

# Collection of Positive and Uplifting Quotations

- Read these passages again and again. The secret of repetition is simple: If you are giving attention to each word, the meaning cannot help sinking in. Eventually they become your personality which means they will find constant expression in what you do, what you say, and what you think.  
-Eknath Easwaran  
“All that we are is the result of what we have thought.”- The Buddha.  
“Life consists in what a man is thinking of all day.” - Emerson.
- A person who is crooked can never enjoy real peace of mind. His tricks tie him into knots.
- If you are going to pursue revenge, you better dig two graves. One will be required for you.  
-Chinese proverb
- Most people think of problems in terms of horrible things that happen to innocent people and are saying things like “How can you say that there are no problems when these kinds of things happen to people?”

I would like you to just keep in mind that this universe has a guiding force in it and that all of us show up into the world on time and none of us ever question timing of our arrival. Like I showed up on May the 10<sup>th</sup> 1940 and I never yet questioned and said “you know, it should have been 1430 or it should have been 1847 or it should be two hundred years from now”. We never question when we show up because we show up when we are called and we also leave when we are called.

One of the hardest things for us to deal with is the whole idea of death and how we die and suffering and so on and I like to suggest to you that we leave on time and that a child dying is a tragedy to most of us, of course it is. I have eight children and I have been blessed that they are all healthy and living and I am not even saying, here, that I am certain that I would be able to handle some thing terrible happening to them, them being murdered or raped, or anything like that. I am suggesting that I have a knowing deep within me that we are all here for a purpose and that our lives has a heroic mission. When that mission is fulfilled and we are called back to God, it is not for us to question with our egos. When we say a child is supposed to be born and be healthy and die in their sleep, in their hundredth year that just our ego is talking.

In fact some children come in for only a week, some come in for four months and some come in for six years, has lessons to teach and leave. The tragedy is that we interpret all of that through the eyes of it shouldn't happen.

Hunger and starvation are part of the perfection of the universe but so is your desire to end it and that's where you want to place your attention and energy. Not on what is wrong but what it is that you feel in your heart you can do to bring us all closer to God.

-Dr. Dyer

- People come to me and say, "You seem to have things all together. If life is so great, how come we have death, pain, misery, and all these negative things? Why must children suffer? Why are there murders and rapes and wars? Why, Why, Why?"

I say, "How the hell am I suppose to know?" Greater men than I have been asking these questions for years. But you know what I've done? I have stopped asking the questions, and I've started living into the answers, and it's made all the difference.

Why death? I don't know why death. Why pain? I wish it weren't there, but I don't know "why pain." If I spent my life wanting answers about those things I would never live.

But I tell them I do know a little bit about life. There is such a thing called joy, because I have *felt* it. And there is such a thing as *marvelous madness* because I've lived it. And I know such a thing as loving because I have *loved*. And I know there is such a thing as *ecstasy* because I have known *ecstasy*. And I also know – because I have known people who experienced it – that there is such a thing called *rapture*. Oh, I love that word "*rapture*"! *Reach for rapture!* I refuse to die until I learn what rapture is!

-Leo Buscaglia

- He that can have patience can have what he will.  
-Benjamin Franklin

- Strength does not come from physical capacity. It comes from an indomitable will.  
- Mahatma Gandhi
- Those whose consciousness is unified abandon all attachment to the results of action and attain supreme peace. But those whose desires are fragmented, who are selfishly attached to the results of their work, are bound in everything they do.  
- Bhagavad Gita
- To have courage for whatever comes in life -- everything lies in that.  
- Saint Teresa of Avila
- When you change the way you look at things, the things you look at change.  
-Dr. Dyer
- When you get angry, you lose more than your temper.
- Your friends are God's way of apologizing for your relatives.  
-Dr. Dyer
- The ancestor to every action is a thought. Change your thoughts and you change your world.  
-Dr. Dyer
- Satya Sai Baba (a great saint in India) was asked by a reporter from the West, "Are you God?" Satya Sai Baba responded without hesitation, "yes, I am," to which everyone in attendance seemed stunned. Then after a brief pause, he continued, "And so are you. The only difference between you and I", he said, "is that I know it and you doubt it."
- God gives us relations; thank God we can choose our friends.  
-Ethel Mumford
- We are never so happy or so unhappy as we think.  
-La Rochefoucauld

- We can go through our whole lives worrying about our future happiness, and totally miss where true peace lives – right here, right now.  
-Peter Russel
- When you respond to life, that's positive; but when you react to life, that's negative.
- When you agree with people who gossip, you will be the next one they slander.
- If you give your rubbish to God, no one will throw his rubbish on you.
- Happiness is enhanced by others but does not depend upon others.
- It is small things in life that fill us with joy.
- If you are seeking creative ideas go out walking. Angels whisper to a man when he goes for a walk.  
-Raymond Inman
- If you want to advance in life, make sure that your WANTS don't advance.
- Life consists in what a man is thinking of all day.  
- Ralph Waldo Emerson
- **If God brings you to it, He will bring you through it.  
Happy moments, praise God.  
Difficult moments, seek God.  
Quiet moments, worship God.  
Painful moments, trust God.  
Every moment, thank God.**
- Loneliness comes when I forget that God is my Supreme companion.
- When we judge others, we do not know what circumstances stand behind their behavior. The Sioux Indians have a saying that you should not judge another unless you have walked a day in that person's moccasins.

-Jon Mundy

Don't find fault with a man who limps  
Or stumbles along the road,  
Unless you have worn the shoes he wears,  
Or struggled beneath his load.  
There may be a tack in his shoe that hurts,  
Though hidden away from view,  
Or the burden he bears, placed on your back,  
Might cause you to stumble too.  
Don't sneer at the man, who is down today,  
Unless you have felt the blow  
That caused his fall, or felt the same  
That only the fallen know.  
You may be strong, but still the blows  
Those were his, if dealt to you  
In the selfsame way at the selfsame time,  
Might cause you to stagger too.  
Don't be too harsh with a man, who errs,  
Or pelt him with words or stones,  
Unless you are sure, yea, doubly sure,  
That you have not errors of your own.  
For you know, perhaps,  
If the temper's (ego's) voice  
Should whisper as soft to you  
As it did to him when he went astray  
It would cause you to falter too.

- No one knows enough about anything to be a pessimist.  
-Dr.Wayne Dyer
- Wisdom is avoiding all thoughts that weaken you.  
-Dr.Wayne Dyer
- God loveth a cheerful giver.  
- II Corinthians
- In India we have a story about a man who was the perfect model of respectability, who always did what the letter of the law demanded. When he died, he was taken before Chitragupta, the cosmic auditor.

Chitrugupta looked at the man's record. There was not a single entry on the debit page. Chitrugupta was impressed. Then he turned to the credit page and stared in astonishment. This page, too, was completely blank. Chitrugupta didn't know what to do. The man had never helped anybody; never hurt anybody; never offended anybody; never loved anybody. He couldn't be sent to heaven, but he couldn't be sent to hell, either.

So Chitrugupta took him to Brahma, the god of creation, and said, "You made this guy. What shall I do with him?"

Brahma looked at the statute books and couldn't find a precedent to cover the case, so he said, "Take him to Krishna."

Krishna said, "The buck stops here." He examined the record very carefully and there, almost illegible, was an ancient credit entry: "Gave two cents to a beggar at the age of six."

"There," Sri Krishna said, "return his two cents and send him back to earth to try again."

Until we have learned to give freely of ourselves, we have not learned how to live.

-Eknath Easwaran

- We are not human beings having a spiritual experience; we are spiritual beings having a human experience.

-Dr. Wayne Dyer

- See God in every person, place, and things, and all will be well in your world!

-Louise L. Hay

- The body is mortal, but the person dwelling in the body is immortal and immeasurable.

- Bhagavad Gita

- Hatred does not cease through hatred at any time. Hatred ceases through love. This is an unalterable law.

- The Buddha

- Arrange whatever pieces come your way.  
-Virginia Woolf
- You are richer today if you have laughed, given or forgiven.
- Be vigilant; guard your mind against negative thoughts.  
- The Buddha
- The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live the present moment wisely and earnestly.  
- The Buddha
- All endings are also beginnings, we just don't know at the time.  
-Mitch Albom
- Success is giving more than you take.  
-Christopher Reeve
- Go placidly amid the noise and the haste and remember what peace there may be in silence.

As far as possible, without surrender, be on good terms with all persons.

Speak your truth quietly and clearly and listen to others, even the dull and ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexation to the spirit.

If you compare yourself to others you may become vain and bitter, for always there will be greater and lesser persons than yourself.

- Max Ehrmann

- The grace of God is a wind which is always blowing.  
- Sri Ramakrishna
- I tell you one thing: if you want peace of mind, do not find fault with others. Rather learn to see your own faults. Learn to make the whole



world your own. No one is a stranger, my child; this whole world is your own.

- Sri Sarada Devi

- If you fill your heart with regrets of yesterday and the worries of tomorrow, you have no today to be thankful for.
- Now and then I like to lift my eyes up from the details of daily life and remember the bigger picture, and take a breath of God, and feel and remember that ultimately, it's all okay.  
-Dan Millman
- We can go through our whole lives worrying about our future happiness, and totally miss where true peace lives – right here, right now.  
-Peter Russell
- Peace is not the absence of war. It is a virtue, a state of mind, a disposition for benevolence, confidence, and justice.  
- Spinoza
- "He insulted me, he cheated me, he beat me, he robbed me" – those who are free of resentful thoughts surely find peace.  
- The Buddha
- Do not let your peace depend on the hearts of men; whatever they say about you, good or bad, you are not because of it another man, for as you are, you are.  
- Thomas a Kempis
- I claim to be an average man of less than average ability. I have not the shadow of a doubt that any man or woman can achieve what I have, if he or she would make the same effort and cultivate the same hope and faith.  
- Mahatma Gandhi
- Nothing great was ever achieved without enthusiasm.  
- Ralph Waldo Emerson
- We can do anything we want to do if we stick to it long enough.

- Helen Keller

- If God wanted to hide, He would hide in human beings because that is the last place we would think to look.  
-Stan Dale
- You are what your deep, driving desire is.  
- Brihadaranyaka Upanishad
- Almost anything you do will be insignificant but it is very important that you do it.  
-Mahatma Gandhi
- God always gives His best to those who leave the choice with Him.
- No one can go back and make a brand new start. Anyone can start from now and make a brand new ending.
- In Kerala, the state in South India from which I come, along the roadside there are stone parapets the height of a person's head. When people need to rest from carrying heavy loads of rice or fruit on their heads, they stand next to the parapet and shift their load onto it.

The Lord is the perennial parapet, standing at exactly the right height for each one of us. For those who are very selfish, he stands very tall to support an awesome load; for those who are average in selfishness, he stands about six feet high; and for the selfless, the parapet can hardly be seen because the burden is so light that almost no support is needed. Through the practice of meditation, we can gradually learn to shift our load into the Lord's mighty arms.

We like to think that we make big decisions and carry terrible responsibilities on our shoulders. Our shoulders are bent, our back gives us problems, and we are too tired to stand on our feet because of the mighty burdens we try to bear. Few of us realize there is somebody standing with arms outstretched.

-Eknath Easwaran

- The following poem illustrates the difference between what we know and what we think we know!!!!

The Cookie Thief  
by Valerie Cox

A woman was waiting at an airport one night,  
With several long hours before her flight.  
She hunted for a book in the airport shops.  
Bought a bag of cookies and found a place to drop.

She was engrossed in her book but happened to see,  
That the man sitting beside her, as bold as could be.  
Grabbed a cookie or two from the bag in between,  
Which she tried to ignore to avoid a scene.

So she munched the cookies and watched the clock,  
As the gutsy cookie thief diminished her stock.  
She was getting more irritated as the minutes ticked by,  
Thinking, "If I wasn't so nice, I would blacken his eye."

With each cookie she took, he took one too,  
When only one was left, she wondered what he would do.  
With a smile on his face, and a nervous laugh,  
He took the last cookie and broke it in half.

He offered her half, as he ate the other,  
She snatched it from him and thought... oooh, brother.  
This guy has some nerve and he's also rude,  
Why he didn't even show any gratitude!

She had never known when she had been so galled,  
And sighed with relief when her flight was called.  
She gathered her belongings and headed to the gate,  
Refusing to look back at the thieving ingrate.

She boarded the plane, and sank in her seat,  
Then she sought her book, which was almost complete.  
As she reached in her baggage, she gasped with surprise,  
There was her bag of cookies, in front of her eyes.

If mine are here, she moaned in despair,

The others were his, and he tried to share.  
Too late to apologize, she realized with grief,  
That she was the rude one, the ingrate, the thief.

How many times in our lives,  
have we absolutely known  
that something was a certain way,  
only to discover later that  
what we believed to be true ... was not?

- Better indeed is knowledge than mechanical practice. Better than knowledge is meditation. But better still is surrendering attachment to results, because there follows immediate peace.  
- Bhagavad Gita
- To taste the sweetness of life, you must have the power to forget the past.
- Four words that always apply:  
According to ancient legend, King Solomon asked a jeweler to make a ring for him, and then instructed him to inscribe words on it that would be true and appropriate at *all* times and under *all* circumstances.

A short time later, the jeweler returned and presented the ring to the King. The words inscribed on the ring were, "This too shall pass."

- Ego...?  
When you are feeling high and mighty  
And your ego is supreme,  
When you feel like king of blighty,  
And everybody's dream.

Just pause, and think this over,  
You are not an irreplaceable bloke  
You are not as rare as three-leaf clover  
You are less useful than a cloak.

Take a bucket; fill it with water from the rains

And deep your hands to the wrist;  
Pull it out and the hole that remains  
Measures how much you will be missed.

When you entered this world, you cry and you turn,  
You stir up a messy score;  
But when you go, will you be amazed to learn  
That the world is quite the same as before?

The Moral, it is quite so clear,  
Is to do the best service you can.  
Be humble and just wipe of a tear  
And do not think you are an indispensable man.  
-by Dignonadas

- Blessed are those who give without remembering, and blessed are those who take without forgetting.  
-Bernard Meltzer
- You must be the change you wish to see in the world.  
-Mahatma Gandhi
- If you want peace in the world, first have peace with yourself. Then your family, your friends, your country, and the world will have peace.  
-Mantak Chia
- Even in the darkness, there is always a hope of light. Just listen to what your heart says and God will make everything all right.
- In three words I can sum up everything I have learnt about life. *IT GOES ON.*  
-Robert Frost
- The best and the most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.  
-Helen Keller
- You learn to speak by speaking, to study by studying, to run by running, to work by working; in just the same way, you learn to love by loving.  
- Saint Francis de Sales

- When I say I love a person, it means only one thing: that person's happiness, that person's welfare means more to me than my own.  
– Eknath Easwaran
- If you are not careful, the following eight winds will blow you away like dry leaves in an autumn breeze:  
Gain and Loss, Praise and Ridicule, Credit and Blame, Joy and Suffering.  
-From 'Soul Stories' by Gary Zukav
- Have you ever felt that something terrible was happening to you, but later, when you looked back on it, you realized that it was a good thing? That happens to every one. When you realize that **every thing that happens to you is for your good, all the time**, you are seeing your life the way your soul sees it.  
-From 'Soul Stories' by Gary Zukav
- Let nothing disturb you,  
Let nothing frighten you,  
Everything passes away except God,  
God alone is sufficient.  
- Dr. Norman Vincent Peal
- The mantram becomes one's staff of life, and carries one through every ordeal. It is no empty repetition. For each repetition has a new meaning, carrying you nearer and nearer to God.  
- Mahatma Gandhi
- It's better to lose your pride to the one you love, than to lose the one you love because of pride. We spend too much time looking for the right person to love or finding fault with those we already love, when instead we should be perfecting the love we give.
- Speak truth, speak less, and speak softly.
- As irrigators lead water where they want, as archers make their arrows straight, as carpenters carve wood, the wise shape their minds.  
- The Buddha

- Disappointments are like road humps, they slow you down a bit but you enjoy the smooth road afterwards. Don't stay on the humps too long. Move on!
- When you feel down because you didn't get what you want, just sit tight and be happy, because God is thinking of something better to give you.
- Simplicity is divinity.
- Blessed are those who have faith in God above all, for they bless others with kindness and love.
- Think of the things that make you happy,  
Not the things that make you sad:  
Think of the fine and true in mankind,  
Not its sordid side and bad:  
**Think of the blessings that surround you,  
Not the ones that are denied;**  
Think of the virtues of your friendships,  
Not the weak and faulty side;  
Think of the gains you've made in business,  
Not the losses you've incurred;  
Think of the good of you that's spoken,  
Not some cruel, hostile word;  
Think of the days of health and pleasure,  
Not the days of woe and pain;  
Think of the days alive with sunshine,  
Not the dismal days of rain;  
Think of hopes that lie before you,  
Not the waste that lies behind;  
Think of the treasures you have gathered,  
Not the one's you have failed to find;  
Think of the service you may render,  
Not of serving self alone;  
**Think of the happiness of others;  
And in this you will find your own!**  
-Robert F. Farley
- All that we are is the result of what we have thought.  
-The Buddha

- We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far.  
- Swami Vivekananda
- Kind words towards those you daily meet, kind words and actions right will make this life of ours most sweet, turn darkness into light.  
- Issac Watts
- Kindness is a language which the blind can see and the deaf can hear.
- If you don't feel close to God, guess who moved?  
- Sign on a church bulletin board
- I have only three enemies. My favorite enemy, the one most easily influenced for the better, is the British Empire. My second enemy, the Indian People, is far more difficult. But my most formidable opponent is a man named Mohandas K. Gandhi. With him I seem to have very little influence.  
- Mahatma Gandhi
- Nothing is stronger than human determination.
- When you think every thing is hopeless a little ray of light comes from some where!
- We are formed and molded by our thoughts. Those whose minds are shaped by selfless thoughts give joy when they speak or act. Joy follows them like a shadow that never leaves them.  
- The Buddha
- Very little is needed to make a happy life. It is all within yourself, in your way of thinking.  
- Marcus Avrelus
- I had no shoes and complained, until I met a man who had no feet.
- In hours of adversity be not without hope, for crystal rain falls from dark clouds.  
- Nizami



- Let us be of good cheer, remembering that the misfortunes hardest to bear are those which never come.  
-James Russell Lowell
- Life is a series of surprises, and would not be worth taking or keeping if it were not.  
-Ralph Waldo Emerson
- True achievement is the achievement of powers, which comes from the concentration of mind.
- Opportunities come by creation, not by chance.
- Success comes to the one who understands the importance of time. its now or never!
- While interacting with others, be conscious that they have freedom of choice. Understand their point of view instead of forcing them to be what we want them to be.
- If I am honest in all my dealings, I can never experience fear.
- Decision power is determined by the level of clarity in the intellect.
- By thinking of the past, the present becomes weak.
- The more I enjoy putting in good efforts, the greater will be my happiness on receiving the fruits of those efforts.
- Do not allow anything to be an obstacle. See everything as a stepping stone to victory.
- Thoughts of love and good wishes cure sorrow.
- Happiness is lost when any thought of envy or hatred creeps in.
- God didn't promise days without pain, laughter without sorrow, sun without rain, but He did promise strength for the day, comfort for the tears, and light for the way.

- One word spoken with love can soothe a sorrowful heart.
- A life with neither misery nor pleasure is an empty, neutral existence. To actively seek nothingness is worse than defeat. How can you admire a human being who consciously embraces the bland, the mediocre, and the safe rather than risk, the suffering that disappointments can bring?
- A slip of the foot I may recover, but a slip of the tongue leaves a deep scar.
- To be prepared for obstacles is to remain cheerful under all circumstances.
- We are all, here, in this world together by coincidence and not by choice and will depart separately at a time unknown to us. Therefore, let us learn to accept negatives in each of us and build a harmonious relationship on positives.  
-Natubhai Desai
- Many people use anger as a weapon. When I keep humility as my armor, there is protection.
- Remember the five simple rules to be happy: 1. Free your heart from hatred. 2. Free your mind from worries. 3. Live simply. 4. Give more. 5. Expect less.
- People are unreasonable, illogical and self-centered. Love them anyway.  
If you do good, people will accuse you of selfish ulterior motives. Do good anyway.  
If you are successful, you win false friends and true enemies. Succeed anyway.  
The good you do today will be forgotten tomorrow. Do good anyway.  
Honesty and frankness make you vulnerable. Be honest and frank anyway.  
What you spend years building may be destroyed overnight. Build anyway.  
People really need help, but may attack you if you help them. Help people anyway.

Give the world the best you have and you will get kicked in the teeth.  
Give the world, the best you have got anyway.....

You see, in the final analysis it is always between you and God and never between you and them anyway.

-Mother Teresa

- Two men looked through prison bars - one saw mud, the other stars.
- I have lived to thank God that all my prayers have not been answered.  
-Jean Ingelow
- To smile in the face of disaster is the strength of a stable mind.
- Be firm when authority is required, but gentle and sweet when administering authority.
- Surrender:  
Surrender to Him and abide by His will whether He appears or disappears; await His pleasure.  
If you ask Him to do as you please, it is not surrender, but command.  
You cannot have Him obey you and yet think you have surrendered.  
He knows what is best, when and how. Leave everything entirely to Him.  
The burden is His. You no longer have any cares. All your cares are His.  
That is surrender. That is Devotion.  
-Shri Ramana Maharshi
- To have fear means that I am a danger to myself, as well as to others.
- Don't waste life in doubts and fears, spend yourself on the work before you, well assured that the right performance of this hour's duties will be the best preparation for the hours or ages that follow it.  
-Ralph Waldo Emerson
- The best way to find yourself is to lose yourself in the service of others.  
-Mahatma Gandhi
- Changes in yourself brings changes in others.
- I am an old man and have known a great many troubles, but most of them never happened.

-Mark Twain

- Whatever you say should be special, your way of looking at everything should be special, everything you do should be special, everything you think should be special, - because you are special!
- If someone keeps laughing at me, I don't need to fret. At least I am giving happiness to someone.
- Do not pray for tasks equal to your powers. Pray for powers equal to your tasks.

-Phillips Brooks

- Let me not pray to be sheltered from dangers, but to be fearless in facing them.

-Rabindranath Tagore

- When in prayer you clasp your hands, God opens His.

-German Proverb

- When an obstacle comes in your way, stop crying and start trying.
- Smile is a curve that sets everything straight. It increases your face value.
- The basis for complete success is an honest, generous, courageous and clean heart.
- It is permissible to take life's blessings with both hands provided thou dost know thyself prepared in the opposite event to take them just as gladly. This applies to food and friends and kindred, to anything God gives and takes away. . . . As long as God is satisfied do thou rest content. If he is pleased to want something else of thee, still rest content.

-Meister Eckhart

- You are but asked to let the future go,  
And place it in God's Hands.  
And you will see by your experience  
That you have laid the past and present  
In His Hands as well,

Because the past will punish you no more,  
And future dread will now be meaningless.  
-A Course in miracles

- Slow me down, Lord!  
Ease the pounding of my heart by the quieting of my mind.  
Steady my hurried pace, with a vision of the eternal reach of time.  
Give me, amidst the confusion of my day, the calmness of the everlasting hills.  
Break the tension of my nerves with the soothing music of the singing streams that live in my memory.  
Help me to know the magical restoring power of sleep.  
Teach me the art of taking minute vacations of slowing down.  
To look at a flower; to chat with an old friend or make a new one; to pat a stray dog; to watch a spider build a web; to smile at a child; or to read from a good book.  
Remind me each day that the race is not always to the swift; that there is more to life than increasing its speed.  
Let me look upward into the towering oak and know that it grew great and strong because it grew slowly and well.  
-Orin L. Crain

- Facing the Future  
Every journey begins  
With but a small step.  
And every day is a chance  
For a new, small step  
In the right direction.  
Just follow your Heartsong.  
-Mattie Stepanek (1990-2004)

Heartsong

I have a song, deep in my heart,  
And only I can hear it.  
If I close my eyes and sit very still  
It is so easy to listen to my song.  
When my eyes are open and  
I am so busy and moving and busy,  
If I take time and listen very hard,

I can still hear my Heartsong.  
It makes me feel happy.  
Happier than ever.  
Happier than everywhere  
And everything and everyone  
In the whole wide world  
Happy like thinking about Going to Heaven when I die.  
My Heartsong sounds like this:

I love you! I love you!  
How happy you can be!  
How happy you can make  
The whole world be!

And sometimes it's other  
Tunes and words, too,  
But it always sings the  
Same special feeling to me.  
It makes me think of  
Jamie, and Katie and Stevie,  
And other wonderful things.  
This is my special song.  
But do you know what?  
All people have a special song  
Inside their hearts!  
Everyone in the whole wide world  
Has a special Heartsong.  
If you believe in magical, musical hearts,  
And if you believe you can be happy,  
Then you, too, will hear your song.  
-Mattie Stepanek (1990-2004)

- Our first duty is not to hate ourselves; because to advance we must have faith in ourselves first and then in God. He who has no faith in himself can never have faith in God.  
-Swami Vivekananda
- Faith is not belief without proof, but trust without reservations.  
-Elton Trueblood

- I am an old man and have known a great many troubles, but most of them never happened.  
-Mark Twain
- Do your duty and leave rest to Providence.  
-Stonewall Jackson
- That one I love who is incapable of ill will and returns love for hatred. Living beyond the reach of “I” and “mine”, and of pain and pleasure, full of mercy, contented, self-controlled, of firm resolve, with all his heart and all his mind given to Me - with such a one I am in love.  
- Bhagavad Gita
- Abide in peace, banish cares, take no account of all that happens, and you will serve God according to His good pleasure, and rest in Him.  
- Saint John of the Cross
- Ways to love God by Maherbaba:

If we understand and feel that the greatest act of devotion and worship of God is not to hurt or harm any of His beings, *we love God*.

To love God as He ought to be loved, we must live for God and die for God, knowing that the goal of life is to love God and find Him as our own self.

So you are really looking to find God within yourself. Knowing how to love God is to really knowing how to love your life and **be grateful** for all that you are, divine soul that you are in this human form.

- An angry man opens his mouth and shuts up his own eyes.  
-Cato
- The best remedy for angry is delay.  
-Seneca
- The best answer to anger is silence.  
-German Proverb

- Anger is an acid that can do more harm to the vessel in which it is stored than anything on which it is poured.
- An angry man is again angry with himself when he returns to reason.  
-Publicus Syrus

- Ways to love God by Maherbaba:

If we suffer in the sufferings of others and feel happy in the happiness of others, we *love God*.

If instead of worrying over our own misfortunes, we think of ourselves as more fortunate than many, many others, we *love God*.

If we endure our lot with patience and contentment accepting it as His will, we *love God*.

- Someone in a dream asked God, what are some of life's lessons you want your children to learn?
  - To learn that they cannot make anyone love them.
  - To learn that it is not good to compare themselves to others.
  - To learn to forgive by practicing forgiveness.
  - To learn that it only takes a few seconds to open profound wounds in those they love, and it can take many years to heal them.
- "What is the most surprising thing in life?"  
"That although a man may see people dying every day, he never thinks that he will die."

Twenty five hundred years ago the compassionate Buddha attained enlightenment at the age of thirty two. He spent the rest of his life walking the dusty roads of Northern India, teaching the way that leads to the end of suffering and death. Once, when he was seated with his disciples on the outskirts of a small town, a woman named Kisha Gotami made her way through the crowd and knelt at his feet. Her tear-streaked face was wild with grief, and in the fold of her sari she carried a tiny child.

"I've been to everyone," she pleaded, "but still my son will not move, will not breathe. Can't you save him? Can't the Blessed One work miracles?"



“I can help you, sister,” the Buddha promised. “But first I will need a handful of mustard seed – and it must come from a house where no one has died.”

With hope reborn in her heart, Kisha Gotami turned back to the village and stopped at the first house. The woman who met her was full of understanding, “Of course I will give you some mustard seed! How much does the Blessed One need to work his Miracle?”

“Just a little“ Kisha Gotami said. Then, remembering suddenly: “But it must come from a house where no one has died.”

The woman answered with a smile of pity, “Many have died here. Just last month I lost my grandfather.”

Kisha Gotami lowered her eyes, “I’m sorry, I’ll try next door.”

But next door it was the same – and at the next house, and the next, and the house after that. Everyone wanted to help, but no one could meet the one simple condition. Death had come to all.

Finally Kisha Gotami understood. She took her child to the cremation ground and returned to the Compassionate Buddha.

“Sister, he greeted her, “did you bring me the mustard seed?”

“Blessed One,” she said, “I have understood. Please let me be your disciple.”

-Eknath Easwaran

- Who is wise? One who learns from all.  
- The Talmud
- Progress is impossible if you always do things the way you have always done.  
-Dr. Dyer
- What surprises most about mankind?

-That they get bored with childhood; they rush to grow up, and then long to be children again.

-That they lose their health to make money and then lose their money to restore their health.

-That by thinking anxiously about the future, they forget the present, such that they live in neither the present nor the future.

-That they live as if they will never die, and die as though they had never lived.

- Life is what happens to you while you are making other plans.  
-John Lennon
- True nobility is not about being better than anyone else. It's being better than you use to be.  
-Dr. Dyer
- Ways to love God by Maherbaba:

To love God, in the most practical way, is to love our fellow beings.

If we feel for others in the same way as we feel for our own dear ones, we love God.

If instead of seeing faults in others, we look within ourselves, we love God.

If instead of robbing others to help ourselves, we rob ourselves to help others, we love God.

- One day, a small opening appeared in a cocoon; a man sat and watched for the butterfly for several hours as it struggled to force its body through that little hole.

Then, it seems to stop making any progress. It appeared as if it had gotten as far as it could and it could not go any further. So the man decided to help the butterfly: he took a pair of scissors and opened the cocoon.

The butterfly then emerged easily. But it had a withered body, it was tiny and shriveled wings.

The man continued to watch because he expected that, at any moment, the wings would open, enlarge and expand, to be able to support the butterfly's body, and become firm.

Neither happened! In fact, the butterfly spent the rest of its life crawling around with a withered body and shriveled wings. It never was able to fly.

What the man, in his kindness and his goodwill did not understand was that the restricting cocoon and the struggle required for the butterfly to get through the tiny opening, were nature's way of forcing fluid from the body of the butterfly into its wings, so that it would be ready for flight once it achieved its freedom from the cocoon.

Sometimes, struggles are exactly what we need in our life.

If we were allowed to go through our life without any obstacles, it would cripple us. We would not be as strong as we could have been. Never been able to fly.

I asked for Strength...and I was given difficulties to make me strong.  
I asked for Wisdom...and I was given problems to solve.  
I asked for prosperity...and I was given a brain and brawn to work.  
I asked for Courage.....and I was given obstacles to overcome.  
I asked for Love...and I was given troubled people to help.  
I asked for Favors...and I was given Opportunities.  
I received nothing I wanted...but I received everything I needed.

Live life without fear, confront all obstacles and know that you can overcome them.

- All human evil comes from this: a man's being unable to sit still in a room.  
- Blaise Pascal
- Infinite patience brings immediate results. (i.e. having an infinite patience one becomes peaceful which is the ingredient for happiness).  
-A course in miracles

- Mother Teresa was in Phoenix to speak and dedicate a homeless shelter. She appeared on KTAR radio station in Phoenix, with Pat MacMann who was the host of 'the morning show'. She was 83 years old at the time.

Pat said to Mother Teresa as she walked in, "It is such an honor to meet you, Mother Teresa. Is there anything that I can do to help you with your cause?"

(Whenever anybody ask her what she does? She used to say, "I simply see Jesus Christ, every day in all of his disguises".)

She said, "No, Pat, I am sorry, there really is nothing you need to, and thank you, but it was nice of you to ask".

Pat said, "Mother Teresa, we have very large radio station here. We have 50000 watts clear channel. We could do a lot of publicity".

She looked at him with those tired eyes and said, "We don't really need publicity. What we are doing has nothing to do with publicity".

Pat was stunned at her honesty and her lack of ego and ashamed of his.

He said, "Perhaps we could raise some money through a fund raiser for you today".

She said, "Pat, what we are doing has nothing to do with money".

He even felt worse.

And finally he almost got down on his knees and said, "Mother Teresa isn't there anything that I can do for you?"

She said "Pat, you seem so serious; there is one thing you can do". Tomorrow morning get up at 4 am and go out onto the streets of Phoenix and find someone who is living there, who believes that he is alone and convince him that he is not. That's what you can do".

- In every moment of your life you have a choice. You can either be a host to God or hostage to your ego.  
-A course
- Ego  
Conversation with God  
I went out alone on my way to my tryst but who is this me in the dark?  
I step aside to avoid his presence but I escape him not.  
He makes the dust rise from the earth with his swagger.  
He adds his loud voice to every word I utter.  
He is my own little self, my Lord. He knows no shame but I am ashamed to come to thy door in his company.  
-Rabindranath Tagore (Winner of 1927 Noble Prize for literature)
- My resistance to the fact results in inner pain (headaches or heartaches).  
When I accept the fact and surrender to the reality, there is no inner pain.  
-Swamiji (a religious teacher)
- No matter how much I protest, I am totally responsible for everything that happens to me in my life.  
-Dr. Dyer
- A man once asked the mystic Bayazid: "Who is the true Prince?"  
"The man who cannot choose," said Bayazid: "the man for whom God's choice is the only possible choice."  
- Bayazid al-Bistami
- Whatever you do, make it an offering to me - the food you eat, the sacrifices you make, the help you give, even your suffering.  
-Bhagavad Gita
- When you encounter tense situation or angry people say to yourself quietly, "I can choose peace rather than this".  
-Dr. Dyer
- Out going message on my answering machine, "I want to feel good. If you are going to tell me something that is designed to make me feel bad, you have reached the wrong number. Please check the number and dial again."

-Dr. Dyer

- One day, when the wound was smarting terribly, Siddhartha rowed across the river, consumed by longing, and got out of the boat with the purpose of going to the town to seek his son. The river flowed softly and gently; it was in the dry season but its voice rang out strangely. It was laughing, it was distinctly laughing. The river was laughing clearly and merrily at the old ferryman. Siddhartha stood still; he bent over the water in order to hear better. He saw his face reflected in the quietly moving water, and there was something in this reflection that reminded him of something he had forgotten and when he reflected on it, he remembered. His face resembled that of another person, whom he had once known and loved and even feared. It resembled the face of his father, the Brahmin. He remembered how once, as a youth, he had compelled his father to let him go and join the ascetics, how he had taken leave of him, how he had gone and never returned. Had not his father also suffered the same pain and that he was now suffering for his son? Had not his father died long ago, alone, without having seen his son again? Did he not expect the same fate? Was not a comedy, a strange and stupid thing, this repetition, this course of events in a fateful circle?  
-‘Siddhartha’ – Hermann Hesse

- Do you then really think that you have committed your follies in order to spare your son them? Can you then protect your son from Samsara? How? Through instruction, through prayers, through exhortation? My dear friend, have you forgotten that instructive story about Siddhartha, the Brahmin’s son, which you once told me here? Who protected Siddhartha, the Samana, from Samsara, from sin, greed and folly? Could his father’s piety, his teacher’s exhortations, his own knowledge, his own seeking, protect him? Which father, which teacher, could prevent him from living his own life, from soiling himself with life, from loading himself with sin, from swallowing the bitter drink himself, from finding his own path? Do you think, my dear friend, that anybody is spared this path?, Perhaps your little son, because, you would like to see him spared sorrow and pain and disillusionment? But if you were to die ten times for him, you would not alter his destiny in the slightest?  
-‘Siddhartha’ – Hermann Hesse

- The gem cannot be polished without friction, nor man perfected without trials.  
-Confucius
- Storms make oaks take deeper root.  
-George Herbert
- The journey of a thousand miles begins with one step.  
-Lao-Tse
- Self-confidence is the first requisite to great undertaking.  
-Samuel Johnson
- An affirmation that can help in living each day fully:

Today I will not try to tackle all of life's problems at once.

Today I will improve myself - body, mind and spirit.

Today I will refuse to spend time worrying about what might happen if...

Today I will not imagine what I would do if things were different. They are not different. I will do my best with what I have.

Today I will find the grace to let go of resentments of others and self-condemnation over past mistakes.

Today I will not try to change, or improve, anybody but me.

Today I will act toward others as though this will be my last day on earth.

Today I will be unafraid. I will enjoy what is beautiful, and I will believe that as I give to the world, the world will give to me.

- Hatred can never put an end to hatred; love alone can. This is an unalterable law.  
People forget that their lives will end soon.  
For those who remember, quarrels come to an end.  
-The Dhammapada

- Anger, hate, grudges and jealousy are self-destructive and corrosive. They damage the vessels in which they are stored, and also use up an enormous amount of energy.
- More than those who hate you, more than all your enemies, an untrained mind does greater harm.

More than your mother, more than your father, more than all your family, a well-trained mind does greater good.

-The Dhammapada

- When love and hatred cannot affect you, profit and loss cannot touch you, praise and blame cannot rattle you, you are honored by the entire world.  
-Lao Tzu
- Oh! the charm of the Name! It brings: light where there is darkness, happiness where there is misery, contentment where there is dissatisfaction, bliss where there is pain, order where there is chaos, life where there is death, heaven where there is hell, God where there is maya (illusion). He who takes refuge in that glorious name knows: no pain, no sorrow, no care and no misery. He lives in perfect Peace.  
-Swami Ramdas
- It really is true that everything we need to know about life we learn in kindergarten.

You get what you get, and you don't get upset.

Row, row, row your boat  
Gently down the stream .  
Merrily, merrily, merrily, merrily,  
Life is but a dream.

- Mental tensions, frustrations, insecurity, aimlessness are among the most damaging stressors, and psychosomatic studies have shown how often they cause migraine headache, peptic ulcers, heart attacks, hypertension, mental disease, suicide, or just hopeless unhappiness.  
-Hans Selye, MD



- Do not be cowed down by sufferings. Feel that they have a place in your life as much as anything else for which you aspire. Trials and difficulties frighten us only because we look upon them with fear and distress at heart. **Accept them as they come**, and by constant thought of God, overcome them. When you thus control yourself and remain unaffected by them, you will have gained no ordinary strength and courage. All your circumstances will then mold themselves for your good.  
-Swami Ramdas
- That one I love who is incapable of ill will and returns love for hatred. Living beyond the reach of “I” and “mine”, and of pain and pleasure, full of mercy, contented, self-controlled, of firm resolve, with all his heart and all his mind given to Me - with such a one I am in love.  
- Bhagavad Gita
- Abide in peace, banish cares, take no account of all that happens, and you will serve God according to His good pleasure, and rest in Him.  
- Saint John of the Cross
- I am careful not to confuse excellence with perfection. Excellence I can reach for. Perfection is God’s business.  
-Michael J. Fox
- Strength is the capacity to break a chocolate bar into four pieces with your bare hands and then - just eat one of the pieces.  
-Judith Viorst, writer
- People who have nothing to hide, hide nothing.  
-Dr. Phil
- Place yourself as an instrument in the hands of God, who does his own work in his own way.  
-Swami Ramdas
- Real self control does not come by reading. It comes only by definite realization that God is with us and looks after us as if He has no other care besides. How this happen I do not know. That it does happen I do know. Those who have faith have all their cares lifted off their shoulders. You cannot have faith and tension at the same time.

-Bapu's (Mahatma Gandhi's) letters to Mira (1924-1948)

- To keep your marriage brimming with love whenever you are wrong, admit it; whenever you are right, shut up.
- There is hunger for ordinary bread, and there is hunger for love, for kindness, for thoughtfulness; and this is the great poverty that makes people suffer so much.  
- Mother Teresa
- When you change the way you look at things, the things you look at change:
- If you find yourself stuck in traffic; don't despair. There are people in this world for whom driving is an unheard of privilege.

Should you have a bad day at work; think of the man who has been out of work for years.

Should you despair over a relationship gone bad; think of the person who has never known what it's like to love and be loved in return.

Should you grieve the passing of another weekend without fun; think of the woman in dire straits, working twelve hours a day, seven days a week to feed her children.

Should your car break down, leaving you miles away from assistance; think of the paraplegic who would love the opportunity to take that walk.

Should you find yourself at a loss and pondering what is life all about, asking what is my purpose? Be thankful. There are those who didn't live long enough to get the opportunity.

Should you find yourself the victim of other people's bitterness, ignorance, smallness or insecurities; remember things could be worse. You could be them!!!

- The Serenity Prayer  
God, grant me the serenity

To accept the things  
I cannot change, Courage to change the  
Things I can, and the  
Wisdom to know the difference.

Living one day at a time; enjoying; one moment at a time  
Accepting hardship as the pathway to peace.  
Taking, as He did, this sinful world as it is,  
Not as I would have it.

Trusting that He will make all things right if I  
Surrender to His Will;  
That I may be reasonably happy in this life, and supremely  
Happy with Him forever in the next.

Reinhold Niebuhr-1926

- The disunited mind is far from wise; how can it meditate? How be at peace? When you know no peace, how can you know joy?  
- Bhagavad Gita
- Harsh words are more painful than knives and stones.
- We are shaped and fashioned by what we love; see what happens when you love God.
- The little unremembered acts of kindness and love are the best of a good man's life.  
-William Wordsworth
- When you feel you cannot do good, at least desist from doing evil.  
-Satya Sai Baba
- Dedicate all your efforts to the Lord; accept all achievements and failures as proofs of grace of the Lord, His will decreed, that they should so happen.  
-Satya Sai Baba
- When we thus clear the ground and make our soul ready, without doubt God must fill up the void. . . . If you go out of yourself, without doubt he shall go in, and there will be as much or little of his entering in accord with how much or little you go out.

God expects but one thing of you and that is that you should come out of yourself in so far as you are a created being and let God be God in you.

-Meister Eckhart

- 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.
- A relaxed attitude lengthens life: Jealousy rots it away.  
-Proverbs 14:30
- Jealousy is comparing the inside of yourself to the outside of others. It's not so much what they have, but what you think you lack - in other words, jealousy is all wrapped up in feelings of inadequacy. Yet how on earth can I feel deprived or inadequate when all around me my life is full of God's blessings? Envy is, more than anything, a state of ingratitude.  
-Mary Ann O'Roark, Roving Editor of "Guideposts"
- There is a huge difference between growing older and growing up.

If you are nineteen years old and lie in bed for one full year and don't do one productive thing, you will turn twenty years old. If I am eighty-seven years old and stay in bed for a year and never do anything I will turn eighty-eight.

Anybody can grow older. That doesn't take any talent or ability. The idea is to grow up by always finding opportunity in change. Have no regrets.

Remember, growing older is mandatory. Growing up is optional. We make a living by what we get; we make a life by what we give.

God promises a safe landing, not a calm passage. If God brings you to it, He will bring you through it."

-Rose, eighty-seven years old woman.

- Footprints

One night a man had a dream. He dreamed he was walking along the beach with God. Across the sky flashed scenes from his life. For each scene, he noticed two sets of footprints in the sand; one belongs to him and the other to God.

When the last scene of his life flashed before him, he looked back at the footprints in the sand. He noticed that many times along the path of his life there was only one set of footprints. He also noticed that it happened at the very lowest and saddest times in his life.

This really bothered him and he questioned God about it. "God, you said that once I decided to follow you, you'd walk with me all the way. But I have noticed that during the most troublesome times in my life, there is only one set of footprints. I don't understand why when I needed you most you would leave me."

God replied, "My son, I love you and I would never leave you. During your times of trial and suffering, when you see only one set of footprints, **it was then I carried you.**"

- If you knew who walks besides you, at all times, on the path that you have chosen, you could never experience fear or doubt again.  
-A course in miracle
- You feel good not because world is right, your world is right because you feel good.  
-Dr.. Dyer
- Anxiety is the mark of spiritual insecurity.  
-Thomas Merton
- So long as we believe in our heart of hearts that our capacity is limited and we grow anxious and unhappy. We are lacking in faith. One who truly trusts in God has no right to be anxious about anything.  
-Paramahansa Yogananda
- 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.

Oh! 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 (ego) that we are born to eternal life.

Prayer by Saint Francis of Assisi, Italy.

-San Francisco, CA is named after St. Francis.

- Merge in God; submerge your mind in Devine activity. Lord Krishna is called 'Chittha Chora', the thief who steals hearts, when you know He does so because He likes hearts, it is your duty to keep the hearts clean, so he will be more pleased at His booty. That "thief" is your only well-wisher. The rest are interested in what you leave behind when you die, they search for your "will" and insurance papers.

Youth, wealth, reputation, status, authority all are subject to quick ups and downs.

-Satya Sai speaks, Vol.VIII, Chapter 6.

- Frog croaks all around the tank, sitting in hundreds along the shore, when the tank is full; when it goes dry, not a single one is seen! Kinsmen crowd in when you are in affluence, when your riches are drained by misfortunes, you are left severely alone! God is the truest friend.  
-Satya Sai speaks, Vol.VIII, Chapter 5
- Are you aware that if we died tomorrow, the company that we are working for could easily replace us in a matter of days? But the family we left behind will feel the loss for the rest of their lives.

And come to think of it, we pour ourselves more into work than into our own family, an unwise investment indeed, don't you think?

- A mind that is fast is sick.

A mind that is slow is sound.

A mind that is still is divine.

- Meher Baba

- Absolute perfection is here and now, not in some future, near or far. The secret is in action - here and now. It is your behavior that binds you to yourself. Disregard whatever you think yourself to be and act as if you were absolutely perfect - whatever your idea of perfection may be. All you need is courage.  
-Nisargadatta Maharaj (1897-1981)
- God is not external to anyone, but is present with all things, though they are ignorant that He is so.  
- Plotinus
- You will receive everything you need when you stop asking for what you do not need. The very search for pleasure is the cause of pain.  
-Nisargadatta Maharaj
- In my world, nothing ever goes wrong.  
-Nisargadatta Maharaj
- My stand is clear: produce to distribute, feed before you eat, give before you take, think of others before you think of yourself. Only a selfless society based on sharing can be stable and happy. This is the only practical solution.  
-Nisargadatta Maharaj
- A tree is known by its fruit, a man by his deeds. A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love.  
- Saint Basil (330-379)
- Sell your cleverness and buy bewilderment (*amazement, awe*).  
-Jalal Ud-Din Rumi (1207–1273)
- I saw grief drinking a cup of sorrow and called out, "It tastes sweet, does it not?"

- "You've caught me," grief answered, "and you've ruined my business. How can I sell sorrow, when you know it's a blessing?"  
-Jalal Ud-Din Rumi
- In the springtime, go out and observe the blossoms on the fruit trees. The blossoms vanish of themselves, as the fruit grows, so to will the lower-self (ego) vanish as the divine grows within you.  
-Swami Vivekananda
- You have no problems. You only think you do.  
-A course in miracle
- The course originally says you have no problems. You only think you do. There is also a line in the course that admits that you do have one problem. The one problem you have is your belief that you are separate from God.  
-A Course in Miracle.
- Whoever approaches Me walking, I will come to him running; and he who meets Me with sins equivalent to the whole world, I will greet him with forgiveness equal to it.  
- Mishkat al-Masabaih
- When we take one step toward God, he takes seven steps toward us.  
- Hindu Proverb
- The mind does nothing but talks, asks questions and search for meaning. The heart does not talk, does not ask questions, and does not search for meaning. It silently moves towards God and surrenders itself to Him. The mind is Satan's lawyer. The heart is God's servant.  
-St. Francis of Assisi (1181-1226)
- You know your past. You know where it is. It is only where you think. Your past truly does not exist except in your mind. You know that every relationship that you have, (please do me a favor) close your eyes. Just close your eyes. Now tell me where is your husband? Where is your wife? Where are your children, your grandchildren? Where is your ex-spouse? They are all in your mind. Open your eyes. Now they are gone. Close your eyes. They are there again. They are just in your mind. You carry your relationships around in your mind.



If your thoughts about your relationships are: what is wrong, what you don't like, what you hate and what they did to you then that will be your experience. You will manifest more and more of that pain into your life.

Instead if you think about what you love about them and make that the focus of your attention then that will be the nature of your relationship.

It's the greatest secret in making any relationship work. It is so simple. Always focus on what you love about the other person if you want that to expand in your life. Because what you think about expands.

It is about not giving energy to the things that you don't want. Because what you think about expands and if you think about what you don't want, then more of what you don't want will just keep showing up in your life. It is the way it works.

So now I suggest to everybody that you erase all of the wounds of your past and just send them away and don't make them your calling card any more and bring the presence of God to those problems. And the presence of God is nothing more than higher faster energy. It is all energy, everything is energy.

-Dr. Wayne Dye

- Learn to be silent, let your quiet mind listen and absorb.  
-Pythagoras
- When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds; your mind transcends limitations, and your consciousness expands in every direction, and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be.  
-Patanjali
- By amending our mistakes, we get wisdom.  
By defending our faults, we betray an unsound mind.  
-The sutra (saying) of Hui Neng
- Fear knocked at the door, faith answered. No one was there.

-Irish Proverb

- Pain and suffering is inevitable, being miserable is optional.

-Art Clanin

- If winter comes, can spring be far behind?

-Percy Bysshe Shelley

- The six mistakes of person

1. The illusion that personal gain is made up of crushing others.
2. The tendency to worry about things that cannot be changed or corrected.
3. Insisting that a thing is impossible because we cannot accomplish it.
4. Refusing to set aside trivial preferences.
5. Neglecting development and refinement of the mind, and to acquiring the habit of reading and study.
6. Attempting to compel others to believe and live as we do.

-Marcus Tullius Cicero

- Love all that has been created by God, both the whole and every grain of sand. Love every leaf and every ray of light. Love the beasts and the birds, love the plants, love every separate fragment. If you love each separate fragment, you will understand the mystery of the whole resting in God.

- Dostoevsky

- This is an old saying. O Atula, not one merely of today: “They blame him who remains silent, they blame him who speaks much, and they even blame him who speaks in moderation.” There is none in this world who is not blamed.

There never existed, nor will there ever exist, nor does there exist today anyone who is always scorned or always praised.

-Dhammapada 227-228

- I appeared on the ‘Tonight Show’, several times, many years ago. At one time, I remember coming back home from the ‘Tonight Show’ and was walking along the beach. They had taped the show the night before and I was out for a walk. A woman who lives in North-East stopped me.

She said, “Didn’t I see you last night on the ‘Tonight Show’? How could you be here?”

I said, “I flew on the red eye and I was walking along.”

She said, “You know we are moving down here. What are the people like here? What it’s like?”

I asked her, “What are they like where you live?”

She said, “I live in a very big city. They are very pushy and people are not very kind. They don’t have time for you. It’s not really very pleasant. That is one of the reason I am leaving from there.”

I said, “Well, that is what, pretty much, you are going to find here. That is basically what the people are like here.”

On the way back, on the same day, someone who has seen me night before on the ‘Tonight Show’ who had lived in the Midwest stopped me and asked me almost the same question.

She said, “You live here?”

I said, “Yes.”

She said, my husband and I, are moving here, we are looking for school.

She said, “What are the people like here? What is it like here?”

I asked her, “What are they like in Chicago where you live?”

She said, “Oh! It’s Midwest. People are very friendly, they are open, and they open their homes to you, they are very loving, they are very kind. It’s a wonderful place. She said I am going to miss them.”

I said, “That’s pretty much what you are going to find here.”

It's what you expect; it's what you think about that expands. It's what Emerson taught us "ancestor to every action is a thought". Change your thought and you change your world.

-Dr. Dyer

- If you let your mind dwell on ghosts, you'll become a ghost yourself. If you fix your mind on God, your life will be filled with God. Now, which are you going to choose?  
- Sri Ramakrishna
- There is nothing so disobedient as an undisciplined mind, and there is nothing so obedient as a disciplined mind  
-Prince Siddhartha / The Buddha (the Awakened One) (563B.C.)
- Sometimes due to jealousy we try to degrade others, in so doing we degrade ourselves.
- If I make this moment happy it will increase my chances of having the next moment happy also.
- Patience is a bitter plant, but it has sweet fruit.  
-German Proverb
- Success is a state of mind.  
-Joyce Brothers
- We may shout, "Let there be peace!" but this won't really bring peace. Peace will appear in the world around us only when each individual learns to tame the disturbances arising within his or her own mind. Then, peace will come automatically.
- The king said: 'Why is it, Nagasena, that all men are not alike, but some are short-lived, some long-lived, some sickly and some healthy, some ugly and some beautiful, some without influence and some of great power, some poor and some wealthy, some low born and some high born, some stupid and some wise?'

The Elder replied: 'Why is it that all vegetables are not alike, but some sour, and some salt, and some pungent, and some acid, and some astringent, and some sweet?'

“I fancy, Sir, it is because they come from different kinds of seeds.”

“And just so, great king, are the differences you have mentioned among men to be explained. For it has been said by the Blessed One: “Beings, O brahmin, have each their own Karma (one’s deeds in this life and previous life), are inheritors of Karma, belong to the tribe of their Karma, are relatives by Karma, have each their Karma as their protecting overload. It is Karma that divides them up into low and high and the like divisions.”

“Very good, Nagasena!”

-Milindapanha 65

- The test of a man or woman's breeding is how they behave in a quarrel.  
- George Bernard Shaw
- There is no evil like hatred, and no fortitude like patience.  
-Santideva; Bodhicaryavatara 6.2

- The Bhagavad Gita

The Way of Love

Arjuna:

Of those who love you as the Lord of Love,  
Ever present in all, and those who seek you  
As the nameless, formless Reality,  
Which way is sure and swift, love or knowledge?

Sri Krishna:

For those who set their hearts on me  
And worship me with unfailing devotion and faith,  
The way of love leads sure and swift to me.

Those who seek the transcendental Reality,  
Unmanifested, without name or form,  
Beyond the reach of feeling and of thought,  
With their senses subdued and mind serene

And striving for the good of all beings,  
They too will verily come unto me.

Yet hazardous  
And slow is the path to the Unrevealed,  
Difficult for physical man to tread.  
But they for whom I am the goal supreme,  
Who do all work renouncing self for me  
And meditate on me with single-hearted devotion,  
These will I swiftly rescue  
From the fragment's cycle of birth and death  
To fullness of eternal life in me.

Still your mind in me, still yourself in me,  
And without doubt you shall be united with me,  
Lord of Love, dwelling in your heart.  
But if you cannot still your mind in me,  
Learn to do so through the practice of meditation.  
If you lack the will for such self-discipline,  
Engage yourself in selfless service of all around you,  
For selfless service can lead you at last to me.  
If you are unable to do even this,  
Surrender yourself to me in love,  
Receiving success and failure with equal calmness  
As granted by me.

Better indeed is knowledge than mechanical practice.  
Better than knowledge is meditation.  
But better still is surrender in love,  
Because there follows immediate peace.

That one I love who is incapable of ill will,  
And returns love for hatred.  
Living beyond the reach of I and mine  
And of pleasure and pain, full of mercy,  
Contented, self-controlled, firm in faith,  
With all their heart and all their mind given to me –  
With such people I am in love.

Not agitating the world or by it agitated,

They stand above the sway of elation,  
Competition, and fear, accepting life  
Good and bad as it comes. They are pure,  
Efficient, detached, ready to meet every demand  
I make on them as a humble instrument of my work.

They are dear to me who run not after the pleasant  
Or away from the painful, grieve not  
Over the past, lust not today,  
But let things come and go as they happen.

Who serve both friend and foe with equal love,  
Not buoyed up by praise or cast down by blame,  
Alike in heat and cold, pleasure and pain,  
Free from selfish attachments and self-will,  
Ever full, in harmony everywhere,  
Firm in faith – such as these are dear to me.

But dearest to me are those who seek me  
In faith and love as life's eternal goal.  
They go beyond death to immortality.

-Chapter 12 of the Bhagavad Gita, translated by Eknath Easwaran.

- If we are peaceful, if we are happy, we can smile and blossom like a flower, and everyone in our family, our entire society, will benefit from our peace.

-Thich Nhat hanh; Being Peace

- The hostile multitudes are vast as space---  
What chance is there that all should be subdued?  
Let but this angry mind be overthrown  
And every foe is then and there destroyed.

To cover all the earth with sheets of hide---  
Where could such amounts of skin be found?  
But simply wrap some leather around your feet,  
And it's as if the whole earth had been covered!

Likewise, we can never take  
And turn aside the outer course of things,

But only seize and discipline the mind itself,  
And what is there remaining to be cured?  
-Santideva; Bodhicaryavatara 5.12-5.14

- My life is harder than other people's; at least it seems that way to me. I know it is easier than most people's lives, but it often does not feel like it. Even when I get the things I want or situations turn out the way I had planned, these victories are fleeting, since nothing is constant. Life is rarely convenient and never certain. Birth is unpleasant. Old age is unpleasant. Sickness and death are unpleasant. Being with things we dislike and being without the things we do like are both unpleasant. Suffering is the unfailing nature of all unenlightened experience. We expect the world to satisfy our desires, clinging to the idea that "someday everything will be as it should be."

Wanting things to be different than what they are is suffering. Attraction and aversion, greed and hatred, lust and ill will: These are the attachments that cause suffering. "I like that; I want more" – "I dislike this; make it stop": Letting go of these attachments is the end of suffering. Release from this unsatisfactory predicament is the goal of life, whether we are aware of it or not.  
-Jeff Schmidt

- Whatever the mind can conceive and believe it can achieve.  
-Napoleon Hill
- What we do today, right now, will have an accumulated effect on all our tomorrow.  
-Alexandra Stoddard
- Spread love every where you go: First of all in your own house. .. let no one ever come to you without leaving better and happier. Be the living expression of God's kindness: Kindness in your face, kindness in your eyes, kindness in your smile, kindness in your warm greeting.  
-Mother Teresa
- Giving is so often thought of in terms of the gifts we give, but our greatest giving is of our time, and kindness, and even comfort for those who need it. We look on these little things as unimportant – until we need them.



-Joyce Hiffer

- The Illumined Man

Arjuna:

Tell me of the man who lives in wisdom, ever aware of the Self, O Krishna; how does he talk, how sit, how move about?

Sri Krishna:

He lives in wisdom who sees himself in all and all in him, Whose love for the Lord of Love has consumed every selfish desire and sense-craving tormenting the heart. Not agitated by grief nor hankering after pleasure, He lives free from lust and fear and anger fettered no more by selfish attachments, He is not elated by good fortune nor depressed by bad. Such is the seer.

Even as a tortoise draws in its limbs the sage can draw in his senses at will. An aspirant abstains from sense-pleasures, but he still craves for them. These cravings all disappear when he sees the Lord of Love. For even of one who treads the path the stormy senses can sweep off the mind. But he lives in wisdom who subdues them, and keeps his mind ever absorbed in me.

When you keep thinking about sense-objects, attachment comes. Attachment breeds desire, the lust of possession which, when thwarted, burns to anger. Anger clouds the judgment and robs you of the power to learn from past mistakes lost is the discriminative faculty, and your life is utter waste.

But when you move amidst the world of sense from both attachment and aversion freed, there comes the peace in which all sorrows end, and you live in the wisdom of the Self.

The disunited mind is far from wise; how can it meditate? How be at peace? When you know no peace, how can you know joy? When you let your mind follow the siren call of the senses, they carry away your better judgment as a cyclone drives a boat off the charted course to its doom.

Use your mighty arms to free the senses from attachment and aversion alike, And live in the full wisdom of the Self. Such a sage awakes to light in the night of all creatures. Wherein they are awake is the night of ignorance to the sage.

As the rivers flow into the ocean but cannot make the vast ocean overflow, So flow the magic streams of the sense-world into the sea of peace that is the sage.

He is forever free who has broken out of the ego-cage of I and mine to be united with the Lord of Love. This is the supreme state. Attain thou this and pass from death to immortality.

- Concluding verses of second chapter of the Bhagavad Gita translated by Eaknath Easwaran

- The greatest disease is not TB or leprosy; it is being unwanted, unloved, and uncared for. We can cure physical diseases with medicine, but the only cure for loneliness, despair and hopelessness is love. There are many in the world who are dying for a piece of bread, but there are many more dying for a little love.  
-Mother Teresa
- The 92-year-old, petite, well-poised and proud lady, who is fully dressed each morning by eight o'clock, with her hair fashionably coifed and makeup perfectly applied, even though she is legally blind, moved to a nursing home today. Her husband of 70 years recently passed away, making the move necessary.

After many hours of waiting patiently in the lobby of the nursing home, she smiled sweetly when told her room was ready. As she maneuvered her walker to the elevator, she was given a visual description of her tiny room, including the curtains that had been hung on her window.

"I love it," she stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

"Mrs. Jones, you haven't seen the room", "That doesn't have anything to do with it," she replied. Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the

furniture is arranged, it's how I arrange my mind. I already decided to love it even if I can never see it.

"It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do."

"Each day is a gift, and as long as my eyes open I'll focus on the new day and all the happy memories I've stored away just for this time in my life. Old age is like a bank account you withdraw from what you've put in."

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

-Henry James

- They say in helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us.

-Flora Edwards

- A person needs just three things to be truly happy in this world: someone to love, something to do, and something to hope for.

-Tom Bodett

- Remember to spend some time with your loved ones, because they are not going to be around forever.

Remember to say a kind word to someone who looks up to you in awe, because that little person soon will grow up and leave your side.

Remember to give a warm hug to the one next to you, because that is the only treasure you can give with your heart and it doesn't cost a cent.

Remember to say, "I love you" to your partner and your loved ones, but most of all mean it. A kiss and an embrace will mend hurt when it comes from deep inside of you.

Remember to hold hands and cherish the moment for someday that person will not be here again.

Give time to love, give time to speak, and give time to share the precious thoughts in your mind.

-George Carlin

- Better to light one small candle than to curse the darkness.  
– Chinese Proverb
- What we need is a cup of understanding, a barrel of love, and an ocean of patience.  
-Francis de Sales
- If you don't like something, change it. If you can't change it, change your attitude.
- I believe that we are solely responsible for our choices, and we have to accept the consequences of every deed, word, and thought throughout our lifetime.  
Facing death makes you understand what is important.  
-Stormie Omartian
- What Is Real Never Ceases

The Self (Soul) dwells in the house of the body,  
which passes through childhood, youth, and old age.  
So passes the Self at the time of death into another body.  
The wise know this truth and are not deceived by it.

When the senses come in contact with sense-objects  
they give rise to feelings of heat and cold,  
pleasure and pain, which come and go.  
Accept them calmly, as do the wise.

The wise, who live free from pleasure and pain,  
are worthy of immortality.

What is real never ceases to be.  
The unreal never is.  
The sages who realize the Self know the secret  
of what is and what is not.

Know the self, the ground of existence,  
can never be destroyed or diminished.  
For the changeless cannot be changed.

Bodies die, not the Self that dwells therein.  
Know the Self to be beyond change and death.  
Therefore strive to realize this Self.

Those who look upon the Self as slayer  
or as slain have not realized the Self.  
How can the Self be killed or kill  
when there is only One?

Never was the Self born; never shall it cease to be.  
Without beginning or end,  
free from birth, free from death, and free from time,  
how can the Self die when the body dies?

Who knows the Self to be birthless, deathless,  
not subject to the tyranny of time,  
how can the Self slay or cause to be slain?

Even as we cast off worn-out garments  
and put on new ones, so cast off the Self  
a worn-out body and enters into another that is new.

Not pierced by arrows nor burnt by fire,  
affected by neither water or wind,  
the Self is not a physical creature.

Not wounded, nor burnt, not wetted, not dried,  
the Self is ever and everywhere,  
immovable and everlasting.

The Self cannot be known by the senses,  
nor thought by the mind, nor caught by time.  
If you know this, you will not grieve.

Even if you mistake the Self to be  
subject to birth and death, you must not grieve.  
For death is certain for those who are born,  
as rebirth is certain for those who die.  
Why grieve over what cannot be avoided?

We perceive creatures only after birth,  
and after they die we perceive them not.  
They are manifest only between birth and death.  
In this there is no cause for grief.

Some there are who have realized the Self in all its wonder.  
Others can speak of it as wonderful.  
But there are many who don't understand even when they hear.

Deathless is the Self in every creature.  
Know this truth, and leave all sorrow behind.

-The Bhagavad Gita, Chapter 2 (13 to 30) translated by Eaknath Easwaran

- The way to happiness:  
Keep your heart free from hate, your mind from worry.  
Live simply, expect little, and give much.  
Fill your life with love. Scatter sunshine.  
Forget self, think of others.  
Do as you would be done by.  
Try this for a week and you will be surprised.  
-H. C. Mattern
- The man who does things makes many mistakes, but he never makes the biggest mistake of all – doing nothing.  
-Benjamin Franklin
- God shall be my hope, my stay, my guide and lantern to my feet.  
-William Shakespeare
- He is not elated by good fortune or depressed by bad. His mind is established in God, and he is free from delusion.  
-Bhagavad Gita
- Quite minds cannot be perplexed or frightened, but go on in fortune or misfortune at their own private pace, like a clock during a thunderstorm.  
-Robert Louis Stevenson

- When I was born God gave me two boxes – the gold one and the black one.

He said, "Put all your troubles and sorrows in the black box, and put all your blessings and joys in the gold box."

I heeded His advice and did exactly what He asked me to do.

I noticed that the gold box became heavier each day and the black box remained as light as before.

With curiosity, I opened the black box; I wanted to find out why it is as light as before. I saw, in the base of the black box, there was a hole.

I showed the hole to God, and mused, "I wonder where my sorrows could be!"

He smiled a gentle smile and said, "My child, they're all here with me."

- Do you want peace? Forgiveness offers it.

Do you want happiness, a quiet mind, a certainty of purpose, and a sense of worth and beauty that transcends the world?

Do you want a quietness that cannot be disturbed, a gentleness that can never be hurt? A deep abiding comfort, and a rest so perfect it can never be upset?

All this forgiveness offers you.

-A Course in Miracles.

- When we hate our enemies, we give them power over us – power over our sleep, our appetites, our blood pressure, our health, and our happiness. Our enemies would dance with joy if they surmised that they worry and lacerate us. Our hatred is not hurting them at all; it only turns our own days and nights into a hellish turmoil.
- The world is a looking-glass, and gives back to every man the reflection of his own face. Frown at it, and it in turn will look sourly at you; laugh at it, and with it, and it is a jolly, kind companion.  
-William Makepeace Thackeray

- One day a father of a very wealthy family took his son on a trip to the country with the firm purpose of showing his son how poor people live.

They spent a couple of days and nights on the farm of what would be considered a very poor family.

On their return from their trip, the father asked his son, "How was the trip?"

"It was great, Dad."

"Did you see how poor people live?" the father asked.

"Oh yeah," said the son.

"So, tell me, what you learned from the trip?" asked the father.

The son answered: "I saw that we have one dog and they had four. We have a pool that reaches to the middle of our garden and they have a creek that has no end. We have imported lanterns in our garden and they have the stars at night. Our patio reaches to the front yard and they have the whole horizon. We have a small piece of land to live on and they have fields that go beyond our sight. We have servants who serve us, but they serve others. We buy our food, but they grow theirs. We have walls around our property to protect us; they have friends to protect them."

The boy's father was speechless.

Then his son added, "Thanks, Dad, for showing me how poor we are."

- Whatever be the depth or the state of cleanliness of the pond, the lotus flower springs out and blooms, majestically looking towards the sun. Similarly the human living can be transformed into a purposeful high living, only when a great aim engulfs the mind of the individual.  
-Famous Tamil (Indian language) poet Tiruvalluvar

- Know One, know all. -- Katha Upanishad

To know others, you do not have to go and knock on four billion separate doors. Once you have seen your real Self, you have seen the Self in all. It makes it easy to understand and to forgive, and very difficult to quarrel. All of life springs from the same root.



For this Self, different names are given in different traditions. Christian mystics call it the Christ within. When a person ceases to identify with his perishable self, they say he has become Christ-conscious. The Hindu mystics speak of Krishna-consciousness, or say that such a person has attained complete freedom from the conditioning of time, space, and circumstance. The Buddhists call the same state nirvana, from nir, 'out,' and vana, 'to blow.' The ego has been extinguished; there is no more shadow to be mistaken for the real. But the simplest term of all is Atman - the Self within.

-Eaknath Easwaran

- Some people want to see God with their eyes as they see a cow, and to love Him as they love their cow - for the milk and cheese and profit it brings them. This is how it is with people who love God for the sake of outward wealth or inward comfort.

-Meister Eckhart

- Many men owe the grandeur of their lives to their tremendous difficulties.

-Charles H. Spurgeon

- Silence gives rest to the mind and this means giving rest to the body. Sometimes rest is the only medicine needed.

- To have balance in all situations is the key to happiness.

- Faith will turn any course, light any path, relieve any distress, bring joy out of sorrow, peace out of strife, friendship out of enmity, heaven out of hell, Faith is God at work.

-F. L. Holmes

- If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.

-John 15:7

- According to your faith be it unto you.

-Matthew 9:29

- The world has a way of giving what is demanded of it. If you are frightened and look for failure and poverty you will get them, no matter

how hard you try to succeed. Lack of faith in yourself, in what life will do for you, cut you off from the good things of the world. Expect victory and you make victory.

-Dr. Preston Bradley

- Not for one single day  
Can I discern my way,  
But this I surely know-  
Who gives the day,  
Will show the way,  
So I securely go.  
-John Oxenham

- Listen to your heart's counsel. The logical, profitable, or fastest course may be in opposition with what you truly believe would be most rewarding. Following your heart can lead to great wisdom.

- Accept that you have no control over the actions of others and discover the freedom of forgiveness. Letting go of old emotional wounds carries benefits to both body and soul.

That which is in your power to do is also within your power not to do. Self-discipline is the foundation for all virtues. Avoiding toxic substances and keeping your body and mind healthy will help you break bad habits and adopt positive ones in their place.

The means to growth and change are within you and cannot be delegated to another. Live your own life as you wish it to be, cultivate self reliance, take responsibility, and love yourself.

Understand that failure, while painful, can be beneficial. Learn from your mistakes. Give the people in your life the chance to experience and learn from their own mistakes.

Never stop learning. True wisdom comes from knowledge and knowledge will only increase if you keep your mind open to new ideas and suggestions.

Exercise patience in everything you do and understand that change will take time, devotion, and hard work.

Judging others is easy while judging oneself can be extremely difficult.

There is no growth in resentment. Emotions are often directly related to your perception of the world around you. Viewing things in a positive light can make your world into a better place, and foster confidence and self-respect.

As you meet the needs of your body, nourish your soul as well. Each of us requires relaxation, love, and acceptance. Spend at least five unrushed minutes each day in meditation or another relaxing activity.

-DailyOM website

- A philosophy professor stood before his class and had some items in front of him. When the class began, wordlessly he picked up a very large and empty mayonnaise jar and proceeded to fill it with rocks, rocks about 2" in diameter. He then asked the students if the jar was full. They agreed that it was.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles, of course, rolled into the open areas between the rocks. He then asked the students again if the jar was full. They agreed it was.

The professor picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He then asked once more if the jar was full. The students responded with a unanimous - yes.

The professor then produced two cans of beer from under the table and proceeded to pour their entire contents into the jar - effectively filling the empty space between the sand.

The students laughed. "Now," said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life. The rocks are the important things - your family, your partner, your health, and your children - things that if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter like your job, your house, your car.

The sand is everything else, the small stuff."

"If you put the sand into the jar first," he continued "there is no room for the pebbles or the rocks. The same goes for your life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you.

Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out dancing. There will always be time to go to work, clean the house, give a dinner party and fix the disposal. Take care of the rocks first - the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the beer represented.

The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of beers."

- I wish you enough sun to keep your attitude bright.  
I wish you enough rain to appreciate the sun more.  
I wish you enough happiness to keep your spirit alive.  
I wish you enough pain so that the smallest joys in life appear much bigger.  
I wish you enough gain to satisfy your wanting.  
I wish you enough loss to appreciate all that you possess.
- If your prayer is you talking to God your intuition is God talking to you.  
You get into trouble when you don't listen to your intuition.  
Dr. Dyer
- Hasten slowly and ye shall soon arrive.  
Milarepa
- Treasure every moment that you have! And treasure it more because you shared it with someone special, special enough to spend your time.

Remember that time waits for no one. Yesterday is history. Tomorrow is a mystery. Today is a gift. That's why it's called the present!!!

- A well-known speaker started off his seminar by holding up a \$20.00 bill. In the room of 200, he asked, "Who would like this \$20 bill?" Hands started going up.

He said, "I am going to give this \$20 to one of you, but first let me do this. He proceeded to crumple the \$20 dollar bill up. He then asked, "Who still wants it?" Still the hands were up in the air.

Well, he replied, "What if I do this?" And he dropped it on the ground and started to grind it into the floor with his shoe. He picked it up, now crumpled and dirty. "Now, who still wants it?" Still the hands went into the air.

"My friends, we have all learned a very valuable lesson. No matter what was done to the money, you still wanted it because it did not decrease in value. It was still worth \$20.

"Many times in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way. We feel as though we are worthless.

"But no matter what has happened or what will happen, you will never lose your value. Dirty or clean, crumpled or finely creased, you are still priceless to those who do love you. The worth of our lives comes not in what we do or who we know, but by who we are.

"You are special - Don't ever forget it."

- I look upon all creatures equally; none are less dear to me and none more dear. But those who worship me with love live in me, and I come to life in them.  
-Sri Krishna in Bhagavad Gita
- First put yourself at peace, and then you may better make others be at peace.  
- Thomas a Kempis
- Much of daily behavior is simply stimulus and response. When we are agitated, we tend to agitate others, and when others are angry at us, we usually respond with anger. There is a simple and effective way to free

ourselves from this old pattern: it is to give our best everywhere, without reference to anybody else. This frees us from the vagaries of stimulus and response.

-Eknath Easwaran

- Every day be thankful for what you have and who you are.

I am thankful.....

For my family even though the first hour of my day is hectic, when socks are lost, toast is burned, tempers are short, and my children are so loud.

For the food we have, even though our breakfast table never looks like the pictures in magazines and the menu is at times unbalanced.

For the opportunity to work, even though the routine of my job often is monotonous.

For life, even though I grumble and bemoan my fate from day to day and wish my circumstances were not so modest.

- In tribulation, immediately draw near to God with confidence, and you will receive strength, enlightenment, and instruction.

-Saint John of the Cross

- Friends are like angels who lift us to our feet when our wings have trouble remembering how to fly. Think positive and act. This is nice - finding something positive out of every negative, which we don't always manage to do.

- I am thankful.....

For the children who complain about doing dishes, because that means they are at home and not on the streets.

For the taxes that I pay, because it means that I am employed.

For the mess to clean after a party, because it means, that I have been surrounded by friends.

For the clothes that fit a little too snug, because it means, I have enough to eat.

For my shadow that watches me work, because it means I am out in the sunshine.

For a floor that needs mopping, and windows that need cleaning, because it means I have a home.

For all the complaining I hear about the government, because it means that we have freedom of speech.

For the parking spot I find at the far end of the parking lot, because it means I am capable of walking and that have been blessed with transportation.

For the noise I have to bear from my neighbors, because it means that I can hear.

For the pile of laundry and ironing, because it means I have clothes to wear.

For weariness and aching muscles at the end of the day, because it means I have been capable of working hard.

For the alarm that goes off in the early morning hours, because it means that I am alive.

- Wherever you go, you will always bear yourself about with you, and so you will always find yourself.  
-Thomas a Kempis
- There are two kinds of people in this world, the takers and the givers. The takers sometimes eat better but the givers always sleep better.  
-Danny Thomas
- Price of Liberty:

Do you want the fragrance of the full-blown rose?  
If so, you must accept the thorns.

Do you want the splendor of the smiling dawn?

If so, you must live through the dark hours of the night.

Do you want the joy of liberty and the solace of freedom?

If so, you must pay the price. And the price of liberty is suffering and sacrifices.

-Subhash Chandra Bose, (Jan 23, 1897-XXXXXX)

A prominent leader of the India's independence movement

- To love means loving the unlovable. To forgive means pardoning the unpardonable. Faith means believing the unbelievable. Hope means hoping when everything is hopeless.  
-G. K. Chesterton
- Nothing hath separated us from God but our own will, or rather our own will is our separation from God.  
-William LawLiving
- Creatures are nourished by food, and food is nourished by rain; rain itself is the water of life, which comes from selfless worship and service.  
-Sri Krishna (Bhagavad Gita)
- To be right, a person must do one of two things: either he must learn to have God in his work and hold fast to him there, or he must give up his work altogether. Since, however, we cannot live without activities that are both human and various; we must learn to keep God in everything we do, and whatever the job or place, keep on with him, letting nothing stand in our way.  
-Meister Eckhart
- The measure of your holiness is proportionate to the goodness of your will.  
-Ruysbroeck
- If you go on working with the light available, you will meet your Master, as he himself will be seeking you.  
-Ramana Maharshi
- By the will art thou lost, by the will art thou found.  
By the will art thou free, captive, and bound.



– Angelus Silesius

- What we hope ever to do with ease, we must first learn to do with diligence.  
-Samuel Johnson
- Knowing that his past actions may try to overwhelm him, the devotee must be prepared to combat them. God will give him the strength: His Name will be an impenetrable armor. It will save him from all the consequences.  
-Swami Brahmananda
- Lord grant that I may not so much seek to be loved as to love.  
-Saint Francis of Assisi
- We must accept finite disappointment but we must never give up infinite hope  
-Martin Luther King Jr.
- Learn self-conquest, persevere thus for a time, and you will perceive very clearly the advantage which you gain from it. As soon as you apply yourself to orison, you will at once feel your senses gather themselves together: they seem like bees which return to the hive and there shut themselves up to work at the making of honey . . . .God thus rewards the violence which your soul has been doing to itself . . . .At the first call of the will, they come back more and more quickly. At last, after countless exercises of this kind, God disposes them to a state of utter rest and of perfect contemplation.  
-Saint Teresa of Avila
- Know the Self as Lord of the chariot, the body as the chariot itself, The discriminating intellect as the charioteer, and the mind as the reins. The senses, say the wise, are the horses, selfish desires, the roads they travel.  
-Katha Upanishad
- If the heart wanders or is distracted, bring it back to the point quite gently and replace it tenderly in its Master's presence. And even if you did nothing during the whole of your hour but bring your heart back and place it again in Our Lord's presence, though it went away every time you brought it back, your hour would be very well employed.

-Saint Francis de Sales

- The time of business does not with me differ from the time of prayer, and in the noise and clatter of my kitchen, while several persons are at the same time calling for different things, I possess God in as great tranquility as if I were upon my knees at the blessed sacrament.

-Brother Lawrence

- Just as there is no loss of basic energy in the universe, so no thought or action is without its effects, present or ultimate, seen or unseen, felt or unfelt.

-Norman Cousins

- True love grows by sacrifice and the more thoroughly the soul rejects natural satisfaction the stronger and more detached its tenderness becomes.

-Saint Therese of Lisieux

- I desire not to desire, for my will is without value, since I am ignorant in any case. Therefore choose Thou for me what Thou knowest to be best and do not put my perdition in what my autonomy and free choice prefer.

-Bayazid al-Bistami

- He who holds back rising anger like a rolling chariot, him I call a real driver; other people are but holding the reins.

-The Buddha

- Seek ye first the kingdom of heaven, and all else shall be added unto you.

-The Gospel According to Saint Matthew

- That prayer has great power which a person makes with all his might. It makes a sour heart sweet, a sad heart merry, a poor heart rich, a foolish heart wise, a timid heart brave, a sick heart well, a blind heart full of sight, a cold heart ardent. It draws down the great God into the little heart; it drives the hungry soul up into the fullness of God; it brings together two lovers, God and the soul, in a wondrous place where they speak much of love.

-Mechthild of Magdeburg

- What is here is also there; what is there is also here. Those who sees multiplicity but not the one indivisible Self must wander on and on from death to death.  
-Katha Upanishad
- The tree which moves some to tears of joy is in the eyes of others only a green thing that stands in the way.  
-William Blake
- It is no little wisdom for a man to keep himself in silence and in good peace when evil words are spoken to him, and to turn his heart to God and not to be troubled with man's judgment.  
– Thomas a Kempis
- This life of separateness may be compared to a dream, a phantasm, a bubble, a shadow, a drop of dew, a flash of lightning.  
– The Buddha
- It doesn't much signify whom one marries, for one is sure to find out the next morning that it was someone else.  
- Samuel Rogers
- I claim to be an average man of less than average ability. I have not the shadow of a doubt that any man or woman can achieve what I have, if he or she would make the same effort and cultivate the same hope and faith.  
-Mahatma Gandhi
- You are what your deep, driving desire is.  
-Brihadaranyaka Upanishad
- Everybody today seems to be in such a terrible rush, anxious for greater developments and greater riches and so on, so that children have very little time for their parents. Parents have very little time for each other, and in the home begin the disruption of the peace of the world.  
-Mother Teresa of Calcutta

- Try to treat with equal love all the people with whom you have relations. Thus the abyss between 'myself' and 'yourself' will be filled in, which is the goal of all religious worship.  
-Anandamayi Ma
- The seed of God is in us. Given an intelligent and hard-working farmer, it will thrive and grow up to God, whose seed it is; and accordingly its fruits will be God-nature. Pear seeds grow into pear trees, nut seeds into nut trees, and God seed into God.  
-Meister Eckhart
- Love seeks no cause beyond itself and no fruit; it is its own fruit, its own enjoyment. I love because I love; I love in order that I may love.  
-Saint Bernard
- When one is rising, standing, walking, doing something, stopping, one should constantly concentrate one's mind on the act and the doing of it, not on one's relation to the act, or its character or value. . . . One should simply practice concentration of the mind on the act itself, understanding it to be an expedient means for attaining tranquility of mind, realization, insight and wisdom.  
-Ashvaghosha
- Put your heart, mind, intellect, and soul even to your smallest acts. This is the secret of success.  
-Swami Sivananda
- The man without a purpose is like a ship without a rudder – a waif, a nothing, a no man.  
-Thomas Carlyle
- It's also a myth that if I get more, I will be more important. Self-worth and net worth are not the same. Your value is not determined by your valuables, and God says the most valuable *things* in life are not things!
- The most common myth about money is that having more will make me more secure. It won't. Wealth can be lost instantly through a variety of uncontrollable factors. Real security can only be found in that which can never be taken from you – your relationship with God.  
-Rick Warren

- Do all the good you can,  
By all the means you can,  
In all the ways you can,  
In all the places you can,  
At all the times you can,  
To all the people you can,  
As long as you ever can,  
-John Wesley
- We don't see things as they are; we see them as we are.  
-Anais Nin
- Ways To Gain More Self-Confidence:  
Each morning, give your self-confidence a jump-start with a positive affirmation. Think of the five things you have accomplished. Look closely at yourself in the mirror and remind yourself that you accept, support, and trust yourself, even when the unexpected happens.  
-DailyOM website
- One of the illusions of life is that the present hour is not the critical, decisive hour. Write it on your heart that every day is the best day of the year.  
-Ralph Waldo Emerson
- Nothing is more highly to be prized than the value of each day.  
-Johann W. Von Goethe
- Every day is a messenger of God.  
-Russian Proverb
- A soft answer turneth away wrath.  
-Proverbs
- The best exercise of the human heart is reaching down and picking someone else up.  
-Tim Russert

- The gift is from God and not of man's deserving. But certainly no one ever receives such a great grace without tremendous labor and burning desire.  
-Richard of Saint-Victor
- For peace of mind, we need to resign as general manager of the universe.  
-Larry Eisenberg
- If we make this moment happy it will increase our chances of having the next moment happy also.
- Calmness and tolerance act like air-conditioning in a room, they increase person's efficiency.
- Four things come not back – the spoken word, the sped arrow, the past life, and the neglected opportunity.  
-Arabian Proverb
- For attractive lips, speak words of kindness.  
For lovely eyes, seek out the good in people.  
For a slim figure, share your food with the hungry.  
For beautiful hair, let a child run his/her fingers through it once a day.  
For poise, walk with the knowledge that you never walk alone.  
People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; never throw out anyone.  
Remember, if you ever need a helping hand, you will find one at the end of each of your arms.  
As you grow older, you will discover that you have two hands; one for helping yourself, and the other for helping others.  
-Audrey Hepburn
- Respect is commanded by the person you are and not demanded by the dictator you become.  
-Dr. Phil
- We are all dependent on one another, every soul of us on earth.  
-George Bernard Shaw

- Just as there is no loss of basic energy in the universe, so no thought or action is without its effects, present or ultimate, seen or unseen, felt or unfelt.  
-Norman Cousins
- It is no little wisdom for a man to keep himself in silence and in good peace when evil words are spoken to him, and to turn his heart to God and not to be troubled with man's judgment.  
– Thomas a Kempis
- To have balance in all situations is the key to happiness.
- The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy.  
-Martin Luther King, Jr.
- When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has opened for us.  
-Helen Keller
- There are no shortcuts to any place worth going.
- Accept all your duties as divine commands.  
-Immanuel Kant (1724-1804)
- If you have something that simply must be done, something that you cannot avoid doing, accept it as a “divine command,” which is to say, approach it philosophically, joyfully, and the best of good intentions.  
-Dr. Marcus Bach
- The only reward of virtue is virtue; the only way to have a friend is to be one.  
-Ralph Waldo Emerson
- Like many of the finest things of life, like happiness and tranquility and fame, the gain that is most precious is not the thing sought, but one that comes of itself in the search for something else.  
-Justice Benjamin N. Cardozo (1870-1938)

- See It Through

When you're up against a trouble,  
Meet it squarely, face to face;  
Lift your chin and set your shoulders,  
Plant your feet and take a brace.  
When it's vain to try to dodge it,  
Do the best that you can do;  
You may fail, but you may conquer,  
See it through!

Black may be the clouds about you  
And your future may seem grim,  
But don't let your nerve desert you;  
Keep yourself in fighting trim.  
If the worst is bound to happen,  
Spite of all that you can do,  
Running from it will not save you,  
See it through!

Even hope may seem but futile,  
When with troubles you're beset,  
But remember you are facing  
Just what other men have met.  
You may fail, but fall still fighting;  
Don't give up, whate'er you do;  
Eyes front, head high to the finish.  
See it through!

Edgar A. Guest (1881-1959)

- The Other Fellow

Whose luck is better far than ours?  
The other fellow's.  
Whose road seems always lined with flowers?  
The other fellow's.

Who is the man who seems to get  
Most joy in life, with least regret,



Who always seems to win his bet?  
The other fellow.  
Who fills the place we think we'd like?  
The other fellow.  
Whom does good fortune always strike?  
The other fellow.  
Whom do we envy, day by day?  
Who has more time than we to play?  
Who is it, when we mourn, seems gay?  
The other fellow.  
Who seems to miss the thorns we find?  
The other fellow.  
Who seems to leave us all behind?  
The other fellow.

Who never seems to feel the woe,  
The anguish and the pain we know?  
Who gets the best seats at the show?  
The other fellow.  
And yet, my friend, who envies you?  
The other fellow.  
Who thinks he gathers only rue?  
The other fellow.

Who sighs because he thinks that he  
Would infinitely happier be,  
If he could be like you or me?  
The other fellow.  
Edgar A. Guest (1881-1959)

- The great thing in the world is not so much where we stand, as in what direction we are moving.  
-Oliver Wendell Holmes
- Life is an opportunity - benefit from it.  
Life is beauty - admire it.  
Life is a dream - realize it.  
Life is a challenge - meet it.

Life is a duty - complete it.  
Life is a game - play it.  
Life is a promise - fulfill it.  
Life is sorrow - overcome it.  
Life is a song - sing it.  
Life is a struggle - accept it.  
Life is a tragedy - confront it.  
Life is an adventure - dare it.  
Life is luck - make it.  
Life is too precious - do not destroy it.  
Life is life - fight for it.  
-Mother Theresa

- Live YOUR life  
The will to believe in the world and the life within makes faith personal and vital to each individual. It urges him never to envy, never to judge, never to covet and never condemn. His world is his. Your world is yours. His life is strictly between himself and God. Your life is strictly between yourself and God.
- I know a man who is blind and poor, but I never come away from visiting him without feeling enriched.
- I know a man who is physically as perfect as a man can be and very wealthy. I never come away from visiting him without feeling equally enriched.
- Each man lives with God humbly according to his station.  
-Dr. Marcus Bach philosopher, teacher, ordained minister, author and lecturer
- Father and Son  
Be more than his dad,  
Be a chum to the lad;  
Be a part of his life  
Every hour of the day;  
Find time to talk with him,  
Take time to walk with him,  
Share in his studies

And share in his play;  
Take him to places,  
To ball games and races,  
Teach him the things  
That you want him to know;  
Don't live apart from him,  
Don't keep your heart from him,  
Be his best comrade,  
He's needing you so!

Never neglect him,  
Though young, still respect him,  
Hear his opinions  
With patience and pride;  
Show him his error,  
But be not a terror,  
Grim-visage and fearful,  
When he's at your side.  
Know what his thoughts are,  
Know what his sports are,  
Know all his playmates,  
It's easy to learn to  
Be such a father  
That when troubles gather  
You'll be the first one for counsel, he'll turn to.

You can inspire him  
With courage and fire him  
Hot with ambition  
For deeds that are good;  
He'll not betray you  
Nor illy repay you  
If you have taught him  
The things that you should.  
Father and son  
Must in all things be one-  
Partners in trouble  
And comrades in joy.  
More than a dad  
Was the best pal you had;  
Be such a chum

As you knew, to your boy.

-Edgar A. Guest (People's poet) 1881-1959

- Hard Knocks

I'm not the man to say that failure's sweet,  
Nor tell a chap to laugh when things go wrong;  
I know it hurts to have to take defeat  
An' no one likes to lose before a throng;  
It isn't very pleasant not to win  
When you have done the very best you could;  
But if you're down, get up an' buckle in --  
A lickin' often does a fellow good.

I've seen some chaps who never knew their power  
Until somebody knocked 'em to the floor;  
I've known men who discovered in an hour  
A courage they had never shown before.  
I've seen 'em rise from failure to the top  
By doin' things they hadn't understood  
Before the day disaster made 'em drop --  
A lickin' often does a fellow good.

- Talk about how to be a success! The successful person is simply the one who does his best with the things he can do better than anyone else.  
Talk about living well! Who lives better than the one who is true to his own inner light?

Talk about being interesting! Who is more interesting than the person who is being himself?

Talk about how to be happy! The happy, self-unfolded people are those who, with a will to believe in the world and the life within, have found that the secrete of really getting the most out of life is to make the most of the qualities that are innately their own.

-Dr. Marcus Bach (1901-1995) Philosopher, teacher, ordained minister, author and lecturer

- Beware of what you want for you will get it.  
-Ralph Waldo Emerson

- Lord, Thou givest us everything, at the price of an effort.  
-Leonardo Da Vinci

- A PRAYER FOR ENLIGHTENMENT

May I open my eyes in the morning with the Holy  
Name on my lips.

May I see Divinity everywhere and in everyone.

May I never hurt anyone and may I never be  
afraid of anyone.

May I fall asleep at night with the Holy Name on  
my lips, healing my wounds and preparing me  
for another day of service.

-From the Invocations to the Upanishads

Translated by Eknath Easwaran

- One of the best times to repeat the mantram is while falling asleep at night. Tuck yourself in, close your eyes, and start repeating your mantram until you fall asleep in it. Other thoughts may try to push the mantram away. But through sheer persistence you can achieve a minor miracle. Between the last waking moment and the first sleeping moment, there is an arrow's entry into deepest consciousness. If you can send your mantram in through that narrow gate, it will go on repeating itself in your sleep, healing old wounds and restoring your peace of mind for the next day. The Lord is quite happy to work all night. Those who have learned to fall asleep in the Holy Name go forward even in their sleep.  
-Eknath Easwaran

- Finish Every Day

Finish every day and be done with it.

You have done what you could.

Some blunders and absurdities

no doubt have crept in;

forget them as soon as you can.

Tomorrow is a new day; begin it well and serenely  
and with too high a spirit  
to be cumbered with  
your old nonsense.

This day is all that is  
good and fair.  
It is too dear,  
with its hopes and invitations,  
to waste a moment on yesterdays.  
-Ralph Waldo Emerson (1803 – 1882) Essayist & poet

- Leave All Quarrels Behind  
Speak quietly to everyone, and they too will  
be gentle in their speech.  
Harsh words hurt, and come back to the speaker.

If your mind is still, like a broken gong,  
you have entered nirvana, leaving all  
quarrels behind you.

Patiently I shall bear harsh words as the  
elephant bears arrows on the battlefield.  
People are often inconsiderate.

Best are those who have trained their mind  
to endure harsh words patiently.  
-The Buddha

- It Isn't Costly  
Does the grouch get richer quicker than the friendly sort of man?  
Can the grumbler labor better than the cheerful fellow can?  
Is the mean and churlish neighbor any cleverer than the one  
Who shouts a glad "good morning," and then smiling passes on?  
Just stop and think about it. Have you ever known or seen  
A mean man who succeeded, just because he was so mean?  
When you find a grouch with honors and with money in his pouch,  
You can bet he didn't win them just because he was a grouch.

Oh, you'll not be any poorer if you smile along your way,  
And your lot will not be harder for the kindly things you say.  
Don't imagine you are wasting time for others that you spend:  
You can rise to wealth and glory and still pause to be a friend.  
-Edgar Guest (People's poet) 1881-1959

When things go wrong, as they sometimes will,  
When the road you're trudging seems all uphill,  
When the funds are low and the debts are high,  
And you want to smile, but you have to sigh,  
When care is pressing you down a bit,  
Rest if you must, but don't you quit.

Life is queer with its twist and turns,  
As every one of us sometimes learns,  
And many a failure turns about  
When he might have won had he stuck it out.  
Don't give up though the pace seems slow-  
You may succeed with another blow!

Success is failure turned inside out-  
The silver tint of clouds of doubt,  
And you never can tell just how close you are,  
It may be near when it seems so far.

So stick to the fight when you're hardest hit-  
It's when things seem worst that you must not quit.  
-Author unknown

- Success is to be measured not so much by the position that one has reached in life as by obstacles which he has overcome while trying to succeed.  
-Booker T. Washington
- Nothing will ever be attempted if all possible objections must first be removed.  
-Samuel Johnson
- Make the most of yourself, that is all there is to you.  
-Ralph Waldo Emerson
- With every rising of the sun,  
Think of your life as just begun,  
The past has shivered and buried deep,

Concern yourself with but today,  
Woo it and teach it to obey  
Your will and wish. Since time began  
Today has been the friend of man;

But in his blindness and his sorrow,  
He looks to yesterday and tomorrow,  
You, and today! A soul sublime,  
And the great pregnant hour of time,  
With God himself to bind the twain!  
Go forth, I say-attain, attain!  
With God himself to bind the twain!  
-Ella Wheeler Wilcox

- None can do a man so much harm as he doeth himself.  
-Benjamin Whichcote
- It Couldn't Be Done

Somebody said that it couldn't be done,  
But he with a chuckle replied  
That "may be it couldn't," but he would be one  
Who wouldn't say so till he'd tried.  
So he buckled right in with the trace of a grin  
On his face. If he worried he hid it.  
He started to sing as he tackled the thing  
That couldn't be done, and he did it.

Somebody scoffed: "Oh, you'll never do that;  
At least no one ever has done it";  
But he took off his coat and he took off his hat,  
And the first thing we knew he'd begun it.  
With a lift of his chin and a bit of a grin,  
Without any doubting or quiddit,  
He started to sing as he tackled the thing  
That couldn't be done, and he did it.

There are thousands to tell you it cannot be done,  
There are thousands to prophesy failure;



There are thousands to point out to you, one by one,  
The dangers that wait to assail you.  
But just buckle in with a bit of a grin,  
Just take off your coat and go to it;  
Just start to sing as you tackle the thing  
That “cannot be done,” and you’ll do it.  
-Edgar A. Guest (People’s poet) 1881-1959

- One Solitary Life:

Here is a man who was born in an obscure village, the child of a peasant woman. He grew up in another village. He worked in a carpenter shop until He was thirty. Then for three years He was an itinerant preacher.

He never owned a home. He never wrote a book. He never held an office. He never had a family. He never went to college. He never put His foot inside a big city. He never traveled two hundred miles from the place He was born. He never did one of the things that usually accompany greatness. He had no credentials but Himself.

While still a young man, the tide of popular opinion turned against him. His friends ran away. One of them denied Him. He was turned over to His enemies. He went through the mockery of a trial. He was nailed upon a cross between two thieves. While He was dying, His executioners gambled for the only piece of property He had on earth – His coat. When He was dead, He was laid in a borrowed grave through the pity of a friend.

Nineteen long centuries have come and gone, and today He is a center piece of the human race and leader of the column of progress.

I am not far within the mark when I say that all the armies that ever marched, all the navies that were ever built; all the parliaments that ever sat and all the kings that ever reigned, put together, have not affected the life of man upon this earth as powerfully as has that One Solitary Life!

-Author unknown

- True Nobility

Who does his task from day to day  
And meets whatever comes his way,  
Believing God has willed it so,  
Has found real greatness here below.

Who guards his post, no matter where,  
Believing God must need him there,  
Although but lowly toil it be,  
Has risen to nobility.

For great and low there's but one test:  
'Tis that each man shall do his best.  
Who works with all the strength he can  
Shall never die in debt to man.  
-Edgar Guest - (People's poet) 1881-1959

- Unless a man takes himself sometimes out of the world, by retirement and self-reflection, he will be in danger of losing himself in the world.  
-Benjamin Whichcote
- Sorrow is a fruit; God does not make it grow on limbs too weak to bear it.  
-Victor Hugo
- Sow a Thought, and you reap an Act;  
Sow an Act, and you reap a Habit;  
Sow a Habit, and you reap a Character;  
Sow a Character, any you reap a Destiny.  
-Samuel Smiles
- It's good to have money and the things that money can buy, but it's good, too, to check up once in a while and make sure you haven't lost the things money can't buy.  
-George Horace Lorimer
- When you change the way you look at things, the things you look at change.  
-Dr. Dyer
- Rainy Day, Sunny Day  
*A Change In Perspective*  
Long ago, there lived an old woman whose tears never ceased because her worries were never-ending. She had two daughters.

The eldest had married an umbrella merchant. On days filled with sunshine, the old woman would glance upward and think, "The weather is too nice! No one is going to want to buy any umbrellas and the shop may need to be closed!" Overcome with worry, she would cry and cry.

Her younger daughter had married a noodle vendor and the old woman knew that when the rains came, the noodles would not dry and there would be no noodles to sell. On rainy days, the old woman would again be consumed with worry and her tears would pour. Thus, ever grieving for one of her daughters, she lived in constant sorrow.

Her well-meaning neighbors, unable to console the old woman, began to call her 'the crying woman.'

One day, she crossed paths with a monk. He had heard of the crying woman and was very curious as to why she never stopped crying. The old woman explained the source of her sadness. The monk, who was very kind, smiled and said, "You won't need to worry any more because I can show you the way to find happiness."

The old woman became very excited and quickly asked the monk to tell her what to do.

He replied that the answer was simple. "You only need to change your perspective," he said. "On sunny days, think not of your elder daughter and her umbrellas, but of your younger daughter finding the warmth to dry her noodles. When the sunlight is brightest, she will be able to make mountains of noodles and her business will prosper.

When the rains come, think not of your younger daughter and her noodles, but of the many customers who will come to your elder daughter in order to buy umbrellas. The more forceful the rain, the more she will sell."

The old woman knew the monk was speaking wisdom and did as he said. After a time, her tears became smiles, and her smiles grew as the days progressed.

From that day forward, she was known to all as 'the smiling woman.'-  
DailyOm website

- Wisdom is avoiding all thoughts that weaken you.  
-Dr.Wayne Dyer
- The people who make a difference in your life are not the ones with the most credentials, the most money, or the most awards. They are the ones that care.  
-Charles Schultz
- No tree has branches so foolish as to fight among themselves.  
-Native American saying  
We are all branches on tree called humanity.
- In our villages in Kalara, India, bags of rice, water jars, and other heavy burdens are often carried on the head. Villagers will walk long distances to market with their produce balanced on their heads. After carrying a bag of rice for many miles, when the villager wants to rest, he finds it difficult to sit down, take the burden from his head, and then, after resting, put it back on his head and get up again. So by the side of the rugged country roads they have constructed stone parapets, called athani in my mother tongue, which are about the height of a man. When I have been carrying a heavy burden for a few miles, I come to a stone parapet, and all I have to do is move close to the athani, nod my head, and the bag of rice will slide onto the wall. I can lie down and rest peacefully, and when I have refreshed myself, I can go back to the wall, give the bundle a little push, and balance it on my head again.

Vallathol Narayana Menon, a Malayali poet who was a Hindu, but who was deeply in love with Jesus as a divine incarnation, wrote a poem about Mary Magdalene in which he uses this image of the athani. In this beautiful poem in my mother tongue, with the title “Magdalana Mariyam,” Jesus tells Mary: “Why do you carry the load of your guilt, the burden of your sins on your head? I am here, like the stone parapet. Don’t stand far away. Come close to me; keep your head right near me, and when you nod your head, I am ready to take your burden.”

This is an experience that will come to all of us when we lead the spiritual life and are prepared to live for others around us. Sometimes our problems will be greater; sometimes the challenges will be immense, but the Lord will always say from within, “I am the stone parapet. I am your support. Shift your burden to Me.”

-Eknath Easwaran

- The mind is very much like the restless trunk of an elephant. In India elephants often walk in religious processions, which wind through the streets of the town on their way to the temple. The trunk of the elephant is a restless thing, always moving, and as the temple elephant taken through the narrow streets of the bazaar, it is usually tempted by the coconuts, bananas, and other produce displayed in the stalls on either side. As it walks, if the storekeeper doesn't watch, it picks up a coconut and puts it in its mouth. There is a loud crack, and that it is the last of the coconut. Then from the next stall it takes a whole bunch of bananas, It doesn't peel them, but just puts the whole bunch inside, and it's gone. But the wise mahout, the man in charge of the elephants, knows their habits, so as the procession begins he gives the elephant a short bamboo stick to hold in its trunk. The elephant holds the bamboo stick firmly and walks through the streets without confiscating anyone's property.

This is what we do when we repeat the mantram: we slowly give a mantram-stick to the mind, and instead of wanting to smoke or overeat, it has something to hold on to. Gradually, this makes the mind firm, secure, steadfast, and proof against tension.

-Eknath Easwaran

- Faith will turn any course, light any path, relieve any distress, bring joy out of sorrow, peace out of strife, friendship out of enmity, heaven out of hell, Faith is God at work.

-F.L. Holmes

- You can't connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future. You have to trust in something - your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life.

-Steve Jobs

- Faith is not believing that God can. It is knowing that God will.

-Ben Stein

- When you feel down because you didn't get what you want, just sit tight and be happy, because God is thinking of something better to give you.

- I came to realize that life lived to help others is the only one that matters. This is my highest and best use as a human. I can put it another way. Years ago, I realized I could never be as great an actor as Olivier or as good a comic as Steve Martin or Martin Mull or Fred Willard or as good an economist as Samuelson or Friedman or as good a writer as Fitzgerald. Or even remotely close to any of them.

But I could be a devoted father to my son, husband to my wife and, above all, a good son to the parents who had done so much for me. This came to be my main task in life. I did it moderately well with my son, pretty well with my wife and well indeed with my parents (with my sister's help). I cared for and paid attention to them in their declining years. I stayed with my father as he got sick, went into extremes and into a coma and then entered immortality with my sister and me reading him the Psalms.

This was the only point at which my life touched the lives of the soldiers in Iraq or the firefighters in New York. I came to realize that life lived to help others is the only one that matters and that is my duty, in return for the lavish life God has devolved upon me, to help others He has placed in my path. This is my highest and best use as a human.

Faith is not **believing** that God can. It is **knowing** that God will.  
-Ben Stein

- Let go and let God.
- For anything worth having one must pay the price; and the price is always work, patience, love, self-sacrifice – no paper currency, no promises to pay, but the gold of real service.  
-John Burroughs
- Trying to squash a rumor is like trying to unring a bell.  
-Shana Alexander
- Loss is nothing else but change, and change is Nature's delight.  
-Marcus Aurelius

- Change is unchanging law of Nature.
- No one can live happily who regards himself alone, who turns everything to his own advantage. You must live for another if you wish to live for thyself.  
-Seneca Roses and Weeds
- In the springtime, go out and observe the blossoms on the fruit trees. The blossoms vanish of themselves, as the fruit grows, so to will the lower-self (ego) vanish as the divine grows within you.  
-Swami Vivekananda
- Our first duty is not to hate ourselves; because to advance we must have faith in ourselves first and then in God. He who has no faith in himself can never have faith in God.  
-Swami Vivekananda
- We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far.  
- Swami Vivekananda

- Living In Alignment  
*Integrity*

A boat with no leaks is said to have integrity, as is a solid piece of furniture. It is their wholeness-no gaps or weaknesses-that gives them their integrity. People who have integrity convey a similar "seaworthiness" and stability. There is the sense that they can be counted on, that their actions will be consistent with their ideals. Just being in the presence of someone with this quality creates a feeling of steadiness even in a chaotic environment. These people are natural leaders because we sense that it is safe to follow them. Martin Luther King, Jr. and Gandhi are clear examples of modern human beings who embodied integrity.

All spiritual traditions have vows, precepts, and tenets that are designed to encourage us to live in harmony with a higher vision of what humanity can be. Following a set of precepts, or taking a vow, can teach us what it feels like to be true to a set of elevated ideals in which we think beyond I, me, and mine. Being true to a vow in the face of

temptation builds strength and power. We learn first hand the benefits of sacrificing short-term gains in favor of long-term vision. We learn the value of doing what is right, and not just what is easy. In a culture obsessed with convenience and freedom, integrity can be a rare quality. Perhaps this is because we have a cultural habit of resisting limitation and restriction. And yet, limitation and restriction often provide the structure in which integrity can be born.

Living with integrity generates self-confidence and self-esteem. It is important to take time on a regular basis to examine whether your actions, your words and your vision are in alignment. Make it a priority to look into any imbalances you find and commit to resolving them. Take time to consider and, when necessary, revise your overall vision for life, making sure your actions and words support your ideals.

-DailyOM Website

- The Best

The best, like water,  
Benefit all and do not compete.  
They dwell in lowly spots that everyone else scorns.  
Putting others before themselves,  
They find themselves in the foremost place  
And come very near to the Tao.  
In their dwelling, they love the earth;  
In their heart, they love what is deep;  
In personal relationships, they love kindness;  
In their words, they love peace.  
In personal affairs, they love what is right.  
In action, they love choosing the right time.  
It is because they do not compete with others  
That they are beyond the approach of the world.  
-By Leo Tzu

- If I Had My Life To Live Over

If I had my life to live over, I would have talked less and listened more.

I would have invited friends over to dinner even if the carpet was stained and the sofa faded.



I would have taken the time to listen to my grandfather ramble about his youth.

I would have shared more of the responsibility carried by my husband.

I would have gone to bed when I was sick instead of pretending the earth would go into a holding pattern if I weren't there for the day.

When my kids kissed me impetuously, I would never have said, "Later. Now go get washed up for dinner."

There would have been more "I love you's". More "I'm sorrys" ...

But mostly, given another shot at life, I would seize every minute... look at it and really see it ... live it...and never give it back.

-Erma Bombeck

- 10 Ways to Manage Stress  
*Removing Stress From Your Life*
  1. We seldom concretely identify those situation and people we find stressful. To understand what brings on stress in your life, try to maintain a heightened awareness of your physical and mental feelings for a week. When you feel your heart racing, your muscles tightening, or your stomach contracting, ask yourself why. Keep a list of those things that trigger stressful feelings.
  2. Make relaxation part of your daily routine. Deep breathing and simple stretches can be performed both at home and in the office. Taking a few minutes to sooth your soul by savoring a cup of tea or grounding yourself can center you, giving you the ability to deal with stress more effectively.
  3. It can be difficult to let go of worries or thoughts that provoke anxiety. One technique involves dissipating stressful thoughts before they get out of control. Concentrate on the thought and firmly say "Stop" to prevent the thought from recycling itself in your mind. In doing so, you will be free of the thought's power to influence your mood.

4. Get back to nature. Enjoying a relaxing day out of doors can help you feel more calm and balanced during your normal routine. A mountain hike or day at the beach can be a wonderful stress reducer. If you simply can't get away, try listening to a CD of nature sounds or spending a few minutes in front of a sunny window.

5. Each day, give yourself the gift of doing one thing you truly enjoy. It may be writing, gardening, dancing, walking, or watching a good film. Doing something you like every day will improve your quality of life and frame of mind, making you better able to handle stress as it arises.

6. Assess your priorities and learn to say no. Determine what activities you don't want to or can't do at home or at work, and, if you can, stop doing them. Don't overload your schedule by committing to new responsibilities because you are afraid to say no. Instead, dedicate yourself only to the activities that bring you joy.

7. Guided imagery can help you stay relaxed during periods of stress. Take a moment to imagine yourself in a peaceful setting that feels safe and nurturing, perhaps somewhere you have felt lighthearted and calm in the past. Concentrate on your setting until you feel your muscles and mind relax.

8. Exercise affects both the body's energy level and the brain's chemistry by encouraging the release of beneficial hormones. It can also help you let go some of the tension and pent-up energy associated with stress by giving you a healthy outlet for your feelings. The mood-elevating benefits of exercise last for days, but regular exercise is the most uplifting.

9. Take a break. When you're faced with any type of stress, stop for a moment to collect your thoughts. Breathe slowly and deeply for ten seconds and try to clear your mind of unpleasant thoughts. You'll still be facing the same situation, but your outlook will be clearer.

10. When you have compiled a list of stressful triggers, compile a second list outlining your personal methods for dealing with stress. Though unexpected or frustrating situations can seem overwhelming,

you have the power to cope. Recognizing your strengths can make dealing with stress seem easier.

- Have you ever felt that something terrible was happening to you, but later when you looked back on it, you realized that it was a good thing? That happens to every one. When you realize that **every thing that happens to you is for your good, all the time**, you are seeing your life the way your soul sees it  
-“Soul Stories” by Gary Zukav
- The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live the present moment wisely and earnestly.  
-The Buddha
- The paradox of our time in history is that we have taller buildings but shorter tempers, wider freeways, but narrower viewpoints. We spend more, but have less, we buy more, but enjoy less. We have bigger houses and smaller families, more conveniences, but less time. We have more degrees but less sense, more knowledge, but less judgment, more experts, yet more problems, more medicine, but less wellness.

We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, read too little, watch TV too much, and pray too seldom. We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often. We've learned how to make a living, but not a life.

We've added years to life not life to years. We've been all the way to the moon and back, but have trouble crossing the street to meet a new neighbour. We conquered outer space but not inner space. We've done larger things, but not better things. We've cleaned up the air, but polluted the soul. We've conquered the atom, but not our prejudice. We write more, but learn less. We plan more, but accomplish less. We've learned to rush, but not to wait. We build more computers to hold more information, to produce more copies than ever, but we communicate less and less. These are the times of fast foods and slow digestion, big men and small character, steep profits and shallow relationships. These are the days of two incomes but more divorce,

fancier houses, but broken homes. These are days of quick trips, disposable diapers, throwaway morality, one night stands, overweight bodies, and pills that do everything from cheer, to quiet, to kill. It is a time when there is much in the showroom window and nothing in the stockroom. A time when technology can bring this letter to you, and a time when you can choose either to share this insight, or to just hit delete.

Remember, spend some time with your loved ones, because they are not going to be around forever.

Remember, say a kind word to someone who looks up to you in awe, because that little person soon will grow up and leave your side.

Remember, to give a warm hug to the one next to you, because that is the only treasure you can give with your heart and it doesn't cost a cent.

Remember, to say, "I love you" to your partner and your loved ones, but most of all mean it. A kiss and an embrace will mend hurt when it comes from deep inside of you.

Remember to hold hands and cherish the moment for someday that person will not be there again.

Give time to love, give time to speak, and give time to share the precious thoughts in your mind.

#### AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

-George Carlin

#### 10 Steps To Better Decision Making *Considering The Possibilities*

1. Making a difficult choice can seem harrowing when you feel you're working alone. Involve others in your decision making by asking for criticism and seeking advice from those who can approach the choice

from a fresh perspective. Listen to opinions that fall on both sides of the topic at hand. You may also want to consult an expert.

2. Learn from your mistakes as well as your triumphs. Examine decisions you have made in the past as they will teach you more than you will learn from most other sources. Though some decisions will not seem important, all decisions shape our lives and should be regarded as educational. Apply that knowledge to your current dilemma.

3. A good decision acted upon in a timely matter is always better than a great one acted upon too late. It is important to recognize that you will never know enough to make the perfect decision. Don't become paralyzed by your need to foresee all possible outcomes to every possible choice.

4. Involve your head and your heart. Ask both practical questions and personal questions about the problem at hand. Considering the facts as well as your feelings (and the feelings of others) when examining your options will ensure that you make a balanced decision.

5. Before anything else, focus on the most basic, necessary results. Often, a decision maker will get bogged down thinking about the non-essential elements of a decision. Avoid considering extraneous factors and far-fetched perfect outcomes. Ask yourself, "What needs to be done?"

6. Consider the entire range of possibilities, no matter how unlikely. When faced with a complex decision, brainstorm by yourself or with others to find as many of the vital elements as possible. Evaluate those elements as they relate to the choice you must make.

7. It was a wise person who noted that, "you can't please all of the people all of the time." Almost all decisions will involve some dissatisfaction or conflict. Some decisions may even create new problems. Once you have made a decision, stand by it. Keep in mind that you have used your best judgment and it was the best choice at the time.

8. Don't waste time on poor choices. Reject poor choices, even if you've begun to implement them, and stop doing the things that aren't working, so you can focus on the solutions that have strong potential.

9. Consult with the people who will be directly affected by your decision. People appreciate being heard and enjoy when their opinions are seen as valuable. Even making a simple choice can have a profound impact on those around you.

10. It is easy to dismiss your intuition, but in doing so, you may be disregarding valuable insight and even solutions. Ask yourself what choices you would make if you weren't afraid and then see what your subconscious offers as an answer. Try to ignore the fear of error when consulting your "gut."

-DailyOM Website

- I have an advantage because I work in a profession in which everything I do generates an immediate response in overnight ratings, emails, and phone calls. Every day of your life, you are performing your own show, and the returns may come in more slowly or be less obvious. But everything is being returned. What you're thinking, what you're saying, what you're doing, is having an impact on you and the people around you right now.  
-Oprah Winfrey
- I once heard of a man who prayed to God, "Give me patience, O Lord, and give it to me now!"
- Everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.  
-Andy Rooney
- The Secret of Happiness:

If we look with some detachment on the moments when we were truly happy, we will find that it was not when we were at a party or watching a movie. It was when we were so quietly, completely absorbed in something that we forget ourselves altogether. That is the secret of happiness. In forgetting about ourselves – our problems, our needs, our quirks and prepossessions – we become happy, just as in dwelling on ourselves we make ourselves miserable.

-Eknath Easwaran

- Love is swift, sincere, pious, joyful, generous, strong, patient, faithful, prudent, long-suffering, courageous, and never seeking her own; for where so ever we seek our own, there we fall from love.  
–Thomas a Kempis
- Remember, sometimes we need to experience what we don't want to determine what we do want.  
DailyOM website
- They do much who love God much, and they do much who do their deed well, and they do their deed well who do it rather for the common good than for their own will.  
–Thomas a Kempis
- Know that when thou learnest to lose thyself  
Thou wilt reach the Beloved.  
There is no other secret to be revealed,  
And more than this is not known to me.  
–Ansari
- People should think less about what they ought to do, and more about what they ought to be. If only their living were good, their work would shine forth brightly.  
-Meister Eckhart
- Our attitudes control our lives. Attitudes are a secret power working twenty-four hours a day, for good or bad. It is of paramount importance that we know how to harness and control this great force.  
-Tom Blau
- Hope arouses, as nothing else can, a passion for the possible.  
-William Sloane Coffin, Jr.
- When one person hates another, it is the hater who falls ill – physically, emotionally, spiritually. When he loves, it is he who becomes whole. Hatred kills. Love heals.  
-Prince Siddhartha / The Buddha (the Awakened One) (563B.C.)
- Ability gets you to the top,  
Character keeps you there.

- The first step towards the solution to any problem is optimism.  
-John Baines
- Our ultimate freedom is the right and power to decide how anybody and anything outside ourselves will affect us.  
-Stephen Covey
- The main cause for anger is the negative imprint from past anger that resides in your mental consciousness. Anger arises if you do not have any patience for the object or enemy. It is just a different way of thinking about a person, unlike a person who is attached to you and likes you. Patience is what makes you label a negative experience positively. Patience generates a positive, peaceful and healthy mind.  
-Lama Thubten Zapa Rinpoche
- The goal in life is not to harm others, but to benefit others, make their life useful, free them from problems, develop compassion and wisdom to create greater happiness for others. Compassion and wisdom fill the empty heart with joy.  
-Lama Thubten Zapa Rinpoche
- Man is not holier or higher for the outward works that he does. Truly God that is the Beholder of the heart rewards the will more than the deed. The deeds truly hang on the will, not the will on the deeds.  
- Richard Rolle
- Little by little, through patience and repeated effort, the mind will become stilled in the Self.  
-Lord Krishna in Bhagavad-Gita
- Two men, both seriously ill, occupied the same hospital room. One man was allowed to sit up in his bed for an hour each afternoon to help drain the fluid from his lungs. His bed was next to the room's only window.

The other man had to spend all his time flat on his back. The men talked for hours on end. They spoke of their wives and families, their homes, their jobs, their involvement in the military service, where they had been on vacation.



Every afternoon when the man in the bed by the window could sit up, he would pass the time by describing to his roommate all the things he could see outside the window.

The man in the other bed began to live for those one-hour periods where his world would be broadened and enlivened by all the activity and color of the world outside.

The window overlooked a park with a lovely lake. Ducks and swans played on the water while children sailed their model boats. Young lovers walked arm in arm amidst flowers of every color and a fine view of the city skyline could be seen in the distance.

As the man by the window described all this in exquisite detail, the man on the other side of the room would close his eyes and imagine the picturesque scene.

One warm afternoon the man by the window described a parade passing by. Although the other man couldn't hear the band - he could see it. In his mind's eye as the gentleman by the window portrayed it with descriptive words. Days and weeks passed.

One morning, the day nurse arrived to bring water for their baths only to find the lifeless body of the man by the window, who had died peacefully in his sleep. She was saddened and called the hospital attendants to take the body away.

As soon as it seemed appropriate, the other man asked if he could be moved next to the window. The nurse was happy to make the switch, and after making sure he was comfortable, she left him alone.

Slowly, painfully, he propped himself up on one elbow to take his first look at the real world outside. He strained to slowly turn to look out the window beside the bed. It faced a blank wall. The man asked the nurse what could have compelled his deceased roommate who had described such wonderful things outside this window.

The nurse responded that the man was blind and could not even see the wall. She said, "Perhaps he just wanted to encourage you."

There is tremendous happiness in making others happy, despite our own situations

- "What progress have I made? I am beginning to be my own friend." That is progress indeed. Such a person will never be alone, and you may be sure he is a friend of all.  
-Seneca

- One should get rid of a selfish mind and replace it with a mind that is earnest to help others. An act to make another happy inspires the other to make still another happy, and so happiness is born from such an act.

Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.

-Prince Siddhartha / The Buddha (the Awakened One) (563B.C.)

- The moment you are willing to change, it is remarkable how the Universe begins to help you. It brings you what you need. It could be a book; a tape; a teacher or even a friend making a passing remark that suddenly has deep meaning to you.

-Louise L. Hay

- The only place where success comes before work is in the Dictionary.

-Vince Lombardi

- For success attitude is as important as ability.
- Add up every reason you can think of for feeling happy, thankful and healthy...and your life will change for the better!

-Dr. Norman Vincent Peale

- Love begets love.

-Saint Teresa of Avila

- Envy and wrath shorten the life.

-Ecclesiasticus

- I have not ceased being fearful, but I have ceased to let fear control me.

-Erica Jong

- As human beings, our greatness lies not so much in being able to remake the world – that is the myth of the “atomic age” – as in being able to remake ourselves.

-Mahatma Gandhi

- Precious gems are profoundly buried in the earth and can only be extracted at the expense of great labor.  
–Anandamayi Ma
- No matter how intelligent, attractive, or talented you may be – to the degree you doubt your worthiness you tend to sabotage your efforts and undermine your relationships. Life is full of gifts and opportunities; you will open to receive and enjoy them to the degree that you begin to appreciate your innate worth, and to offer to yourself the same compassion and respect that you would give to others. Discovering your worth sets your spirit free.  
-Dan Millman
- The first duty of love is to listen.  
-Paul Tillich
- When I focus on getting my share, I'll always be disappointed, but by noticing what I am already receiving and then working to repay those around me, I find a genuine opportunity for fulfillment.  
-David K. Reynolds, Ph.D.
- God offers to every mind its choice between truth and repose. Take, which you please, you can never have both.  
-Ralph Waldo Emerson
- Adversity is a profound teacher. We should rejoice and give thanks when difficulties occur, not because of the suffering itself, but because of what will come of it, if we lean on God.  
-Joan Wester Anderson
- God gives nothing to those who keep their arms crossed.  
-Bambara (Mali) Proverb
- When we are flexible and forgiving we are happy. When we are rigid and righteous we are unhappy. It's that simple.  
-Hugh Prather
- It is not the conduct of others but our reaction to it that makes or mars our life experience.  
-Eric Butterworth

- Since you cannot do good to all, you are to pay special attention to those who, by accidents of time, or place, or circumstance, are brought into closer connection with you.  
-St. Augustine
- Why do I defend my opinions?  
Am I my opinions?  
My precious opinions never made anybody happy.  
  
Say what is easily forgotten.  
Do what is easily overlooked.  
Think what is everlasting.  
-Hugh Prather
- If there's a question whether to say it, don't say it.  
-Hugh Prather
- It should be obvious that the evidence of love, unity, and wholeness in our lives will begin to disappear whenever we choose to be special and separate.  
-Hugh Prather
- You can tell a lot about a person by the way he/she handles three things:  
a rainy day, lost luggage, and tangled Christmas tree lights.
- No matter what happens, how bad it seems today, life does go on, and it will be better tomorrow.
- When our kids feel our generosity, we automatically teach them to share what they have with others but nothing we say will make them value what we don't value.  
-Hugh Prather
- As your body becomes less flexible, let your mind become more flexible. Loosen up your attitudes. Throw off that heavy coat of righteousness and rigidity. Look lightly on your destiny. Look lightly on the world.  
-Hugh Prather

- The law of flotation was not discovered by contemplating the sinking of things, but by contemplating the floating of things which floated naturally, and then intelligently asking why they did so.  
-Thomas troward
- Forgiveness isn't something nice we do for someone who is "guilty". Forgiveness is something nice we do for our own mind.
- Do we want mind that tortures us or one that is a friend to us?  
-Hugh Prather
- All life is one. The world is one home. All are members of one human family. All creation is an organic whole. No man is independent of this whole. Man makes himself miserable by separating himself from others. Separation is death. Unity is eternal life.  
-Swami Sivananda
- We are walking in a ticker tape parade. That's all that's going on. Some pieces of confetti read "great calves," some "chronic sinus," some "no noticeable hair loss," some "multiple sclerosis," and some "third finger amputation."

Don't judge your neighbor by what pieces of paper fall on his or her shoulders. Don't think you are "cursed" or "blessed" by what pieces falls on yours.

-Hugh Prather

- Ego is made of the following six primary ingredients:
  1. I am what I have.
  2. I am what I do.
  3. I am what others think of me.
  4. I am separate from everyone.
  5. I am separate from all that is missing in my life.

6. I am separate from God.

-Dr. Dyer

- You were born with potential.  
You were born with goodness and trust.  
You were born with ideals and dreams.  
You were born with greatness.  
You were born with wings.  
You are not meant for crawling, so don't.  
You have wings.  
Learn to use them and fly.  
-Rumi
- Two prime ministers were sitting in a room. Suddenly the door bursts open, a man came in. He was extremely upset and shouting and carrying on. The resident prime minister said, "Peter, Peter, please remember Rule #6." Immediately Peter was restored to complete calm.

Right after that a young woman came in. She was hysterical. Her hair was flying all over the place, shouting and carrying on. Resident Prime minister said, "Maria, please remember Rule #6! Immediately Maria said, Oh, I'm so sorry," she apologized and walked out.

- Then same thing happened a third time.

The visiting prime minister said, "My dear colleague, I've seen three people come into the room in a state of uncontrollable fury, and they walked out calmly. Would you be willing to share this Rule #6? What is Rule #6?"

The Resident Prime Minister said, "Oh yes, Rule #6, very simple. Don't take yourself damned too seriously."

The visiting Prime Minister said, "Oh, that's a wonderful rule. What may I ask other rules are?"

The Resident Prime Minister said, "There are no other rules, just Rule #6."

-Rosamund and Benjamin Zander

- Life is going to shovel dirt on you, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a stepping stone. We can get out of the deepest wells just by not stopping, never giving up! Shake it off and take a step up!

Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

- The best thing to give:

To your enemy is forgiveness;  
To an opponent, tolerance;  
To a friend, your heart;  
To your child, a good example;  
To your father, deference;  
To your mother, conduct that will make her proud of you;  
To yourself, respect;  
To all men, charity.  
-Swami Sivananda

The meaning of "Deference"

1. Submission or courteous yielding to the opinion, wishes, or judgment of another. 2. Courteous respect.

- Don't ever confuse the two, your life and your work. The second is only part of the first. Don't ever forget what a friend once wrote Senator Paul Tsongas when the senator decided not to run for re-election because he'd been diagnosed with cancer: "No man ever said on his deathbed I wish I had spent more time in the office." Don't ever forget the words my father sent me on a postcard last year: "If you win the rat race, you're still a rat."  
-Anna Quindlen

☒ Are you aware that if we died tomorrow, the company that we are working for could easily replace us in a matter of days? But the family we left behind will feel the loss for the rest of their lives. We pour ourselves more into work than into our own family, an unwise investment indeed.

☒ I didn't see it then, but it turned out that getting fired from Apple was the best thing that could have ever happened to me. I'm pretty sure none of this would have happened if I hadn't been fired from Apple. It was awful tasting medicine, but I guess the patient needed it. Sometimes life hits you in the head with a brick. Don't lose faith.  
-Steve Jobs

• If God brings you to it, He will bring you through it.

Happy moments, praise God.

Difficult moments, seek God.

Quiet moments, worship God.

Painful moments, trust God.

Every moment, thank God.

- Every time you interact with others, you have the choice to listen to, acknowledge, and let go of their words, or you can take what they are saying personally.

Taking things personally is often the result of perceiving a person's actions or words as an affront or slight.

In order to take something personally, you must read negative intent in an individual's words or actions. But what people do and say has no bearing upon you and is usually based on their own experiences, emotions, and perceptions. If you attempt to take what they do or say personally, you may end up feeling hurt without reason.

-DailyOm website

- Satya Sai Baba (a great saint in India) was asked by a reporter from the West, "Are you God?" Satya Sai Baba responded without hesitation, "yes, I am," to which everyone in attendance seemed stunned. Then after a brief pause, he continued, "And so are you. The only difference between you and I", he said, "is that I know it and you doubt it."



- James Dungy, the 18-year-old son of Indianapolis colts coach Tony Dungy was found dead; when things like this happen it adjusts our perspective on life.

What was considered major yesterday doesn't amount to more than a footnote today.

- Truth does not change according to our ability to stomach it.  
-Flannery O'Connor, writer (1925-1964)
- When you find peace within yourself, you become the kind of person who can live at peace with others.  
-Peace Pilgrim
- Make a conscious decision to make this the best day of your life and meet with pleasure, success and fun. If you believe it, it will most certainly happen. A timeless secret for lifelong success is to live each day as if it were your last.  
-Robin S. Sharma
- If you practice being annoyed, irritable and angry all the time, that gets to be your habit. If you practice patience, or kindness, or generosity, and you do it over and over, even if it's self-conscious at first, after a while it grows to be your relation to the world, and people treat you differently because of it.  
-Jack Kornfield
- Yes, we are all different. We have different customs, different foods, different mannerisms, different languages, but not so different that we cannot get along with one another if we will disagree without being disagreeable.  
-J. Martin Kohe
- Consider yourself as an orange. Only what is really inside can come out. If you fill your mind with thoughts of serenity, positivity, strength, courage and compassion, when someone squeezes you, this is the only juice that can flow.  
-Robin S. Sharma
- My mom only had one eye. I hated her. She was such an embarrassment. My mom ran a small shop at a flea market. She collected little weeds and such to sell. Anything for the money we

needed.

There was this one day during elementary school. I remember that it was field day, and my mom came. I was so embarrassed. How could she do this to me? I threw her a hateful look and ran out. The next day at school..."Your mom only has one eye?!" and they taunted me. I wished that my mom would just disappear from this world so I said to my mom, "Mom, why don't you have the other eye?! You're only going to make me a laughingstock."

My mom did not respond. I guess I felt a little bad, but at the same time, it felt good to think that I had said what I'd wanted to say all this time.

One day, a letter regarding a school reunion came to my house. After the reunion, I went down to the old shack that I used to call a house...just out of curiosity. There, I found my mother fallen on the cold ground. She had a piece of paper in her hand.... it was a letter to me.

She wrote:

My son I think my life has been long enough now. I won't visit Seoul anymore but would it be too much to ask if I wanted you to come visit me once in a while? I miss you so much. I was so glad when I heard you were coming for the reunion. But I decided not to go to the school (for you). I'm sorry that I only have one eye, and I was an embarrassment for you. You see, when you were very little, you got into an accident, and lost your eye. As a mother, I couldn't stand watching you having to grow up with only one eye. So I gave you mine. I was so proud of my son that he was seeing a whole new world for me, in my place, with that eye. I was never upset at you for anything you did.

I thought to myself, 'it's because he loves me.' I miss the times when you were still young around me. I miss you so much. I love you. You mean the world to me.

My world shattered!!! I cried for the person who lived for me?

Just pause for a moment and pray for our parents so that God gives them all the happiness that they rightfully deserve.....!!!!!!

-Author unknown

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

Worrying is like a rocking chair; it gives you something to do, but it doesn't get you anywhere.

- Stay on purpose, not on outcome. In other words, do the task because it is what you love to do or because it will help someone or is a valuable exercise. Don't do it for the money or the recognition. Those will come naturally. This is the way of the world.  
-Robin S. Sharma

- Let none find fault with others; let none see the omissions and commissions of others. But let one see one's own acts, done and undone.  
-Dhammapada 50

- A clear conscious is a continual Christmas.  
-Benjamin Franklin

- Life is no straight and easy corridor along which we travel free and unhampered, but a maze of passages, through which we must seek our way, lost and confused, now and again checked in a blind ally. But always, if we have faith, a door will open for us, not perhaps one that we ourselves would ever have thought of, but one that will ultimately prove good for us.  
-A. H. Croin – Scottish Novelist

- A negative attitude is like a flat tire. You are not going far until you change it.  
-Wendy Marshall

- Prayer is less about changing the world than it is about changing ourselves.  
-Rabbi David J. Wolpe

- Love is never wasted, it always come back to you a hundred times over.

- The indispensable first step to getting the things what you want out of life is this: Decide what you want.  
-Ben Stein, actor
- This is myself and this is another. Be free of this bond which encompasses you about. And your own self is thereby released.  
-Saraha
- Before you put on a frown, make absolutely sure there are no smiles available.  
-Jim Beggs, author
- Do not kiss your children so they will kiss you back but so they will kiss their children.  
-Noah Benshea, author
- The most important ingredient in happiness is self-esteem: the knowledge that it is good to be what you are.  
-Roger Scruton, British philosopher
- I Sometimes we get so caught up in the future, we forget to take pleasure in what we have. We become so obsessed with “I want, I want, I want,” there is no room left to notice that we are already standing neck-deep in grace.  
- from “Joy, No Matter What” by Carolyn Hobbs
- I have been told that I need to have faith in God. Which is a good thing. But what I am learning is that God has faith in me.  
-Pastor Rob Bell
- I don't think we leave a more important legacy on this earth than those we leave behind. I'm at my happiest when I'm surrounded by my family. I don't define myself by what I do as a living. I define myself by what I do as a husband and a father.  
-Brian Williams, NBC News Anchor
- Having a sense of humor is like knowing you'll have an umbrella when the rain rolls in.  
- Kathleen Keller Passanisi, author of “It's your life-Choose well”

- Lord, how can I ever find rest anywhere else when I am made to find rest in thee?  
–Saint Augustine
- We all need joy, and we can all receive joy in only one way, by adding to the joy of others.  
– Eknath Easwaran
- We must do our business faithfully, without trouble or disquiet, recalling our mind to God mildly, and with tranquility, as often as we find it wandering from Him.  
–Brother Lawrence

- Manifest plainness,  
Embrace simplicity,  
Reduce selfishness,  
Have few desires.  
–Lao tzu
- How poor are they that have not patience!  
What wound did ever heal but by degrees?  
–William Shakespeare
- A group of working adults got together to visit their University Lecturer. Conversation soon turned into complaints about stress in work and life.

The Lecturer just smiled and went to the kitchen to get an assortment of cups - some porcelain, some in plastic, some in glass, some plain looking and some rather expensive and exquisite.

The Lecturer offered his former students the cups to get drinks for themselves.

When all the students had a cup in hand with water, the Lecturer spoke: "If you noticed, all the nice looking, expensive cups were taken up, leaving behind the plain and cheap ones. While it is normal that you only want the best for yourselves, that is the source of your problems and stress. What all you wanted was water, not the cup, but we subconsciously went for the better cups."

"Just like in life, if Life is Water, then the jobs, money and position in society are the cups. They are just tools to hold /maintain Life, but the quality of Life doesn't change."

"If we only concentrate on the cup, we won't have time to enjoy/ taste the water in it."

-Mother Teresa

- Parable of the Pencil

The Pencil Maker took the pencil aside, just before putting him into the box.

"There are 5 things you need to know," he told the pencil, "Before I send you out into the world. Always remember them and never forget, and you will become the best pencil you can be."

"One: You will be able to do many great things, but only if you allow yourself to be held in someone's hand."

"Two: You will experience a painful sharpening from time to time, but you'll need it to become a better pencil."

"Three: You will be able to correct any mistakes you might make."

"Four: The most important part of you will always be what's inside."

"And Five: On every surface you are used on, you must leave your mark. No matter what the condition, you must continue to write."

The pencil understood and promised to remember, and went into the box with purpose in its heart.

Now replacing the place of the pencil with you, always remember them and never forget, and you will become the best person you can be.

One: You will be able to do many great things, but only if you allow yourself to be held in God's hand. And allow other human beings to access you for the many gifts you possess.

Two: You will experience a painful sharpening from time to time, by going through various problems in life, but you'll need it to become a stronger person.

Three: You will be able to correct any mistakes you might make.

Four: The most important part of you will always be what's on the inside.

And Five: On every surface you walk through, you must leave your mark. No matter what the situation, you must continue to do your duties.

Allow this parable on the pencil to encourage you to know that you are a special person and only you can fulfill the purpose to which you were born to accomplish.

Never allow yourself to get discouraged and think that your life is insignificant and cannot make a change.

- Hope is not about everything turning out okay; it is about being okay no matter how things turn out.  
-Carol Kodish-Butt
- Allowing an unimportant mistake to pass without comment is a wonderful social grace.  
-Judith Martin, also known as "Miss Manners"
- People with humility don't think less of themselves. They just think about themselves less.  
-Ken Blanchard and Margret McBride
- "Don't go through life so fast that someone has to throw a brick at you to get your attention!" God whispers in our souls and speaks to our hearts. Sometimes when we don't have time to listen, He has to throw a brick at us. It's our choice to listen or not.  
-Author unknown
- Even when you are striving, stumbling and struggling, it's exhilarating if you sense you are growing  
-Former high school teacher Brenda Poinsett

- We know that God's arithmetic is somewhat odd. When you subtract by giving, you get more.  
-Archbishop Desmond Tutu
- What breath is to the physical body, hope is to the human spirit. Hope is what consoles us. It is the fuel that energizes us, gets us up in the morning, and propels us through the day.  
-John R. Claypool
- In giving freely without guarantee of return, you set into motion an irresistible momentum of goodness.  
-John Templeton
- The real measure of your wealth is how much you'd be worth if you lost all your money.  
-Bernard Meltzer
- The real miracle of forgiveness is to remember and still forgive.  
-Len D. McMillan
- - Pursue achievable goals.
  - Keep a genuine smile.
  - Share with others.
  - Help thy neighbors.
  - Maintain a youthful smile.
  - Get along with the rich, the poor and the ugly.
  - Keep cool under pressure.
  - Lighten the atmosphere with humor.
  - Forgive the annoyance of others.
  - Have few pals.
  - Cooperate and reap greater rewards.
  - Treasure every moment with your loved ones.
  - Have high confidence in yourself.
  - Respect the disadvantages.
  - Indulge yourself occasionally.
  - Take calculated risk.
  - Understand money isn't everything.
- People are motivated by fear, but they are not inspired by it. *Everything* that inspires us comes from love.



-Lance Secretan

- “What progress have I made? I am beginning to be my own friend.”  
That is progress indeed. Such a person will never be alone, and you may be sure he is a friend of all.

-Seneca

- I claim no scientific basis for the point I now make, but I believe it to be sound:  
giving-away not only is good for the spirit; it is also a beneficial heart stimulant.

It is my conviction that health is to no small extent conditioned, perhaps even controlled, by the circulation of the blood. That important little circulatory organ located in the left side of the breast is, I believe, influenced to a greater degree than we perhaps realize by that other heart which is described in the dictionary as “the seat of the affection; the emotional nature.”

When your emotional nature is stirred by something you do, is it not probable that your heart is actually stimulated, so that it quickens the circulation of your blood and makes you feel alive and full of health?

I know that the little surges of happiness I get out of giving-away suffuse me with a momentary sense of glowing health. I have come to believe that my hobby of giving-away, with the flush of pleasure it brings, is the finest heart tonic in the world!

-David Dunn

- Not in the clamor of the crowded street,  
Not in the shouts and plaudits of the throng,  
But in ourselves are triumph and defeat.

-Henry Wadsworth Longfellow

- When someone hurts us we should write it down in sand so that the wind can help us forget it by blowing it away. But when someone does something nice for us, we should engrave it in stone, where no wind can ever blow it away.

Learn to write down your pain in sand and to engrave the good experiences in stone.

-Author unknown

- Meditation means a finer province of thought. Thought can break through everything. The reason that thought does not reveal to us is because something is constantly cutting in on it. Only when our whole nature becomes silent, free from pretense, free from demand and discontent, can we have the steadiness of mind necessary for communion with the Ideal. We must express God-like qualities in our daily actions, if we would recognize His voice and perceive His presence.  
-Swami Paramananda

- *Thought is the matrix of all creation; thought created everything.* If you hold on to that truth with indomitable will, you can materialize any thought.  
-Paramahansa gananda

- Therefore I say unto you, whatsoever things ye desire, when ye pray, believe that ye receive them, and ye shall receive them.  
-Mark 11:24

- To the man who himself strive earnestly, God also lends a helping hand.  
-Aeschylus

- When a door opens, walk through it. Trust that the door has opened for a reason and you have been guided to it. Sometimes we have a tendency to overanalyze or agonize over the decision, but it is quicker to simply go through the door and discover what's there as that's the only way to know. Even if it doesn't seem right at first, opening this door may lead to another door that will take us where we need to go.

There are many doors that open in the course of our lives, leading us into new relationships, jobs, friendships, and creative inspirations. Our lives up to this point are the result of all the doors we have walked through, and our continued growth depends on our willingness to keep moving into new spaces. Every time we walk through an open door, we create a sense memory that encourages us to move into the new fearlessly. When we enter the new space, we almost always feel a thrill and a new feeling of confidence, in ourselves and in the universe. We have stepped across the threshold into a new life.

-DailyOM website

- We do not get faith by arguing about religion; we get faith on our knees, in and through surrender, and prayer. God gives faith to those who need and want it.  
-Elmer G. Homrighausen
- No soul can be forever banned,  
Eternally bereft,  
Whoever falls from God's right hand,  
Is caught into his left  
-Edwin Markham
- More precious than gold or silver or diamonds, more precious than any wealth, your greatest wealth, your greatest asset, greatest power, greatest friend, and greatest helper is your mind. In your mind you have an ally. In your mind you have an ever-ready friend, twenty-four hours of the day and night. Even when you are alone, abandoned, helpless, or you are in dire distress, or in a dangerous predicament, your mind is there to help you ever ready at hand, to guide you, and to show you ways and means to overcome any situation.

Do not underestimate the value of your mind. It is your precious friend. It is your greatest well-wisher. It is an invaluable helper. It is a source of all good. Know it as such, treat it as such, utilize it as such. Then you will be wise. Then you will rejoice.

-Swami Chidananda

- Taking the name of Kali (*Hindu Goddess*), dive deep down, O mind,  
Into the heart's fathomless depths,  
Where many a precious gem lies hid.

But never believe the bed of the ocean bare of gems  
If the first few dives you fail;  
With firm resolve and self-control  
Dive deep and make your way to Mother Kali's realm.

Down in the ocean depth of heavenly Wisdom lie  
The wondrous pearls of Peace, O mind;  
And you yourself can gather them.

If you but have pure love  
And follow the scriptures' rule.

Within those ocean depths, as well,  
Six alligators lurk---lust anger, and the rest  
(avarice, delusion, pride, and envy)  
Swimming about in search of prey.

Smear yourself with the turmeric of discrimination;  
The very smell of it will shield you from their jaws.

Upon the ocean bed lies strewn,  
Unnumbered pearls and precious gems;  
Plunge in, says Ramprasad,  
And gather up handfuls there.  
-Sri Ramakrishna

- What lies behind us, and what lies before us, are tiny matters compared to what lies within us.  
-Ralph Waldo Emerson
- The fruit you reach for is better than the fruit that falls at your feet.  
-Clyde Smith, transportation operator
- Drive with care. Life has no spare.  
-Bernard Gottlieb, businessman
- Love means pardoning the unpardonable, or it is no virtue at all.  
Hope means hoping when things are hopeless, or it is no virtue at all.  
And faith means believing the incredible, or it is no virtue at all.  
-Gilbert Keith Chesterton
- There are two types of change: the change we choose and change that chooses us.  
-Linda Ellerbee, TV journalist and cancer survivor
- Dad's words, "Run your own race," have been a real touchstone for me. When I'm trying to figure out what to do at a crossroads, I think, "Is this my race I'm running, or somebody else's?"

-Marlo Thomas

- Faith causes change. Anytime there is change, there is opportunity, including the opportunity to fail. But failure can be a step toward completion of a goal. You can fail your way to success.

-Paula White, motivational speaker and pastor at Without Walls inspirational church in Tampa Florida

- If God is your copilot, may be you should change seats.

-Susan Hightower

- One hundred, who lives to be 100? Lots of people, in fact. In the 22 years I've been celebrating centenarians on the *Today* show, thousands of them have sent me letters. They write to me about their lives, loves, passions, dreams. Initially, I thought of them as curiosities, as unusual as a man seven feet tall. Not anymore.

Along the way, I notice commonalities about these remarkable folks. I began to change my own habits to conform to theirs. I lost weight. I began exercising. I treated each day as a gift. I wanted what they had.

The 100-years-olds I talk to don't claim some secrete formula.

-Most will say they eat right, stay fit, and practice moderation.

-Some say they have good genes.

-Most say faith in God plays a big part.

But what strikes me is this: By and large, they are the most positive people I have ever known. Age and infirmity haven't dampened their zest for living.

-Willard Scott

- The people on our planet are not standing in a line single file. Look closely. Everyone is really standing in a circle, holding hands. Whatever you give to the person next to you, it will eventually come back to you.

-Compiled by H. Jackson Brown, Jr.

- Be a good listener. Sometimes when you just sit and listen, the other person will answer his own question and will thank you for your help.

-Russell Foglesong

- I have found these three things most inhibit my happiness:

- Judgment of others
- Negative thought
- Envy
- compiled by H. Jackson Brown, Jr.

- TODAY

- Mend a quarrel.
- Search out a forgotten friend.
- Dismiss suspicion and replace it with trust.
- Write a love letter.
- Share some treasure.
- Give a soft answer.
- Encourage youth.
- Manifest your loyalty in a word or deed.
  
- Keep a promise.
- Find the time.
- Forego a grudge.
- Forgive an enemy.
- Listen.
- Apologize if you were wrong.
- Try to understand.
- Flout envy.
- Examine your demands on others.
- Think first of someone else.
- Appreciate, be kind, and be gentle.
- Laugh a little more.
  
- Deserve confidence.
- Take up arms against malice.
- Decry Complacency.
- Express your gratitude.
- Worship your God.
- Gladden the heart of a child.
- Take pleasure in the beauty and wonder of the earth.
- Speak your love. Speak it again. Speak it still again. Speak it still once again.
- Author unknown

Collection of Positive and Uplifting Quotations

- Friends are like a pleasant park, where you wish to go; while you may enjoy the flowers, you must not pluck them.  
-Author unknown
- A friend is a person who knows all about you but likes you anyway.  
-Compiled by H. Jackson Brown, Jr.
- We have a call to do good, as often as we have the power and occasion.  
-William Penn
- My father would fantasize about winning millions in the lottery, and would sit down and make a list of every person he would give it away to. He always left himself out. My mom would say, "Harry, what about us?" And he would answer, "Mary, we don't need anything. We have our house paid off, plenty of food on the table, and we don't owe anybody any money. What more could we want?"  
-Linda Raviele, daughter of Harry Raviele, sanitation worker
- My dad always taught us that nobody is better than you are, and that you aren't better than anyone else.  
-Michele Licata Gallo, daughter of Julio A. Licata, drugstore clerk
- The best portion of a good man's life: His little, nameless, unremembered acts of kindness and of love.  
-William Wordsworth
- To change everything, simply change your attitude.  
-Compiled by H. Jackson Brown, Jr.
- In the summer of 1968, I had just graduated from high school in Brooklyn and was eagerly waiting for the start of my college career at Brooklyn College in September. I got a summer job doing clerical work at a shipping company and made sixty dollars a week before taxes. When I told my father about the job, he was excited for me and added that he wanted me to contribute fifteen dollars a week for household expenses. I was angry at him for asking me to give up some of my hard earned money, but I complied with his request every week.

The week before I started college, he handed me a large envelope that contained all the money I had given him over the summer. "I wasn't

interested in your money," he told me. " I just wanted to teach you a little responsibility." And he did.

-Ira Gershansky, Staten Island, NY, Psychologist, son of Joseph Gershansky, bus maintainer (1914-1979)

-Wisdom of Our Fathers by Tim Russert

- Many live in dread of what is coming. Why should we? The unknown puts adventure into life. It gives us something to sharpen our souls on.

The unexpected around the corner gives a sense of anticipation and surprise. Thank God for the unknown future. If we saw all good things that are coming to us, we would sit down and degenerate. If we saw all the evil things, we would be paralyzed.

How merciful God is to lift the curtain on today; and as we get strength today to meet tomorrow, then to lift the curtain on the morrow. He is a considerate God.

-E. Stanley Jones

- If you want people to think well of you, do not keep talking about your achievements at every available opportunity.

-Prof. Chandulal Thakral

- No one is guaranteed happiness. Life just gives each person time and space. It's up to us to fill it with joy.

-Compiled by H. Jackson Brown, Jr.

- 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 and with too high a spirit to be cumbered with your old nonsense. This day is all that is good and fair. It is too dear; with its hopes and invitations, to waste a moment on the yesterdays.

-Ralph Waldo Emerson

- Reach for the stars. You might not get them, but you won't wind up with a handful of mud either.

-Compiled by H. Jackson Brown, Jr.



- You don't have to look far to see a miracle. What could be more supernatural than a caterpillar turning into a butterfly, an egg yolk into a chicken, an acorn into a mighty oak?  
-Compiled by H. Jackson Brown Jr.
- When God measures man, He puts the tape around his heart - not his head.  
-Guideposts
- In tribulation, immediately draw near to God with confidence, and you will receive strength, enlightenment, and instruction.  
-Saint John of the Cross
- Just as there is no loss of basic energy in the universe, so no thought or action is without its effects, present or ultimate, seen or unseen, felt or unfelt.  
-Norman Cousins
- Nothing is more highly to be prized than the value of each day.  
-Johann W. Von Goethe

- Do all the good you can,

By all the means you can,  
In all the ways you can,  
In all the places you can,  
At all the times you can,  
To all the people you can,  
As long as ever you can.  
-John Wesley

- Have courage for the great sorrows of life and patience for the small ones; when you have laboriously accomplished your daily tasks, go to sleep in peace. God is awake.  
-Victor Hugo
- If you are happy you are happy only and only because of you.  
If you are unhappy you are unhappy only and only because of you.  
Remember, no one or nothing can make you happy or unhappy without your consent.

-Hirabhai Thakkar

- This is just a reminder to all of us working so hard in life.

We should not let time slip through our fingers without having spent some time with those who really matter to us, those close to our hearts.

If we die tomorrow, the company that we are working for could easily replace us in a matter of days. But the family & friends we leave behind will feel the loss for the rest of their lives. We pour ourselves more into work than to our family.

-Author unknown

- God looks not at the oratory of our prayers,  
How eloquent they are,  
Not at their arithmetic  
How many they are,  
Not at their geometry  
How long they are,  
Not at their logic  
How methodical they are,  
But He looks at their sincerity  
How spiritual they are.

-Author unknown

- Joy is not a matter of what's happening around you, but inside you.  
-Steve Miller
- All of our hopes and our dreams for a better tomorrow can be found in the blessings God provides us today.  
-Charrie DeLeo, Statue of Liberty's maintenance mechanic (retiered).
- To hold resentment is like drinking poison and hoping the other person dies.  
-Author unknown
- The most precious things a father can provide are time, attention, and love. For about six months I read hundreds of e-mails and letters every day, but I can't recall a single one that said, "My father gave me every material thing I wanted," or, "What I remember most about my dad is the new TV he bought me." What we remember about our fathers has

little or nothing to do with material objects. We remember the time they gave us—whether indirectly (through hard work) or in more conventional ways—time spent providing advise, telling a bedtime story, or simply showing up for a recital, a spelling bee, or an athletic event. ....If real estate is about location, location, location, fatherhood is about time, time, time.

- "Wisdom of our Fathers" by Tim RSSERT

- The world has a way of giving what is demanded of it. If you are frightened and look for failure and poverty, you will get them, no matter how hard you may try to succeed. Lack of faith in yourself, in what life will do for you, cuts you off from the good things of the world. Expect victory and you make victory.

-Dr. Preston Bradley

- The most important thing a father can do for his children is to love their mother.

-Father Theodore Hesburgh, long time president of University of Notre Dame

- Meditation improves health in another way too: it brings the understanding and the will to change harmful ways of living. Life style factors like smoking and overeating contribute to many of the health problems we face today. These are stressors we impose on ourselves. I think it was Dr. Paul Dudley White who observed that when we hear the words "heart attack," it sounds as if the heart is attacking us. Not at all, says Dr. White; the heart is a faithful, sturdy old pump. It is we who attack the heart, with weapons like fatty, salty foods, alcohol, and sedentary living. As if that's not enough, we have some invisible weaponry too: anger, resentment, hostility, impatient, jealousy, competitiveness, worries. Even vague problems like a lack of purpose in life can stage incessant attacks, not only on the heart but on other system of the body as well.

-Eknath Easwaran

- Arthur Ashe, the legendary Wimbledon player was dying of AIDS, which he got due to, infected blood he received during a heart surgery in 1983. From the world over, he received letters from his fans, one of which conveyed: "Why does God have to select you for such a bad disease?"

To this Arthur Ashe replied: The world over -- 5 billion children start playing tennis, 50 million learn to play tennis, 5 million learn professional tennis, 50,000 come to the circuit, 5000 reach the grand slam, 50 reach Wimbledon, 4 to semi final, 2 to the finals,

When I was holding a cup I never asked God "Why me?" And today in pain I should not be asking God "Why me?"

Happiness keeps you Sweet,  
Trials keep you Strong,  
Sorrow keeps you Human,  
Failure keeps you Humble,  
Success keeps you Glowing,  
but only God keeps you.  
-Arthur Ashe

- When you encounter tense situation or angry people say to yourself quietly, "I can choose peace rather than this".  
-Dr. Dyer
- Weaving the thread of kindness into your everyday life can be as easy as choosing to offer a hearty "Good morning" and "Good night" to your coworkers or neighbors, a stranger on the street, or the grocery store clerk. When you commit a kind act, you are momentarily disconnected from your ego and bonded with the individual who has benefited from your kindness. Being fully present in each moment of your life facilitates kindness as it increases your awareness of the people around you. You'll discover that each act of kindness you engage in makes the world, in some small way, a better place.  
-DailyOM website
- Faith will turn any course, light any path, relieve any distress, bring joy out of sorrow, peace out of strife, friendship out of enmity, heaven out of hell, Faith is God at work.  
-F.L. Holmes
- Do not kiss your children so they will kiss you back but so they will kiss their children.  
-Noah Benshea, author

- Learn to be silent, let your quiet mind listen and absorb.  
-Pythagoras (580 B.C.)
- All man's miseries derive from not being able to sit quietly in a room alone.  
-Blaise Pascal (1623-1662)
- The density of people in society is so thick that we forget that life will end one day. And we don't know when that one-day will be. So please, tell the people you love and care for, that they are special and important. Tell them, before it is too late.  
-Author unknown
- Be not afraid of life. Believe that life is worth living, and your belief will help create that fact.  
-William James
- So many things are possible just as long as you don't know they're impossible.  
-Norton Juster
- Map out your future, but do it in pencil.  
-Rocker Jon Bon Jovi
- Never position a rock near a hard place.  
-Rohan Candappa, author of "The little book of stress".
- A sorrow that's shared is but half a trouble.  
A joy that's shared is a joy made double.  
-Author unknown
- A Little girl and her father were crossing a bridge across a river. The father was a little scared and so he asked his little daughter, "Sweetheart, please hold my hand so that you don't fall into the river."

The little girl said, "No, Dad. You hold my hand! "

"What's the difference?" asked the puzzled father.

"There's a big difference," replied the little girl. "If I hold your hand and something happens to me, chances are that I may let your hand go and fall into the river. But if you hold my hand, I know for sure that no matter what happens, you will never let my hand go."

In any relationship, the essence of trust is not in its bind, but in its bond. So hold the hand of the person whom you love rather than expecting them to hold yours...

- I am worried:

O Lord, I am worried.

I know that it does me no good to worry but I cannot shake it off.

It not only does no good to worry; it does harm.

What I cannot change, I cannot change, but meanwhile, if I am this caught up in worry, I'm apt to do poorly what I could do well.

Help me to trust to you those concerns beyond my reach so that I may give my full attention to living each moment as it comes.

-Avery Brooke

- A Morning Prayer:

Take my hand, Lord, and lead me through this day, step by step.

Remind me that I cannot do everything I wish, nor do any of it perfectly.

Only you are perfect, and only with your help can I do my best.

Help me to remember to ask for that help.

-Avery Brooke

- Ways to be miserable:

-Wait for others to makes you happy.

-Blame everyone else for your unhappiness.

-Compare what you have with what others posses.

-Always be serious.

-Take responsibility for everything all the time.

-Please everybody at all times.

-Help others but don't let anyone help you.

-Consider your needs as unimportant.

-Discount the compliments others give you.

-Resist change to death.

- Strive for absolute perfection.
- Always live in the past or in the future.
- Felsy John

- It isn't a calamity to die with dreams, but it is a calamity not to dream.  
-Benjamin E. Mays

- Whatever the work, do it well, not for the boss but for yourself.  
You are not the work you do; you are the person you are.  
You make the job; it doesn't make you.  
Your real life is with your family.  
-Toni Morrison, Writer

- An old man

At the back of the noisy café  
bent over a table sits an old man;  
a newspaper in front of him, without company.

And in the scorn of his miserable old age  
he ponders how little he enjoyed the years  
when he had strength, and the power of the word, and good looks.

He knows he has aged much; he feels it, he sees it.  
And yet the time he was young seems  
like yesterday. How short a time, how short a time.

And he ponders how Prudence deceived him;  
and how he always trusted her -- what a folly! --  
that liar who said: "Tomorrow. There is ample time."

He remembers the impulses he curbed, and how much  
joy he sacrificed. Every lost chance  
now mocks his senseless wisdom.

...But from so much thinking and remembering  
the old man gets dizzy. And falls asleep  
bent over the café table.

*Constantine P. Cavafy (1897)*

- Do not go where the path may lead, go instead where there is no path and leave a trail.  
-Ralph Waldo Emerson
- Cheers to a new year and another chance for us to get it right.  
-Oprah Winfrey
- Dear Son,

The day that you see me old, have patience and try to understand me. If I get dirty when eating...if I cannot dress...have patience.

When I speak to you if I repeat the same things again and again...please do not interrupt me...but listen to me.

When at some moment I lose the memory or the thread of our conversation...let me have necessary time to remember... and if I cannot do it, do not become nervous...as the most important thing is not my conversation but to be with you and to have you listening to me.

When my tired legs do not allow me to walk...give me your hand.

Needless to say, that I did all those things for you when you were a child.

If someday I say to you that I do not want to live any more that I want to die...do not get angry.

Someday you will discover that I always wanted the best thing for you.

Help me to end my way with love and patience. I will show my appreciation by a smile and by the immense love I always have for you.

I love you son

Your father.

-Author unknown



Collection of Positive and Uplifting Quotations

- All I have seen teaches me to trust the Creator for all I have not seen.  
-Ralph Waldo Emerson
- Life's battles don't always go, to the stronger or faster man, but sooner or later the man who wins is the man WHO THINKS HE CAN!  
-Author unknown
- I know for sure that what we dwell on is who we become.  
-Oprah Winfrey
- Age is no guarantee of maturity.  
-Lawana Blackwell (author)
- The big secret in life is that there is no big secret. Whatever your goal, you can get there if you're willing to work.  
-Oprah Winfrey
- In all affairs it's healthy thing now and then to hang a question mark on the things you have long taken for granted.  
-Bertrand Russell (1872-1970)
- Each morning I wake up I say to myself, I have two choices today. I can choose to be in a good mood or I can choose to be in a bad mood. I always choose to be in a good mood.

Each time something bad happens, I can choose to be victim or I can choose to learn from it. I always choose to learn from it.

Every time someone comes to me complaining, I can choose to accept their complaining or I can point out the positive side of life. I always choose the positive side of life.

-Author unknown

- The hatred you're carrying is a live coal in your heart – far more damaging to yourself than to them.  
-Lawana Blackwell (author)

- Forgiveness is always a selfish act because of its immense benefits to the one who forgives.  
-Lawana Blackwell (author)
- Once upon a time there was a rich King who had four wives. He loved the 4th wife (body) the most and adorned her with rich robes and treated her to the finest of delicacies. He gave her nothing but the best.

He also loved the 3rd wife (possessions, status and wealth) very much and was always showing her off to neighboring kingdoms. However, he feared that one day she would leave him for another.

He also loved his 2nd wife (family and friends). She was his confidant and was always kind, considerate and patient with him. Whenever the King faced a problem, he could confide in her, and she would help him get through the difficult times.

The King's 1st wife (the Soul) was a very loyal partner and had made great contributions in maintaining his wealth and kingdom. However, he did not love the first wife. Although she loved him deeply, he hardly took notice of her!

One day, the King fell ill and he knew his time was short. He thought of his luxurious life and wondered, I now have four wives with me, but when I die, I'll be all alone."

Thus, he asked the 4th wife, "I have loved you the most, endowed you with the finest clothing and showered great care over you. Now that I'm dying, will you follow me and keep me company?"

"No way!" replied the 4th wife, and she walked away without another word. Her answer cut like a sharp knife right into his heart.

The sad King then asked the 3rd wife, "I have loved you all my life. Now that I'm dying, will you follow me and keep me company?"

"No!" replied the 3rd wife. "Life is too good! When you die, I'm going to remarry!" His heart sank and turned cold.

He then asked the 2nd wife, "I have always turned to you for help and you've always been there for me. When I die, will you follow me and

keep me company?"

"I'm sorry, I can't help you out this time!" replied the 2nd wife. "At the very most, I can only walk with you to your grave." Her answer struck him like a bolt of lightning, and the King was devastated.

Then a voice called out: "I'll go with you. I'll follow you no matter where you go." The King looked up, and there was his first wife. She was very skinny as she suffered from malnutrition and neglect. Greatly grieved, the King said, "I should have taken much better care of you when I had the chance!"

In truth, we all have the 4 wives in our lives:

Our 4th wife is our body. No matter how much time and effort we lavish in making it look good, it will leave us when we die.

Our 3rd wife is our possessions, status and wealth. When we die, it will all go to others.

Our 2nd wife is our family and friends. No matter how much they have been there for us, the furthest they can stay by us is up to the grave.

And our 1st wife is our Soul. Often neglected in pursuit of wealth, power and pleasures of the world. However, our Soul is the only thing that will follow us wherever we go.

Cultivate, strengthen and cherish it now, for it is the only part of us that will follow us to the throne of God and continue with us throughout Eternity.

Remember, when the world pushes you to your knees, you're in the perfect position to pray.

-Author unknown

- Let there be no crisis before its time.  
-Allia Zobel-Nolan

- You should read food labels as actively as you read the stock ticker or the horoscopes. Don't eat foods that have any of the following listed as one of the first five ingredients:
  - Simple sugars
  - Enriched, bleached or refined flour (this means it's stripped of its nutrients)
  - HFCS (High-Fructose Corn Syrup)
  - You: On a diet by Dr Roizen and Dr. Oz
- Delight yourself in the Lord and He will give you the desires of your heart.  
-Psalm 37
- Don't ignore God's whispers. If you ignore the whisper, you get a message. If you ignore the message, you get a crisis. If you ignore the crisis, you get a disaster.  
-Oprah Winfrey
- Joy is not a matter of what's happening around you, but inside you  
-Steve Miller
- All of our hopes and our dreams for a better tomorrow can be found in the blessings God provides us today.  
-Charlie Deleo, Statue of Liberty's maintenance mechanic (retired)
- 1. Intake fresh food, eat frugally, drink wholesome liquids, abstain from stimulants and sedatives, and have a bowel movement once a day.
  2. Maintain a high level of personal hygiene, get plenty of fresh air, sunlight and rest, have enjoyable leisure time, satisfying hobbies
  3. Exercise, meditate, practice balanced refined breathing ([pranayam](#)) and yoga, listen to the body's signal of comfort and discomfort
  4. Work for a happy marriage, long-term relationship. Have ability to laugh easily and to make friends and keep close friends
  5. Choose a congenial occupation, go on vacation every year, be optimistic about the future, feel financially secure and live within means

6. Develop an easygoing personality, cultivate nonviolent behavior, have reverence for life

7. Live in temperate climate, enjoy a reasonable sex life, and get proper medical attention in case of illness

8. Live in the present - accept what comes your way, appreciate it, learn from it and let go. Resisting the natural flow of things causes negative emotions

9. Relinquish external approval, avoid being judgmental, replace fear-motivated behavior with love-motivated one, nurture positive emotions and express them freely

10. Always know the world outside is a reflection of your deeper intelligence - the real "you" is within

-Dr. Deepak Chopra

- That which separates you from God is mind. The wall that stands between you and God is mind. Pull the wall down through Om-Chintana (repetition of God's name) or devotion and you will come face to face with God.

Nitya Sukha (eternal bliss), Parama Santi (supreme peace), Nitya Tripti (eternal satisfaction), infinite happiness, Akhanda Sukha (unbroken joy) can be had only in God. Attain this God-consciousness or self-realization or Darshana (to come face to face with God) through Ananya Bhakti (unbroken devotion) or Vichara (repetition of God's name). This is the goal of life. All other duties are secondary.

-Swami Sivananda (1887-1963)

- See the rocks in your path not as obstacles, but as opportunities to climb higher.  
-Eleanor Wiley
- A lot of kneeling will keep you in good standing.  
-Sign in front of Baptist church in Tennessee
- A kindergarten teacher has decided to let her class play a game. The teacher told each child in the class to bring along a plastic bag containing a few potatoes. Each potato will be given a name of a person that the child hates, so the number of potatoes that a child will put in his/her plastic bag will depend on the number of people he/she hates.

So when the day came, every child brought some potatoes with the name of the people he/she hated. Some had 2 potatoes; some 3 while some up to 5 potatoes. The teacher then told the children to carry with them the potatoes in the plastic bag wherever they go for 1 week.

Days after days passed by, and the children started to complain due to the unpleasant smell let out by the rotten potatoes. Besides, those having 5 potatoes also had to carry heavier bags. After 1 week, the children were relieved because the game had finally ended....

The teacher asked: "How did you feel while carrying the potatoes with you for 1 week?" The children let out their frustrations and started complaining of the trouble that they had to go through having to carry the heavy and smelly potatoes wherever they go.

Then the teacher told them the hidden meaning behind the game. The teacher said: "This is exactly the situation when you carry your hatred for somebody inside your heart. The stench of hatred will contaminate your heart and you will carry it with you wherever you go. If you cannot tolerate the smell of rotten potatoes for just 1 week, can you imagine what is it like to have the stench of hatred in your heart for your lifetime???"

*Moral of the story:* Throw away any hatred for anyone from your heart so that you will not carry sins for a lifetime. Forgiving others is the best attitude to take! Love others even if you don't like them.

True love is not loving a perfect person..... but loving an imperfect person perfectly.

-Author unknown

- If you have been grasping onto something, try to let it go. Your empty hands will be ready to receive a new gift.  
-Juan Nakamori
- **Gratitude**, like **faith**, is a muscle. The more you use it, the **stronger** it grows.  
-Alan Cohen, inspirational lecturer

- To Maharishi Ramana there came a seeker who said, "I desire to live in solitude where I can find what I want, with ease, so that I may devote all my time to meditation. Is such a desire good or bad?"

The Maharishi answered, "What does it matter where and how you are placed? The essential point is that the mind must always remain in its source. There is nothing external which is not also internal. The mind is all. If the mind is active, even solitude becomes like a marketplace. There is no use closing your eyes. Close the mental eye and all will be right."

-Dada J. P. Vaswani

- "Who can tell me how much money the great Rockefeller left behind him?" a teacher asked her class.

The children made wild guesses. Ten million? Fifty million? One billion dollars perhaps? After all, they were talking about the fortunes of one of the world's richest men!

Only one child had a different answer to give, "Rockefeller left every penny behind!"

How true it is, that when the call comes, we are forced to leave behind everything that we call our own in this world! Not even our own hands do we take with us. Of what then are we so proud?

-Dada J. P. Vaswani

- Each night, when I go to sleep, I die. And the next morning, when I wake up, I am reborn.

-Mahatma Gandhi

- On his 75<sup>th</sup> birthday, Henry Ford was asked the secret of his successful career. His answer was simple.

The secret is a three-fold one:

1. I never overeat.

2. I never worry too much.

3. Whatever I do, I do my best. I know whatever happens to me, it is for my best. I trust in the Lord.

-Dada J. P. Vaswani

- Our attitudes control our lives. Attitudes are a secret power working twenty-four hours a day, for good or bad. It is of paramount importance that we know how to harness and control this great force.  
-Tom Blau
- "It's all part of the same problem, Mitch," Morrie said. "We put our values in the wrong things. And it leads to very disillusioned lives."

Morrie had always been taken with simple pleasures, singing, laughing, dancing. Now, more than ever, material things held little or no significance.

....."We've got a form of brainwashing going on in our country," Morrie sighed. "Do you know how they brainwash people? They repeat something over and over. And that's what we do in this country. Owning things is good. More money is good. More property is good. *More is good. More is good.* We repeat it—and have it repeated to us—over and over until nobody bothers to think otherwise. All this fogs up the average person, he has no perspective on what's really important anymore."

"Wherever I went in my life, I met people wanting to gobble up something new. Gobble up a new car. Gobble up a new piece of property. Gobble up the latest toy. And then they wanted to tell you about it. 'Guess what I got? Guess what I got?'"

"You know how I interpreted that? These were people so hungry for love that they were accepting substitutes. They were embracing material things and expecting a sort of hug back. You can't substitute material things for love or for gentleness or for tenderness or for a sense of comradeship."

"Money is not a substitute for tenderness, and power is not a substitute for tenderness. I can tell you, as I'm sitting here dying, when you most need it, neither money nor power will give you the feeling you're looking for, no matter how much of them you have."

"There's a big confusion in this country over what we want versus what we need," Morrie said. "You need food, you *want* a chocolate sundae. You have to be honest with yourself. You don't *need* the latest sports car, you don't *need* the biggest house."



"The truth is, you don't get satisfaction from those things. You know what really gives you satisfaction?"

What?

"Offering others what you have to give."

"I don't mean money, Mitch. I mean your time, your concern, your storytelling. It's not so hard. There's a senior center that opened near here. Dozens of elderly people come there every day. If you're a young man or young woman and you have a skill, you are asked to come and teach it. Say you know computers. You come there and teach them computers. You are very welcome there. And they are very grateful. This is how you start to get respect, by offering something that you have."

"There are plenty of places to do this. You don't need to have big talent. There are lonely people in hospitals and shelters who only want some companionship. You play cards with a lonely older man and you find new respect for yourself, because you are needed."

"Remember what I said about finding a meaningful life? I wrote it down, but now I can recite it: Devote yourself to loving others, devote yourself to your community around you, and devote yourself to creating something that gives you purpose and meaning."

"You notice," he added grinning, "There's nothing in there about a salary."

- "Tuesdays with Morrie" by Mitch Albom

- Everything we have really belongs to God. It is ours so long as He chooses to keep it with us. The wealth of the world, its possessions and power, are a loan to us from God. If He takes anything back from us who can blame Him? What reasons have we to grumble or to complain?  
- Dada (Grandfatherly or wise old man) J. P. Vaswani
- The simple act of stopping and looking at the beauty around us can be prayer.  
- Patricia Barrett

- There was a gardener who loved each tree, each plant, and each little shrub in his garden so dearly that he would not cast away the dead leaves and the withered branches. He stored them all in his garden.

Gradually all the space in his small garden was taken up by the dead leaves and dry branches, and the beautiful garden wore the appearance of a garbage heap.

Are we not – so many of us – like this gardener? We go on storing worries and anxieties, failure and frustrations, fears and disappointments, which are better cast away and forgotten. And as a result the beautiful garden of our life turns into a wasteland!

-Dada (grandfatherly or wise old man) J. P.Vaswani

- It is better to begin in the evening than not at all.  
-Actress Ashley Judd
- Optimists choose action over inertia.  
-Loretta Laroche, Stress management consultant
- It is more blessed to give than to receive.
- If you want happiness  
For an hour.....take a nap  
For a day.....go fishing  
For a month.....get married  
For a year.....inherit a fortune  
For many years.....love someone  
For a lifetime.....help someone
- When things are good say good things.  
When things are bad, say twice as many good things (to yourself).  
-R.Todd Michael -personal coach and painter
- A cascade of biochemical called neurotransmitters accompanies every thought in our heads. In general, thoughts that are optimistic, grateful and loving result in "feel good" neurotransmitters called endorphins. The same "feel good" chemicals are produced during exercise and meditation. By contrast, thoughts that are fearful, angry or hopeless

increase levels of stress hormones, which make us feel tired, anxious and irritable.

-Dr. Christiane Northrup

- Imagine that you have six months to live. What would you cut from your schedule? And what could you add that would bring you the most pleasure? Feeling pleasure is the first step to restoring energy.

-Dr. Christiane Northrup

- Sitting still and wishing Makes no person great,  
The good Lord sends the fishing, but you must dig the bait.

-John Masefield

- True heroism is un-dramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others, at whatever cost.

-Arthur Ashe

- In a nutshell, here's my professional advice: Make the changes that speak to you. Leave the rest. The most important change you can make is in your attitude. On its own, a good attitude will begin to energize every cell in your body.

-Christiane Northrup, M.D.

- A man of humility easily exercises a spiritual influence on others. Such a one has the satisfaction that he has done his best on this earth.

-Swami Paramhansa Yogananda

- Twenty years from now you will be more disappointed by the things you did not do than by the ones you did.

-Mark Twain

- The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails.

-William Arthur Ward (1921-1994) Educator

- Courage is going from failure to failure without losing enthusiasm.

-Winston Churchill

- Let us develop a sense of gratitude to the Lord, by focusing our attention on what we have, which a good many less fortunate do not

have and yearning for. By refusing to crave for objects, which we do not have, we shall be conserving a lot of mental energy, which alone can give us peace within and a capacity to act rightly in the world.

-Swami Chinmayananda

- Don't ask God to guide your footsteps if you're not willing to move your feet.

-Author unknown

- Parenting:

"The most important value in Indian culture is self-discipline or self-control. Once you develop it, all the other values would fall in place. Trust me," I would say firmly, with some anger and frustration.

I was probably contradicting myself in integrating American values of independence and self-confidence with Indian values of obedience and discipline. I reviewed my notes on stages of development and realized that my husband and I were not growing with our children as they were getting older and getting ready to go to college where we would not be able to supervise them. I learned to let go of small issues and decided that as long as they kept up their grades, took responsibility for their chores and told us where they were going to be, we were not going to fuss about very much else.

I wondered how my mother raised five children and wrote to her for advice. She gave me a simple formula. "As long as you convey your love to them and let them know that you are interested in their welfare, the rest is secondary," she wrote back.

-Devika Malhotra

- Open your eyes and look for some man, or some work for the sake of men, which needs a little time, a little friendship, a little sympathy, a little sociability, a little human toil. Perhaps it is a lonely person, or an invalid or some unfortunate inefficient, to whom you can be something. It may be an old man or it may be a child. Or some good work is in want of volunteers who will devote a free evening to it or run on errands for it. Who can reckon up all the ways in which that priceless fund of impulse, man, is capable of exploitation! He is needed in every nook and corner. Therefore search and see if there is not some place where you may

invest your humanity. Do not be put off if you find that you have to wait and experiment. Be sure that you will have disappointments to endure. But do not be satisfied without some sideline in which you may give yourself out as a man to men. There is one waiting for you if only you are willing to take it up in the right spirit.

-Albert Schweitzer

- Eight things God won't ask on that day:

1. God won't ask what kind of car you drove.

He'll ask how many people you drove who didn't have transportation.

2. God won't ask the square footage of your house.

He'll ask how many people you welcomed into your home.

3. God won't ask about the clothes you had in your closet.

He'll ask how many you helped to clothe.

4. God won't ask what your highest salary was.

He'll ask if you compromised your character to obtain it.

5. God won't ask what your job title was.

He'll ask if you performed your job to the best of your ability.

6. God won't ask how many friends you had.

He'll ask how many people to whom you were a friend.

7. God won't ask in what neighborhood you lived.

He'll ask how you treated your neighbors.

8. God won't ask about the color of your skin.

He'll ask about the content of your character.

It isn't the amount you have traveled that counts. It is the direction in which you are traveling!!!

- May you remember that though the roads we take can sometimes be difficult, those are often the ones that lead to the most beautiful views.

-Doris Dillon

- Life is not fair - get used to it!

The world won't care about your self-esteem. The world will expect you to accomplish something before you feel good about yourself.

You will not make \$60,000 a year right out of high school. You won't be

a vice-president with a car phone until you earn both.

If you think your teacher is tough, wait till you get a boss.

Flipping burgers is not beneath your dignity. Your Grandparents had a different word for burger flipping: they called it opportunity.

If you mess up, it's not your parents' fault, so don't whine about your mistakes, learn from them.

Before you were born, your parents weren't as boring as they are now. They got that way from paying your bills, cleaning your clothes and listening to you talk about how cool you thought you were. So before you save the rain forest from the parasites of your parent's generation, try delousing the closet in your own room.

Your school may have done away with winners and losers, but life has not. In some schools, they have abolished failing grades and they'll give you as many times as you want to get the right answer. This doesn't bear the slightest resemblance to anything in real life.

Life is not divided into semesters. You don't get summers off and very few employers are interested in helping you find yourself. Do that on your own time.

Television is not real life. In real life people actually have to leave the coffee shop and go to jobs.

Be nice to nerds. Chances are you'll end up working for one.

-Bill Gates (from a speech given to high school students)

- Happiness isn't a condition; it's a decision.  
-Patti Lawson
- Treat everyone you meet as if they are the most important person in the world-because they are. If not to you, then to someone; and if not today, then perhaps tomorrow.  
-Linda Kaplan Thaler and Robin Koval

- Extraordinary people visualize not what is possible or probable, but rather what is impossible. By visualizing the impossible, they begin to see it as possible.  
-Ann Roulac
- I do not understand the mystery of grace-only that it meets us where we are, but does not leave us where it found us.  
-Anne Lamott
- An ungrateful young man threw his old father out into the streets, to fend for himself. He left just one blanket, so that the old man could cover himself in the cold of winter.

His little son, who was watching the terrible scene, said to him, "Daddy, give grandpa only half the blanket!"

"Why, my child?" asked the doting father.

"If you give the whole blanket away to grandpa, what will I have left to give you?"

No more words were spoken. Quietly the father brought his old parent back into the house and said to him, "You are the head of the family. We all shall do your bidding."

-Dada (Grandfatherly or wise old man) J. P.Vaswani

- A house is made of walls and beams; a home is built with love and dreams.  
-Author unknown
- If you want your life to be more rewarding, you have to change the way you think.  
-Oprah Winfrey
- Don't be too timid and squeamish about your actions. All life is an experiment. The more experiments you make the better.

-Ralph Waldo Emerson

- Aim for success, not perfection. Never give up your right to be wrong, because then you will lose the ability to learn new things and move forward with your life.

-Dr. David M. Burns

- To be worn out is to be renewed.

-Leo-tzu

- To know that you do not know is the best.  
To pretend to know when you do not know is a disease.

-Leo-tzu

- A human being must have occupation if he or she is not to become a nuisance to the world.

-Dorothy L. Sayers (1893 – 1957)

- You're dealt the cards that you're dealt. You can let that be your downfall or a springboard to become something better. So many things are thrown at us as human beings, but you can't let any of them get you down, or you're just going to be defeated.

-Drew Barrymore

- The way of Heaven is to benefit others and not to injure,  
The way of the sage is to act but not to compete.

-Leo-tzu

- Happiness in this world, when it comes, comes incidentally. Make it the object of pursuit, and it leads us a wild-goose chase, and is never attained.



Nathaniel Hawthorne (1804-1864)

- Example is not the main thing in influencing others. It is the only thing.  
-Albert Schweitzer [French philosopher & physician (1875-1965)]
- Happiness is nothing more than good health and a bad memory.  
-Albert Schweitzer [French philosopher & physician (1875-1965)]
- We used to look at environmentalism as a hobby for the high-minded. But conserving energy and living a 'green' lifestyle is actually the most patriotic thing you can do today. It fights global warming, protects nature, shrinks our dependence on foreign oil and makes America a model others want to follow. Green is the color of patriotism. Green is the new red, white and blue.  
-Thomas Friedman, columnist for *The New York Times*.
- But somehow, as day always follows the night,  
Most of our troubles work out all right.  
-Edgar A. Guest [American poet (1881 – 1959)]
- Be a friend.  
You don't need money,  
Just a disposition sunny.  
You'll be richer in the end  
than a prince, if you are a friend.  
-Edgar A. Guest [American poet (1881 – 1959)]
- The most curative thought in the world is the thought of love.  
-Norman Vincent Peale, author of *The Power of Positive Thinking*.
- Nothing new can come to your life until you are grateful for what you already have.  
-Dr. Michale Beckwith

- You learn nothing from your success except to think too much of yourself. It is from failure that all growth comes, provided you can recognize it, admit it, learn from it, rise above it and then try again.

-Dee Hock, founder of Visa International

- Be here now - with gratitude. Stop, take a breath, pay attention to everything you have and those you love. It has become a cliché, but so often we take the gifts we have in our lives for granted.

Don't focus on the things that you don't have, that you want or that others have. Instead, be mindful of everything you have been blessed with. Instead of berating yourself for being 10 pounds too heavy, be grateful for a healthy body. Take time out to play a game with your child, instead of taking that last business call at home. Call a family member and talk just for the sake of talking.

It is probably unrealistic to try to be in the present moment at all times. But if we can stop even once each day to slow down, take a breath, look around ourselves in our own private worlds, and silently give thanks for what we have, we may be one step closer to knowing what life and love are all about.

-Jennifer Baxter

- Just start to sing as you tackle the thing  
That "cannot be done," and you'll do it.

-Edgar A. Guest [American poet (1881 – 1959)]

- The difference between can and cannot are only three letters, three letters that determine your life's direction.

-Remez Sasson, founder of [successconsciousness.com](http://successconsciousness.com)

- The longer I live, the larger allowances I make for human infirmities.

-John Wesley [an Anglican clergyman and theologian (1703-1791)]

- We create reality in accordance to the way that we anticipate the events.

-Dr. Salvatore Cucinotta

- Faith will turn any course, light any path, relieve any distress, bring joy out of sorrow, peace out of strife, friendship out of enmity,

heaven out of hell, Faith is God at work.

-F.L. Holmes

- If your prayer is you talking to God your intuition is God talking to you. You get into trouble when you don't listen to your intuition.  
Dr. Dyer
- Show me a man without vices and I'll show you a man without virtues  
-Abraham Lincoln
- The best way to cheer yourself is to try to cheer somebody else up.  
-Mark Twain
- Life is like an EKG. Without the ups and downs, you're not living.  
-Debra Evans
- 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, Ph.D.
- Let's not forget to smile even when we face any storms that come our way.

Life is like a mirror; we get the best results when we smile at it. A smile is a window on your face to show your heart is at home. You are NOT dressed for the day until you wear a beautiful smile upon your face!

When you smile at someone, nine times out of 10 the other person will smile back and you've made two people's days brighter and better.

So remember - Everywhere you go, take a smile with you! (Don't leave home without a smile!!!)

-Author unknown

- The pessimist looks for the difficulty in every opportunity. The optimist looks for the opportunity in every difficulty.  
-Nila Koenke

- Cure is about the recovery of the body. Healing is about the recovery of the soul.  
-Dr. Rachel Remen

- Devotee: When we pray to God, what should we ask for?

Swami Ramdas: Ask for nothing of the world. If you at all pray for anything, address God thus: "Oh God, in my foolishness I may be asking for many things. Be gracious enough not to grant my prayers. Give me only whatever you think is best for me." This is the best prayer.

- *As by knowing one gold nugget, dear one, we come to know all things made out of gold – that they differ only in name and form, while the stuff of which all are made is gold – so through this spiritual wisdom, we come to know that all life is one.*  
-Chandogya Upanishad

Look around at the gold ornaments people wear. They appear different – necklaces, earrings, bracelets, pendants – but all of them made of the same gold; it is only the shapes and sizes that differ. Similarly, Shvetaketu's father is telling him in Chandogya Upanishad, though people may be white or black, golden or red or brown, tall or short, Western or Eastern, all of us are one.

It is so simple to understand: what hurts you hurts others. You wouldn't like anybody to tell tales about you. You wouldn't like anybody to speak unkindly to you. You wouldn't like anybody to provoke you. That is all we have to remember – yet it is something we always forget.

-Eknath Easwaran

- I look upon all creatures equally; none are less dear to me and none more dear. But those who worship me with love live in me, and I come to life in them.  
-Sri Krishna in Bhagavad Gita
- In tribulation, immediately draw near to God with confidence, and you will receive strength, enlightenment, and instruction.  
-Saint John of the Cross

- Wherever you go, you will always bear yourself about with you, and so you will always find yourself.  
-Thomas a Kempis
- Close your eyes to the faults of others and you open the doors of friendship.  
-William A. Ward
- Each day of our lives we make deposits in the memory banks of our children.  
-Charles Swindoll
- It is impossible to hold a grudge and have peace of mind at the same time. It would be like trying to have day and night exist in the same moment.  
-Lee L. Jampolsky, Ph. D.
- Wake up every morning expecting blessings from God. You will not be able to count them by the end of the day.  
-Cynthia Scott
- 1. You are special and unique.
  2. When you think you have no chance of getting what you want, you probably won't get it, but if you trust God to do what's best, and wait on His time, sooner or later, you will get it or something better.
  3. When you make the biggest mistake ever, something good can still come from it.
  4. When you think the world has turned its back on you, take a look: you most likely turned your back on the world.
  5. Always remember the compliments you received. Forget about the rude remarks.
  6. Always tell someone how you feel about them; you will feel much better when they know and you'll both be happy.
  7. If you have a great friend, take the time to let them know that they are great.  
-Author unknown
- Mothers are daily miracles we sometimes take for granted.  
-Elinor Filice

- Isn't it strange how a 20 rupee note seems like such a large amount when you donate it to temple, but such a small amount when you go shopping?

Isn't it strange how 2 hours seem so long when you're at Temple or Church, and how short they seem when you're watching a good movie?

Isn't it strange how difficult and boring it is to read one chapter of the Bhagwad Gita or Bible, but how easy it is to read 100 pages of a popular novel?

Isn't it strange how we believe everything that magazines and newspapers say, but we question the words in the Bhagwad Gita or Bible?

-Author unknown

- Private victories precede public victories. You can't invert that process any more than you can harvest a crop before you plant it.  
-Stephen Covey

- He who is plenteously provided for from within, needs but little from without.  
-Johann Wolfgang Von Goethe

- Nobody is perfect...that is why pencils have erasers.  
-Author unknown

- The person who sends out positive thoughts activates the world around him positively and draws back to himself positive results.  
-Norman Vincent Peale

- To love means loving the unlovable.  
To forgive means pardoning the unpardonable.  
Faith means believing the unbelievable.  
Hope means hoping when everything is hopeless.  
- G. K. Chesterton

- Nothing hath separated us from God but our own will, or rather our own will is our separation from God.  
-William Law
- What we hope ever to do with ease, we must first learn to do with diligence.  
-Samuel Johnson
- To be right, a person must do one of two things: either he must learn to have God in his work and hold fast to him there, or he *must* give up his work altogether. Since, however, we cannot live without activities that are both human and various; we must learn to *keep God* in everything we do, and whatever the job or place, keep on with him, letting nothing stand in our way.  
-Meister Eckhart
- Lord grant that I may not so much seek to be loved as to love.  
-Saint Francis of Assisi
- I have great faith that there's a master plan and that even if we don't understand it and even if it's heartbreaking, there's a reason for everything. And I hold on to that.  
-Terri Irwin, widow of Steve Irwin
- God has promised to make something good out of everything that happens to us. That, right there, is the reason why I can have a positive attitude in every situation.  
-George Foreman
- It is said that God never gives us more than we can handle. If that is true then God sure must have a much higher opinion of me than I do!  
-Michael J. McPherson
- Children may close their ears to advice, but may open their eyes to example.  
-Patricia Hoolihan

- Know the Self as Lord of the chariot, the body as the chariot itself, the discriminating intellect as the charioteer, and the mind as the reins. The senses, say the wise, are the horses, Selfish desires, the roads they travel.  
-Katha Upanishad
- If you judge people based on their race, gender, religion or skin color, you have no time to love them.  
- Swami Vivekananda
- Just as there is no loss of basic energy in the universe, so no thought or action is without its effects, present or ultimate, seen or unseen, felt or unfelt.  
-Norman Cousins
- He who holds back rising anger like a rolling chariot, him I call a real driver; other people are but holding the reins.  
-The Buddha
- Time ripens all things; no man is born wise.  
-Miguel de Cervantes
- You are not the only influence in your children's life....that is why you **MUST BE** the **BEST INFLUENCE** in your children's life!  
-Philip McGraw (Dr. Phil)
- Many of us live our lives running behind time, but we only reach it when we die of a heart attack or in a car accident rushing to be on time. Others are so anxious of living the future that they forget to live the present, which is the only time that truly exists.

We all have equal time throughout the world. No one has more or less. The difference lies in what each one of us does with our time. We need to live each moment. As John Lennon said, "Life is what happens to you while you're busy making other plans".  
-Author unknown

- Before you speak, listen.  
Before you write, think.  
Before you spend, earn.



Before you invest, investigate.

Before you criticize, wait.

Before you pray, forgive.

Before you quit, try.

Before you retire, save.

Before you die, give.

-William A. Ward

- The universe is completely balanced and in perfect order. You will always be compensated in full for everything you do.  
-Brian Tracy
- Rule your mind or it will rule you.  
-Horace Mann
- We are not troubled by things, but by the opinion which we have of things.  
-Epictetus
- The abundant life does not come to those who have had a lot of obstacles removed from their path by others. It develops from within and is rooted in strong mental and moral fiber.  
-William Mather Lewis
- The only certain means of success is to render more and better service than is expected of you, no matter what the task may be. This is a habit followed by all successful people since the beginning of time. Therefore I saith the surest way to doom yourself to mediocrity is to perform only the work for which you are paid.  
-Og Mandino
- Just remember....when you think all is lost, the future remains.  
-Bob Goddard
- I find television very educational. Every time someone switches it on I go into another room and read a good book.  
-Groucho Marx

- If you want to be sad, no one in the world can make you happy. But if you make up your mind to be happy, no one and nothing on earth can take that happiness from you.

-Paramhansa Yogananda

- If you want to be loved, start loving others who need your love. If you expect others to be honest with you, then start by being honest yourself.

If you want others to sympathize with you, start showing sympathy to those around you. If you want to be respected, you must learn to be respectful to everyone, both young and old. If you want a display of peace from others, you must be peaceful yourself. If you want others to be religious, start being spiritual yourself,

Whatever you want others to be, first be that yourself. Then, you will find others responding in like manner to you.

-Paramhansa Yogananda

- Wisdom is avoiding all thoughts that weaken you.

-Wayne Dyer

- As you begin to live in the present moment, you will experience a subtle but profound change. Worrying about the future will cease. A deep peace will enfold you, a peace that says, "All is well". There is nothing to fear. Everything is unfolding according to plan and you are being guided each step along the way.

-Douglas Bloch

- Never miss an opportunity to make someone smile.

-Anonymous

- It is essential to our wellbeing, and to our lives, that we play and enjoy life. Every single day do something that makes your heart sing.

-Marcia Wieder

- Be happy in the moment, that's enough. Each moment is all we need, not more.

-Mother Teresa

- There are two big forces at work, external and internal. We have very little control over external forces such as tornados, earthquakes, floods, disasters, illness and pain. What really matters is internal force. How do I respond to those disasters? Over that I have complete control.  
-Leo Buscaglia
- You are always a valuable, worthwhile human being, not because anybody says so, not because you're successful, not because you make a lot of money, but because you decide to believe it and for no other reason.  
-Dr. Wayne Dyer
- Working hard overcomes a whole lot of other obstacles. You can have unbelievable intelligence, you can have connections, you can have opportunities fall out of the sky. But in the end, hard work is the true endearing characteristic of successful people.  
-Marsha Johnson Evans
- I've always felt real blessed, especially to live in this country. If you dream hard and work hard, anything can happen here - I am perfect proof.  
-Yogi Berra
- Om, Sri Ram Jai Ram Jai Jai Ram  
(O Ram, What a glorious Being Thou art!)

#### Surrender: The Most Natural and Easiest Path

The path of self-surrender is the most natural and the easiest path. Offer up everything to Ram (or Krishna/Buddha/Christ/Mohammed). Lay your whole existence as a complete and unqualified offering at the holy feet of Ram. Behold the whole universe as the manifestation of Ram. Rejoice in seeing the worlds since they all remind you of Ram. Ram is light, love, and bliss. You have nothing to condemn. The world is the *lila* (play) of Ram. Ram is playing in it by assuming various forms. Observe the play and remain always peaceful and full of bliss.

Offer up everything to Ram, your actions, words, and thoughts, your body, mind, and soul. Remember God at all times. He will then give you peace. Let all desires vanish in Ram. Let all the so-called evil disappear in Ram. Let all thoughts rest in Ram. Be absorbed and merge in Ram. Be mad with Ram. Be intoxicated with Ram. Then you have all that you have wanted. You have realized Ram, you have reached Truth, and you have attained peace.

No bewilderment, no doubt, no struggle, when one has handed oneself completely into the hands of God. Live a life in complete submission to Ram, and you have no anxieties, no cares, no sorrows, no confusion. Do not mind what people say of you. Remain firm in your faith in Ram, in praise and ignominy alike. Do not condemn anything; seek no advice; don't be led away; exercise your own will, i.e. the will of Ram. Don't dwell upon personalities; all forms are unreal; all opinions are nothing to you; cling to Truth, Peace, Love, Light, and Bliss. Have no misgivings. Be peaceful, contented, and blissful. Ram is the only Reality. Meditate on Ram, always. See only Him everywhere, Ram, Ram. Om Sri Ram.

-Swami Ramdas

- Learn how to be happy with what you have while you pursue all that you want.  
-Jim Rohn
- When meditation is mastered, the mind is unwavering like the flame of a lamp in a windless place.  
-Lord Krishna in Bhagavad Gita
- If you go to work on your goals, your goals will go to work on you. If you go to work on your plan, your plan will go to work on you. Whatever good things we build end up building us.  
-Jim Rohn
- Are we obsessed with acquiring money, property, prestige? When we die all our money, power, property... all pass on... to belong to somebody else. What remains? Not much. In the sands of time only memories remain, in the minds of those people that we have

helped. What would you wish to leave behind you?...Beautiful memories of happy times? If you knew you had only one day to live how would you use this precious time? Would you now be appreciating the golden days of sun...the gentle breeze? Take inventory of all the good things in your life. Live each hour with cheer. Show love and affection for the special people in your life before it's too late. Tell them how you feel. Offer helping hand. Live each day as if there is no tomorrow.

-Author unknown

- Your opponent, in the end, is never really the player on the other side of the net, or the swimmer in the next lane, or the team on the other side of the field, or even the bar you must high jump. Your opponent is yourself, your negative internal voices, your level of determination.

-Grace Lichtenstein

- Some people are making such thorough preparation for rainy days that they aren't enjoying today's sunshine.

-William Feather

- It's the repetition of affirmations that leads to belief. And once that belief becomes a deep conviction, things begin to happen.

-Claude M. Bristol

- The common idea that success spoils people by making them vain, egotistic, and self-complacent is erroneous; on the contrary it makes them, for the most part, humble, tolerant, and kind. Failure makes people bitter and cruel.

-W. Somerset Maugham

- Everything we do is infused with the energy with which we do it. If we're frantic, life will be frantic. If we're peaceful, life will be peaceful. And so our goal in any situation becomes inner peace. Our internal state determines our experience of our lives; our experiences do not determine our internal state.

-Marianne Williamson

- Make your Vocation into Vacation and you will not have to work a single day.  
-Nicholas Lore
- Be vigilant; guard your mind against negative thoughts.  
-Buddha
- Sales are contingent upon the attitude of the salesman not the attitude of the prospect.  
-W. Clement Stone

- Adorable Presence

Adorable presence,  
Thou who art within and without,  
    above and below and all around,  
Thou who art inter-penetrating,  
    every cell of my being,  
Thou who art the eye of my eyes,  
    the ear of my ears,  
    the heart of my heart,  
    the mind of my mind,  
    the breath of my breath,  
    the life of my life,  
    the soul of my soul,  
Bless us, dear God, to be aware of thy presence  
    here and now.

May we all be aware of thy presence  
    in the East and the West,  
    in the North and the South.

May peace and good will abide among  
    individuals, communities, and nations.

This is my earnest prayer.

May peace be unto us all!

-Swami Omkar, *"Prayer for peace"*

- I laugh when I hear that the fish  
    in the water is thirsty.  
You wander restlessly from forest

to forest while the Reality  
is within your own dwelling.  
The truth is here! Go where you will---  
to Benares\* or to Mathura\*;  
until you have found God  
in your own soul, the whole world  
will seem meaningless to you.

-Hindu saint Kabir

\*Holy Indian Cities

- Unhappiness is best defined as the difference between our talents and our expectations.  
Edward De Bono
- We are never more discontented with others than when we are discontented with ourselves.  
-Henri Frederic Amiel
- The obstacles you face are mental barriers which can be broken by adopting a more positive approach.  
-Clarence Blasier
- The world is a great mirror. It reflects back to you what you are. If you are loving, if you are friendly, if you are helpful, the world will prove loving and friendly and helpful to you. The world is what you are.  
-Thomas Dreier
- All pain is either severe or slight, if slight, it is easily endured; if severe, it will without doubt be brief.  
-Marcus T. Cicero
- How do you know so much about everything?' was asked of a very wise and intelligent man; and the answer was 'By never being afraid or ashamed to ask questions as to anything of which I was ignorant'.  
-John Abbott
- I believe in the dignity of labor, whether with head or hand; that the world owes no man a living but that it owes every man an

opportunity to make a living.

-John D. Rockefeller

- If people only knew how hard I work to gain my mastery, it wouldn't seem so wonderful at all.  
-Michelangelo
- The easiest thing to be in the world is you. The most difficult thing to be is what other people want you to be. Don't let them put you in that position.  
-Leo Buscaglia
- I think we all have a little voice inside us that will guide us. It may be God, I don't know. But I think that if we shut out all the noise and clutter from our lives and listen to that voice, it will tell us the right thing to do.  
-Christopher Reeve
- There is no better time to be happy than right now.  
That point of view helped me see that there isn't any road to happiness. Happiness is the road.  
So, enjoy every moment.  
Stop waiting for school to end, for a return to school, to lose ten pounds, to gain ten pounds, for work to begin, to get married, for Friday evening, for Sunday morning, waiting for a new car, for your mortgage to be paid off, for spring, for summer, for fall, for winter, for the first or the fifteenth of the month, for your song to be played on the radio, to die, to be reborn... before deciding to be happy.  
-Author unknown
- Use the losses and failures of the past as a reason for action, not inaction.  
-Charles J. Givens



- Remember: If you're not experiencing failure, you're not working hard enough!  
-Jeffrey J. Mayer
  - Accept fate, and move on. Don't yield to the seductive pull of self pity. Acting like a victim threatens your future.  
-Anonymous
- ---Enjoying and fully experiencing the journey of life is as important as achieving goals and reaching milestones. There are lessons we can learn during those moments that seem immaterial or insignificant that we cannot learn at any other time. Appreciating these takes patience, however, because human beings tend to focus on the fulfillment of expectations rather than the simple joys of being.

Like many people, you have no doubt longed for a device that would give you the power to fast forward through certain periods of your existence. Yet haste is by its very nature vastly more stressful than serene fortitude. When you feel yourself growing impatient because the pace of your development is deceptively slow, remember that everything that will occur in your life will occur in its own time. Quelling your urge to rush will enable you to witness yourself learning, changing, and becoming stronger. There is so much to see and do in between the events and processes that we deem definitive. If you are patient enough to take pleasure in your existence's unfolding, the journey from one pinnacle to the next will seem to take no time at all.

-DailyOM website

- You can do as much as you think you can.  
But you'll never accomplish more;  
If you're afraid of yourself, young man/woman,  
There's little for you in store.  
For failure comes from the inside first,  
It's there if we only knew it,  
And you can win, through you face the worst,

If you feel that you're going to do it.

-Edgar A. Guest

- He who is plenteously provided for from within, needs but little from without.  
-Johann Wolfgang Von Goethe
- Patience can't be acquired overnight. It is just like building up a muscle. Every day you need to work on it.  
-Eknath Easwaran
- The Sufis advise us to speak only after our words have managed to pass through three gates. At the first gate we ask ourselves, Are these words true? If so, we let them pass on; if not, back they go. At the second gate we ask, are they necessary? At the last gate we ask, are they kind?  
-Eknath Easwaran
- Forgive, forget. Bear with the faults of others as you would have them bear with yours. Be patient and understanding. Life is too short to be vengeful or malicious.  
-Phillips Brooks
- Patience with others is Love, Patience with self is Hope, and Patience with God is Faith.  
-Adel Bestavros
- Our real blessings often appear to us in the shape of pains, losses and disappointments; but let us have patience and we soon shall see them in their proper figures.  
-Joseph Addison
- Nothing can bring you peace but yourself.  
-Ralph Waldo Emerson
- Uncertainty and mystery are energies of life. Don't let them scare you unduly, for they keep boredom at bay and spark creativity.

-R. I. Fitzhenry

- That which we persist in doing becomes easier, not that the task itself has become easier, but that our ability to perform it has improved.

-Ralph Waldo Emerson

Before you agree to do anything that might add even the smallest amount of stress to your life, ask yourself: What is my truest intention? Give yourself time to let a yes resound within you. When it's right, I guarantee that your entire body will feel it.

-Oprah Winfrey

- Self acceptance comes from meeting life's challenges vigorously. Don't numb yourself to your trials and difficulties, nor build mental walls to exclude pain from your life. You will find peace not by trying to escape your problems, but by confronting them courageously. You will find peace not in denial, but in victory.

-J. Donald Walters

- I got the news from my GP, who said 'There's a mass on your pancreas, and it's not fair.'

As I later told him, it's unfortunate, and it's unlucky, but it's not unfair. As I always tell my 5-year-old, it's not 'unfair' when you don't get what you want. We all run the risk of getting hit by the cancer dart.

-Dr. Randy Pausch

- My wife and children mean everything to me. They give a purpose to life and a depth of joy that no job [and I've had some of the most awesome jobs in the world] can begin to provide.

-Dr. Randy Pausch

- You know, life is a gift. Again, it sounds trite, but if you wait long enough, other people will show you their good side. If there's anything I've learned that is absolutely true. Sometimes it takes a lot longer than you might like. But the onus is on you to keep the hope and keep waiting.

-Dr.Randy Pausch

- We have it in our power to begin the world over again.  
-Thomas Paine
- The universe is completely balanced and in perfect order. You will always be compensated in full for everything you do.  
-Brian Tracy
- Deep, abiding joy is available to anyone who learns the secret of pursuing every task with energy and dedication, as though it were a calling.  
-Thomas Kinkade
- It will generally be found that men who are constantly lamenting their ill luck are only reaping the consequences of their own neglect, mismanagement, and improvidence, or want of application.  
-Samuel Smiles
- I've learned that:  
No matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow.  
You can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights.  
  
Regardless of your relationship with your parents, you'll miss them when they're gone from your life.  
Making a 'living' is not the same thing as 'making a life'.  
Life sometimes gives you a second chance.  
You shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw some things back.  
  
Whenever I decide something with an open heart, I usually make the right decision.  
Even when I have pains, I don't have to be one.

Every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back.

I still have a lot to learn.

People will forget what you said, people will forget what you did, but people will never forget how you made them feel.

- Maya Angelou

- People become successful because they get the important things done. They become successful by producing high quality work, and delivering it on time. They become successful because they dot their "i's" and cross their "t's." They become successful by doing the things they're supposed to do, doing them well, and getting them done on time! Successful people get results!

-Jeffrey J. Maye

- I learned that the only way you are going to get anywhere in life is to work hard at it. Whether you're a musician, a writer, an athlete or a businessman, there is no getting around it. If you do, you'll win if you don't you won't.

-Bruce Jenner

- Everyone thinks of changing the world, but no one thinks of changing himself.

-Leo Tolstoy

- An investment in knowledge always pays the best interest.

-Benjamin Franklin [http://www.dcresource.com/reviews/sony/dsc\\_w80-review/](http://www.dcresource.com/reviews/sony/dsc_w80-review/)

- Good times become good memories.

Bad times become good lessons.

- Treat everyone you meet as though they are the most important person you'll meet that day.

-Roger Dawson

- The philosophy of my life that has worked very well for me and I hope you will find it useful – that when life gives you lemons and everybody is busy making lemonades, think about making margaritas.

- Dr. Renu Khator, President and Chancellor at the University of Houston (UH).
- People who enjoy what they are doing invariably do it well.  
-Joe Gibbs
  - There are no secrets to success. It is the result of preparation, hard work, learning from failure.  
-Colin Powell
  - It is not the man who has too little, but the man who craves more, that is poor.  
-Seneca
  - Work joyfully and peacefully, knowing that right thoughts and right efforts will inevitably bring about right results.  
-James Allen
  - Life is the movie you see through your own eyes. It makes little difference what's happening out there. It's how you take it that counts.  
-Denis Waitley
  - The most expensive piece of real estate is the six inches between your right and left ear. It's what you create in that area that determines your wealth. We are only really limited by our mind.  
-Dr. Dolf de Roos
  - Be changed and the world around you begins to change.  
-Gerald Epstein
  - Accept responsibility for your life. Know that it is you who will get you where you want to go, no one else.  
-Les Brown
  - We are all dreaming of some magical rose garden over the horizon- instead of enjoying the roses blooming outside our windows today.  
-Dale Carnegie

- Real integrity is doing the right thing, knowing that nobody's going to know whether you did it or not.  
-Author unknown
- This craving for position, for prestige, for power, to be recognized by society, as being outstanding in some way, is a wish to dominate others, and this wish to dominate is a form of aggression. And what is the reason for this aggressiveness? It is fear isn't it?  
-Krisnamurti
- Give every man thy ear but few thy voice.  
-William Shakespeare
- One cannot get through life without pain... What we can do is choose how to use the pain life presents to us.  
-Bernie Siegel
- All the responsibility of good and evil is on you. This is the great hope. What I have done, that I can undo.  
-Swami Vivekananda
- With everything that has happened to you, you can either feel sorry for yourself or treat what has happened as a gift. Everything is either an opportunity to grow or an obstacle to keep you from growing. You get to choose.  
-Dr. Wayne Dyer
- I don't let my mouth say nothin' my head can't stand.  
-Louis Armstrong
- Many of the things you can count, don't count. Many of the things you can't count, really count.  
-Albert Einstein
- Does distress and despair, melancholy, and madness come from God?  
Does pleasure and prosperity, joy, and reason come from God?  
Was the human form, in all its beauty, designed by God?  
Does God give each person a distinct character and appearance?  
Does God give men and women the ability to think?  
Does God give human beings the urge to worship?

Does God plant the notions of truth and untruth in human mind?

Does God decide when human beings should die?

Does God offer the hope of immortality?

-Atharva Veda

- What counts is not necessarily the size of the dog in the fight - it's the size of the fight in the dog.

-Dwight D. Eisenhower

- Fear comes from the selfish idea of cutting one's self off from the universe.

-Swami Vivekananda

- As an individual, a specific entity, you have physical, mental, and nervous limits, among others. If you know your own limits and try to stay within these limits, you are free.

-Swami Prajnanpad

- Do we still not know that the appearance of a seed is in direct contradiction to its true nature?

If you submit the seed to a chemical analysis, you would find in it perhaps some carbon, proteins, and many other things, but never the hint of the leaf of a tree.

-Rabindranath Tagore

- There will have to be rigid and iron discipline before we achieve anything great and enduring, and that discipline will not come by mere academic argument and appeal to reason and logic. Discipline is learnt in the school of adversity.

-Mahatma Gandhi

- The whole universe is bound by the law of causation. There cannot be anything, any fact----either in the internal or in the external world----that does not have cause; and every cause must produce and effect.

Swami Vivekananda

- What we are about to undertake is an expedition together, a journey of discovery into the most secrete recesses of our



consciousness. And for such an adventure we must travel light, we cannot burden ourselves with opinions, prejudices, conclusions, that is, with all the baggage that we have collected over the past two thousand years or more. Forget everything you know about yourself, forget everything that you have thought about yourself; we are going to set off as if we know nothing.

-Krishnamurti

- An eye for an eye only ends up making the whole world blind.  
-Mahatma Gandhi
- Fear is one of the greatest problems in life. A mind that is caught in fear lives in confusion, in conflict, and therefore must be violent, distorted and aggressive.  
-Krishnamurti
- Love implies generosity, care, not to hurt another, not to make them feel guilty, to be generous, courteous, and behave in such a manner that your words and thoughts are born out of compassion.  
-Krishnamurti
- No matter how insignificant the thing you have to do, do it as well as you can, give it as much of your care and attention as you would give to the thing you regard as most important.  
-Mahatma Gandhi
- As long as there is division in any form there must be conflict. You are responsible, not only to your children, but to the rest of humanity. Unless you deeply understand this, not through words or ideas or the intellect, but feel this in your blood, in your way of looking at life, in your actions, you are supporting organized murder, which is called war.  
-Krishnamurti
- Chitrugupta, who is supposed to be writing out our deeds in an account book is no other than the conscious and unconscious parts of our mind. The Lord of law, to whom we have to render the account, is the Soul within us.  
-Gopal Singh

- Man falls from the pursuit of the ideal of plain living and high thinking the moment he wants to multiply his daily wants. Man's happiness really lies in contentment.

-Mahatma Gandhi

- If you are successful, it is because somewhere, sometime, someone gave you a life or an idea that started you in the right direction. Remember also that you are indebted to life until you help some less fortunate person, just as you were helped.

Melinda Gates, valedictory speech, Ursuline Academy, 1982

- If you wish to free yourself from suffering, you must free yourself from pleasure, and not free yourself from suffering. Suffering is a reaction.

If you wish to release from suffering, you must first of all release yourself from pleasure. Then the suffering will disappear.

-Swami Prajnanpad

- Very few people in this world can reason normally. There is a terrible tendency to accept all that is said, all that is read, and to accept it without question. Only he who is ready to question, to think for himself, will find the truth! To understand the currents of a river, he who wishes to know the truth must enter the water.

-Nisagadatta

- Freedom is a state of mind -----not freedom from something.

Krishnamurti

- No failure is ever final - nor is any success.

-Author unknown

- I am thankful for the wife who says its hot dogs tonight because she is home with me and not with someone else.

For the husband who is on the sofa, who is being a couch potato, because he is home with me and not out at the bars.

For the teenager who is complaining about doing dishes, because that he or she is at home, not on the streets.

For the taxes that I pay, because it means that I, am employed.

For the mess to clean after a party, because it means that I have been surrounded by friends.

For the clothes that fit a little too snug, because it means I have enough to eat.

For my shadow that watches me work, because it means I am in the sunshine.

For a lawn that needs mowing, windows that need cleaning, and gutters that need fixing, because it means I have a home.

For all the complaining I hear about the government, because it means that we have freedom of speech.

For the parking spot I find at the far end of the parking lot, because it means I am able to walk and that I have been blessed with transportation.

For my huge heating bill, because it means I am warm.

For the lady behind me in church that sings off key, because it means that I can hear.

For the pile of laundry and ironing, because it means I have clothes to wear.

For weariness and aching muscles at the end of the day, because it means I have been capable of working hard.

For the alarm that goes off in the early morning hours, because it means that I am alive.

-Author Unknown

- If you see God within every man and women, then you can never do harm to any man or woman. If you see God in yourself, then you attain perfection.

-The Bhagavad Gita

- Those who are focused on the object of senses, become attached to those objects. From attachment comes desire; and from desire comes anger; from anger comes confusion of mind; from confusion of mind comes loss of memory; from loss of memory comes loss of intelligence; and from loss of intelligence comes destruction.

-The Bhagavad Gita

- One of the things I learned the hard way was that it doesn't pay to get discouraged. Keeping busy and making optimism a way of life can restore your faith in yourself.

-Lucille Ball

- If you've had wonderful family relationships, you will be able to call yourself a true success in life no matter what else you've achieved.

-Vic Conant

- Quickly say That's good! to every setback and adversity, and then find out what is good about it.

-Brian Tracy

- Every problem has a limited life span.

-Robert H. Schuller

- It is not others who must change, but you.

-Swami Prajnanpad

- Even at the gate of death, in the greatest danger, in the thick of the battlefield, at the bottom of the ocean, on the tops of the highest mountains, in the thickest of the forest, tell yourself, "I am He, I am He."

-Swami Vivekananda

- Happiness is a butterfly, which, when pursued, is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you.

-Nathaniel Hawthorne

- First of all, accept yourself. When you do not accept yourself and imagine yourself to be someone different, a conflict arises between what you believe you are and you really are.  
-Swami Prajnanpad
- You can only stumble if you are moving.  
-Richard P. Carlton
- Hand that helps is holier than lips that pray.  
-Sri Sathya Sai Baba
- Nothing happens to us which we are not fitted by nature to bear. Problems call forth our courage and our wisdom; indeed, they create our courage and our wisdom. It is only because of problems that we grow mentally and spiritually. It is through the pain of confronting and resolving problems that we learn.  
-M. Scott Peck
- Ever tell yourself "I am He". These are words that will burn up the dross that is in the mind, words that will bring out the tremendous energy, which is within you already, the infinite power that is sleeping in your heart.  
-Swami Vivekanada
- To love is to understand and feel that the other person is different.  
-Swami Prajnanpad
- I've always made a total effort, even when the odds seemed entirely against me. I never quit trying; I never felt that I didn't have a chance to win.  
-Arnold Palmer
- Fear is man's greatest enemy, and it manifests itself in forms as diverse as shame, jealousy, anger, insolence, arrogance. What causes fear? It is lack of confidence in oneself. -Swami Prajnanpad
- Do not be desirous of having things done quickly.

Do not look at small advantages.

Desire to have things done quickly prevents their being done thoroughly.

Looking at small advantages prevents great affairs from being accomplished.

-Confucius (551 B.C.- 479 B.C.)

- There is a law in psychology that if you form a picture in your mind of what you would like to be, and you keep and hold that picture there long enough, you will soon become exactly as you have been thinking.

-William James (1842-1910)

- When the student is ready, the teacher will appear.

-Zen proverb

- Whenever something hurts us in life we have a choice to make: We can become bitter or better.

-Judith Grace

- Ann Swinford of Ann Arbor Mich. is living her life to the fullest because of a mentor's well-timed advice. At 28, Ann was working in a low-paying job but dreamed of becoming a doctor. It seemed overwhelming; since she'd be close to 40 by the time she finished her training. She mentioned the problem to a well-respected doctor.

"So?" he replied, "You're going to be 40 anyhow."

These words jolted Ann to action. "What an incredibly freeing idea," she says, "Here was one of the most accomplished physician reminding me that time marches on, regardless of what we do or don't do with our lives". Ann entered medical school at 30 and was a practicing doctor at 39.

-"The right words at the Right Time" by Marlo Thomas

- Ready or not, some day it will all come to an end. There will be no more sunrises, no minutes, hours or days. All the things you collected, whether treasured or forgotten will pass to someone else.

Your wealth, fame and temporal power will shrivel to irrelevance. It will not matter what you owned or what you were owed. Your grudges, resentments, frustrations and jealousies will finally disappear, so too, your hope, ambitions, plans and to do lists will expire.

The wins and losses that once seemed so important will fade away. It won't matter, where you came from or what side of the tracks you lived on at the end. It won't matter whether you were beautiful or brilliant. Even your gender and skin color will be irrelevant.

So what will matter? How will the value of your days be measured?

What will matter is not what you bought but what you built, not what you got but what you gave. What will matter is not your success but your significance. What will matter is not what you learned but what you taught.

What will matter is every act of integrity, compassion, courage, or sacrifice that enriched, empowered or encouraged others to emulate your example. What will matter is not your competence but your character.

What will matter is not how many people you knew, but how many will feel a lasting loss when you're gone. What will matter is not your memories but the memories that live in those who loved you. What will matter is how long you will be remembered, by whom and for what.

-Author unknown

- The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live the present moment wisely and earnestly.  
-The Buddha
- The human brain is created by God (Higher Power, Nature) with "a default" setting for character flaws such as lust (kam), anger (krodha), greed (lobha), ego (Maad) an attachment (Moha) without providing "customize" function.

Since "a customize" function is missing, if we are not careful, our life will be guided by the above character traits.

Fortunately the Saints, Sages and Sufis of the world have provided us with the path to follow to cultivate qualities like forgiveness, selfless service and love towards all. But we have to work at it everyday, persistently and with sustained enthusiasm.

St. Francis of Assisi, Mahatma Gandhi and Mother Teresa, to name a few, understood this early in their lives and by their example showed us the way for mitigating the missing "customize" function for us.  
-Yours truly

- Special Qualities of Woman

Woman's shoulders are strong enough to carry the weight of the world, yet gentle enough to give comfort.

Woman has inner strength to endure childbirth and the rejection that many times comes from her children.

Woman's hardness allows her to keep going when everyone else gives up, and take care of her family through sickness and fatigue without complaining.

Woman has sensitivity to love her children under any and all circumstances, even when her child has hurt her very badly.



The beauty of a woman is not in the clothes she wears, the figure that she carries, or the way she combs her hair.

The beauty of a woman must be seen in her eyes when she cries, because that is the doorway to her heart - the place where love resides.

- It is okay to lose; just don't lose the lesson.  
-George Lucas
- What I am is how God made me. What I am not is how God made others.  
-Jan Battenfield
- Create a list of all the times you've gotten things you didn't think were gettable, when faith is lagging, lug out this list.  
-Karen Salmansohn
- The other Fellow  
Whose luck is better far than ours?  
The other fellow's.  
Whose road seems always lined with flowers?  
The other fellow's.  
Who is the man who seems to get  
Most joy in life, with least regret,  
Who always seems to win his bet?  
The other fellow.
  - Who fills the place we think we'd like?  
The other fellow.  
Whom does good fortune always strike?  
The other fellow.  
Whom do we envy, day by day?  
Who has more time than we to play?  
Who is it, when we mourn, seems gay?  
The other fellow.  
Who seems to miss the thorns we find?  
The other fellow.  
Who seems to leave us all behind?  
The other fellow.

Who never seems to feel the woe,  
The anguish and the pain we know?  
Who gets the best seats at the show?  
The other fellow.  
And yet, my friend, who envies you?  
The other fellow.  
Who thinks he gathers only rue?  
The other fellow.  
Who sighs because he thinks that he  
Would infinitely happier be,  
If he could be like you or me?  
The other fellow.  
Edgar A. Guest (1881-1959)

- Everything that irritates us about others can lead us to an understanding of ourselves.  
-Carl Jung
- The most exquisite paradox ... as soon as you give it all up, you can have it all. As long as you want power, you can't have it. The minute you don't want power, you'll have more than you ever dreamed possible.  
-Ram Dass
- A very rich person should leave his kids enough to do anything, but not enough to do nothing.  
-Warren Buffett
- The good news is that the bad news can be turned into good news when you change your attitude.  
Robert H. Schuller
- The human brain is created by God with a "default" setting for character flaws without a "customize" function. The built-in character flaws are: lust (Kama), anger (Krodha), greed (Lobha), ego (Maad) and attachment (Moha).

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-Natubhai Desai

- Nature's law dictates that, in order to survive, bees must work together. As a result, they instinctively possess a sense of social responsibility. They have no constitution, no law, no police, no religion or moral training but, because of their nature, the whole colony survives. We human beings have a constitution, laws and a police force. We have religion, remarkable intelligence, and hearts with a great capacity to love. We have many extraordinary qualities but, in actual practice, I think we are behind those small insects. In some ways, I feel that we are poorer than the bees.

-His Holiness the XIVth Dalai Lama

- Whatever we do, good or bad, the result of it definitely comes, one day. So, we should continue doing good works, so that the results also come good.

-Sri Sathya Sai Baba

- Where there is faith, there is love.  
Where there is love, there is peace.  
Where there is peace, there is truth.  
Where there is truth, there is bliss.  
Where there is bliss, there is God.

-Sri Sathya Sai Baba

- One important key to success is self-confidence. An important key to self-confidence is preparation.

-Arthur Ashe

- The acknowledgment of our weakness is the first step in repairing our loss.  
-Thomas Kempis
- You have to leave the city of your comfort and go into the wilderness of your intuition. What you'll discover will be wonderful. What you'll discover is yourself.  
-Alan Alda
- Silence is the only language of the realized. It is only in the depth of silence that the voice of God can be heard. Silence stills the waves of one's heart.  
-Sri Sathya Sai Baba
- The very essence of the Hindu Philosophy is that man is a spirit, and has a body, and not that man is a body and may have a spirit also.  
-Swami Vivekananda
- My importance to the world is relatively small. On the other hand, my importance to myself is tremendous. I am all I have to work with, to play with, to suffer and to enjoy. It is not the eyes of others that I am wary of, but of my own. I do not intend to let myself down more than I can possibly help, and I find that the fewer illusions I have about myself or the world around me, the better company I am for myself.  
-Noel Coward
- A mind that is burdened with the past is a sorrowful mind.  
-Krishnamurti
- Man has accepted conflict as an innate part of daily existence because he has accepted competition, jealousy, greed, acquisitiveness and aggression as a natural way of life.  
-Krishnamurti
- The reason a lot of people do not recognize opportunity is because it usually disguises itself as hard work.  
-Thomas Edison

## Collection of Positive and Uplifting Quotations

- If you learn to appreciate more of what you already have, you will find yourself having more to appreciate.  
-Michael Angier
- Pour out all the water of desire from the vessel of your heart and fill it with the oil of God. Then the immortal light of wisdom, will burn straight and bright.  
-Sri Sathya Sai Baba
- There is no security on this earth, only opportunity.  
-General Douglas McArthur
- There is a real magic in enthusiasm. It spells the difference between mediocrity and accomplishment . . . It gives warmth and good feeling to all your personal relationships.  
-Norman Vincent Peale
- To wish you were someone else is to waste the person you are.  
-Anonymous
- The man who removes a mountain begins by carrying away small stones.  
-William Faulkner
- Remember, happiness doesn't depend upon who you are or what you have, it depends solely upon what you think.  
-Dale Carnegie
- A man can get discouraged many times but he is not a failure until he begins to blame somebody else and stops trying.  
-John Burroughs
- Today I live in the quiet, joyous expectation of good.  
-Ernest Holmen
- F.E.A.R. = False Evidence Appearing Real  
-Anthony Robbins
- Repetition is the mother of skill.  
-Author Unknown

- We see things not as they are, but as we are.  
-Henry Major Tomlinson
- The more you teach positive ideas to others, the better you learn them yourself.  
-Brian Tracy
- Every adversity, every failure and every heartache carries with it the Seed of an equivalent or a greater Benefit.  
-Napoleon Hill
- Those who bring sunshine to the lives of others cannot keep it from themselves.  
-James M. Barrie
- Don't fear pressure - for pressure is what turns rough stones into diamonds.
- Enjoy life, this is not a rehearsal.
- Believe that your life is worth living and your beliefs will help create the fact.
- Think highly of yourself because the world takes you at your own estimate.
- Happiness is not a station you arrive at, but a manner of traveling.  
-Margaret Lee Runbeck
- It requires less character to discover the faults of others than it does to tolerate them.  
-J. Petit Senn
- It is what we think we know already that often prevents us from learning.  
-Claude Bernard
- What we love to do, we find time to do.  
-Author unknown

- This day only is ours: we are dead to yesterday, and not born to tomorrow.  
-Jeremy Taylor
- People are lonely because they build walls instead of bridges.
- Patience can't be acquired overnight. It is just like building up a muscle. Every day you need to work on it.  
-Eknath Easwaran
- I've learned...

(1) That to ignore the facts does not change the facts.

(2) That when you plan to get even with someone, you are only letting that person continue to hurt you.

(3) That love, not time, heals all wounds.

(4) That the easiest way for me to grow as a person is to surround myself with people smarter than I am.

(5) That everyone you meet deserves to be greeted with a smile.

(6) That no one is perfect until you fall in love with them.

(7) That life is tough, but I'm tougher.

(8) That the best classroom in the world is at the feet of an elderly person.

(9) That when you're in love, it shows.

(10) That just one person saying to me, 'You've made my day!' makes my day.

(11) That having a child fall asleep in your arms is one of the most peaceful feelings in the world.

(12) That being kind is more important than being right.

(13) That you should never say no to a gift from a child.

(14) That I can always pray for someone when I don't have the strength to help him in some other way.

(15) That no matter how serious your life requires you to be, everyone needs a friend to act goofy with.

(16) That sometimes all a person needs is a hand to hold and a heart to understand.

(17) That simple walks with my father around the block on summer nights when I was a child did wonders for me as an adult.

(18) That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.

(19) That we should be glad God doesn't give us everything we ask for.

(20) That money doesn't buy class.

(21) That it's those small daily happenings that make life so spectacular.

(22) That opportunities are never lost; someone will take the ones you miss.

(23) That when you harbor bitterness, happiness will dock elsewhere.

(24) That I wish I could have told my Mom that I love her one more time before she passed away.

(25) That it's those small daily happenings that make life so spectacular.



- (26) That under everyone's hard shell is someone who wants to be appreciated and loved.
- (27) That one should keep his words both soft and tender, because tomorrow he may have to eat them.
- (28) That a smile is an inexpensive way to improve your looks.
- (29) That I can't choose how I feel, but I can choose what I do about it.
- (30) That when your newly born grandchild holds your little finger in his little fist, that you're hooked for life.
- (31) That everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.
- (32) That the less time I have to work with, the more things I get done.  
-Andy Rooney
- All pain is either severe or slight, if slight; it is easily endured; if severe, it will without doubt be brief.  
-Marcus T. Cicero
  - Om, Sri Ram Jai Ram Jai Jai Ram  
(O Ram, What a glorious Being Thou art!)  
Surrender: The Most Natural and Easiest Path  
The path of self-surrender is the most natural and the easiest path. Offer up everything to Ram (or Krishna/Buddha/Christ/Mohammed). Lay your whole existence as a complete and unqualified offering at the holy feet of Ram. Behold the whole universe as the manifestation of Ram. Rejoice in seeing the worlds since they all remind you of Ram. Ram is light, love, and bliss. You have nothing to condemn. The world is the lila (play) of Ram. Ram is playing in it by assuming various forms. Observe the play and remain always peaceful and full of bliss.  
  
Offer up everything to Ram, your actions, words, and thoughts, your body, mind, and soul. Remember God at all times. He will then give

you peace. Let all desires vanish in Ram. Let all the so-called evil disappear in Ram. Let all thoughts rest in Ram. Be absorbed and merge in Ram. Be mad with Ram. Be intoxicated with Ram. Then you have all that you have wanted. You have realized Ram, you have reached Truth, and you have attained peace.

No bewilderment, no doubt, no struggle, when one has handed oneself completely into the hands of God. Live a life in complete submission to Ram, and you have no anxieties, no cares, no sorrows, no confusion. Do not mind what people say of you. Remain firm in your faith in Ram, in praise and ignominy alike. Do not condemn anything; seek no advice; don't be led away; exercise your own will, i.e. the will of Ram. Don't dwell upon personalities; all forms are unreal; all opinions are nothing to you; cling to Truth, Peace, Love, Light, and Bliss. Have no misgivings. Be peaceful, contented, and blissful. Ram is the only Reality. Meditate on Ram, always. See only Him everywhere, Ram, Ram. Om Sri Ram.

-Swami Ramdas

- Live your own life. That is to say, where you are, as you are, with what you are, and with who you are. Accept the situation in which you find yourself and try, at the same time, to adapt to it. You cannot escape from it.

-Swami Prajnanpad

- When the poor come to you in great need, begging for food, do not harden your hearts against them. Remember that the poor may once have been rich, and you may one day be poor. When you see people who are thin for lack of food, beg them to accept your help; remember that you may need their friendship in times to come.

-Rig Veda

- People often say that motivation doesn't last. Well, neither does bathing that's why we recommend it daily.

-Zig Ziglar

- A 'No' uttered from deepest conviction is better and greater than a 'Yes' merely uttered to please, or what is worse, to avoid trouble.

-Mahatma Gandhi

- Guard your tongue, for it is highly dangerous; unguarded words can cause terrible distress. A single bad word can destroy a vast quantity of good. A wound caused by fire will eventually heal, but a wound caused by the tongue leaves a scar that never heals.  
-Valluvar
- When you abandon every desire that rises up within you, and when you become content with things as they are, then you experience inner peace. When your mind is untroubled by misfortune, when you desire no pleasures, when your emotions are tranquil, and when you are free from fear and anger, then you experience inner calm. When you are free from all attachments, when you are indifferent to success and failure, then you experience inner serenity. When you can withdraw your senses from pleasures of the senses, just as a tortoise withdraws its limbs, then you experience inner wisdom.  
-The Bhagavad Gita
- You can live with few clothes or with one meal a day, but that is not simplicity. So to be simple don't live in a complicated way, contradictory and so on, just be simple inwardly.  
-Krishnamurti
- Life is like a garden. Quite naturally, leaves wither and flowers fade.

Only if we clear the decay of the past then and there can we really enjoy the beauty of the new leaves and flowers. Likewise, we must clear the murkiness of past bad experiences from our minds. Life is remembrance in forgetfulness. Forgive what ought to be forgiven; forget what ought to be forgotten.

Let us embrace life with renewed vigor... We should be able to face every moment of life with renewed expectation, like a freshly blossomed flower.

-Mata Amritanadamayi

- The art of being wise is the art of knowing what to overlook.  
-Goethe

- In your veins, and in mine, there is only one blood, the same life that animates us all! Since one unique mother begat us all, where did we learn to divide ourselves?  
-Kabir
- It's not only the scenery you miss by going too fast.
- The winners in life think constantly in terms of I can, I will, and I am. Losers, on the other hand, concentrate their waking thoughts on what they should have or would have done, or what they can't do.  
-Dennis Waitley
- We are always comparing what we are with what we should be. This measuring ourselves all the time against something or someone is one of the primary causes of conflict. Now why is there any comparison at all? If you do not compare yourself with another you will be what you really are.  
-Krishnamurti
- Change is inevitable. You can't avoid it. The best thing to do is to accept change, learn from it, and use it to your BEST advantage! Every situation, properly perceived, becomes an opportunity.  
-Helen Schucman
- Your most valuable asset can be your willingness to persist longer than anyone else.  
-Brian Tracy
- The happiest people don't have the best of everything. They just make the best of everything.
- Live simply. Love generously. Care deeply. Speak kindly.
- The most difficult thing in the world is to know how to do a thing and to watch somebody else doing it wrong without comment.  
-T. H. White
- A smile given to another can make the difference in their day and yours too.  
-Anonymous

- In a day, when you don't come across any problems – you can be sure that you are traveling in a wrong path.  
-Swami veekananda
- Three sure ways for getting success:  
Know more than other, Work more than other, Expect less than other.  
-William Shakespeare
- The way I see it, if you want the rainbow, you gotta put up with the rain.  
-Dolly Parton
- What we do to impress others are the very things others find most annoying.  
-Burke Franklin
- To be upset over what you don't have is to waste what you do have.  
-Ken Keyes
- You become the way you behave.  
-Maxene Fernstrom
- At the end of your life, you will never regret not having passed one more test, not winning one more verdict or not closing one more deal.
- You will regret time not spent with a husband, a child, a friend or a parent.  
-Former First Lady Barbara Bush in speech at Wellesley College
- It is hard to see the future with tears in your eyes  
-The Mohawk Indian saying
- The richest lives attain an inner balance comprised of work, play, and love in equal order; to pursue one at the expense of others is to open oneself to sadness in older age. Conversely, pursuing all three with like dedication ensured a later life graced with serenity and

fulfillment.

-Harvard psychologist Erik Erikson

- President Lyndon Johnson told Historian Doris Kearns Goodwin that, of late, he had been reading Carl Sandburg's biography on Abraham Lincoln, and trying, unsuccessfully, to conjure Lincoln to life. If he couldn't bring Lincoln to life, he said sadly, it was hard to imagine that anybody would be able to do the same for him one day. Therefore, he surmised, perhaps he would have been better off spending more time with his children and grandchildren in his later years, leaving a different, perhaps more personally fulfilling, legacy for the world.

I made the most eventful decision of my career. Aware that I couldn't teach, write, and be mother at the same time, I gave up my teaching and set up a home office to write.

I knew I was making the right choice. While it clearly didn't matter to the world when my next book would come out, I like to believe it mattered very much to my children that their mother was nearby. After all, one's goal in life should not be the perfection of work alone but, rather, the perfection of that life.

- Historian Doris Kearns Goodwin

- You are as young as your faith, as old as your doubt;  
as young as your self-confidence, as old as your fear;  
as young as your hope, as old as your despair.  
-Author unknown
- What lies behind us and what lies ahead of us are tiny matters compared to what lies within us.  
-Author unknown
- If you practice being annoyed, irritable and angry all the time, that gets to be your habit. If you practice patience, or kindness, or generosity, and you do it over and over, even if it's self-conscious at first, after a while it grows to be your relation to the world, and people treat you differently because of it.  
-Jack Kornfield

- Life is not the way it's supposed to be. It's the way it is.  
-Author unknown
- The way you cope with it is what makes the difference.  
– Virginia Satir
- Act as though what you do makes a difference. It does.  
- William James
- The more we try to eliminate annoyances, instead of learning to handle them gracefully, the further we get from developing the qualities that come with spiritual growth, such as patience, tolerance, and acceptance.

It is often in the presence of people and experiences we find annoying that we have an opportunity to develop these qualities.

Fortunately for most of us, our lives offer an abundance of opportunities to practice and cultivate these traits.

-DailyOM Website

- We find it easy to love those who are good-looking or fun to have around, but we don't like people who inconvenience us or make us feel uncomfortable. We would rather stay away from people who aren't as healthy, beautiful, or smart as we are.

Thankfully, there's someone who won't treat us that way. Someone who loves us with an unconditional love that welcomes us into the forever family, regardless of how messed up we are.

Friendship is God's most precious gift! Friends are a very rare jewel, indeed. They make you smile and encourage you to succeed. They lend an ear, they share a word of praise.

- With money you can.....  
-buy a house but not a home.

- buy a clock but not time.
- buy a bed but not sleep.
- buy a book, but not knowledge.
- buy a doctor, but not good health.
- buy a position but not respect.
- buy blood but not life.
- buy sex but not love.
  
- Suffer harsh words as an elephant suffers arrows on the battlefield.  
People are people, often ill natured.  
-Buddha
  
- Unkind words can cause lasting wounds. People will hurt you - but  
you can choose not to hurt them back.  
-Eknath Easwaran
  
- Everyone wants to live on top of the mountain, but all the happiness  
and growth occurs while you're climbing it.  
-Andy Rooney
  
- That one I love who is incapable of ill will and returns love for  
hatred. Living beyond the reach of "I" and "mine", and of pain and  
pleasure, full of mercy, contented, self-controlled, of firm resolve,  
with all his heart and all his mind given to Me - with such a one I am  
in love.  
- Lord Krishna in Bhagavad Gita
  
- Hope is a choice.
  
- I weave a silence onto my lips.  
  
I weave a silence into my mind.  
  
I weave a silence within my heart.



I close my ears to distractions.

I close my eyes to attractions.

I close my heart to temptations.

Calm me, O God, as you still the storm.

Still me, O God; keep me from harm.

Let all tumult within me cease.

Enfold me, God, in your peace.

-A Gaelic Prayer

- Most of us think too much about what we should do and not enough about what we should be, If we would pay more attention to what we should be, our work would shine forth brightly.  
-Meister Eckhart

- The mind does nothing but talks, asks questions and search for meaning. The heart does not talk, does not ask questions, and does not search for meaning. It silently moves towards God and surrenders itself to Him. The mind is Satan's lawyer. The heart is God's servant.  
-St. Francis of Assisi (1181-1226)

- I am an old man and have known a great many troubles, but most of them never happened.  
-Mark Twain
- I am always content with what happens; for I know that what God chooses is better than what I choose.  
-Epictetus

- A lecturer, when explaining stress management to an audience, raised a glass of water and asked, "How heavy is this glass of water?"

Answers called out ranged from 20g to 500g.

The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes." He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on. "As with the glass of water, you have to put it down for a while and rest before holding it again.

When we're refreshed, we can carry on with the burden." "So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow. Whatever burdens you're carrying now, let them down for a moment if you can." So, my friend, why not take a while to just simply RELAX. Put down anything that may be a burden to you right now. Don't pick it up again until after you've rested a while.

Life is short. Enjoy it!

- Here are some great ways of dealing with the burdens of life:

Always keep your words soft and sweet, just in case you have to eat them.

Drive carefully. It's not only cars that can be recalled by their maker.

If you can't be kind, at least have the decency to be vague.

If you lend someone \$20 and never see that person again, it was probably worth it

It may be that your sole purpose in life is simply to serve as a warning to others.

Never put both feet in your mouth at the same time, because! Then you won't have a leg to stand on.

Nobody cares if you can't dance well. Just get up and dance.

Birthdays are good for you. The more you have, the longer you live.

You may be only one person in the world, but you may also be the world to someone.

Some mistakes are too much fun to only make once.

A truly happy person is one who can enjoy the scenery on a detour.

- If you want to learn about your character flows talk to your relatives.  
If you want to feel good about yourself talk to your friends.
- Let us rather run the risk of wearing out than rusting  
-Theodore Roosevelt
- A rolling stone can gather no moss.  
-Publilius Syrus
- Do not be cowed down by sufferings. Feel that they have a place in your life as much as anything else for which you aspire. Trials and difficulties frighten us only because we look upon them with fear and distress at heart. Accept them as they come, and by constant thought of God, overcome them. When you thus control yourself and remain unaffected by them, you will have gained no ordinary strength and courage. All your circumstances will then mold themselves for your good.  
-Swami Ramdas
- People will always try to knock you in life – and knock your dreams. In a peculiar way, that's not such a bad thing. In the end, it gives you an opportunity to prove you want it enough, and that you're strong enough to keep going. Life isn't supposed to be too easy.  
-Christiane Amanpour

- The fact that you are willing to say, "I do not understand, and it is fine," is the greatest understanding you could exhibit.  
-Wayne Dyer
- A successful person is one who can lay a firm foundation with the bricks that others throw at him.  
-David Brinkley
- Failure Leads to Success

Whenever, wherever you see success you'll almost always not see the failure that accompanied that success. One of the most famous examples of this is Thomas Edison was working on the light bulb, a reporter found out that Edison had created 10,000 different versions and still could not get it to work. The reporter asked Edison, "How can you keep going after failing 10,000 times? Isn't that a little ridiculous? Why don't you just give up?" Edison answered, "You don't understand, I haven't failed 10,000 times, I've simply succeeded in finding 10,000 ways that definitely won't work."

- We often fear failure because we view it as an expression of our own self worth. We sometimes think it shows that we're an inadequate person or we're bound for a life of mediocrity. However, this is simply not true. Failure, if anything, means that we now have an opportunity to learn. We tried and it didn't work. So we need to find a different way to proceed until we can master the task at hand. Don't let one failure deter you from trying something else.
- Those who understand the learning opportunity presented by failure, like Edison, look forward to failures because of what they can teach you about yourself and your inner resiliency. When a failure occurs, look at it objectively and ask yourself why. Did you not do everything you could have? Can you retry it from a different angle, or with another mindset? Keep working and you will eventually achieve a favorable result. If you stop learning from your experiences, then you truly have failed
- 
- You're not obligated to win. You're obligated to keep trying to do the best you can every day.  
-Marian Wright Edelman

- If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome.  
-Anne Bradstreet,
- We cannot change the cards we are dealt, just how we play the hand. If I don't seem as depressed or morose as I should be, I'm sorry to disappoint you.  
-Randy Pausch
- Experience is what you get when you didn't get what you wanted.  
-Randy Pausch

For short version of "Last Lecture":

<http://video.google.com/videoplay?docid=8577255250907450469&hl=en-GB>

To watch the original "Last Lecture":

[http://www.youtube.com/watch?v=ji5\\_MqicxSol](http://www.youtube.com/watch?v=ji5_MqicxSol)

- Those people blessed with the most talent don't necessarily outperform everyone else. It's the people with follow-through who excel.  
-Mary Kay Ash
- To live with the conscious knowledge of the shadow of uncertainty, with the knowledge that disaster or tragedy could strike at any time; to be afraid and to know and acknowledge your fear, and still to live creatively and with unstinting love: that is to live with grace.  
-Peter Henry Abrahams
- When we are angry or depressed in our creativity, we have misplaced our power. We have allowed someone else to determine our worth, and then we are angry at being undervalued.  
-Julia Cameron
- Anger makes you smaller, while forgiveness forces you to grow beyond what you were.

Cherie Carter-Scott

- Broaden your heart and make it as magnanimous as that of God Himself. If you look at a balloon, at first, it is flat. If you go on blowing air into it, it becomes bigger and bigger, and at one stage it will burst. Though beginning with the ideas of 'I' and 'mine', if you ultimately move on to the stage where you realize that "all are mine", "all are one"; gradually you will become broader in your vision and will merge in God who is omnipresent. You should recognize the truth that man's life consists of making the journey from the stage of 'I' to the stage of 'We'.

-Sathya Sai Baba

- When God leads you to the edge of the cliff, trust Him fully and let go, only one of two things will happen, either He'll catch you when you fall, or He'll teach you how to fly!

Remember if God closes doors no man can open & if God opens doors no man can close.

-Author unknown

- The Paradox of Our Time

The paradox of our time in history is that we have taller buildings, but shorter tempers; wider freeways, but narrower viewpoints. We spend more, but have less; we buy more but enjoy it less. We have bigger houses and smaller families; more conveniences, but less time; we have more degrees, but less sense; more knowledge, but less judgment; more experts, but more problems; more medicine, but less wellness.

We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry too quickly, stay up too late, get up too tired, read too seldom, watch TV too much, and pray too seldom.

We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often. We've learned how to make a living, but not a life; we've added years to life, not life to years.

We've been all the way to the moon and back, but have trouble crossing the street to meet the new neighbor. We've conquered outer space, but not inner space. We've done larger things, but not better things. We've cleaned up the air, but polluted the soul.

We've split the atom, but not our prejudice. We write more, but learn less. We plan more, but accomplish less. We've learned to rush, but not to wait. We build more computers to hold more information to produce more copies than ever, but have less real communication. These are the times of fast foods and slow digestion; tall men, and short character; steep profits, and shallow relationships.

These are the times of world peace, but domestic warfare; more leisure, but less fun; more kinds of food, but less nutrition.

These are days of two incomes, but more divorce; of fancier houses, but broken homes. These are days of quick trips, disposable diapers, throwaway morality, one-night stands, overweight bodies, and pills that do everything from cheer, to quiet, to kill.

It is a time when there is much in the show window and nothing in the stockroom; a time when technology can bring this letter to you, and a time when you can choose either to share this insight.... or to just hit delete.

-George Carlin

- So long as you think you have the least difference from God, fear will seize you, but when you have known that you are He, that there is no difference, entirely no difference, that you are He, all of Him, and the whole of Him, all fear ceases. Therefore, dare to be free, dare to go as far as your thought leads, and dare to carry that out in your life.

-Swami Vivekananda

- The Universe is the field where God sports. Be aware of this fact in every moment of consciousness and there is nothing more you need for a happy existence. For, you will then contact God in everything, through every thought, at every place and at every moment. His glory is evident in the smallest flower and the most distant star. The joy that you can derive from the contemplation of these proofs of

providence is indescribable. Lord Krishna has said in the Bhagavad Geetha that He is ever by the side of the joyous being. Be joyful yourself and share it with others. Limited happiness arising out of self-centeredness should be given up.

-Sathya Saibaba

- read of a Reverend who stood to speak at the funeral of his friend. He referred to the date on her tombstone from the beginning ..... to the end.

He noted that first came the date of her birth and spoke of the date with tears but he said what mattered most of all was the dash between those years.

For the dash represents all the time that she spend alive on earth, and now only those who loved her know what that little dash is worth.

For it matters not how much we own; the cars, the house, the cash. What matters is how we lived and loved and how we spend our dash.

So think about this long and hard, are there things you'd like to change? For you never know how much time is left you could be at "dash mid-range."

If we could just slow down enough to consider what's true and real, and always understand the way other people feel, and be less quick to anger, show appreciation more and love the people in our life like we've never loved before.

If we treat each other with respect, more often wear a smile remembering that this special dash might only last a little while.

So when your eulogy is being read with your life's actions to rehash... would you be pleased with the things they say about how you spent your dash.

-The Dash by Linda Ellis

- One evening an old Cherokee told his grandson about a battle that goes on inside people.



He said, "My son, the battle is between two "wolves" inside us all.

One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?"

The old Cherokee simply replied, "The one you feed."

- The happiness derived from sensory objects arises and vanishes with time. For instance, when hunger is appeased, there is happiness for that moment; but this happiness ebbs away after a while. This is true of all objects in the world; the joy derived from them is evanescent. Man, however, is after lasting Ananda (bliss). He is in fact the embodiment of bliss. Bliss constitutes his very nature and being. Why, then, does he not experience it? This is because, unaware of his true nature, he is obsessed with the external world and fails to experience the bliss within him. He mistakenly imagines that the source of joy lies in the phenomenal world.  
-Sthay Sai Baba
- To keep the heart unwrinkled, to be hopeful, kindly, cheerful, reverent - that is to triumph over old age.  
-Thomas Bailey Aldrich
- Those who think they have not time for bodily exercise will sooner or later have to find time for illness.  
-Edward Stanley
- True love is neither physical, nor romantic. True love is an acceptance of all that is, has been, will be, and will not be !!

The happiest people don't necessarily have the best of everything; they just make the best of everything they have.

Life isn't about how to survive the storm but how to dance in the rain.

- If you don't like something change it; if you can't change it, change the way you think about it.  
-Mary Engelbreit
- There's a myth that time is money. In fact, time is more precious than money. It's a nonrenewable resource. Once you've spent it, and if you've spent it badly, it's gone forever.  
-Neil Fiore
- Write the bad things that are done to you in sand, but write the good things that happen to you on a piece of marble.  
-Author unknown
- Cherish that which is within you, and shut off that which is without.  
-Chuang-tzu
- You don't get points for predicting rain. You get points for building arks.  
-James Johnston
- Praise the bridge that carried you over.  
-George Colman
- But pain... seems to me an insufficient reason not to embrace life. Being dead is quite painless. Pain, like time, is going to come on regardless. Question is, what glorious moments can you win from life in addition to the pain?  
-Lois McMaster Bujold
- The actual tragedies of life bear no relation to one's preconceived ideas. In the event, one is always bewildered by their simplicity, their grandeur of design, and by that element of the bizarre which seems inherent in them.  
-Jean Cocteau
- Life has taught us that love does not consist in gazing at each other, but in looking outward together in the same direction.

-Antoine de Saint Exupery

- Do not believe a thing simply because it has been said. Do not put your faith in traditions only because they have been honored by many generations. Do not believe a thing because the general opinion believes it to be true or because it has been said repeatedly. Do not believe a thing because of the single witness of one of the sages of antiquity. Do not believe a thing because the probabilities are in its favor, or because you are in the habit of believing it to be true. Do not believe in that which comes to your imagination, thinking that it must be revelation of a superior Being. Believe nothing that binds you to the sole authority of your masters or priests. That which you have tried yourself, which you have experienced, which you have recognized as true, and which will be beneficial to you and to others; believe that, and shape your conduct to it.

-Buddha

- If you don't invite God to be your summer Guest, He won't come in the winter of your life.

-Lahiri Mahasaya, Paramahansa Yogananda' guru