

“When you buy an ice cream cone for the kid who just dropped his chocolate scoop, you buy more than ice cream. If you are in a long line of cars and you let someone turn in from a side street, you momentarily turn the asphalt jungle into a safe haven. Letting the stranger behind you go first in the grocery line means there are fewer strangers in the world at that moment. When you take some carnations to the elderly widow at the end of the block, you treat yourself to wisdom beyond your years. And if you take the time to leave a message on an answering machine to cheer up a depressed person, you put a human face on the technology that surrounds (and sometimes threatens) us. In the process of acting compassionately, you give yourself the power to experience a cleansing moment of unselfishness.” ~ Martin Kimeldorf

“Regardless of the heartache, we choose the moments in which we live ... Love creates a tremendous capacity for grace.” ~ Aldra Robinson

“The minute you realize that your options are unlimited, things just start falling into place all around you.” ~ John Cusack

“No act of kindness, however small, is ever wasted.” ~ Aesop.

“I gave it a lot of thought and realized he was lonely and didn't know how to make friends, and that was why he was mean.” ~ unknown elementary school boy, after being asked why he had chosen to befriend another child who had been mean to him all year

“The more we know about one another, the less we fear and the more we like.” ~ Donna

“Kindness is a language the deaf can hear and the blind can read.” ~ Mark Twain

“The ideas that have lighted my way have been kindness, beauty and truth.” ~ Albert Einstein

“Once you begin to acknowledge random acts of kindness--both the ones you have received and the ones you have given--you can no longer believe that what you do does not matter.” ~ Dawna Markova”

“We make a living by what we get, but we make a life by what we give.” ~ Winston Churchill

“I am certain that after the dust of centuries has passed over our cities, we will be remembered not for victories or defeats in battle or in politics but for our contributions to the human spirit” ~ JFK

“Nice, how we never get dizzy from doing good turns.” ~ George Bengis

“The right speed is being there...” ~ Richard Bach

“He who does not see God in the next person he meets need look no further.” ~ Mahatma Gandhi

“Remember and begin to see the nebulas of our thoughts birthing atoms ... This golden web of life that is silent ... It’s eternal. It’s shining.” ~ Jim Morrison

“Oneness is not about being the same.” ~ Ward Powers

“If you’re not totally amazed and bewildered and mystified by yourself, then you are still not fully human.” ~ Deepak Chopra

“Evil is the absence of consciousness, of empathy ...” ~ Riane Eisler

“And so here we are, the inheritors of the entire creation ... with an intelligence that is impaired somewhat by the fact that we have come to this place largely through competition, violence and selfishness. We haven’t learned yet that happiness is to be found not in fighting each other but in joining hands ...” ~ Thomas Keating

“There is nothing wrong with this moment. It is complete.” ~ Deepak Chopra

“It’s heaven all the way to heaven. [Heaven] is anytime you can accept everything in the right now. That’s a little piece of Heaven.” ~ Richard Rohr

“Everything is a manifestation of the Divine. The Divine is always there, if we only have the awareness to perceive it.” ~ Wayne Teasdale

“We are already in Nirvana. This is Nirvana. We are just very bad at enjoying it.” ~ Robert Thurman

“The Meaning of Life is to *experience* the divine potential within you, to say yes to it totally, and to actualize it on behalf of all life.” ~ Barbara Marx Hubbard

“God is found in the interconnection between people.” ~ unknown

“Nothing makes me happy. Nothing makes me sad.” ~ Chris Willis

“We are all unique; each one of us is different. And it’s so wonderful that we are different. We may spring from the same Oneness of our interiority, but as human beings - as individuals - every one of us is unique ... So let’s enjoy the difference ... Only once in the whole eternity each human being happens ... That’s true with yourself, with your friend, with your enemy, with your loved ones and with the ones you hate ... Anything that you choose to see as unique, you will choose to value. And anything that you choose to value you will cherish ... So, if you begin to enjoy the uniqueness of life, [the Peace of] Oneness will come out of that.” ~ Sadhguru Jaggi Vasudev

“In the beginning of any Spiritual Journey is the realization - the real interior conviction - that there is a Higher Power; that there is an Other. Second step: to try to become the Other. And finally, the realization comes that there is no Other at all. You and the other are One.” ~ Thomas Keating

“Love is an act of heroic genius.” ~ Rob Brezsny

“You can't have a perfect day without doing something for someone who'll never be able to repay you.” ~ John Wooden

“What a caterpillar calls the end of the world, the Master calls a butterfly.” ~ Richard Bach

“Work as hard as you can to reduce others' suffering, even while accepting that all your efforts may come to absolutely nothing in the end.” ~ Dalai Lama

“The secret of change is to focus all your energy not on fighting the old, but on building the new.” ~ Socrates

“I never learned to distinguish between illusion and miracle. I didn't need to. I trusted in Love's confusing joy.” ~ James Boughton

“The Messiah can only arrive once we no longer need him.” ~ Franz Kafka

“Aim above morality. Be not simply good; be good *for* something.” ~ H. D. Thoreau

“Never let your personal sense of morals get in the way of doing what is right.” ~ Isaac Asimov

“Acknowledge that what you previously considered to be a strong-willed faculty - the ability to discern the weakness in anything - is actually the mark of cowardice and laziness.” ~ Rob Brezsny

“Willing to experience aloneness, I discover connection everywhere. Turning to face my fears, I meet the warrior who lives within. Opening to my loss, I am given unimaginable gifts. Surrendering into emptiness, I find fullness without end.” ~ Jennifer Welwood

“For one human being to love another is the most difficult task of all. It's the work for which all other work is mere preparation.” ~ Rainer Maria Rilke

“Love is life. Everything I understand, I understand only because of love.” ~ Leo Tolstoy

“Until you have loved another deeply and completely, you cannot hope to become yourself.” ~ Emily Dickinson

“The task of humanity is to keep the miracle alive -- to live always in the miracle, to make the miracle more and more miraculous, to swear allegiance to nothing [else], but to live only miraculously, think only miraculous, and die miraculously.” ~ Henry Miller

“Every moment is full of magical things patiently waiting for our wits to grow sharper.” ~ Bertrand Russell

“Do not assume that material (or even emotional) comfort is a sign of divine favor ... The question of what gifts are essential for you revolves around your precise and unique role in the universal conspiracy to bestow blessings upon others.” ~ Rob Brezsny

“Avoid loving for specific reasons. Love for love’s sake, and then your Love will have no choice but to endure.” ~ anonymous

“To be looking for miracles is a sure sign of your ignorance of the fact that everything is already miraculous.” ~ Abraham Maslow

“Treat everyone you meet as if he or she were going to be dead at midnight. Extend to each all the care, kindness and understanding you can muster, and do so with no thought of personal reward.” ~ Og Mandino

“If you do not love ‘too much’, then you do not love enough.” ~ Blaise Pascal

“The secret of life is to have a task, something you devote your entire life to, something you bring everything to ... And the most important thing is - it must be something you believe that you cannot possibly do.” ~ Henry Moore

“Let beauty inspire you to care for your True Self. Let wisdom immunize you against the certainty of belief. Let Goodness encourage you to be compassionate. Let Freedom allow for the recognition of the ever-present opportunities to serve others.” ~ anonymous

“Something opens our wings. Something makes boredom and hurt disappear. Something fills the cup in front of us. We taste only sacredness.” ~ Rumi

“Aloneness does give one time to contemplate many things ... to reconcile and perhaps find closure for unhealed emotional wounds ... The Universe has its own timetable that we are not privy to, but we humans are impatient for our rewards. Whatever your yearnings, they too shall happen when and if their time is right. Believe!” ~ Carmen Pappas

“There is no cure for life or death, save to enjoy the interval.” ~ Santayana

“When one has the power to see things detached from self-interest and separate from the insistent claims of one’s senses, then alone can the beauty that is everywhere be seen.” ~ Rabindranath Tagore

“Whatever we treasure for ourselves separates us from others; our possessions, to the degree that we possess them, are our limitations.” ~ Rabindranath Tagore

“Our nature is obscured by work done of want or fear ... Our true freedom is not the freedom from action but rather freedom *in* action, which can only be attained during the work of Love.” ~ Rabindranath Tagore

“Those institutions which are static in their nature raise walls of division ... But the principle of life is constantly in motion. It deals effortlessly with the varied. It unites, and seeks unity.” ~ Rabindranath Tagore

“Things are distinct not in their essence but in their appearance; in other words, in their relation to the one to whom they appear. This is art, the truth of which is not in logic, but in expression. Abstract truth may belong to science, but the world of reality belongs to art.” ~ Rabindranath Tagore

“The butterfly counts not months but moments, and has time enough.” ~ Rabindranath Tagore

“Love does not claim possession, but gives freedom ... Love gives beauty to everything it touches. Greed and utility produce offices, but not dwelling houses. To be able to love material things, to clothe them with tender grace, and yet not be attached to them, this is a great service. Providence expects that we should make this world our own, and not live in it as though it were a rented tenement. We can only make it our own through some service, and that service is to lend others Love and Beauty.” ~ Rabindranath Tagore

“A mind all logic is like a knife all blade. It makes the hand bleed that uses it.” ~ Rabindranath Tagore

“If you have men who will exclude any of God’s creatures from the shelter of compassion, you will have men who will deal likewise with their fellow men.” ~ St. Francis of Assisi

“Start by doing what’s necessary; then do what’s possible — and suddenly you are doing the impossible.” ~ St. Francis of Assisi

“God Hugs you! You are encircled by the arms of the mystery of God!” ~ Hildegard von Bingen

“A truly good book teaches me better than to read it. I must soon lay it down, and commence living on its hint. What I began by reading, I must finish by acting ... being is the great explainer.” ~ H. D. Thoreau

“A man is rich in proportion to the number of things he can afford to let go.” ~ H. D. Thoreau

“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

“The master in the art of living makes little distinction between his work and his play, his labor and his leisure, his mind and his body, his information and his recreation, his love and his religion. He hardly knows which is which. He simply pursues his vision of excellence at whatever he does, leaving others to decide whether he is working or playing. To him he’s always doing both.” ~ unknown

“We must not allow ourselves to become like the system we oppose ... We must remember, my friends, that we have been given a wonderful cause -- the cause of freedom! And you and I must be those who will walk with heads held high. We will say, 'We used methods that can stand the scrutiny of history.'” ~ Desmond Tutu

“It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change.” ~ Charles Darwin

“Kind words can sometimes, in moments of grace, attain the quality of deeds.” ~ Elie Wiesel

“Be nice to [your enemies], they need you to rediscover their humanity.” ~ Desmond Tutu

“Discovery consists of seeing what everybody has seen while thinking what few others have thought.” ~ Albert Szent-Györgyi

“The greatest obstacle to awareness is not ignorance – it is the illusion of knowledge.” ~ Daniel J. Boorstin

“The unconditional Love for all living creatures is the most noble attribute of man.” ~ Charles Darwin

“The order of the universe forever moves towards the essence of compassion.” ~ Pete Terpenning

“The greatest discovery of my generation is that a human being can completely alter his life simply by altering his attitudes.” ~ William James

“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

“Laws control the lesser man. Right conduct controls the greater one.” ~ Chinese Proverb

“Everything comes to us that belongs to us -- *if* we create the capacity to receive it.” ~ Rabindranath Tagore

“In love all the contradictions of existence merge themselves and are lost. Only in love are unity and duality not at variance. Love must be one and two at the same time. Only love is motion and rest in one. Our heart ever changes its place until it finds love, and then it has no choice but to rest.” ~ Rabindranath Tagore

“Born in this great world, full of the mystery of the infinite, we cannot accept our existence as a momentary outburst of chance drifting toward an eternal nowhere. We cannot look upon our lives as dreams of a dreamer who has no awakening. We have a personality to which matter and force are meaningless unless related to something infinitely personal -- whose nature we have discovered in human love, in the selflessness of heroic souls, and in the ineffable beauty of nature.” ~ Rabindranath Tagore

“When the heat and motion of blind passions distract on all sides, we can neither give nor receive anything truly. But when we find our center by the power of self-restraint, then all our momentary impulses find their completion in love; then all the petty details of our life reveal an infinite purpose, and all our thoughts and deeds unite themselves in internal harmony.” ~ Rabindranath Tagore

“When we rejoice in our fullness, then we can part from even our most delicious fruits with joy.” ~ Rabindranath Tagore

“To be educated, a person doesn't have to know much or be informed, but he or she does have to have been vulnerable to the transformative events of an engaged life.” ~ Thomas Moore

“Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.” ~ Thich Nhat Hanh

“Life can be found only in the present moment. The past is gone, the future is not yet here, and if we do not go back to ourselves in the present moment, we cannot be in touch with life.” ~ Thich Nhat Hanh

“The real miracle is not to walk either on water or in thin air, but to walk on earth. Every day we are engaged in a miracle which we don't even recognize: a blue sky, white clouds, green leaves, the curious eyes of a child -- our own two eyes. All is a miracle ... We have more possibilities available in each moment than we realize.” ~ Thich Nhat Hanh

“Because of your smile, you make life more beautiful.” ~ Thich Nhat Hanh

“That which you fear the most is a clear indication of your next step.” ~ unknown

“Keep your head and your heart in the right direction and you'll never have to worry about your feet.” ~ unknown

“Sometimes you never see the fruits of your Love's labors, but they are there, deep inside the soul of the one you touched.” ~ Dan Kelly

“We dream of doing great things, and yet in every moment we are called to simply brighten only one little spot.” ~ Unknown

“Take up one kind idea. Make that one idea your life – think of it, dream of it -- live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and leave every other idea alone. This is the way to success.” ~ Vivekananda

“We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far.” ~ Vivekananda

“The first sign of your becoming spiritual is that you become cheerful.” ~ Vivekananda

“To devote your life to the good of all and the happiness of all is spirituality.” ~ Vivekananda

“Rivers know this: there is no hurry ... Sometimes, if you stand on the bottom rail of a bridge and lean over to watch the river slipping slowly away beneath you, you will suddenly know everything there is to be known.” ~ Winnie the Pooh

“A little consideration, a little thought for others, makes all the difference.” ~ Winnie the Pooh

“It is wise to know what you are looking for before you begin looking for it.” ~ Winnie the Pooh

“Because the soul’s values run so contrary to accepted norms, caring for the soul may well turn out to be a radical act.” ~ Thomas Moore

“We must be steady enough in ourselves to be open and let the winds of life blow through us, to dance - as it were -- and yet to stand upright” ~ T. S. Eliot

“All things [including ourselves] are continually in the process of beginning to be re-created.” ~ Meister Eckhart

“Someday after we have mastered the winds, the waves, the tides, and gravity, we shall harness . . . the energies of Love. Then for the second time in history, we will have discovered fire.” ~ Teilhard de Chardin

“When we try to pick out anything by itself, we find it hitched to everything else in the Universe.” ~ John Muir

“Never doubt that a small group of thoughtful committed citizens can change the world; indeed, it is the only thing that ever has.” ~ Margaret Mead



“Though I might travel afar, I will meet only what I carry with me ... We see only ourselves reflected in those around us. Their attitudes and actions are only a reflection of our own. The whole world and its condition has its counter parts within us. So turn your gaze inward. Correct yourself and your world will change.” ~ Kirsten Zambucka

“It is not whether your words or actions are tough or gentle; it is the kind or disinterested spirit behind your actions and words that announces your true state of being.” ~ Chin-Ning Chu

“When we acknowledge that all of life is sacred and that every act is an act is equally sacred, then life becomes a dance lived consciously in each moment. And when we live at this level, we participate in the creation of a better world.” ~ Scout Cloud Lee

“Gibran believes that to know Love you must let it shatter you. And yet it is important to remember that, regardless of where we lay our pain’s blame, it is *we* who shatter ourselves on the jagged rocks of our own hopes and expectations. And always remember, my friend, that it is Love and Love alone that can thereafter make us whole again.” ~ Scaughdt

“Travel too fast and you miss what you travel for.” ~ Louis L’Amour

“Sometimes I go about in pity for myself, and yet all the while a great wind is bearing me across the sky.” ~ Ojibwa Wisdom

“When we no longer know where to turn, our real Journey has just begun.” ~ Phil Cousineau

“Uncover what you long for and you will re-discover who you have chosen to be. Alter what you long for and you will shift who you are becoming. Release what you long for and you become who you’ve always been.” ~ Scaughdt (inspired by Phil Cousineau)

“Now is the moment to live your ideal life.” ~ Phil Cousineau

“Do not seek to follow in the footsteps of the masters of old. [Enliven] instead what they sought.” ~ Basho

“Are you going to stay in your coffin of mediocrity? Or are you going to break out of your cage and take a brave journey to rediscover yourSelf?” ~ Anthony Lawlor

“Always remember that your days are blessed. You may not always know how to profit by them, and yet blessed they remain nonetheless.” ~ Nadia Boulanger

“Home-free, I wander in the company of God ... and make the Universe my companion.” ~ Basho

“We have only to follow the thread of the hero’s path - and where we had thought to find an abomination, we shall find God. And where we had thought to slay another, we shall slay

ourselves. And where we had thought to travel outward, we will come to the center of our own existence. And where we had thought to be alone, we will be with the entire world.” ~ Joseph Campbell

“We cannot see things in perspective until we cease to hug them to our own bosom. When we let go of them we begin to appreciate them as they really are. Only then can we begin to see the Divine in them.” ~ Thomas Merton

“There is no hope for the man who hopes to obtain a virtue in the abstract ... Everybody has an instinctive desire to do good things and avoid evil ones. But that desire is sterile as long as we choose no direct experience of what it feels like to be Good.” ~ Thomas Merton

“Laziness and cowardice are two of the greatest enemies of the spiritual life. And they are most dangerous of all when they are masked as discretion.” ~ Thomas Merton

“Your life is shaped by the end you live for. You are the re-made image of what you desire. To harmonize your life, harmonize your desires. To harmonize your desires, spiritualize your desires. To spiritualize your desires, desire to live without desire.” ~ anonymous

“Wisdom is meaningless unless communicated with words that are gentle, from a being full of joy.” ~ Scaughdt

“Lord, help me to remember the past with gratitude, to live the present with enthusiasm, and to look to the future with confidence.” ~ Pope John Paul II

“Everything is worthy when the mind is not small.” ~ Fernando Penea

“May the road rise to meet you, may the wind be ever at your back, may the sun shine gently on your face, and the rain fall smoothly on your fields. And until we meet again, may God cup you in the palms of Her soft hands.” ~ Irish Blessing

“You can do anything you steadily purpose to do, unless you should happen to ignorantly aim at something which would enslave the free will of another. Otherwise, only vacillation can defeat you.” ~ Elizabeth Towne

“Love nourishes the Infinite because the Infinite IS Love ... The way to your Self, to God, to the Infinite -- is to Love.” ~ unknown

“I am Light and Love; a condensed facet of the Divine -- journeying in every moment towards the remembering of the same.” ~ anonymous

“Walk quickly if you wish **and** remember to pause and watch the sun set ... Live frugally if you wish **and** remember to accept all gifts from the Universe ... Avoid 'small talk' if you wish **and** remember to openly recognize the perfection in everyone you meet.” ~ anonymous

“How cold is your heart, when its own warmth is all that it seeks ... Know your Human Right -- BE what you've come here for!” ~ Sting

“For the ego, time heals all wounds by choosing to forget them. Yet for the Soul, the painful loss of the Beloved is forever renewed. And yet there is no suffering for the Soul, as it is only concerned with Loving - not with being loved.” ~ anonymous

“What is to give great light must joyfully endure burning.” ~ Victor Frankel

“I will not allow anyone to walk through my mind with their beliefs' dirty feet.” ~ Mahatma Gandhi

“Every encounter is an encounter with yourself.” ~ unknown

“Circumstances do not create you ... You create your circumstances.” ~ Benjamin Disraeli

“Your body is your garden, and you will its gardener.” ~ William Shakespeare

“Practice serenity.” ~ Anthony de Mello

“He who chooses to focus on what life hasn't given him, cannot ever see what it already has.” ~ Frieda Romay

“If I have seen farther than others [or Loved more deeply], it is only because I have stood on the shoulders of giants.” ~ Isaac Newton

“We fear our greatest possibilities ... We are generally afraid to become that which we glimpse in our most perfect moments, under the most perfect conditions, in the times of our greatest courage.” ~ Abraham Maslow

“All our personal imperfections and all our life's difficulties are simply opportunities to pause and re-member our True Selves.” ~ Scaughdt

“Your current reality is nothing more than the perfect reflection of the lesson(s) you most need to learn ... Behind each of your fears you will rediscover your fortune.” ~ Robin Sharma

“The ultimate aim of The Quest must be neither release nor ecstasy for oneself, but rather a renewed intention to serve others.” ~ Joseph Campbell

“Know that the purpose for which each soul enters a material experience is that it may be as a light unto others; not as one boastful of self ... In such a consciousness of daily living, life and its problems become not a burden, but opportunities. Hence be not weary in well-doing.” ~ Edgar Cayce

“Know the first principle: There is good in all that is alive.” ~ Edgar Cayce

“Happiness, then, is not a thing set apart from self, but the actions with which one chooses to approach all that is already in hand.” ~ Edgar Cayce

“And O, that all would come to the awareness that all we are at any given time is the combined results of what we are doing with the ideals that we have set.” ~ Edgar Cayce

“In Love all life is given, in Love all things move. In giving one attains. In giving one acquires.” ~ Edgar Cayce

“All are in that position of being able to be used [for the greater Good], if they will but recognize their opportunities day by day in their dealings with their fellow-men.” ~ Edgar Cayce

“The purpose in life, then, is not the gratifying of any selfish desires, but is rather that a being may make the earth a better place in which to live.” ~ Edgar Cayce

“For until ye become as a savior, as a help to some soul that has lost hope, ye do not fully comprehend the God within, nor God without.” ~ Edgar Cayce

“The only way to destroy an enemy is to make him a friend.” ~ Abraham Lincoln

“Dare to be naive.” – Buckminster Fuller

“Life is either a daring adventure or nothing.” – Helen Keller

“Life is the whim of several billion cells to be you for a while.” – unknown

“To see the earth as it truly is, small and blue in that eternal silence where it floats, is to see riders on the earth together, brothers on that bright loveliness sailing through the eternal cold.” – Archibald McLeish

“We are all masks that God [chooses to] wear.” ~ Joseph Campbell

“Human salvation lies in the hands of the creatively maladjusted” ~ Martin Luther King, Jr.

“By logic and reason we die hourly. By imagination we live.” – John Butler Yeats

“Criticizing others is a dishonest way of praising ourselves.” ~ unknown

“The average child laughs around 400 times per day, while the average adult laughs only 15 times per day. Rediscover those other 385 laughs.” ~ anonymous

“Children are not casual guests in our lives. They have been loaned to us temporarily for the purpose of loving them ...” ~ James Dobson

“Love God in all things equally, for God is equally near to all creatures. And among these creatures, God does not love any one more than any other. God is all and is one. Apprehend God in all things, for God is in all things. Every single creature is full of God, and is a book about God.” ~ Meister Eckhart

“Our lives get better from the richness we feel within ourselves and the generosity with which we express that richness; irrespective of what other people see and do.” ~ Swami Chetanananda

“In being happy we sow anonymous benefits upon the world.” ~ Robert Luis Stevenson

“Never admit it’s bad until after it gets better.” ~ Cassie Shoebridge  
[Only then can you readily realize that it was never bad to begin with!]

“What I wish for my Beloved: Laughter & serenity ... To know the Peace of reflection and the Courage of intimacy ... To have the perseverance to attain new heights and the Spontaneity to dance with Joy while going there ... To transcend the fires of life’s pains & confusions, to then be re-Born again & again into new depths of Bliss ... And to be blessed with friends & partners who Love You enough to forever set you free.” ~ Scaughdt

“It’s a fool that looks for logic in the chambers of the human heart.” ~ Ethan Cohen

“We cannot avoid our interconnection with everything else.” ~ Swami Chetanananda

“A mind too active is no mind at all.” ~ Theodore Roethke

“No matter how slow the film, Spirit always stands still long enough for the photographer It has chosen.” ~ Minor White

“We are free to be Free!” ~ Nitin Sawhney

“Let the noun of Self become a verb.” ~ Stephen Nachmanovitch

“Anger shows us where our boundaries are ... It will always tell us where we have betrayed ourselves. And it will always tell us that the time to act [differently is now].” ~ Julia Cameron

“The Universe will reward you for taking risks *on its behalf.*” ~ Shakti Gawain

“We like to pretend that it is hard to follow our heart’s dreams. The truth is, it is difficult

to avoid walking through the many portals that will open for you. Turn aside from your dream and it will come back to you. Become willing to follow it again and [another] mysterious door will swing open.” ~ Julia Cameron

“We will discover the nature of our own particular genius when we stop trying to conform to the natures of others.” ~ Shakti Gawain

“It is within my power either to serve God or not to serve Him. Serving Him, I add to my own good and the good of the whole world. Not serving Him, I forfeit my own good and deprive the world of that good which was in my power to create.” ~ Leo Tolstoy

“Consider too that the un-lived life is not worth examining.” ~ Julia Cameron

“[Truly] living is a form of not being sure; of not knowing what next or how ... We may be wrong, but we choose to take leap after leap in the dark.” ~ Agnes de Mille

“When an inner situation is not made conscious, it appears outside of us as fate.” ~ Carl Jung

“Life shrinks or expands in proportion to one’s courage.” ~ Anais Nin

“Real learning comes when one’s competitive spirit has been released.” ~ Krishnamurti

“When we recognize that this is a good world and that all people are innately good people - then we will see the goodness in others and we will help to draw that Goodness from them.” ~ Eric Butterworth

“It may be impossible for a weak and selfish human to Love his/her enemies, but why choose to remain weak and selfish?” ~ unknown

“It is not the conduct of others but our own reactions to them that either makes or mars our life experience.” ~ Eric Butterworth

“If you cannot see beyond the appearance [and behaviors] of another person, then you cannot truly Love him/her.” ~ Eric Butterworth

“Every act fulfills itself. Every [moment] is a day of judgment ... Man is not punished for his sins, but rather *by* them.” ~ Eric Butterworth

“What the eyes report is determined by what the mind believes ... Man is not in the world to set it right, but rather to see it rightly.” ~ Eric Butterworth

“Take a man as he is, we make him worse. Treat him as if he were already what he could be, and we allow him to become what he can.” ~ Goethe

“There are no bad or weak people. There are only good people expressing themselves incompletely or strong people frustrating their own strength.” ~ Eric Butterworth

“You can never be separated from God because you are an expression of God ... God cannot forsake you any more than gravity can forsake you.” ~ Eric Butterworth

“The goal of any genuine spiritual practice is not the rejection of the good things of the body, mind or spirit, but rather the Right use of them.” ~ Thomas Keating

“The Love of God is not so much a gift as it is a given.” ~ Thomas Keating

“The chief act of the will is not effort but consent.” ~ Thomas Keating

“When you catch yourself trying hard, relax and let go.” ~ Thomas Keating

“Since the human will is designed for the expression of infinite Love and the human mind for the comprehension of infinite Truth, if there is nothing to stop them, they both tend to naturally move in those directions.” ~ Thomas Keating

“Life continually conspires to bring you beautiful things.” ~ Travis Faultersack

“All things are manifestations of your belief system. If you let go of your fixed realities, your limitations, your fears and your doubts, magic re-enters your life.” ~ Rolling Thunder

“Fall in love, sink into intimacy with all things, explore the relationships throughout the Earth’s realm, and flood all creatures with goodness.” ~ Brian Swimme

“The human is a space where the Universe celebrates its existence ... The ground of all being is generosity ... You never have to ask anyone else what or why to celebrate; the dynamic of life celebrates. That is all.” ~ Brian Swimme

“If you surprise the world with your life, the Universe will surprise you at death ... Rather than hiding from your death, embrace it. It will then serve you. [Indeed], precisely because you are aware of the limits of your life, you are compelled to bring forth what is within you.” ~ Brian Swimme

“We do not live in a violent Universe, but rather one in which collision and discord are challenging means to transcendent ends.” ~ Scaughdt

“The excitement in our hand as it tears open a letter from a friend is the same dynamism that spins our vast Earth through the black night and into the rosy colors of dawn.” ~ Brian Swimme

“[Unconditional Love] ignites previously unsuspected capacities for being; startling you with the discovery of feelings you had not known before: a pure affection for the human condition – for the nobility of spirit that wells up in every generation no matter how difficult the circumstances of suffering. [It is a reawakening to the fact that] you are intimately connected to all the life of the world.” ~ Brian Swimme

“Diseased [i.e. dualistic] mindscapes produce diseased [i.e. conflict-riddled] landscapes” ~  
Brian Swimme

“Energy doesn’t move in a linear format, but rather arcs back to itself ... Every energetic impulse that the self projects eventually returns to that self with precisely the same frequency it was issued out ... [Thus], this ‘karma’ of action and consequence establishes a form of cosmic justice, dispensing lessons uniquely tailored to each individual.” ~ Elizabeth Joyce

“The miracle of changed consciousness comes from placing one’s attention above the difficulties of the day ... Gratitude lights the way to enthusiasm. Enthusiasm clears the path to Love. And Love is the key to our freedom.” ~ Sandy Paris

“Love needs to be based in gratitude, and gratitude needs to be based in Love. The combination of these two frequencies create the most important vibration.” ~ Dr. Emoto

“All actions undertaken for others strengthen the fabric of the Universe” ~ anonymous

“If we are ever to form a lasting, meaningful partnership with anyone, we must first detach from all self-centered yearnings. We must desire to Love, as opposed to be loved.” ~ Scaughdt

“When faced with any conflict or confusion, let a gentle & kind silence roar forth your Soul’s symphony.” ~ Scaughdt

“Be lamps unto yourselves.” ~ Buddha

“Journey forth Faith-fully ... Listen attentively ... Follow guidance courageously ... Detach from all results humbly.” ~ anonymous

“Renew yourself completely each day - again and again and again.” ~ anonymous

“There is Joy in the heart of all things.” ~ Phil Cousineau

“This then is our wilderness: to live facing imminent despair, but not to consent to it.” ~  
Thomas Merton

“If our compassion dies in the wilderness [of our life’s trials and difficulties], our humanity dies with it.” ~ Thomas Merton

“Truly conquering the ego is actually surrendering to the True Self. The ego thrives on condemnation and conflict. As such, striving to conquer it actually serves to strengthen its grip. Only by repeatedly replacing its inclinations with courageous deeds of selfless Caring can the ego be tamed.” ~ Scaughdt



“God is indeed love, and yet this Divine Essence is not known as purely when we mentally revere Him as when we act as kind and selfless agents of His perfectly loving Divinity.” ~ Scaughdt

“The spiritual life is first and foremost a life. It is not merely something to be known and studied; it must be lived.” ~ Thomas Merton

“By renouncing all hopes for our relationships, we rise above their apparent complexities and appreciate them for the perfect embodiments of Love that they all are; priceless opportunities to care deeply for others regardless of their intentions or actions.” ~ Scaughdt

“And it is our courageous faith that grants us the opportunity to know the peace that comes from loving selflessly - to set aside our personal fears and desires and simply do Good for others. Let us extend kindness without worry as to whether we are engaging the 'best choice' or walking the 'perfect path.' As the Universe is always flowing in the direction of Love, every act of caring treads that Path.” ~ Scaughdt

“When Love was a problem, I had no Love. And yet when I chose to Love anyway, I found I had possessed it all along.” ~ anonymous

“Even when it speaks, humility listens. It is not speaking that breaks our silence, but rather the desire to be heard. The truly humble man speaks only to be spoken to.” ~ Thomas Merton

“Remember that the person who has dedicated their life to pure Love will all Ways be blessed with opportunities to care for others that are far beyond all hope or expectation - *and* remember as well that one must never wait to engage these chances, as they are always underfoot!” ~ Scaughdt

“As soon as a man is fully disposed to be alone with God, he is alone with God no matter where he might be.” ~ Thomas Merton

“Letting go is required to Love, and gratitude for life's challenges is required to let go. And yet after perfect Love is given, it becomes both its own detached acceptance and its own humble thankfulness. Indeed, once that 'Leap of Faith' is made, the peace of Love becomes its own impetus and its own engine.” ~ Scaughdt

“I need not strive, as life itself will bring me change. My opportunity is one of remaining open to it as it continually does so.” ~ Scaughdt

“Speaking without listening is like sex without adoration; is like thinking without being present; is like praying without humility; is like intimacy without self-sacrifice; is like pleasure without purpose - a waste of the opportunity we have been given in that moment to make life meaningful.” ~ Scaughdt

“I speak the way I do so that I won't be quoted.” ~ Cassie Shoebridge

“Where there is kindness and selfless Love, God is truly present.” ~ unknown  
[Ubi Caritas et Amor, Deus ibi est]

“Tread the world softly - humble and kind ... Above all be grateful for the time you have been given on this beautiful Earth.” ~ Chris Leach

“Rid yourself of your fear and you will need no teaching with regards to breathing freely.” ~ Elizabeth Towne

“My own compassionate detachment is God’s own Joy.” ~ Scaughdt

“The wise person chooses to blend compassion with courage.” ~ Robin Sharma

“Real love exists only when absolutely nothing is desired in return.” ~ Antoine de St. Exupery

“The wise person does now what the fool does in the end.” ~ B. Gracian

“My sole task is to keep choosing to be Who I Am by continuing to choose to Love ...” ~ Scaughdt

“When one person sets aside their own needs and misconceptions to step purposefully and [caringly] into the life of another, miracles happen.” ~ Rick Perry

“Nothin’ ever really ends but somethin’ new don’t begin ... [The key is to] just get out of the way and let God do His thing.” ~ Denver Moore

“Recycle the Love you’ve been given [and send it on] to somebody that’s not easy to Love.” ~ Denver Moore

“An adventure is only an inconvenience rightly considered.” ~ G. K. Chesterton

“Every man ought to be inquisitive through every hour of his great adventure - down to the day when he shall no longer cast a shadow in the sun. For if he dies without a question in his heart, what excuse is there for his continuance?” ~ Frank Colby

“It is 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 were the only one we had.” ~ Elizabeth Kubler-Ross

“People travel to wonder at the height of mountains, at the huge waves of the sea, at the long course of the rivers, at the circular motion of the stars -- and yet they pass by themselves every day without wondering.” ~ St. Augustine

“One should count each day a separate life.” ~ L. Seneca

“Life is not a journey to the grave with the intention of arriving safely in a pretty and well-preserved body, but rather to skid in broadside, thoroughly used up, totally worn out, and loudly proclaiming - Wow, what a ride!” ~ anonymous

“Life is a fatal adventure. It can only have one end. So why not make it as far-ranging and free as possible!” ~ Alexander Eliot

“Courage is doing what you’re afraid to do. There can be no courage unless you’re scared.” ~ Eddie Rickerbacker

“To dare is to lose one’s footing momentarily. To not dare is to lose one’s Self.” ~ Soren Kierkegaard

“The important thing is this: to choose to sacrifice what we are for what we could become.” ~ Charles Dubois

“I long to accomplish great and noble tasks, and yet it is my chief duty to accomplish humble tasks as tough they were great and noble.” ~ Helen Keller

“Happiness or sorrow - whatever befalls you - walk on untouched.” ~ G. Buddha

“Love consists not in feeling great things but in having great detachment ... For whether it be a strong wire or a delicate thread that holds the bird, until the cord be broken, the bird cannot fly free.” ~ St. John of the Cross

“Just think of the trees - They let the birds perch and fly, with no intention to call them when they come and no longing for their return when they fly away. If people’s hearts can be like the trees, they will be on The Way.” ~ Langya

“Attachment to the results of Love’s labor destroys it all.” ~ Sri Swami Sai Premananda

“If aspects of the [True Self] remain dormant - denied, rejected, yearned for or otherwise unassimilated - they then become the very points to which the forces of fear [greed, hatred and sadness] attach themselves.” ~ Mark Epstein

“What we usually try to do is to capture any pleasure that comes our way, but all we accomplish when doing so is to assure our own frustration, because, regardless of its promises or hopes, pleasure simply cannot last. But if I am willing to kiss the Joy as it flies by me, to say “Yes, this moment is beautiful, and yet I will not grab it, but freely let it go”, then I will live with a mind of peace and a heart untroubled.” ~ Eknath Eswaran

“If you have come to help me, you are wasting our time. But if you have come because your own freedom is entwined with my own, then let us work to free each other.” ~ Lila Watson

“Years ago I recognized my kinship with all living things, and I made up my mind that I was not one bit better than the meanest on the earth. I said then and I say now, that while there is a lower class, I am in it; that while there is a criminal element, I am of it; that while there is a soul in prison, I am not free.” ~ Eugene Debs

“Freedom is what you do with what’s been done to you.” ~ Jean-Paul Sartre

“There is a wonderful mystical law of nature that the things we crave most in life - love, happiness, freedom and peace of mind - are always most fully attained by giving them to someone else.” ~ Peyton March

“Understand that Love heals everything, for Love is all there is.” ~ Gary Zukav

“Forgiving does not erase the bitter past ... Instead, forgiving what we cannot forget creates a new way to remember it.” ~ Lewis Smedes

“Healing is not so much about getting better, as it is about letting go of everything that isn’t you - and becoming who you try are.” ~ Rachel Naomi Remen

“Man has to learn first to seek the Kingdom of Heaven; that place of stillness and quiet at the highest level of which he is capable - and then the heavenly influences can pour into him freely; recreating him and using him for the benefit of mankind.” ~ White Eagle

“Know that a complete comprehension comes only when the mind has been purged of the clutter of conceptual and discriminatory thought. Those who seek the Truth by means of the intellect only get further and further away from it.” ~ Huang Po

“The beauty in a piece of music is not found in its technique but rather in the Soul of its creator; nor does it come from the sound vibrations of the piece itself but rather rests within the silence from which all sound springs.” ~ Walter Russell

“To Love at all is to be vulnerable. Love anything and your heart will certainly be wrung and probably broken. If you want to make sure of keeping it intact, you must give your heart to no one - not even an animal. Wrap it carefully with hobbies and little luxuries; avoid all entanglements; lock it safe in the coffin of your selfishness. And yet in that casket - safe, dark and motionless - Love will change. It may not be broken, and yet it will become irredeemable ... and it will die.” ~ C. S. Lewis

“Who is the happiest of men? He who values the successes of others, and in their pleasure takes Joy, even as though it were his own.” ~ Keipo

“Joy is not in things; It is in us!” ~ Aeschylus

“There is no more potent beautifier like the wish to scatter joy around us. It is good to give a stranger a meal or a night’s lodging. It is even better to give courage to his dreams. We must be as courteous to a man as we are to a picture, which we are all too willing to give the advantage of good light.” ~ Ralph Waldo Emerson

“The great teachings unanimously emphasize that all the peace, wisdom and joy of the Universe are already within us; that we do not have to gain, develop or attain them at all. We are like a child standing in a beautiful park with his eyes shut tight. We don’t need to imagine [or manifest] trees, flowers, birds and sky. We merely need to open our eyes and realize what is already here, who we already really are - as soon as we quit hiding behind the myth that we are small and unholy.” ~ unknown

“Even if there is nothing to laugh about - laugh on credit.” ~ unknown

“What soap is to the body, laughter is to the Soul.” ~ Yiddish proverb

“If I have been of service to another, and have glimpsed the essence of ultimate Good in the Cosmos -- then it has been a successful day.” ~ Alex Noble

“Responsibility does not lie with the leaders of our countries, ... but rather with us individually. Peace starts within each one of us. When we have inner peace, we can then be at peace with those around us.” ~ The Dalai Lama

“While conscience is our friend, all is at peace ...” ~ Mary Montagu

“The seat of knowledge may lie in the head, and yet the head of Wisdom rests in the Heart.” ~ William Hazlitt

“Strangers are just friends waiting to happen.” ~ unknown

“The greatest good you can do for another is not to share your riches, but rather to reveal to him, his own.” ~ Benjamin Disraeli

“The happiest moments in my life are those when I am pouring forth my affections to others.” ~ Thomas Jefferson

“Remember that every good friend was once a stranger.” ~ unknown

“Love is what’s left over once being in love has burned away ...” ~ St. Augustine

“In real Love you want the other person’s happiness. In romantic love you want the other person.” ~ Margaret Anderson

“Love is that condition in which the happiness of the other is essential to your own.” ~ Robert Heinlein

“The more I give to thee, the more I have, for both are infinite.” ~ William Shakespeare

“To unconditionally Love another is to receive a glimpse of Heaven.” ~ Karen Sunde

“Love means to commit yourself without guarantee of any kind; to give yourself completely in the sole hope that your Love will produce Joy in the beloved.” ~ Erich Fromm

“We are all born for Love - It is the principle of our existence and life’s only end.” ~ Benjamin Disraeli

“Love is the master key that opens the gates of Happiness.” ~ Oliver Wendell Holmes

“Only one essence can free us from the pains of life. And that essence is Love.” ~ Sophocles

“There is no remedy for Love but to Love more.” ~ Henry David Thoreau

“Perhaps [ocean tumbled stones] teach us to appreciate the way life tumbles our own rough edges; allowing the wear and tear we’ve sustained to mellow and smooth us too.” ~ Susan Wiener

“Travel too fast and you miss what you travel for.” ~ Louis L’Amour [i.e. Be Here, Now!]

“Sometimes I go about in pity for myself, and yet all the while a great wind is bearing me across the sky.” ~ Ojibwa Wisdom

“Your life is shaped by the end you live for.” ~ anonymous

“Love nourishes the Infinite because the Infinite IS Love ... The way to your Self, to God, to the Infinite then -- is to Love.” ~ Unknown

“The true Warrior has no need to compensate for weakness; having long since transformed his challenges into strengths.” ~ anonymous

“Where there is hatred, let us sow compassion for hatred.” ~ anonymous

“Small minds discuss others, average minds discuss events, great minds discuss ideas, noble minds discuss virtues -- and enlightened minds sit quietly, and smile with kindness.” ~ anonymous

“Our path to Contentment is lined with the smiles of those we have aided along the way.” ~ anonymous

“When you fear losing love, its well runs quickly dry. Yet when your Love is freely given, you will never thirst.” ~ anonymous

“No man is greater than he who aids another during times of his own need.” ~ anonymous

“See your life’s perfect moments, string them together, and wear them loosely into your future.” ~ anonymous

“Love cannot be found, nor can it be created. After all, we cannot find what we innately possess, and we cannot create that from which we are made.” ~ anonymous

“There is a compelling inter-relationship between analysis, certainty, arrogance, condemnation, callousness, hatred and war.” ~ anonymous

“To imagine Peace on Earth is to prepare a feast of Happiness. To then act Peace-fully is to partake of that sustenance.” ~ anonymous

“Friendship has nothing to do with what others are doing to you, and everything to do with what you are doing for others.” ~ anonymous

“Courage is not the absence of fear. Courage is being afraid and yet choosing to Love anyway.” ~ anonymous

“To experience Love, we must first free those for whom we care. All yearning must cease. Gratitude opens the Way thereto. In thankfulness, the Soul never hungers and true Love never thirsts.” ~ anonymous

“Remember, you sent yourself this moment as a Gift … [As such, choose to] come to each moment cleanly, without a previous thought about It.” ~ God

“Wake at dawn with a winged heart, and give thanks for another day of Loving.” ~ Kahlil Gibran

“In the experience of finding your Father within you, you will re-discover the Truth that all men are your Brothers.” ~ Jesus

“The truly Wise Man is kind to his enemies, tranquil among the turbulent, and generous in the midst of the grasping.” ~ anonymous

“If you bring forth what is inside you, what you bring forth will Save you. If you do not bring forth what is inside you, what you do not bring forth will destroy you.” ~ Jesus (Thomas 70)

“It is with the Heart that one Sees rightly; what is essential is invisible to the eye.” ~ Antoine de St. Exupery

“You can tell you are on your way to Mastery when you see the gap closing between your willingness and your experience.” ~ Neale Donald Walsch

“If You want to fly, just throw your Self at the ground - and miss!” ~ Douglas Adams

“There is no companion but Love; no starting and no finishing, and yet always a Path.” ~  
Rumi

“The past is but the Beginning of a beginning, and all that IS and has been is but the twilight of the dawn.” ~ H.G. Wells

“To the Pure all things are Pure.” ~ unknown (Titus 1:15)

“When in doubt, don't!” ~ anonymous

“When the rose & the lotus are side by side, is one really more Beauty-full than the other?” ~ Rusty Berkus

“The forest will answer you in the way you call to it.” ~ Finish Proverb

“Only that day dawns to which we are Awake.” ~ Henry David Thoreau

“The trick is choosing to walk aware in the fog.” ~ Antje Cordé

“The greatness of a Man can almost allWays be measured by his willingness to be Kind.” ~  
G. Young

“Live every day like It's your last [in Gratitude] ... and your first [in Wonderment].” ~  
Katharina Petraschova

“We are what we pretend to Be, so we must be Care-full what we pretend to Be.” ~ Kurt  
Vonnegut Jr.

“Life is not the way it's supposed to be. Life is the way It Is.” ~ Virginia Satir

“If you're going through hell, keep on going.” ~ Rob Estes

“God gave burdens ... also shoulders.” ~ Yiddish Proverb

“Still, I am learning.” ~ Michelangelo [reportedly uttered on his deathbed]

“Normal day, let me be aware of the Treasure you truly are.” ~ Mary Jean Irion

“Once the realization is accepted that, even between the closest human beings, infinite distances continue to exist, a Wonder-full Living side by side can blossom - loving the distance



between them which makes it possible for each to See the other, whole against the sky.” ~ R. M. Rilke

“Doubt only your limitations.” ~ Don Ward

“Loving your life is merely the first step on the way to living your Love.” ~ Scaughdt

“Love conquers all things; Let us Yield to Love!” ~ latin saying  
(Amor Omnia Vincit; Nos Cedamus Amori)

“When twilight draws near, when you are pushed to the very limits of your Soul, when it seems that all you have left are the dead remnants of your Life - Believe!” ~ unknown

“If you change the way you look at things, the things you look at change.” ~ Wayne Dyer

“The person who experiences greatness ... must have a strong sense of [humility]. This is what uncouples him from belief in his own pretensions. [Humility] is all that permits him to move within himself. Without this quality even occasional greatness will destroy a man.” ~ Frank Herbert

“I am happy in every sense of the word. In those places that count, choose to live. Reach out for contact. It can only enrich; through Lesson or Love ... It is always filling you up -- and what you miss will come around again until that click is heard and you go with it and smile at how blind you had once been.” ~ Rebecca Jean Pittman

“Where the mind goes, the Chi flows.” ~ Thor Evergreen

“We all have a Purpose in this Life; something right and Loving to do for others and/or for the Earth. And we all feel good when we are immersed in that Purpose ... Indeed, giving unconditionally feels good for a reason: it is Right Action - It is why we are here.” ~ anonymous

“At the critical juncture in all human relationships, there is only one question: What would Love Do Now?” ~ God

“The most Beauty-full thing we can experience is the mysterious. It is the source of all true art and science. He to whom amazement is a stranger, who can no longer pause and stand wrapped in awe, is as good as dead; his eyes are closed.” ~ Albert Einstein

“Enlightenment has nothing to do with what you ‘know’ and everything to do with what you Do.” ~ anonymous

“Pray with moving feet.” ~ Quaker Saying

“Honor comes not from ‘doing battle’, but rather *while* making Peace.” ~ anonymous

“Let him who would move the world first move his Self.” ~ M. Gandhi

“Man only becomes fully Human through his relations with his fellow man.” ~ african proverb

(Umntu Umguntu Ngabantu)

“A perfect day requires doing good for others without desiring anything from them in return.” ~ Unknown

“Deeds, not Words!” ~ latin saying

(Facta Non Verba)

“See Fate as your friend ... Things turn out best for those who make the best of the way things turn out.” ~ unknown

“Life and Love are all we get, so Life and Love are all we can give.” ~ Dan Zadra

“Love your enemies. Do good and give to others expecting nothing in return. Your reward will be great and you will become Children of the Most High; for God is Kind to both the ungrateful and the sinful. Be merciful, therefore, just as your Father is merciful.” ~ Jesus (Luke 6:35-36)

“If you are going to bow, bow deeply.” ~ Chinese Proverb

“When you’ve only one breath left, use it to say Thank You.” ~ Pam Brown

“This life is not an isolated experience, but rather one of mutuality. In understanding this - its Adventure begins.” ~ Mary Anne Radmacher

“I sometimes forget that every day, hour, minute and second is worthy; that life lives on and that new things and changes allow me to grow. And then I remember it all again and suddenly everything is Beauty-full!” ~ Sandra Reum

“Weigh options as best you can, and then charge forward without regret.” ~ anonymous

“What really counts is to know the whales as brothers, to find refuge from the storm ... and to treat Children with respect and Love.” ~ James Michener

“It is something to be able to paint a picture, or to carve a statue, and so to make a few objects beautiful; but it is far more glorious to carve and paint the very atmosphere through which we look ... to affect the quality of the day. That is the highest of the arts.” ~ Henry David Thoreau

“My Joy is in your kindness, not your compliance.” ~ God

“Whenever we have an opportunity, let us work for the good of all.” ~ Paul (Galatians 6:10)

“The rational mind is a faithful servant and the intuitive mind is a sacred gift. We have created a society that honors the servant and has forgotten the gift.” ~ Albert Einstein

“Life is not what happens to you; It is what you Do with what happens to you.” ~ Aldus Huxley

“Luck and misfortune come not of themselves, but only when summoned.” ~ Chinese Proverb

“When surrounded by normalcy, find Wonder!” ~ unknown

“In order to live free and happy, you must first sacrifice boredom.” ~ Richard Bach

“From the pain comes the dream ... From the dream comes the vision ... From the vision come the people ... From the people comes the power ... And from this power comes the change.” ~ Peter Gabriel.

“Remember all Ways that what you teach is teaching you ... You will not see the Light until you offer It to all your brothers and sisters. And as they take It from your hands, you will recognize It as your own.” ~ F. Vaughn & R. Walsh

“The only power present conditions have over any of us is the power we give them.” ~ Lynn Grabhorn

“True ownership is proved only by giving. All you are unable to give actually possesses You.” ~ Andre Gide

“We’re only briefly alive, so let us be joyfully creative for now.” ~ A. A. Attanasio

“[Reality] is but a canvas to the imagination.” ~ H. D. Thoreau

“Between here and the dust, joy is all we have.” ~ A. A. Attanasio

“True mastery requires no exertion.” ~ unknown (“Crouching Tiger & Hidden Dragon”)

“Whatever tomorrow brings I’ll be there, with open arms and open eyes.” ~ Incubus

“Finally in the end, when everything is finished and all questions have been answered, there is nothing left to do but sit down and have a good laugh.” ~ Chinese saying

“Remember to walk the path of those who are humble, and to live your life with great patience.” ~ Libert Naka’ ahiki (Hawaiian Kahuna)

“Remember -- if you do not get what you want, along comes something better.” ~ Doris Kohrt

“Find the good. It’s all around you. Find it and show it to others ... Then you’ll start believing in it.” ~ Jesse Owens

“Let’s wake up and move beyond judgments of ‘good’ and ‘bad’ ... Let’s move into unity; free from the enslavement of having to either ‘be good’ or feel guilty over ‘being bad’. Just allow yourself to Be and allow others to Be as well.” ~ Lucia Brecheisen

“Any path is only a path and there is no affront in dropping it if that is what your heart tells you to do. But your decision to either remain on a particular path or to depart from it must be completely free of both fear and ambition.” ~ Carlos Castaneda

“We can’t only have the world entering us & be balanced. We must also enter the world.” ~ A. A. Attanasio

“I do not know what your destiny will be, but one thing I do know: the only ones among you who will be truly happy are those who will seek and rediscover how to serve others.” ~ Albert Schweitzer

“It is not our abilities that define Who We Are ... It is our choices.” ~ Albus Dumbledore

“Whatever lies before me is not blocking my next step ... It IS my next step.” ~ Maureen Brady

“Saints are the sinners who keep on trying.” ~ Adlai Stevenson

“Do or Do not. There is not ‘try’” ~ Yoda

“Master Ummon said, ‘About the 15 days past I do not ask you. But about the 15 days to come, please say something.’ None of his students answered ... Ummon himself broke the silence, saying, ‘Every day is a Good Day.’” ~ Unknown

“Let everyone sweep in front of his own door, and the whole world will be clean.” ~ Goethe

“There are countless paths to the mountain’s summit, and yet from it the same moon pours its radiance over the landscape.” ~ Ikkyu

“God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.” ~ Serenity Prayer

“Grandma said when you come on something good, first thing you do is to share it with whoever you can find … That way, the good spreads out where no telling it will go.” ~ Forrest Carter

“All human progress has been the story of someone who believed passionately in something, and someone else who believed passionately in that person.” ~ Dan Zadra

“The ultimate conditions of life, such as Love or lofty purpose, are all assailed by adversity. The wayfarer who reaches his goal is the one whose dedication is stronger than the storm.” ~ H. E. Kohn

“When I let go of who I am, I become what I might be. When I let go of what I have, I receive all I need.” ~ unknown

“You must be the change you wish to see in the world.” ~ M. Gandhi

“For the scientist who has lived by his ‘faith’ in the power of reason, it all ends like a frightening dream. He has scaled the mountains of ignorance and is about to conquer its highest peak … And as he pulls himself up over that final ledge, he is greeted by a jovial band of mystics who have been sitting there for centuries” ~ Robert Jastrow

“Do Good unto others - period!” ~ The Diamond Rule

“Suffering ceases to be suffering at the moment it finds a meaning; such as the meaning in sacrifice.” ~ Victor Frankel

“Gamble everything for Love if you are a true Human Being. If not, leave this gathering. Half-heartedness cannot attain Majesty.” ~ Rumi

“See beyond phenomena.” ~ Rumi

“Be Source, not result.” ~ Rumi

“It’s amazing that you have to be pulled away from being tortured; pulled out into this Spring Garden, but that’s the way it is. Almost everyone must be bound and dragged here. Only a few come on their own.” ~ Rumi

“We shall not cease from exploration … And the end of all our exploring will be to arrive where we started and to know that place for the first time.” ~ T. S. Eliot

“Real generosity towards the future consists in giving all to what is present.” ~ Albert Camus

“Whatever we feel is coming back at us. So choose to feel good.” ~ A. A. Attanasio

“You can observe a lot just by watching.” ~ Yogi Berra

“It doesn't interest me what you do for a living. I want to Know what you ache for, and if you dare to dream of meeting your Heart's longing ... I want to know if you can sit with pain without moving to hide it or fix it. I want to know if you can be with Joy; if you can dance with the wilderness and let the ecstasy fill you to the tips of your fingers and toes without needing to be careful, to be realistic, or to remember the limitations of being human.” ~ Oriah Mountain Dreamer

“It doesn't interest me where you live or how much money you have ... I want to know if you can live with failure, and yet still stand on the edge of a lake and shout 'YES!' to the sliver of the moon ... It doesn't interest me where or what or with whom you have studied. I want to know what sustains you from the inside when all else falls away. I want to know if you can be alone with your Self, and if you truly like the company you keep in those empty moments.” ~ Oriah Mountain Dreamer

“Let us be pure, white tablets upon which God may write.” ~ Henrik Ibsen

“We don't need to learn to let go. We need to recognize what is already gone.” ~ Suzuki Roshi

“The life you are living is prescribed only by the boundaries of your mind. Stretch those borders, and your life will stretch with you.” ~ Alan Cohen

“Love engenders in the blink of an eye what effort in much more time cannot.” ~ Goethe

“Those who are awake have one world in common ... Those who are asleep live each in a separate world.” ~ Heraclitus

“If you are going to be used, choose your purpose ... Be used mightily!” ~ anonymous

“Do not follow where the path may lead; Go instead where there is no path and blaze a trail.” ~ Ralph Waldo Emerson

“See the confused friend in every 'enemy' and the Guide in every 'wanderer'.” ~ anonymous

“A Human Being is a part of the whole we call the Universe; a part limited in time and space. He experiences himself as something separate from the rest - a kind of illusion of his consciousness. This illusion is a prison, restricting us to our personal desires and to extending affection to only the few people nearest us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living beings and all of nature.” ~ Albert Einstein

“I have faith in You, in your power, in your capacity to Love, and in the potential of that Love to provide for you.” ~ Rebecca Jean Pittman

“Out beyond ideas of wrongdoing and right-doing there is a field. I’ll meet you there.” ~  
Rumi

“Out of clutter, find simplicity ··· From discord, find harmony ··· In the midst of difficulty,  
find opportunity.” ~ Albert Einstein

“Happiness is when what you think, what you say and what you do are in Harmony.” ~ M.  
Gandhi

“Live what life brings. Die what death comes.” ~ Mary Stewart

“For those who seek, there comes that magic moment when what they seek becomes  
themselves.” ~ Natalie Norman

“Many have associated medieval court-jesters with stupidity or foolishness. In actuality,  
they were all quite wise. They knew how to laugh and they knew how to make others laugh ···  
Most importantly, they knew the Wisdom of laughing at and with themselves.” ~ anonymous

“The Vocation of every man and woman is to serve others.” ~ Leo Tolstoy

“Courage is a strong desire to live, taking the form of a willingness to die.” ~ unknown

“Teaching is re-minding others that they know just as well as you.” ~ Richard Bach

“In you live three people. One is courageous Love; the second is yearning; and the third  
is pride ··· Is it possibly too crowded in there in your temple?” ~ Iris Mahler

“Let the peace of Love be given to me instead of cakes and ale.” ~ Egyptian Book of the  
Dead

“To be brothers, to live in peace, we do not have to be overly similar. In fact, we do not  
have to admire or even like one another’s peculiarities. We need only respect those peculiarities -  
and be grateful for them. Our similarities provide us with a common ground, but our differences  
allow us to be fascinated.” ~ Tom Robbins

“Better than 1000 useless words is the single word that brings Peace.” ~ G. Buddha

“What you already know is merely a good departure point.” ~ Keorapetse Kgositsile

“Re-examine all that you have been told, or read in any books, and dismiss whatever  
insults your Soul.” ~ Walt Whitman

“A thousand fibers connect us with our fellow men; and among those fibers ··· our actions  
run as causes, and come back to us as effects.” ~ Herman Melville

“The Heart has its reasons, whereof reason knows nothing.” ~ Pascal

“Let all that you Do be Done in Love.” ~ Paul (1 Corinthians 16:14)

“May Wisdom shine through me. May Love glow in me. May Strength penetrate me. That in me may arise a helper of humankind and a servant of all holy things; selfless and true.” ~ Rudolph Steiner

“Love is from God; everyone who Loves is born of God and knows God.” ~ unknown (1 John 4:7)

“To be [certain] is to be mistaken at the top of one’s voice.” ~ Ambrose Bierce

“Most people strive to decipher what is, and never look at what can be.” ~ Albert Einstein

“We cannot put off living until we are ready. The most salient characteristic of life is its urgency; it must be lived Here&Now without any postponement.” ~ Jose Ortega y Gasset

“We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offered sufficient proof that everything can be taken away from a man but one thing: the freedom to choose one’s attitude in any given set of circumstances; to choose one’s own Way.” ~ Victor Frankel

“Here is a test to see if your life on Earth is finished: If you’re alive, it’s not.” ~ Richard Bach

“When the defining moment comes, either you define the moment, or the moment defines you.” ~ unknown

“If you want to make the days in your life really matter, then you must choose to unconditionally Love something.” ~ K. Yamada

“For it is not light that is needed, but fire; it’s not the gentle shower, but thunder. We need the storm, the whirlwind and the earthquake in our hearts.” ~ Frederick Douglas

“Heroes are those who do what has to be done [for Love] when it needs to be done, regardless of the consequences.” ~ H. J. Brown Jr.

“The real moment of success is most often not the moment apparent to the crowd.” ~ George Bernard Shaw

“Everyone has the opportunity to be great because everyone has the opportunity to serve others.” ~ Martin Luther King Jr.



“To Love someone is to first learn the song that is in their heart, and then to sing it to them whenever they might seem to have forgotten it.” ~ Thomas Chandler

“Peace comes within the Souls of men when they realize their Oneness with the Universe ... When they realize It is really everywhere ... and that It is within each one of us.” ~ Black Elk

“To my way of thinking, discomfort - the discomfort of stretching yourself beyond what you already know or know how to do - is what creates the pearls in a well-lived life.” ~ Jim Whittaker

“Success: to laugh often, to win the respect of wise people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate Beauty; to See the best in others; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to know that even one life has breathed easier because you have lived. That is to have truly Succeeded.” ~ Ralph Waldo Emerson

“A loving heart is the beginning of all knowledge.” ~ Thomas Carlyle

“Submit to the death of your ambitions and favorite wishes every day, and the death of your whole body in the end ... Hold nothing back. Nothing that you have not given away will ever really be yours.” ~ C. S. Lewis

“The secret of genius is to carry the spirit of the Child into old age.” ~ Aldus Huxley

“The Meaning of Life is found in living - and not in constantly searching for the Meaning of Life.” ~ Leif Boysen

“Our true task is to join with the world so completely that who we were is forgotten and what we are becoming is not an issue. Peace exists only in Wholeness, and Wholeness is found only in this moment; right here.” ~ Bill Alexander

“Avoid speaking unless you can improve upon the silence.” ~ H. J. Brown Jr.

“The world we have created is a product of our thinking. It cannot be changed without changing our thinking.” ~ Albert Einstein

“I see the absurdity of my belief that I can somehow understand, predict or control life. All I can really do is go along for the ride, with as much consciousness and Love as I can muster in each moment.” ~ Molly Young Brown

“It all begins when you start to Care.” ~ Gordon Ooghe

“When you hold something in your hand you think you possess something, but you really hold nothing. And yet when you open an empty palm, you cradle the Universe.” ~ unknown (“Crouching Tiger & Hidden Dragon”)

“The best portions of a good man’s life: it’s little, nameless acts of kindness and Love.” ~  
William Wordsworth

“My Life belongs to the community, and as long as I live, it is my privilege to do for it whatever I can … Life is a sort of splendid torch which I hold for but a moment, and I want to make it burn as brightly as possible before handing it on.” ~ George Bernard Shaw

“I believe that the rendering of service is the common duty of mankind and that only in the purifying fire of sacrifice is the dross of selfishness consumed -- and the greatness of the Human Soul set free.” ~ J. D. Rockefeller

“The greater danger is not that your dreams are too lofty and you don’t reach them; but rather that they are too low and you do.” ~ Michelangelo

“In our Happiness we shall find the learning for which we have chosen this lifetime.” ~  
Richard Bach

“Treat life with dignity … Bear witness to the wonders of twilight and transition … The entire Cosmos is washing over and around you, so take hold of each bend and every ripple of time and toss them lightly to the winds … Love fully -- & Let Go!” ~ anonymous

“You need not think about whether your wishes will materialize. Simply take action and let go of the results. In this way, you wear the world like a loose garment.” ~ Helene Lerner-Robbins

“I who am blind can give one hint to those who see: use your eyes as if tomorrow you would be stricken blind.” ~ Helen Keller

“The Way is not in the sky. The Way is in the Heart.” ~ G. Buddha

“The highest courage is to dare to be your Self in the face of adversity -- choosing right over wrong, ethics over convenience, and truth over popularity … These are the choices that measure your life. Travel the path of Integrity.” ~ unknown

“Sell your cleverness and purchase bewilderment.” ~ Rumi

“May it be, oh Lord, that I seek not so much to be loved as to Love.” ~ St. Francis of Assisi

“The Universities do not teach all things. So a person must seek out crones, gypsies, sorcerers, wandering tribes, old robbers and outlaws to take lessons from them. Knowledge comes from experience.” ~ Paracelsus

“Tomorrow we may all be dead, but how would that be different from any other day?” ~  
Morpheus (“The Matrix”)

“When people have Light in themselves, It will shine out from them. [In these moments] we get to [truly] know each other as we walk together in the darkness; without needing to pass our hands over each other’s faces, or to intrude into each other’s Hearts.” ~ Albert Schweitzer

“If there is any kindness I can show, or any good thing I can do for any fellow being, let me do it now, and not deter or neglect it - as I shall not pass this way again.” ~ William Penn

“Give Light -- and the darkness will disappear of itself.” ~ Erasmus

“Fear is not Love, nor is Love dependence, jealousy, possessiveness, domination, responsibility, duty, self-pity or any of the other things that conventionally pass for Love. If you can eliminate all these, not by forcing them but by washing them away as the rain washes the dust of many days from a leaf, then perhaps you will come upon this strange and Wonder-full flower [that is true Love].” ~ Krishnamurti

“Friend, our closeness is this: anywhere you put your feet, feel me in the firmness beneath you.” ~ Rumi

“To love for the sake of being loved is human; but to Love for the sake of Loving is divine.” ~ Alphonse DeLamartine

“No true relationships with the things of the Creator can come from coercion -- and true relationships between individuals cannot be forced either.” ~ Hopi Wisdom

“Goodwill is the awareness that all people need Love most when they deserve It least ... Goodwill is the capacity to identify ourselves with others so completely that, [especially in their darkest moments], we treat them as our own.” ~ H.E. Kohn

“There are those who give and know not pain in giving ... They give as the myrtle breathes its fragrance into space. Through the lives of such as these God speaks, and from behind their eyes He smiles upon the Earth.” ~ Kahlil Gibran

“A wealthy person is not the one who has the most; but rather the one who needs the least.” ~ unknown

“Whatever you can do or dream you can do, begin it. Boldness has both genius and power.” ~ Goethe

“Choose happiness and joy in the face of life’s challenges ... Be still, hold a holy and whole vision -- and then remember to dance!” ~ Brooke Medicine Eagle

“Let the beauty we love be what we Do. There are hundreds of ways to kneel and kiss the ground.” ~ Coleman Barks

“I am hoping for you to find whatever you are looking for - and maybe that you even find what you are not looking for, which can be so much more exciting.” ~ Sebastian Schulz

“Knowledge of the path cannot be substituted for putting one foot in front of the other.” ~ M. C. Richards

“Faith is the daring of the Soul to go farther than It can see.” ~ W. N. Clark

“Knowledge is not power. Action, which is knowledge in motion, does the work of the world.” ~ unknown

“People all Ways act like you treat them.” ~ L. F. Hilbers

“The real Voyage of Discovery consists not in seeking new landscapes but in choosing to use new eyes.” ~ Marcel Proust

“Behave towards offenders as if the harm has not been done ... Strangely, this kind of forgetting comes by remembering. It is the result of filling your mind so completely with worthy things that there is no more room for emotion-riddled recollections.” ~ H.E. Kohn

“What you are currently doing is actually already becoming a Universal groove.” ~ Ken Wilbur

“He who wears his morality as but his best garment were better naked.” ~ Kahlil Gibran

“Enough of a good thing is too much.” ~ L. F. Hilbers

“Interdependence is the art of Loving without being consumed. It is the art of caring for others without denying ourselves. As such, it means gaining the sense of joy and serenity that includes others without depending upon them. This is only possible when one is completely willing to be consumed by one’s Loving.” ~ unknown

“Holmes noted that a mind stretched cannot return to its previous state of being ... So it is also with the Heart.” ~ Alan Cohen

“What you do for money makes a living; what you do for others makes a life.” ~ Arthur Ashe

“Insanity: the belief that one can get different results by doing the same thing.” ~ Albert Einstein

“Never believe that you have seen, served or Loved enough.” ~ Scaughdt

“Whatever you do, make it positive.” ~ Dennis Rodman

“An awakening which does not awaken the sleeper to Love has roused him in vain.” ~  
Jessamyn West

“A half hour per day of listening is essential unless busy; then, a full hour is necessary.” ~  
St. Francis de Salles

“Be as water, flowing around those in your path. Surround within your ever-moving depths those who come to rest there. Enfold them, while never for a moment holding on ... Be with them gently, as far as they allow your strength to take them, and fill with your own being the remaining space when they are left behind.” ~ N. F. McInnis

“Many have set about to destroy their egos with great vigor. Those who have made it through this exercise discovered a great reality: You cannot destroy what you do not possess.” ~  
Bill Alexander

“There is no beginning too small.” ~ anonymous

“I would rather be ashes than dust. I would rather my spark should burn out in a brilliant blaze than be stifled like dry rot. I would rather be a meteor; every atom of me in magnificent glow, than a sleepy and permanent planet. Man’s chief purpose is to live, not to merely exist. I shall not waste my days trying to prolong them. I shall use my time.” ~ Jack London

“Above all, clothe yourselves with Love, which binds everything together in perfect Harmony.” ~ Paul (Colossians 3:14)

“The world is saved by one small act of kindness at a time.” ~ Patti Brown

“Lose yourself in the majesty of a mountain view or the minute wonders in the veins of a leaf ... Think of them as possessing energy of which you are a part. Do you now see what I consider Spirituality to be?” ~ Rebecca Jean Pittman

“Watch children at life. You will see spontaneity, faith, awe, curiosity, puzzlement, dignity and delight. Indeed, when you do so, you will be seeing you as you were before your complicated adult was constructed.” ~ Bill Alexander

“Joy & Happiness are your natural states of Being.” ~ Thor Evergreen

“Security is mostly a superstition. It does not exist in nature, nor do the children of men ever truly experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure, or it is nothing.” ~ Helen Keller

“Though we travel the world over for the Beauty–full, we must carry it with us or we find it not.” ~ Ralph Waldo Emerson

“Theology is poetry plus, not science minus.” ~ Swedish proverb

“Life’s gifts cannot be earned or purchased. They are everywhere, free of charge -- with no strings attached.” ~ James May

“It is not so important what happens to us as what happens *through* us.” ~ don Miguel Ruiz

“Nothing deters a good man from doing the honorable deed available to be done.” ~  
Seneca

(Ab honesto virum bonum nihil deterret)

“Beware what you speak ... For indeed, the words we speak make shadows of what is to come.” ~ Marion Z. Bradley

“The world has dreamers and the world has doers. Of course, above all the world needs dreamers who Do.” ~ Sarah B. Breathnach

“Forgiveness is not an occasional act; it is a permanent attitude.” ~ Martin Luther King Jr.

“Whatever joy there is in this world comes from desiring for others to be happy, and whatever suffering there is in this world comes from desiring for myself to be happy.” ~ Shantideva

“Let each man pass his days in that endeavor wherein his gift is greatest.” ~ Propertius

“Overcome evil with good, falsehood with truth and hatred with Love.” ~ Peace Pilgrim

“The pitcher cries for water to carry and a human for Work that is real.” ~ Marge Percy

“If you give your life as a prayer you intensify that prayer beyond measure ... I do not think of myself as an individual, but rather as an embodiment of the Heart of the World.” ~ Peace Pilgrim

“There is a great deal of difference between being willing to give your life and actually giving it.” ~ Peace Pilgrim

“The search for one who shall receive is a joy greater than the giving ... For in truth, it is life that gives unto life - while he who deems himself a giver is but a witness thereto.” ~ Kahlil Gibran

“If you want to find a good place to be, no place you find will be good enough. But if you let it all go - if you really empty your head - then any place you are is right.” ~ A. A. Attanasio

“Learn as if you are going to live forever, and live as if you are going to die tomorrow.” ~ unknown

“I do not pretend to comprehend the course my life has taken, and yet I will continue to do the good I can until my destiny is revealed to me.” ~ Scaught

“There is no fear in Love -- and perfect Love casts out all fear ...” ~ unknown (1 John 4:18)

“The Noble Man fulfills his personal desires last.” ~ F. Schiller

“I dwell in possibility.” ~ Emily Dickinson

“Let the Beauty we Love be what we Do.” ~ Rumi

“The world is simply throbbing with treasures, beautiful Souls and interesting people.” ~ Henry Miller

“No one can circumvent the skillful of Heart. They who know his wisdom do not attack him, and no misfortune occurs where he is. Truth comes to him fully brewed ...” ~ Egyptian proverb

“Whoever undertakes to set himself up as a judge of truth and knowledge is shipwrecked by the laughter of the gods.” ~ Abraham Lincoln

“God has shown me that I should not judge anyone else as unclean.” ~ Paul (Acts 10:28)

“To move on, first be happy with what you already have.” ~ Rebecca Jean Pittman

“Twenty years from now you will be more disappointed by the things that you didn't do than by the ones that you did. So throw off the bowlines and sail away from your safe harbor. Explore ... Dream ... Discover.” ~ Mark Twain

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

“Those who bring sunshine into the lives of others cannot keep it from themselves.” ~ Irish blessing

“Material things are not gifts but rather apologies for gifts. The only true Gift is a portion of thyself ... One of the beautiful compensations of life is that no man can sincerely give to another without simultaneously helping to free his own Self.” ~ unknown

“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 [Choose wisely!]

“Each atomic particle is a family of beings; as aware in their own way as you are. We’re all equals - all the same; just vibrating differently. Everything is Light.” ~ A. A. Attanasio [Act accordingly!]

“Those people close to us and those just passing through our lives all have reason to be there. Giving attention to others’ humanity is our common calling.” ~ Karen Casey

“One can make a day of any size - and regulate the rising and the setting of his own sun - as well as the brightness of its shining.” ~ John Muir