compared to what lies within us. Ralph Waldo Emerson/Oliver Wendell Holmes

What lies behind us and what lies before us are tiny matters, compared to what lies within us. Ralph Waldo

What the caterpillar calls the end of the world the master calls a butterfly. Richard Bach

What you do speaks so loud that I cannot hear what you say. Ralph Waldo Emerson

What your heart thinks great is great. The soul's emphasis is always right. Ralph Waldo Emerson

When eating a fruit, think of the person who planted the tree. Vietnamese Proverb

When I am with a group of human beings committed to hanging in there through both the agony and the joy of community, I have a dim sense that I am participating in a phenomenon for which there is only one word...."glory."

When I'm getting ready to reason with a man, I spend one-third of my time thinking about myself and what I am going to say--and two-thirds thinking about him and what he is going to say. Abraham Lincoln

When one devotes oneself to meditation, mental burdens, unnecessary worries, and wandering thoughts drop off one by one; life seems to run smoothly and pleasantly. A student may now depend on intuition to make decisions. As one acts on intuition, second thought, with its dualism, doubt and hesitation, does not arise. Nyogen Senzaki

When people can see a vision and simultaneously recognize what can be done step by step in a concrete way to achieve it, they will begin to feel encouragement and enthusiasm instead of fright. Erich Fromm

When the heart is flooded with love there is no room in it for fear, for doubt, for hesitation. Anne Morrow Lindbergh

When there is inward awareness of every activity of your mind and your body, when you are aware of your thoughts, of your feelings, both secret and open, conscious and unconscious, then out of this awareness there comes a clarity that is not induced, not put together by the mind...without that clarity...you will never find out what is

When thou prayest, rather let thy heart be without words than thy words without heart. John Bunyan

When we pay attention, whatever we are doing...is transformed and becomes part of our spiritual path. Rick Fields

When written in Chinese the word crisis is composed of two characters. One represents danger and the other represents opportunity. John F. Kennedy

When you get into the body, it keeps you true. Jennifer Reich

When you stand with your two feet on the ground, you will always keep your balance. Lao Tzu

When you step into the unknown, you are on the right path--the road less traveled. Enjoy every moment of the journey. Joey Green

When your life is filled with the desire to see the holiness in everyday life, something magical happens: ordinary life becomes extraordinary, and the very process of life begins to nourish your soul! Rabbi Harold Kushner

Whenever I have found myself stuck in the ways I relate to things, I return to nature. It is my principal teacher, and I try to open my whole being to what it has to say. Wynn Bullock

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Where there is great love there are always miracles. Willa Cather

Where words fail, music speaks. Hans Andersen

Whether a biological family or an extended family of people attracted to each other based on heart resonance and mutual support, the word 'family' implies warmth, a place where the core feelings of the heart are nurtured. Doc Childre and Howard Martin

Whether you are buying a car or casting a ballot, choosing a job or planning a family, follow your moral compass. Don't let others define you. Don't let advertisers mold you; don't let zealots ensnare you; don't let conventional wisdom trap you....you are part of a much larger whole. Denis Hayes

Who are you?, said the Caterpillar...I-I hardly know, Sir, just at present," Alice replied rather shyly, "at least I know who I was when I got up this morning, but I think I must have changed several times since then." Lewis Carroll, from Alice in Wonderland

Who rises from prayer a better man, his prayer is answered. George Meredith

Why do so many of us not give ourselves permission to be alive until we are absolutely assured that we will die? ...If we are not in [this present millisecond of life and conscious experience], we are not alive; we are merely thinking our lives. Yet we have seen so many die, looking back over their shoulders at their lives, shaking their heads and muttering in bewilderment, "What was that all about?" Stephen Levine

With a stout heart, a mouse can lift an elephant. Tibetan proverb, A World Treasury of Folk Wisdom

With all things and in all things, we are relatives. Native American (Sioux) Proverb

With our thoughts we make the world. Buddha

Within you there is a stillness and a sanctuary to which you can retreat at any time and be yourself. Herman Hesse

Without nourishing our own souls, we can't nourish the world, for we cannot give what we do not have. As we attend to our souls, we emanate invisibly and involuntarily the light we have received. Marianne Williamson

Wonderful how completely everything in wild nature fits into us, as if truly part and parent of us. The sun shines not on us, but in us. The rivers flow not past, but through us, thrilling, tingling, vibrating every fiber and cell of the substance of our bodies, making them glide and sing. John Muir

You can never have an impact on society if you have not changed yourself. Nelson Mandela

You didn't come into this world. You came out of it, like a wave from the ocean. You are not a stranger here. Alan Watts

You do not need to leave your room. Remain sitting at your table and listen. Do not even listen, simply wait. Do not even wait, be quite still and solitary. The world will freely offer itself to you to be unmasked, it has no choice, it will roll in ecstasy at your feet. Franz Kafka

You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. Eleanor Roosevelt

You have much more power when you are working for the right thing than when you are working against the wrong thing. And, of course, if the right thing is established wrong things will fade away of their own accord. Peace

You have to watch, as you watch a lizard going by, walking across the wall, seeing all its four feet, how it sticks to the wall, you have to watch it, and as you watch, you see all the movements, the delicacy of its movements. So in the same way, watch your thinking, do not correct it, do not suppress it--do not say it is too hard--just watch it... J.

You learn from mistakes - no one was born a master. Swiss Proverb

You must have a room or a certain hour of the day...a place where you can simply experience and bring forth what you are, and what you might be...At first you may find nothing's happening...But if you have a sacred place and use it, take advantage of it, something will happen. Joseph Campbell

You must stick to your conviction, but be ready to abandon your assumptions. Denis Waitley

You never know what you can do till you try. William Cobbett/Frederick Marryat/English Proverb

You see things; and you say, "Why?" But I dream things that never were; and I say "Why not?" George Bernard Shaw

Your awareness is different from both your thoughts and your senses. Ram Dass

Your deepest roots are in nature. No matter who you are, where you live, or what kind of life you lead, you remain irrevocably linked with the rest of creation. Charles Cook

Your emotions are your inner guidance system. They alone will let you know whether you are living in an environment of biochemical health or in an environment of biochemical distress. Understanding how your thoughts and your emotions affect every single hormone and cell in your body, and knowing how to change them in a way that is health-enhancing, gives you access to the most powerful and empowering health-creating secret on earth.

Your mind cannot possibly understand God. Your heart already knows. Emmanuel

Your own gift you can present every moment with the cumulative force of a whole life's cultivation; but of the adopted talent of another, you have only an extemporaneous, half possession. That which each can do best, none but his Maker can teach him....Where is the master who could have taught Shakespeare? Ralph Waldo Emerson

Your work is to discover your work and then with all your heart to give yourself to it. Buddha

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness, that most frightens us.
We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous?
Actually, who are you not to be?
You are a child of God. Marianne Williamson

Do you have the patience to wait
till your mud settles and the water is clear?
Can you remain unmoving
till the right action arises by itself? Lao-Tzu

Oh! Much may be done by defying
The ghosts of Despair and Dismay;
And much more may be gained by relying
On "Where there's a will there's a way." Eliza Cook

Learn from the birds what food the thickets yield;
Learn from the beasts the physic of the field;
The arts of building from the bee receive;
Learn of the mole to plow, the worm to weave. Alexander Pope

A woman once came to Mahatma Gandhi with her little boy. She asked, "Mahatma-ji, tell my little boy to stop eating sugar."
"Come back in three days," said Gandhi.
In three days the woman and the little boy returned and Mahatma Gandhi said to the little boy, "Stop eating sugar."
The woman asked, "Why was it necessary for us to return only after three days for you to tell my little boy that?"
The Mahatma replied: "Three days ago I had not stopped eating sugar."

After decades of faithful study, ecologists have begun to fathom hidden likenesses among many interwoven systems. ...a canon of nature's laws, strategies, and principles...
Nature runs on sunlight.
Nature uses only the energy it needs.
Nature fits form to function.
Nature recycles everything.
Nature rewards cooperation.
Nature banks on diversity.
Nature demands local expertise.
Nature curbs excesses from within.
Nature taps the power of limits. Janine M. Benyus

Whoever degrades another degrades me,
And whatever is done or said returns at last to me. Walt Whitman

I live my life in widening circles
That reach out across the world. Rainer Maria Rilke

Only when my vocation and my avocation
Make two eyes as one in sight
Is the work ever really done
For heaven and the future's sake. Robert Frost

Start a huge, foolish project,
like Noah.

It makes absolutely no
difference what people
think of you. Rumi

If at first you don't succeed,
Try, try again;
Then your courage should appear,
For, if you will persevere,
You will conquer, never fear;
Try, try again. Anonymous

You have to set sail on another ocean
without star or compass
going where the argument leads
Shattering the certainties of centuries. Janet Kalven

If your mind isn't clouded by unnecessary things,
This is the best season of your life. Wu-Men

Over all the hilltops
Silence,
Among the treetops
You feel hardly
A breath moving.
The birds fall silent in the woods.
Simply Wait! Soon
You too will be silent. Johann Wolfgang Von Goethe

The birds have vanished down the sky.
Now the last cloud drains away.

We sit together, the mountain and me,
until only the mountain remains. Li Po

Each tree
Laden with fairest fruit, that hung to th'eye
Tempting, stirr'd in me
Sudden appetite
To pluck and eat. John Milton

To live content with small means;
to seek elegance rather than luxury,
and refinement rather than fashion;
to be worthy, not respectable, and wealthy, not rich;
to study hard, think quietly, talk gently, act frankly;
to listen to stars and birds, babes and sages, with open heart;
to bear all cheerfully,
do all bravely,
await occasions,
hurry never;
in a word, to let the spiritual, unbidden and unconscious,
grow up through the common.
This is to be my symphony. William Ellery/Henry Channing

By your own efforts
Waken yourself, watch yourself,
And live joyfully. Buddha

Waking up this morning, I smile,
Twenty four brand new hours are before me.
I vow to live fully in each moment
and to look at all beings with eyes of compassion. Thich Nhat Hanh

Today, like every other day, we wake up empty and frightened.
Don't open the door to the study and begin reading.
Take down a musical instrument. Rumi

...There is no better means of attainment to the spiritual life
Than by continually beginning again... Saint Francis de Sales

Finish every day and be done with it.
You have done what you could.
Some blunders and absurdities, no doubt, crept in.
Forget them as soon as you can,
tomorrow is a new day;
begin it well and serenely,
with too high a spirit to be cumbered
with your old nonsense. Ralph Waldo Emerson

Today is the first day of the rest of your life. American Proverb

Be content with what you have;
Rejoice in the way things are.
When you realize there is nothing
lacking,
The whole world belongs to you. Lao Tzu

Dorothy tries to sum it all up before leaving Oz. "It's that if ever I go looking for my heart's desire again, I won't look any further than my own backyard," she tells Glinda, the Good Witch of the North. "Because if it isn't there, I never really lost it to begin with. Is that it?"
"That's all it is," confirms Glinda. Joey Green, quoting from Wizard of Oz

I arise today
Through the strength of heaven:
Light of sun,
Radiance of moon,
Splendour of fire.
Speed of lightning,
Swiftness of wind,
Depth of sea,
Stability of earth,
Firmness of rock. Saint Patrick

These are brand-new birds of
twelve-months' growing,
Which a year ago, or less than twain,
No finches were, nor nightingales,
Nor thrushes,
But only particles of grain,
And earth and air, and rain. Thomas Hardy

What a joy it is to feel the soft, springy earth under my feet once more,
to follow grassy roads that lead to ferny brooks
where I can bathe my fingers in a cataract of rippling notes,
or to clamber over a stone wall into green fields that
tumble and roll and climb in riotous gladness! Helen Keller

i thank You God for most this amazing
day: for the leaping greenly spirits of trees
and a blue true dream of sky; and for everything
which is natural which is infinite which is yes e.e. cummings

Go out, go out I beg of you
And taste the beauty of the wild.
Behold the miracle of the earth
With all the wonder of a child. Edna Jaques

Away from the tumult of motor and mill
I want to be care-free; I want to be still!
I'm weary of doing things; weary of words
I want to be one with the blossoms
and birds. Edgar A. Guest

Nature is man's teacher.
She unfolds her treasure to his search,
unseals his eye, illumines his mind,
and purifies his heart;
an influence breathes from all the sights and sounds
of her existence. Alfred Billings Street

To look at any thing,
If you would know that thing,
You must look at it long... John Moffitt

Be strong then, and enter into your own body;
there you have a solid place for your feet.
Think about it carefully!
Don't go off somewhere else!
...just throw away all thoughts of
imaginary things,
and stand firm in that which you are. Kabir

Prayer is...Love's tender dialogue
Between the soul and God. John Richard Moreland

They who have steeped their souls in prayer
Can every anguish calmly bear. Richard Monckton Milnes

He prayeth best, who loveth best
All things both great and small;
For the dear God who loveth us,
He made and loveth all. Samuel Taylor Coleridge

Lord, make me an instrument of thy peace.
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
Where there is sadness, joy.

O Divine Master, grant that I may not so much seek
To be consoled as to console,
To be understood as to understand,
To be loved as to love;
For it is in giving that we receive;
It is in pardoning that we are pardoned;
It is in dying to self that we are born to eternal life. Eknath Easwaran

Your thoughts are a veil on the face of the Moon.
That Moon is your heart, and those thoughts cover your heart.
So let them go, just let them fall into the water. Rumi

Empty yourself of everything.
Let the mind rest at peace.
The ten thousand things rise and fall while the Self watches their return.
They grow and flourish and then return to the source.
Returning to the source is stillness, which is the way of nature. Lao Tzu

Come out of the circle of time
And into the circle of love. Rumi

Our birth is but a sleep and a forgetting:
The Soul that rises with us, our life's star,
Hath had elsewhere its setting,
And cometh from afar:
Not in entire forgetfulness,
And not in utter nakedness,
But trailing clouds of glory do we come
From God, who is our home... William Wordsworth

And I have felt...a sense sublime
Of something far more deeply interfused,
Whose dwelling is the light of setting suns,
And the round ocean and the living air,
And the blue sky, and in the mind of man;
A motion and a spirit, that impels
All thinking things, all objects of all thought,
And rolls through all things. William Wordsworth

To see a world in a grain of sand
And a heaven in a wild flower,
Hold infinity in the palm of your hand
And eternity in an hour. William Blake

Empty yourself of everything.
Let the mind become still.
The ten thousand things rise and fall while the Self watches their return.
They grow and flourish and then return to the source.
Returning to the source is stillness, which is the way of nature. Lao Tzu

"Lots of people talk to animals," said Pooh..."Not very many listen, though," he said. Benjamin Hoff

"What's miraculous about a spider's web?" said Mrs. Arable. "I don't see why you say a web is a miracle--it's just a web."

A solitary American monk named Thomas Berry writes that in our relationship to nature, we have been autistic for centuries. Wrapped tightly in our own version of knowledge, we have been unreceptive to the wisdom of the natural world. To tune in again, to have the "spontaneous environmental rapport" that characterized our ancestors, will take doing something that is perfectly delightful: reimmersing ourselves in the natural world. Janine M. Benyus

The average American only spends 7% of their life outdoors - 87% is spent indoors and another 6% is spent in automobiles. Environmental Protection Agency

As long as we relate to the trees, the rivers, the mountains, the fields and the oceans as properties which we can manipulate according to our real or fabricated needs, nature remains opaque, and does not reveal to us its true being. Henri J.M. Nouwen

By ethical conduct toward all creatures, we enter into a spiritual relationship with the universe. Albert Schweitzer, The Teaching of Reverence for Life

Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn

Cooperation for mutual benefit, a survival strategy very common in natural systems, is one that humanity needs to emulate. Eugene Odum

Each kind of tree is a sort of musical instrument: the apple a cello, the old oak a bass viol, the cypress a harp, the willow a flute, the young pine a muted violin. Put your ear close to the whispering branch and you may catch what it is saying. Guy Murchie, Jr.

Eating what you have grown completes a cycle, from seed to table, that humans have been fulfilling for thousands of years. In our busy and alienated existence we rarely have opportunities to meet our physical needs so directly. Pam Peirce

For a long time we have thought we were better than the living world, and now some of us tend to think we are worse, that everything we touch turns to soot. But neither perspective is healthy. We have to remember how it feels to have equal standing in the world, to be "between the mountain and the ant . . . part and parcel of creations," as the Iroquois traditionalist Oren Lyons says. Janine M. Benyus

From a human point of view, the difference between the mind of a human and that of a mountain goat is wonderful; from the point of view of the infinite ignorance that surrounds us, the difference is not impressive. Indeed, from that point of view, the goat may have the better mind, for he is more congenially adapted to his place, and he would not endanger his species or his planet for the sake of an idea. Wendell Berry, "A Question a Day: A Written Conversation with Wendell Berry"

Harm no other beings. They are just your brothers and sisters. Buddha

He is closest to God who harms no living creature. Bhagavad Gita

He was alone. He was unheeded, happy, and near to the wild heart of life. He was alone and young and willful and wild-hearted, alone amidst a waste of wild air and brackish waters and the sea harvest of shells and tangle and veiled grey sunlight. James Joyce

Human nature will find itself only when it fully realizes that to be human it has to cease to be beastly or brutal. Mahatma Gandhi

Humankind's greatest priority is to reintegrate with the natural world. Jonathon Porritt

I am in favor of animal rights as well as human rights. That is the way of a whole human being. Abraham Lincoln

I cannot but have reverence for all that is called life. I cannot avoid compassion for everything that is called life. That is the beginning and foundation of morality. Albert Schweitzer, quoted in *Reverence for Life*

I have no doubt that it is a part of the destiny of the human race, in its gradual improvement, to leave off eating animals. Henry David Thoreau, *Walden*

I hold that, the more helpless a creature, the more entitled it is to protection by man from the cruelty of man. Mahatma Gandhi

I would feel more optimistic about a bright future for man if he spent less time proving he can outwit Nature and more time tasting her sweetness and respecting her seniority. Elwyn Brooks White (1899-1985) *Essays of E. B.*

If I were to choose the sights, the sounds, the fragrances I most would want to see and hear and smell--among all the delights of the open world--on a final day on earth, I think I would choose these: the clear, ethereal song of a white-throated sparrow singing at dawn; the smell of pine trees in the heat of the noon; the lonely calling of Canada geese; the sight of a dragon-fly glinting in the sunshine; the voice of a hermit thrush far in a darkening woods at evening; and--most spiritual and moving of sights--the white cathedral of a cumulus cloud floating serenely in the blue of the sky. Edwin Way Teale, "On a Final Day"

If the age of the Earth were a calendar year and today were a breath before midnight on New Year's Eve, we showed up a scant fifteen minutes ago, and all of recorded history has blinked by in the last sixty seconds. Luckily for us, our planet-mates--the fantastic meshwork of plants, animals, and microbes--have been patiently perfecting their wares since March, an incredible 3.8 billion years since the first bacteria. ...After 3.8 billion years of research and development, failures are fossils, and what surrounds us is the secret to survival. Janine M. Benyus

If we are to use our tools in the service of fitting in on Earth, our basic relationship to nature--even the story we tell ourselves about who we are in the universe--has to change. Janine M. Benyus

If we are willing to be still and open enough to listen, wilderness itself will teach us. Steven Harper

If you are not radiant with joy and friendliness, if you are not filled to overflowing with love and goodwill for all beings and all creatures and all creation, one thing is certain: you do not know God! Peace Pilgrim, Peace Pilgrim

If you have men who will exclude any of God's creatures from the shelter of compassion and pity, you will have men who will deal likewise with their fellow men. St. Francis of Assisi, quoted in Life by St. Bonaventura

In God's eyes, all creatures have value whether we find them cuddly, affectionate, beautiful or otherwise. Our own perspective--in a way--is neither here nor there. Theology, at its best, can help to liberate us from our own anthropocentric limitations. Rev. Dr. Andrew Linzey

In reality, we haven't escaped the gravity of life at all. We are still beholden to ecological laws, the same as any other life-form. Janine M. Benyus

It is only on the condition of humility and reverence before the world that our species will be able to remain in it. Wendell Berry

It is the fate of every truth to be an object of ridicule when it is first acclaimed. ...But the time is coming when people will be amazed that the human race existed so long before it recognized that thoughtless injury to life is incompatible with real ethics. Albert Schweitzer

It may not be irrelevant to note that even very modest forms of life, like earthworms, dung beetles and fiddler crabs, have no trouble identifying the real problems they must deal with if they are to survive. Edward Goldsmith

It should not be believed that all beings exist for the sake of the existence of man. On the contrary, all other beings too have been intended for their own sakes and not for the sake of anything else. Maimonides (Rabbi Moses ben

Kindness to all God's creatures is an absolute rock-bottom necessity if peace and righteousness are to prevail. Sir Wilfred Grenfell, The Adventure of Life

Less than 1 percent of the species that have emerged since the advent of life on our planet more than 3 billion years ago are still alive today. The nonhuman organisms, be they animal, plant, fungi, algae or bacteria, that have successfully survived and reproduced for thousands, and even millions, of generations have done so because they have mastered the survival game... Deborah Rich

Listen to the voice of nature, for it holds treasures for you. Native American (Huron) Proverb

Man by violating his own feelings becomes cruel. And how deeply seated in the human heart is the injunction not to take life. Leo Tolstoy

Man has been driven out of the paradise in which he could trust his instincts. Konrad Lorenz

My life is full of meaning to me. The life around me must be full of significance to itself. If I am to expect others to respect my life, then I must respect the other life I see. Albert Schweitzer

Nature has been for me, for as long as I remember, a source of solace, inspiration, adventure, and delight; a home, a teacher, a companion. Lorraine Anderson

Nature is an endless combination and repetition of a very few laws. She hums the old well-known air through innumerable variations. Ralph Waldo Emerson

Nature is evenly balanced. We cannot disturb her equilibrium, for we know that the law of Cause and Effect is the unerring and inexorable law of nature; but we do fail to find our own equilibrium as nations and as individuals, because we have not yet learned that the same law works as inexorably in human life and in society as in nature -- that what we sow, we must inevitably reap. Sidney Bremer

Nature never deceives us; it is always we who deceive ourselves. Jean-Jacques Rousseau

Nature's law affirm instead of prohibit. If you violate her laws, you are your own prosecuting attorney, judge, jury, and hangman. Luther Burbank

Nearly all of us have a deep rooted wish for peace--peace on earth; but we shall never attain the true peace--the peace of love, and not the uneasy equilibrium of fear--until we recognize the place of animals in the scheme of things and treat them accordingly. Lord Dowding

Never does nature say one thing and wisdom another. Juvenal, Satires

Non-violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all living beings, we are still savages. Thomas A. Edison

Not to hurt our humble brethren is our first duty to them, but to stop there is not enough. We have a higher mission -- to be of service to them wherever they require it. St. Francis of Assisi

Our little Spaceship Earth is only eight thousand miles in diameter, which is almost a negligible dimension in the great vastness of space. R. Buckminster Fuller

Pray to understand what man has forgotten. Native American (Lumbee) Proverb

Returning to the source is stillness, which is the way of nature. Lao Tzu

Sit down before fact like a little child, and be prepared to give up every preconceived notion, follow humbly wherever and to whatever abyss Nature leads, or you shall learn nothing. T.H. Huxley

The first law of ecology is that everything is related to everything else. Barry Commoner

The friend of nature is the man who feels himself inwardly united with everything that lives in nature, who shares in the fate of all creatures, helps them when he can in their pain and need, and as far as possible avoids injuring or taking life. Albert Schweitzer, quoted in Reverence for Life

The missing link between animals and a truly humane mankind is man himself, who does not yet see himself as a part of the world, claiming it instead for himself. Dr. Michael W. Fox, One Earth, One Mind

The mistakes that are made now are made for all time. Rachel Carson

The more clearly we can focus our attention on the wonders and realities of the universe about us, the less taste we shall have for destruction. Rachel Carson

The point to be grasped from the saintly tradition is that to love animals is not sentimentality (as we know it) but true spirituality. Of course there can be vain, self-seeking loving, but to go (sometimes literally) out of our way to help animals, to expend effort to secure their protection and to feel with them their suffering and to be moved by it-- these are surely signs of spiritual greatness. Reverend Dr. Andrew Linzey, Christianity and the Rights of Animals

The real survivors are the Earth inhabitants that have lived millions of years without consuming their ecological capital, the base from which all abundance flows. Janine M. Benyus

The source of man's unhappiness is his ignorance of Nature. Paul Henry Thiry D'Holdbach

The thinking person must oppose all cruel customs no matter how deeply rooted in tradition and surrounded by a halo. When we have a choice, we must avoid bringing torment and injury into the life of another... Albert

The time has come to lower our voices, to cease imposing our mechanistic patterns on the biological processes of the earth, to resist the impulse to control, to command, to force, to oppress, and to begin quite humbly to follow the guidance of the larger community on which all life depends. Thomas Berry

The underlying economic logic of an economy based on unlimited growth remains largely unchallenged in public discourse. Timothy C. Weiskel

The world is not to be put in order, the world is order incarnate. It is for us to put ourselves in unison with this order. Henry Miller

The world of life, of spontaneity, the world of dawn and sunset and starlight, the world of soil and sunshine, of meadow and woodland, of hickory and oak and maple and hemlock and pineland forests, of wildlife dwelling around us, of the river and its wellbeing--all of this [is] the integral community in which we live. Thomas Berry

The worst sin towards our fellow creatures is not to hate them, but to be indifferent to them: that's the essence of inhumanity. George Bernard Shaw, The Devil's Disciple

The human spirit...has come to believe that compassion, in which all ethics must take root, can only attain its full breadth and depth if it embraces all living creatures and does not limit itself to mankind. ...there now stands a new ethic -- that of respect for life, whose validity is more and more widely acknowledged. Albert Schweitzer, quoted in

There is no other door to knowledge than the door nature opens; there is no truth except the truths we discover in nature. Luther Burbank

There is no religion without love, and people may talk as much as they like about their religion, but if it does not teach them to be good and kind to beasts as well as man, it is all a sham. Anna Sewall, Black Beauty

There were no boundaries or borders. It was as if my mind had once long ago made up a story about separate objects with boundaries but the story wasn't true. The true story is that there is a luminous, spacious energy that flows through everything all the time. It's within matter, within things as well as within space, and you can tune in to it at any time, just like changing the frequency on the radio. There is no distance between this essence and ourselves. It is not otherworldly. It is right here, closer than our own flesh. Vijali Hamilton

To garden, you open your personal space to admit a few, a great many, or thousands of plants which exude charm, pleasure, beauty, oxygen, conversation, friendship, confidence, and other rewards should you succeed in meeting their basic needs. Tom Clothier

Today's massive loss of species and habitat will be slowed only when the human community understands that nature is not an inferior to be exploited or an enemy to be destroyed but an ally requiring respect and replenishment. We are part of the web of life. Many strands already have broken. We must act quickly to repair what we can. Our lives and livelihood depend on it. United Nations Environment Programme

Until he extends the circle of his compassion to all living things, man will not himself find peace. Albert Schweitzer

Until we have the courage to recognize cruelty for what it is--whether its victim is human or animal--we cannot expect things to be much better in this world. Rachel Carson

Virtually all native cultures that have survived without fouling their nests have acknowledged that nature knows best, and have had the humility to ask the bears and wolves and ravens and redwoods for guidance. Janine M.

We are the earth, made of the same stuff; there is no other, no division between us and "lower" or "higher" forms of being. Estella Lauder

We must never permit the voice of humanity within us to be silenced. It is man's sympathy with all creatures that first makes him truly a man. Albert Schweitzer, quoted in Reverence for Life

We need to understand ourselves as biological creatures at one with the diversity of all life. When we can truly see this unity and interdependence, we will find nature to be forgiving, generous, and resilient. Kenny Ausubel

We stand somewhere between the mountain and the ant. Native American (Onondaga) Proverb

We travel together, passengers on a little spaceship, dependent on its vulnerable supplies of air and soil; all committed for our safety to its security and peace; preserved from annihilation only by the care, the work and, I will say, the love we give our fragile craft. Adlai Stevenson, in Exploring New Ethics for Survival

We will never know how unique we really are until we begin to act as humanely as we are able. Catherine Roberts

What is life? It is the flash of a firefly in the night. It is the breath of a buffalo in the winter time. It is the little shadow which runs across the grass and loses itself in the Sunset. Crowfoot

What is religion? Compassion for all things which have life. Hinduism, Mahabharata

What we lack is intellectual and emotional acceptance of the fact that humanity is materially dependent on nature and that nature's productive capacity is limited. Mathis Wackernagel and William Rees

What we most need to do is to hear within us the sound of the Earth crying. Thich Nhat Hanh

What we need...is a thoroughgoing reformation of our public theology of growthism. Timothy Weiskel

When man moves away from nature his heart becomes hard. Native American (Lakota) Proverb

Whosoever saves a single life is as if he had saved the whole world; whosoever destroys a single life is as if he had destroyed the whole world. The Talmud

Wonderful how completely everything in wild nature fits into us, as if truly part and parent of us. The sun shines not on us, but in us. The rivers flow not past, but through us, thrilling, tingling, vibrating every fiber and cell of the substance of our bodies, making them glide and sing. John Muir

Empty yourself of everything.

Let the mind become still.

The ten thousand things rise and fall while the Self watches their return.

They grow and flourish and then return to the source.

Returning to the source is stillness, which is the way of nature. Lao Tzu

Come forth into the light of things,
Let Nature be your teacher.

She has a world of ready wealth,
Our minds and hearts to bless—
Spontaneous wisdom breathed by health,
Truth breathed by cheerfulness.

One impulse from a vernal wood
May teach you more of man,
Of moral evil and of good,
Than all the sages can. William Wordsworth

Behold, my brothers, the spring has come;
The earth has received the embraces of the sun
And we shall soon see the results of that love!

Every seed is awakened and so has all animal life.
It is through this mysterious power that we too have our being
And we therefore yield to our neighbors,
Even our animal neighbors,
The same right as ourselves, to inhabit this land. Sitting Bull

There is no way of telling people that they are walking around shining like the sun. Thomas Merton

Let yourself be silently drawn by the stronger pull of what you really love. Rumi

Follow your bliss. The heroic life is living the individual adventure. Joseph Campbell

Movement wakes us up and unlocks new blessings. Rumi

There is nothing on this earth more to be prized than true friendship. Saint Thomas Aquinas

Oh, the comfort, the inexpressible comfort of feeling safe with a person; having neither to weigh thoughts nor to measure words but to pour them all out, just as it is, chaff and grain together, knowing that a faithful hand will take and sift them, keeping what is worth keeping, and then, with the breath of kindness, blow the rest away. George

The Bhavagad Gita says:
"Get in there and do your thing.
Don't worry about the outcome." Joseph Campbell

Perhaps you fret and think you can't make a difference in the way things are. Wrong. You can make the biggest difference of all. You can change yourself. John Wooden

Happiness is not a state to arrive at--but a manner of traveling. Margaret Lee Runbeck

God is love. Whoever lives in love lives in God, and God in him. 1 John 4:16

Striving for excellence motivates you; striving for perfection is demoralizing. Harriet Braiker

If I had to live my life over again, I'd dare to make more mistakes next time. Nadine Stair

Nature is so eager to teach us all. George Washington Carver

In that utter silence of being, where thought has no part and no impact, everything is revealed--simply, clearly and immediately. Christopher Titmuss

As you proceed through life,
following your path,
birds will shit on you.
Don't bother to brush it off. Joseph Campbell

Remember: You cannot be defeated if you refuse to admit defeat! Wally Amos

The one thing you can't do is quit--the only ironclad guarantee I know of is that if you quit, you will fail. If you go forward with commitment, determination, and perseverance, eventually you will succeed! Wally Amos

Supposing you have tried and failed again and again. You may have a fresh start any moment you choose, for this thing that we call "failure" is not the falling down, but the staying down. Mary Pickford

Just don't give up trying to do what you really want to do. Where there is love and inspiration, I don't think you can go wrong. Ella Fitzgerald

Courageous risks are life giving, they help you grow, make you brave and better than you think you are. Joan L. Curcio

Don't be afraid of the space between your dreams and reality. If you can dream it, you can make it so. Belva Davis

You are the product of your own brainstorm. Rosemary Konner Steinbaum

We don't see things as they are, we see them as we are. Anais Nin

Tomorrow is in large part determined by what you do today. So make today a masterpiece. John Wooden

Light tomorrow with today. Elizabeth Barrett Browning

Do not follow where the path may lead. Go instead where there is no path and leave a trail. Muriel Strode

God is a pure no-thing,
concealed in now and here:
the less you reach for him,
the more he will appear. Angelus Silesius

Life is playfulness... we need to play so that we can rediscover the magical around us.
Colao, Flora

If you never did, you should. These things are fun, and fun is good. Dr. Seuss

All animals except man know that the principal business of life is to enjoy it. Samuel Butler

If you can spend a perfectly useless afternoon in a perfectly useless manner, you have learned how to live. Lin Yutang

Ambition is a poor excuse for not having enough sense to be lazy. Charlie McCarthy

How beautiful it is to do nothing, and then rest afterward. Spanish proverb

Sit quietly, doing nothing, spring comes, and the grass grows by itself. Zen saying

One of the lessons of history is that nothing is often a good thing to do and always a clever thing to say. Will Durant

The good and the wise lead quiet lives. Euripides

Live a balanced life--learn some and think some and draw and paint and sing and dance and play and work every day some. Robert Fulghum

You must not change one thing, one pebble, one grain of sand, until you know what good and evil will follow that act. The world is in balance, in Equilibrium. A Wizard's power of changing and summoning can shake a balance of the world. It is dangerous, that power ... To light a candle is to cast a shadow. Ursula Le Guin, A Wizard of Earthsea

Adopt the pace of nature: her secret is patience. Ralph Waldo Emerson

Practice not-doing, and everything will fall into place. Lao Tzu

Neither a lofty degree of intelligence nor imagination nor both together go to the making of genius. Love, love, love, that is the soul of genius. Wolfgang Amadeus Mozart

We have it in our power
to begin the world all over again....
The birthday of a new world is at hand.

Body and soul are not two different things, but only two different ways of perceiving the same thing. Albert Einstein

I believe that a simple and unassuming life is good for everybody, both physically and mentally. Albert Einstein

There is only one of you in the world, just one, and if that is not fulfilled then something has been lost. Martha

There is only one of you in the world, just one, and if that is not fulfilled then something has been lost. Martha

There is only one of you in the world, just one, and if that is not fulfilled then something has been lost. Martha

The only thing we have is the now. Martha Graham

All things invite this earth's inhabitants
To rear their lives to an unheard of height
And meet the expectation of the land. Henry David Thoreau

In the space before thought arises, there is much to be discovered. Christopher Titmuss

The unexamined life is not worth living. Plato

Out beyond ideas of wrongdoing and rightdoing,
there is a field. I'll meet you there. Rumi

See the world as yourself. Lao Tzu

We have only now, only this single eternal moment opening and unfolding before us day and night. Jack Kornfield

In this world
Hate never yet dispelled hate.
Only love dispels hate.
This is the law,
Ancient and inexhaustible. Buddha

If you look for the truth outside yourself,
it gets farther and farther away. Tung-Shan

If you need help, ask for it. Put the call out and the universe will respond, but it can't respond if you don't ask!
Wally Amos

"It is hard to be brave," said Piglet, sniffing slightly, "when you're only a Very Small Animal." A.A. Milne

A bit of advice
given to a young Native American
at the time of his initiation:

"As you go the way of life,
you will see a great chasm.

Jump.

It is not as wide as you think." Joseph Campbell

We can't rid the world of sorrow,
but we can choose to live in joy. Joseph Campbell

As an adult,
you must rediscover
the moving power of your life.

Tension, a lack of honesty,
and a sense of unreality
come from following
the wrong force in your life. Joseph Campbell

The purpose of the journey
is compassion.

When you have come past
the pairs of opposites,
you have reached compassion. Joseph Campbell

See yourself in others.
Then whom can you hurt? Buddha

Secretly we spoke, that wise one and me. I said, 'Tell me the secrets of the world.' He said, 'Sh - let silence tell you the secrets of the world.' Rumi

When you come right down to it, the secret of having it all is loving it all. Dr. Joyce Brothers

I have not ceased being fearful, but I have ceased to let fear control me. I have accepted fear as a part of life--specifically the fear of change, the fear of the unknown; and I have gone ahead despite the pounding in my heart that says: turn back, turn back, you'll die if you venture too far. Erica Jong

Even cowards can endure hardship; only the brave can endure suspense. Mignon McLaughlin

Only a person who risks is free. Anonymous Chicago Teacher

Once conform, once do what other people do because they do it, and a lethargy steals over all the finer nerves and faculties of the soul. She becomes all outer show and inward emptiness; dull, callous, and indifferent. Virginia

I gave my life to learning how to live. Now that I have organized it all . . . it's just about over. Sandra Hochman

Where there is great love there are always miracles. Willa Cather

There are no problems--only opportunities to be creative. Dorye Roettger

Think wrongly, if you please, but in all cases think for yourself. Doris Lessing

You must accept that you might fail; then, if you do your best and still don't win, at least you can be satisfied that you've tried. If you don't accept failure as a possibility, you don't set high goals, you don't branch out, you don't try--you don't take the risk. Rosalynn Carter

The only people who never fail are those who never try. Ilka Chase

Friendship is one of the most precious gifts of life . . . Henry J.M. Nouwen

Do not now seek answers which cannot be given you because you would not be able to live them. And the point is to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer . . . Rilke

What is going on in your innermost being is worthy of your whole love. Rilke

Waking up this morning, I smile. Twenty-four brand new hours are before me. I vow to live fully in each moment and to look at beings with eyes of compassion. Gatha by Thich Nhat Hanh

Walking on the Earth is a miracle! Each mindful step reveals the wondrous teachings of understanding and love. Gatha by Thich Nhat Hanh

Opening the window, I look out onto the teachings of understanding and love. How wondrous is life! Attentive to each moment, my mind is clear like a calm river. Gatha by Thich Nhat Hanh

Water comes from high mountain sources. Water runs deep in the Earth. Miraculously, water comes to us and sustains all life. My gratitude is filled to the brim. Gatha by Thich Nhat Hanh

Water flows over these hands. May I use them skillfully to preserve our precious planet. Gatha by Thich Nhat Hanh

Brushing my teeth and rinsing my mouth, I vow to speak purely and lovingly. When my mouth is fragrant with right speech, a flower blooms in the garden of my heart. Gatha by Thich Nhat Hanh

Awareness is a mirror reflecting the four elements. Beauty is a heart that generates love and a mind that is open. Gatha by Thich Nhat Hanh

Breathing in, I calm my body. Breathing out, I smile. Dwelling in the present moment, I know this is a wonderful moment! Gatha by Thich Nhat Hanh

Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor. Gatha by Thich Nhat Hanh

Beginning to Eat: With the first taste, I offer joy. With the second, I help relieve the suffering of others. With the third, I see others' joy as my own. With the fourth, I learn the way of letting go. Gatha by Thich Nhat Hanh

The day is ending and our life is one day shorter. Let us look carefully at what we have done. Let us practice diligently, putting our whole heart into the path of meditation. Let us live deeply each moment and in freedom, so the time doesn't slip away meaninglessly. Gatha by Thich Nhat Hanh

This cup of tea in my two hands, mindfulness held perfectly. My mind and body dwell in the very here and now. Gatha by Thich Nhat Hanh

Using the Telephone: Words can travel thousands of miles. May my words create mutual understanding and love. May they be as beautiful as gems, as lovely as flowers. Gatha by Thich Nhat Hanh

The mind can go in a thousand directions, but on this beautiful path, I walk in peace. With each step, a cool wind blows. With each step, a flower blooms. Gatha by Thich Nhat Hanh

Forgetfulness is the darkness, mindfulness is the light. I bring awareness to shine upon all life. Gatha by Thich Nhat Hanh

How wonderful to scrub and clean. Day by day, my heart and mind grow clearer. Gatha by Thich Nhat Hanh

Generosity is the most natural outward expression of an inner attitude of compassion and loving-kindness. Dalai Lama

There is really no natural limit to the practice of loving kindness in meditation or in one's life. It is an ongoing, ever-expanding realization of interconnectedness. Jon Kabat-Zinn

Love and kindness are here all the time, somewhere, in fact, everywhere. Usually our ability to touch them and be touched by them lies buried below our own fears and hurts, below our greed and our hatreds, below our desperate clinging to the illusion that we are truly separate and alone. Jon Kabat-Zinn

To receive loving kindness, think of someone who loves you and cares about you. It could be anyone in your life, past or present. Imagine that person on your right, sending you love, and feel the warmth and goodwill coming from him or her. Amy Leigh Mercree

If there is love, there is hope that one may have real families, real brotherhood, real equanimity, real peace. If the love within your mind is lost and you see other beings as enemies, then no matter how much knowledge or education or material comfort you have, only suffering and confusion will ensue. Dalai Lama

Sometimes it takes only one act of kindness and caring to change a person's life. Jackie Chan

Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you. Princess Diana

...there's no such thing as a small act of kindness. Every act creates a ripple with no logical end. Scott Adams

Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver. Barbara De Angelis

What wisdom can you find that is greater than kindness? Jean-Jacques Rousseau

We are made kind by being kind. Eric Hoffer

Kindness begins with the understanding that we all struggle. Charles Glassman

A single act of kindness throws out roots in all directions, and the roots spring up and make new trees. Amelia Earhart

Wherever there is a human being, there is an opportunity for a kindness. Lucius Annaeus Seneca

Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love. Lao Tzu

Kindness is more important than wisdom, and the recognition of this is the beginning of wisdom. Theodore Isaac Rubin

I've been searching for ways to heal myself, and I've found that kindness is the best way. Lady Gaga

Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind. Henry James

With mindfulness, loving kindness, and self-compassion, we can begin to let go of our expectations about how life and those we love should be. Sharon Salzberg

Compassion is not at all weak. It is the strength that arises out of seeing the true nature of suffering in the world. Compassion allows us to bear witness to that suffering, whether it is in ourselves or others, without fear; it allows us to name injustice without hesitation, and to act strongly, with all the skill at our disposal. To develop this mind state of compassion...is to learn to live, as the Buddha put it, with sympathy for all living beings, without exception. Sharon Salzberg

In a gentle way, you can shake the world. Mahatma Gandhi

Be a little kinder than you have to. E. Bennett

We think too much and feel too little. More than machinery, we need humanity. More than cleverness, we need kindness and gentleness. Charlie Chaplin

When I was young, I admired clever people. Now that I am old, I admire kind people. Abraham Joshua Heschel

The test of our progress is not whether we add more to the abundance of those who have much; it is whether we provide enough for those who have too little. Franklin D. Roosevelt

Don't judge each day by the harvest you reap but by the seeds that you plant. Robert Louis Stevenson

We make a living by what we get. We make a life by what we give. Sir Winston Churchill

No act of kindness, no matter how small, is ever wasted. Aesop

If the world seems cold to you, kindle fires to warm it. Lucy Larcom

When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace. Dalai Lama

Try to be a rainbow in someone's cloud Maya Angelou

Life is an echo. What you send out, comes back. What you sow, you reap. What you give, you get. What you see in others, exists in you. Zig Ziglar

Unless someone like you cares a whole awful lot, nothing is going to get better. It is not. And will you succeed? Yes indeed, yes indeed! Ninety-eight and three-quarters percent guaranteed! Dr. Seuss

Be a little kinder than you have to. E. Bennett

If you want others to be happy, practice compassion. If you want to be happy, practice compassion. Dalai Lama

What you do makes a difference, and you have to decide what kind of difference you want to make. Jane Goodall

No matter what people tell you, words and ideas can change the world. Robin Williams

Be kind whenever possible. It is always possible. Dalai Lama

When words are both true and kind, they can change the world. Buddha

We rise by lifting others. Robert Ingersoll

Kind words can be short and easy to speak but their echoes are truly endless. Mother Teresa

You cannot do a kindness too soon, for you never know how soon it will be too late. Ralph Waldo Emerson

I expect to pass through life but once. If therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again. William Penn

How beautiful a day can be, when kindness touches it! George Elliston

The ideals which have lighted my way, and time after time have given me new courage to face life cheerfully, have been kindness, beauty, and truth. Albert Einstein

I have never met a person whose greatest need was anything other than real, unconditional love. Elisabeth Kubler-Ross

The smallest act of kindness is worth more than the greatest intention. Kahlil Gibran

We are made kind by being kind. Eric Hoffer

Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world. Desmond Tutu

There are two ways of spreading light: to be the candle or the mirror that reflects it. Edith Wharton

If you keep your eyes open enough, oh, the stuff you will learn. Oh, the most wonderful stuff. from "Oh, the Places You'll Go!" by Dr. Seuss.

Be who you are and say what you feel because those who mind don't matter and those who matter don't mind. Dr. Seuss

Why fit in when you were born to stand out? Dr. Seuss

We are all a little weird and life's a little weird, and when we find someone whose weirdness is compatible with ours, we join up with them and fall in mutual weirdness and call it love. Dr. Seuss

When something bad happens you have three choices. You can either let it define you, let it destroy you, or you can let it strengthen you. Dr. Seuss

To the world you may be one person, but to one person you may be the world. Dr. Seuss

If you just try to maximize pleasure or try to be ethical or try to be mystical, religious, you miss what's really important about human beings: that they should be totally committed to some particular thing. Only then can you be a self that isn't in despair. Hubert Dreyfus

Knowing how to be solitary is central to the art of loving. When we can be alone, we can be with others without using them as a means of escape. Bell Hooks

What I give out comes back to me. Today, I choose to give love. Louise Hay

Someone asked Robert Frost toward the end of his life if he had hope for the future; I was so taken by his answer that I memorized it: "Yes," he replied, "and even for the past . . . that it will turn out to have been all right for what it was—something I can accept—mistakes made by the self I had to be or was not able to be." Joan Anderson

I think it was Picasso who said he spent the first half of his life becoming an adult and the last half learning to be a child. Joan Anderson

Why am I more cautious as I age instead of the other way around? I wonder if it's all tied in to failure. I tend to forget my gains and remember only the losses. The failures have piled up, wreaking havoc with my confidence until, as an adult, I've become afraid to take chances. Joan Anderson

Taking time to see, hear, be present to images and language that arise from new experiences have the power to change one from one way to another. Clarissa Pinkola Estés

I wish for all of you that you remain as unfinished as the shoreline along the beach and that you continue to transcend yourselves again and again. Joan Anderson

Real connection seems to happen that way—two like-minded souls meet and sniff around one another like puppy dogs, then whoosh, a moment of fission occurs, pleasantries are dropped, closely twined feelings surface, and a relationship is born. Joan Anderson

Nourishment I feel can only be maintained if I stay close to the elements—fire, air, water, earth. If I surround myself with them, I shall always feel the stirrings of my soul. Joan Anderson

Seeking perfection is a terrible thing when it robs you of truth. I wonder if role-playing and being careful are the chief causes of loneliness. Joan Anderson

You mustn't fret. There is no arriving, ever. It is all a continual becoming. Joan Anderson

When will I ever learn to accept what is given instead of always yearning for more? My lavish expectations too often tarnish my blessings. Joan Anderson

A new beginning in an old place. I like the sound of it. Joan Anderson

Boy have I ever allowed too many days to go dull and permitted too many parts of me to go unused. Joan Anderson

Of primary importance now is for me to retrieve the buried parts of me - qualities like playfulness, vulnerability, being at home in my skin, using more of my instincts. Like so many pieces of a puzzle, I need to find a way to create the whole once again. Joan Anderson

How often have I allowed someone to spoil a perfectly good mood? Joan Anderson

Doesn't change occur only when we stop living the expected life? . . . Being the opposite of what I was before is opening up new vistas. Joan Anderson

My own joy is my responsibility. Only I can receive it, and, likewise, only I can allow others to take it away...I've now set my sights on joy. Joan Anderson

A Navajo elder explained to me [that] he...takes to the wilderness once a year and spends twenty-four hours in one solitary spot, while nature offers itself to him. He told me that even the most cluttered mind is emptied of extraneous thought after the first hour, and that a true language comes out of the silence. Joan Anderson

How many people have I clung to or let cling to me long after it ceased to be a healthy thing to do? Joan Anderson

Vital lives are about action. You can't feel warmth unless you create it, can't feel delight unless you play, can't know serendipity unless you risk. Joan Anderson

I am utterly content, tranquil in my aloneness, serene...the root word in Greek for "alone" means "all one." That is precisely what I am experiencing, a sense of that sort of wholeness. Joan Anderson

If you make mistakes that is alright because we all make mistakes and we learn from those mistakes. You gain confidence from learning, failing and rising again. Wangari Maathai

Every person who has ever achieved anything has been knocked down many times. But all of them picked themselves up and kept going, and that is what I have always tried to do. Wangari Maathai

When you know who you are you are free. Wangari Maathai

Reach high, for stars lie hidden in you. Dream deep, for every dream precedes the goal. Rabindranath Tagore

Whatever we treasure for ourselves separates us from others; our possessions are our limitations. Rabindranath Tagore

I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy. Rabindranath Tagore

I believe in a spiritual world - not as anything separate from this world - but as its innermost truth. With the breath we draw we must always feel this truth, that we are living in God. Rabindranath Tagore

If you cry because the sun has gone out of your life, your tears will prevent you from seeing the stars. Rabindranath Tagore

I have listened
And I have looked
With open eyes.
I have poured my soul
Into the world
Seeking the unknown
Within the known.
And I sing out loud
In amazement. Rabindranath Tagore

Most people believe the mind to be a mirror, more or less accurately reflecting the world outside them, not realizing on the contrary that the mind is itself the principal element of creation. Rabindranath Tagore

He who wants to do good, knocks at the gate;
He who loves, finds the door open. Rabindranath Tagore

Love is the only reality and it is not a mere sentiment. It is the ultimate truth that lies at the heart of creation. Rabindranath Tagore

To become capable, one must have faith in oneself. Indira Gandhi

It always seems impossible until it's done. Nelson Mandela

Do not judge me by my successes, judge me by how many times I fell down and got back up again. Nelson Mandela

It is not where you start but how high you aim that matters for success. Nelson Mandela

You can start changing our world for the better daily, no matter how small the action. Nelson Mandela

It is through weakness and vulnerability that most of us learn empathy and compassion and discover our soul. Desmond Tutu

Hope is being able to see that there is light despite all of the darkness. Desmond Tutu

Everything that man can imagine, he is capable of creating. Thomas Sankara

The size of your dreams must always exceed your current capacity to achieve them. If your dreams do not scare you, they are not big enough. Ellen Johnson Sirleaf

Can you place your hand on your heart and swear that you are happy when surrounded by so much stuff that you don't even remember what's there? Marie Kondo

Can you truthfully say that you treasure something buried so deeply in a closet or drawer that you have forgotten its existence? If things had feelings, they would certainly not be happy. Free them from the prison to which you have relegated them. Help them leave that deserted isle to which you have exiled them. Let them go, with gratitude. Not only you, but your things as well, will feel clear and refreshed when you are done tidying. Marie Kondo

Cherish the things you love. Cherish yourself. Marie Kondo

Don't you think it is unnatural for us to possess things that don't bring us joy or things that we don't really need?
Marie Kondo

From the moment you start tidying, you will be compelled to reset your life. As a result, your life will start to change. That's why the task of putting your house in order should be done quickly. It allows you to confront the issues that are really important. Tidying is just a tool, not the final destination. The true goal should be to establish the lifestyle you want most once your house has been put in order. Marie Kondo

I believe that tidying is a celebration, a special send-off for those things that will be departing from the house, and therefore I dress accordingly. Marie Kondo

If you can say without a doubt, 'I really like this!' no matter what anyone else says, and if you like yourself for having it, then ignore what other people think. Marie Kondo

Keep only those things that speak to your heart. Then take the plunge and [donate] all the rest. By doing this, you can reset your life and embark on a new lifestyle. Marie Kondo

Once you have experienced what it's like to have a truly ordered house, you'll feel your whole world brighten. Marie Kondo

The question of what you want to own is actually the question of how you want to live your life. Marie Kondo

The space in which we live should be for the person we are becoming now, not for the person we were in the past. Marie Kondo

Tidying is just a tool, not the final destination. The true goal should be to establish the lifestyle you want most once your house has been put in order. Marie Kondo

Tidying is the act of confronting yourself. Marie Kondo

Tidying your physical space allows you to tend to your psychological space. Marie Kondo

Visible mess helps distract us from the true source of the disorder. Marie Kondo

We should be choosing what we want to keep, not what we want to get rid of. Marie Kondo

What was it that motivated you to tidy in the first place? What do you hope to gain through tidying? Before you start getting rid of things, take the time to think this through carefully. This means visualizing the ideal lifestyle you dream of. Marie Kondo

When we disperse storage of a particular item throughout the house and tidy one place at a time, we can never grasp the overall volume and therefore can never finish. To escape this negative spiral, tidy by category, not by place. Start with clothes, then move on to books, papers, komono (miscellany), and finally things with sentimental value. Take each item in one's hand and ask: 'Does this spark joy?' If it does, keep it. If not, [donate] it. The ultimate secret of success is this: If you tidy up in one shot, rather than little by little, you can dramatically change your mind-set. Marie Kondo

When you come across something that you cannot part with, think carefully about its true purpose in your life. You'll be surprised at how many of the things you possess have already fulfilled their role. By acknowledging their contribution and letting them go with gratitude, you will be able to truly put the things you own, and your life, in order. Marie Kondo
