Beautiful Words …

A Collection of Quotes
by constance malaambo

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A WORD FROM THE AUTHOR

Everything I see, hear, touch, taste, smell or sense in any way is an aspect of Divinity. This is one of my own mantras that you will find in this book. I bring it to you now, as my intention for compiling these varied quotes. Ultimately, I feel the one thread that weaves through each and every quote is LOVE.

In re-reading and discussing these quotes many times, I have become aware that within this book there can be a knowing; there can be an opportunity of understanding for all; and the awareness of many definitions and opinions from varied individuals, backgrounds and time periods. Whether it is an expression of love by someone; an example of love; a concept of understanding love; or a concept contrary to love, my intent is for personal growth through these opinions and quotes of so many.

In compiling these quotes, there is the awareness for me of the time period during which the quote was written, transcribed or verbally expressed: From our present day of

Oprah and Cher, to include my understanding of “man or woman” as we incorporate LGBTQ, to the Logia of Jesus, to the 12th century poet Rumi, to Voltaire in the 17th century, to the 1960’s of Martin Luther King Jr.

Meaning and understanding is also brought forth from the specific personal history of the writer or orator: From Elie Wiesel, holocaust survivor; to Helen Keller, born mute and blind; to Gandhi, teaching non-violent resistance; to Miguel Ruiz, taught by the lineage of the Mayans; to Buddha, born of wealth to discover a way beyond suffering; to the humor of George Carlin. They all bring their teachings, experiences and self discovery to these quotes.

Thank you for taking the time to experience this collection of words. Whether brought to you as a gift from someone, as your gift to yourself to go within, or by complete accident or happenstance, I am in complete gratitude that you have found your way here. My hope is that you have moments of clarity, profound "ah ha’s," and the realization that love is expressed through action.

Constance Malaambo RN, M. Hom.

AN INVITATION FROM A SACRED FRIEND

In the 40 years that I have known Little Bear, (the collector of these quotes), the one thread that has run through our relationship has been that of Sacred Friendship ~ The process of walking through life side by side.

Our Sacred Friendship has withstood the lessons of many of the “Great Master Teachers”: Fear, Anger, Rage, Addiction, Bigotry, Infidelity, Trauma, A Decade Long Legal Battle, Financial Crisis, Family Crisis and both Mental and Physical Illness. In choosing “Post-Traumatic Growth” as opposed to “Post Traumatic Stress,” we have transmuted the painful lessons of these “Master Teachers” into a union of Wholeness, Self-Empowerment and Love.

As I have seen through the tapestry of her life, Little Bear has woven a continuous thread of Love - That is, she has always chosen ...

“to align her thoughts, words and acts in order to support what one desires to do in living life to the fullest, as long as those desires do not harm or abuse oneself or another - to move in a direction so that the object of love becomes more self-sufficient, self-reliant, self-creative; not

more constricted, reduced or controlled by that which is outside oneself."

By so choosing and so living, Little Bear defines two processes: She defines herself and she defines Love. And, by sharing with all of you her "little" selection of quotes, Little Bear invites you to experience what she perceives as words which, when taken together in the context of her definition of Love, create a wondrous garment that stimulates thought, question and emotion.

Through this passageway of language, Little Bear welcomes you to her personal selection of quotes which represent love, demonstrate love, and exemplify the love of self and others.

My invitation is that you look at what she has defined as Love as you imbibe her quotes, and then ask yourself: "Does this definition of Love apply in my life … to my relationships. Does this definition apply to those that I think I love? Does it apply to those that I think are loving me?

And if not, then how do I define Love in my life? And how do I use my definition in understanding the true nature of my relationships, including my relationship to religion, to business and even government?

Your answers to these questions may empower us all to become creators of our own clear understanding of a single word that has confused so many for so long.

You are dearly loved and never alone,

chiboola malaambo md ~ lover of humankind

Favorite Quotes
of Constance Malaambo

I'm a woman
Phenomenally.
Phenomenal woman
That's me.

Maya Angelo

Dedicated to all my Master Teachers

You are here for yourself. You are not here to save the universe. You are not here because any of you are in an exclusive group. You are here for yourself.

Tobias

Adversity does not build character, it reveals it.

James Lane Allan

Freedom is Who You Are. 'Freedom' is but another word for 'God.' It has been difficult to find words in human language to describe that which God Is, but 'Freedom' is one of them. Another word to describe God is...You.

You and God are One. Therefore you, too, are Free. Free to make choices, free to select your reactions and responses to life, free to be your authentic Self.

Channeled by Neale Donald Walsch

** All subsequent quotes by Mr. Walsch are channeled quotes.

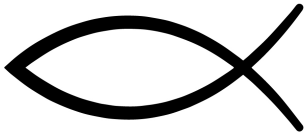
Women often love to escape themselves rather than to find themselves and because of that, loving a man** can become a danger, rather than a source of life.

Simone de Beauvoir

** or woman

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



If I am not good to myself, how can I expect anyone else to be good to me?

Maya Angelo

Give yourself permission to be who you are. It sounds simple. It sounds so logical. But it is one of the most challenging and difficult things that you will ever do. It requires trust and it requires being truthful with yourself.

Tobias

You don’t need to change the world; you need to change yourself.

Miguel Ruiz

If our Father's country were the sky, birds would belong there more than you. If it were the sea, the fish. But our Father's realm is inside you! You will understand this when you know yourselves for what you are, the children of the Creator of all living things.

The Logia of Yeshua

Take a deep breath and give yourself the gift of being who you are. (Emphasis mine).

Tobias

What I am looking for is not out there, it is inside of me.

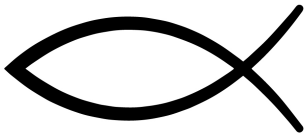
Helen Keller

We are all going to die. That alone should make us be kind to one another.

(Paraphrased)
Charles Bukowski

Silence is the ultimate weapon of power.

Charles de Gaulle



When you struggle with your partner, you are struggling with yourself. Every fault you see in them touches a denied weakness in yourself.

Deepak Chopra

I was afraid at the beginning until the Master told me that pain isn't the truth. It's what you have to get through in order to find the truth.

Deepak Chopra

Pain is a treasure, for it contains mercies …

Rumi

How big do you think God is? Your questions show the limitations of your consciousness. The concepts of love and compassion one to another are beyond the scope of Human understanding. Your soul is part of a Universal love system. Tell me, when you love someone, do you have to explain it? Could you? No. So when I tell you that this love continues on both sides even after death, I won't try to explain it. Love is a unique living energy of its own, and it does not need you to understand it for it to amplify itself, follow you everywhere, and give peace where it is needed. You are never alone.

Kryon

Love is the center of human life.

The Dalai Lama

I used to believe that marriage would diminish me, reduce my options … that you had to be someone less to live with someone else when, of course, you have to be someone more.

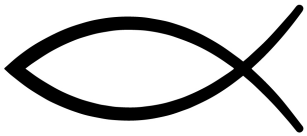
Candice Bergen

If you have only one smile in you, give it to the people you love. Don’t be surly at home, then go out on the street and start grinning, “Good morning” at total strangers.

Maya Angelo

To love someone deeply gives you strength. Being loved by someone gives you courage.

Lao Tzu



Live so that when your children think of fairness and integrity, they think of you.

H. Jackson Brown

Could a greater miracle take place than for us to look through each other's eyes for an instant?

Henry David Thoreau

Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.

Rumi

**Gandhi says, “We must be the change we wish to see in the world.”
Michael Jackson’s Song says, “I'm gonna make a change,…….I'm starting with the man in the mirror.”

There are no boundaries for women.
*Inspired by Margaret Thatcher's quote:
"The home should be the center but not the boundary of a woman's life."

Me

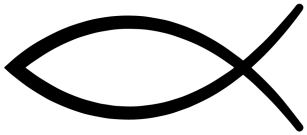
Life can only be understood backwards, but it must be lived forward.

Soren Kierkegaard

** Hindsight may be powerful in its understanding; however our power lies in creating our now and future potential.

And still, after all this time, the Sun has never said to the Earth, “You owe me.” Look what happens with love like that. It lights up the sky.

Rumi



The best thing about the future is that it comes one day at a time.

Abraham Lincoln

Imagination is more important than knowledge.

Albert Einstein

Nothing you ever do for children is wasted.

Garrison Keillor

You don’t need to justify your love, you don’t need to explain your love, you just need to practice your love. Practice creates the Master.

Miguel Ruiz

The world is not dangerous because of those who do harm. It's dangerous because of those who watch and do nothing.

Albert Einstein

You Are Dearly Loved

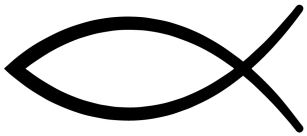
Kryon

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

Martin Luther King Jr.

To love oneself is the beginning of a life long romance.

Oscar Wilde



Kindness in words creates confidence;
Kindness in thinking creates profoundness;
Kindness in giving creates love.

Unknown
**Authenticity is incorporated into this quote

I have decided to stick to love, hate is too great a burden to bear.

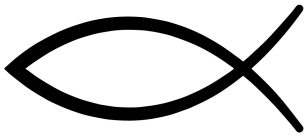
Martin Luther King Jr.

Do what you feel in your heart to be right —
for you'll be criticized anyway.

Eleanor Roosevelt

The bitterest tears shed over graves are
words left unsaid and deeds left undone.

Harriet Beecher Stow



Fear is a natural reaction as we move closer to the truth.

Pema Chopra

Your life is supposed to feel good to you.

Abraham Hicks

Love is the only force capable of transforming an enemy into a friend.

Martin Luther King Jr.

Regarding raising children: The days are long and the years fly by.

Unknown

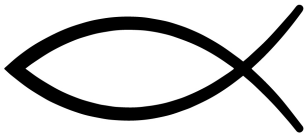
In war, there are no unwounded soldiers.

Alexander the Great

There can be no deep disappointment where there is not deep love.

Martin Luther King Jr.

**Love is used here as need



A beautiful woman looking at her image in the mirror may very well believe the image is herself. An ugly woman knows it is not.

Simon Weil

**I personally do not care for the word “ugly”; however, I will leave it as quoted with the understanding that beauty comes from within and how we feel about ourselves.

Because you are alive everything is possible.
Thich Nhat Hanh

The privilege of a lifetime is being who you are.

Thomas Campbell

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

Albert Einstein

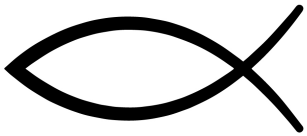
A comment from Elie Wiesel that resonated with me and how I Am: “I define myself more by questions than by answers. Answers come and go, questions remain.”

Life has nothing to do with what you are doing and everything to do with what you are being. Be careful not to get lost in the “doingness” of your life. That is not what you are here for. You are a sacred soul and you came here to the earth to Be something. And not just one thing but many things.

Neale Donald Walsch

Life is a song – sing it. Life is a game – play it. Life is a challenge – meet it. Life is a dream – realize it. Life is a sacrifice – offer it. Life is love – enjoy it.

Sai Baba



Most folks are as happy as they make up their minds to be.

Abraham Lincoln

What can you do to promote world peace?
Go home and love your family.

Mother Teresa

If you have only one smile in you, give it to the people you love. Don't be surly at home, then go out on the street and start grinning, "Good morning" at total strangers.

Maya Angelo

**To me these quotes are the same.

It is cheerful to God when you rejoice or laugh from the bottom of your heart.

Martin Luther King Jr.

Those we love don’t go away, they sit beside us every day.

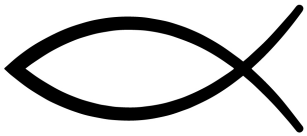
(A thought I had wanted to inscribe on a park bench.)

Nobody else knows your reason for being. You do. Your bliss guides you to it. When you follow your bliss, when you follow your path to joy, your conversation is of joy, your feelings are of joy – you're right on the path of that which you intended when you came forth into this physical body.

Abraham Hicks

Of all senses sight must be the most delightful.

Helen Keller



… that taking care of yourself is not merely a matter of good health, it is a measure of your spiritual evolution.

Unknown

If we are creating ourselves all the time, then it is never too late to begin creating the bodies we want instead of the ones we mistakenly assume we are stuck with.

Deepak Chopra

The secret of health for both mind and body is not to mourn for the past, worry about the future or anticipate troubles, but to live in the present moment wisely and earnestly.

Buddha

Of all the forms of inequality, injustice in health care is the most shocking and inhumane.

Martin Luther King Jr.

Every human being is the author of his own health or disease.

Buddha

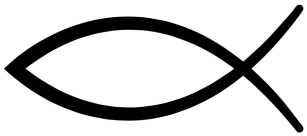
**As creators and experiencers

… that illness is not a sign of spiritual weakness, but of spiritual strength. When we fall ill there are some who will say: “Why did you create that for yourself?” They might convince you to see it as a matter of spiritual weakness or failure. It is not. It is a sign of spiritual strength. All challenges are a sign of spiritual strength and the readiness of the soul to move or to evolve even further.

Neale Donald Walsch

Nothing brings down walls as surely as acceptance.

Deepak Chopra



Appreciation is a wonderful thing; it makes what is excellent in others belong to us as well.

Voltaire

Look out into the universe and contemplate the glory of God. Observe the stars, millions of them, twinkling in the night sky, all with a message of unity, part of the very nature of God.

Sai Baba

Words are a pretext. It is the inner bond that draws one person to another, not words.

Rumi

A friend is one soul abiding in two bodies.

Diogenes

Gratitude is not only the greatest of virtues,
but the parent of all others.

Cicero

From care comes courage.

Lao Tzu

Forgiveness is giving up the hope that the past could have been any different.

Oprah

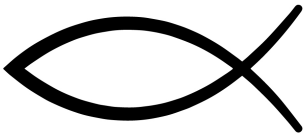
**Hope is not to be confused with wishing.

AND

True forgiveness is when you can say: “Thank you for that experience.”

Oprah

Fear has its use but cowardice has none.
Mahatma Gandhi



Whatever you fear most has no power – it is your fear that has the power.

Oprah

The Ego, however is not who you really are. The Ego is your self imagined; it is your social mask; it is the role you are playing. Your social mask thrives on approval. It wants control and it is sustained by power because it lives in fear.

Deepak Chopra

Ignore those that make you fearful and sad; that degrade you back towards disease and death.

Rumi

To keep the body in good health is a duty … otherwise we shall not be able to keep our mind strong and clear.

Buddha

Don’t grieve. Anything you loose comes around in another form.

Rumi

Death is not the biggest fear we have; our biggest fear is taking the risk to be alive – the risk to be alive and express what we really are.

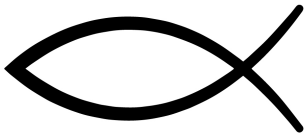
Miguel Ruiz

Now now, my good man, this is no time for making enemies.

**Voltaire (1694 – 1778) on his deathbed, in response to a priest asking that he renounce Satin.

It is old age rather than death, that is to be contrasted with life. Old age is life's parody, whereas death transforms life into a destiny; in a way it preserves it by giving it the absolute dimension. Death does away with time.

Simone de Beauvoir



A good cry can be wonderful sometimes, and sadness is nothing more than love announced. Sadness and Unhappiness are not the same thing, and it is good to remember that. It says something about you.

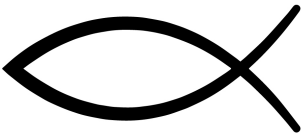
Neale Donald Walsch

Don’t be afraid to cry. It will free your mind of sorrowful thoughts.

Hopi Proverb

Courage; the most important of all virtues because without courage, you can’t practice any other virtue consistently.

Maya Angelou

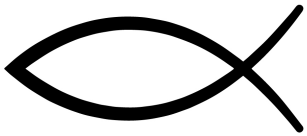


To love without knowing how to love wounds the person we love.

Thich Nhat Hanh, Zen Master

If you lose hope sometimes you lose the vitality to keep moving, you lose that courage to be, that quality that helps you go on in spite of it all. And so today I still have a dream.

Martin Luther King Jr.



Giving your anger the instrument of words and actions is like giving a child a pile of straw and a box of matches. Once lit, anger feeds off the air of exposure and can rage out of control. The only alternative is to control the anger, and the way to do this is to think: What is the value of anger? What is the value of tolerance and compassion?

The Dalai Lama

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

Buddha

Holding onto anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.

Buddha

Most people don’t grow up. Most people age. They find parking spaces, honor their credit cards, get married, have children and call that maturity. What that is - is aging.

Maya Angelou

Find the courage to ask questions and to express what you really want. Communicate to others as clearly as you can to avoid misunderstandings, sadness and drama.

Miguel Ruiz

Even death is not to be feared by one who has lived wisely.

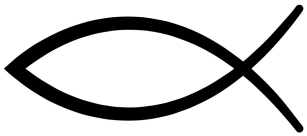
Buddha

However many holy words you read; however many holy words you speak; what good will they do if you do not act upon them.

Buddha

Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree.

Martin Luther King Jr.



You can have many great ideas in your head, but what makes the difference is the action. Without action upon an idea, there will be no manifestation, no results and no reward.

Miguel Ruiz

Well done is better than well said.

Benjamin Franklin

Forgiveness is not an occasional act; it is a constant attitude.

Martin Luther King Jr.

Never forget that everything Hitler did in Germany was legal.

Martin Luther King Jr.

The choice is not between violence and nonviolence, but between nonviolence and nonexistence.

Martin Luther King Jr.

I am with you always, even until the end of time.

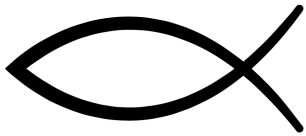
Matthew 28:20 KJV

The opposite of love is not hate … but indifference.

Elie Wiesel

Love is a simple practice yet it is very beneficial for the individual who practices it as well as the community in which he lives, for the nation and for the whole world.

The Dalai Lama



The true motivator to change is self-love. Self-love is a light switch in the dark. Switch it on and illuminate your way.

Unknown

Loving can cost a lot but not loving always costs a lot more.

Merle Shain

The foundation of all spiritual practice is love. That you practice this well is my only request. Of course, to be able to do so in all situations will take time, but you should not lose courage. If we wish happiness for mankind, love is the only way.

The Dalai Lama

Self-love sees you through the fear. Self-love is a decision. You are always at choice to make this decision.

Unknown

Self-love seeks not outside itself for the content it finds within.

Unknown

That every day, every moment – you will have a chance to be right or a chance to be Love. Your choice will define who you are.

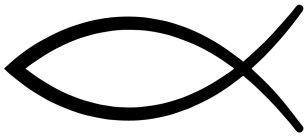
Neale Donald Walsch

A coward is incapable of exhibiting love; it is the prerogative of the brave.

Mahatma Gandhi

Love one another and help others to rise to higher levels, simply by pouring out love. Love is infectious and the greatest healing energy.

Sai Baba



My great hope is to laugh as much as I cry; to get my work done and to try to love somebody and have the courage to accept the love in return.

Maya Angelou

Love is always bestowed as a gift – freely, willingly and without expectation. We don't love to be loved we love to love.

Leo Buscaglia

Wherever you are and whatever you do, be in love.

Rumi

Love always creates; it never destroys. In this lies man’s only promise.

Leo Buscaglia

**This is meant to convey the unconditional love we all want to BEcome. “Man” is to be taken as humankind.

What we have once enjoyed we can never lose. All that we love deeply becomes a part of us.

Helen Keller

Cherokee Proverb: A women’s highest calling is to lead a man to his soul so as to unite him with Source. A man’s highest calling is to protect woman so she is free to walk on earth unharmed.

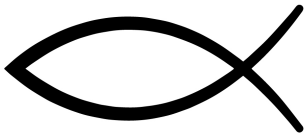
I believe that the choice to become a mother is the choice to become one of the greatest spiritual teachers there is.

Oprah

**Being a mother and seeing many mothers — we were given an *opportunity* to become a great spiritual teacher.

Our Father’s kingdom is not going to come with people watching for it. No one is going to be able to say: Look here or over there! For the kingdom is inside you waiting for you to find it.

The Logia of Yeshua



… that the greatest enemy of individual freedom is the individual himself.

Saul Alinsky

No man is hurt but by himself.

Diogenes

**Hurt here is taken as the reaction to being hurt.

There is a light which cannot ever be extinguished. It is inside of you. It is you.

Unknown

The word Salvation in the bible means
perfect health, harmony and freedom.

Emmett Fox

A man is but the product of his thoughts, what he thinks he becomes.

Mahatma Gandhi

Man learns through experience, and the spiritual path is full of different kinds of experiences. He will encounter many difficulties and obstacles and they are the very experiences he needs to encourage and complete the process.

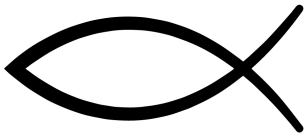
Sai Baba

Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure.

Oprah

When people show you who they are …
believe them.

Maya Angelou



Faith is not something to grasp, it is a state to grow into.

Mahatma Gandhi

Only make decisions that support your self-image, self-esteem and self-worth.

Oprah

I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

Maya Angelou

Health is the greatest gift, contentment is the greatest wealth, faithfulness is the best relationship.

Buddha

Out beyond ideas of wrong-doing and right-doing there is a field. I'll meet you there.

Rumi

When you know better, you do better.

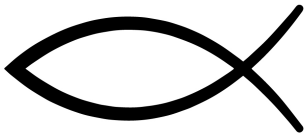
Maya Angelou

Whatever relationship you have attracted in your life at this moment, they are precisely the ones you need in your life at this moment. There is a hidden meaning behind all events and this hidden meaning is serving your own evolution.

Deepak Chopra

We should be too big to take offense and too noble to give it.

Abraham Lincoln



I am not an Athenian or a Greek but a citizen of the world.

Diogenes

Our scientific power has outrun our spiritual power. We have guided missiles and misguided men.

Martin Luther King Jr.

Life is thickly sown with thorns and I know no other remedy than to pass quickly through them. The longer we dwell on our misfortunes, the greater is their power to harm us.

Voltaire

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

Buddha

Culture of the mind must be subservient to the heart.

Mahatma Gandhi

Never make someone a priority when all you are to them is an option.

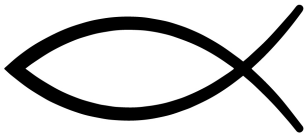
Maya Angelou

Dwell in possibility.

Unknown

When you learn, teach; when you get, give.

Maya Angelou



The Four Agreements

1) Be Impeccable With Your Word.

   Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

2) Don’t Take Anything Personally

Nothing others do is because of you. Whatever happens around you don’t take it personally. Nothing other people do is because of you. It is because of themselves. When you are immune to the opinions and actions of others, you won’t be the victim of needless suffering.

3) Don’t Make Assumptions

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this agreement you can completely transform your life.

4) Always Do Your Best

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best and you will avoid self-judgment, self-abuse and regret.

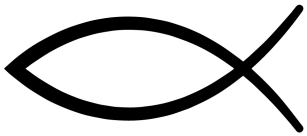
Miguel Ruiz

The wound is the place where the Light enters you.

Rumi

Think higher; feel deeper.

Elie Wiesel



Treat people the way you want them to treat you.

The Logia of Yeshua

Be like the sun for grace and mercy. Be like the night to cover others' faults. Be like running water for generosity. Be like death for rage and anger. Be like the Earth for modesty. Appear as you are. Be as you appear.

Rumi

Opinion has caused more trouble on this little earth than plagues or earthquakes.

Voltaire

Walk with those seeking truth……RUN FROM THOSE WHO THINK THEY'VE FOUND IT.

Deepak Chopra

(*As in unchanging truth)

You have seen your brother (or sister), you have seen your God (self).

The Logia of Yeshua

There are two ways to be fooled. One is to believe what isn't true: the other is to refuse to believe what is true.

Soren Kierkegaard (1813-1855)

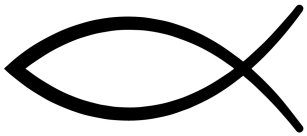
We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.

Maya Angelou

Generating concern for others has vast power to transform your mind. If you practice compassion for the sake of all living beings – including animals – then that same limitless merit will accrue to you.

The Dalai Lama

**Perhaps another expression for Karma



Hate, it has caused a lot of problems in the world, but has not solved one yet.

Maya Angelou

Knowing others is wisdom, knowing yourself is enlightenment.

Lao Tzu

You were born with wings; why prefer to crawl through life.

Rumi

In the midst of movement and chaos, keep stillness inside of you.

Deepak Chopra

No one saves us but ourselves. No one can and no one may. We ourselves must walk the path.

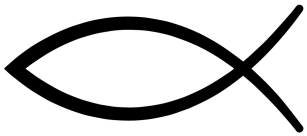
Buddha

The most creative act you will ever undertake is the act of creating yourself.

Deepak Chopra

Every human is an artist. The dream of your life is to make beautiful art.

Miguel Ruiz



When you make a choice, you change the future.

Deepak Chopra

We have two ears and one tongue so that we would listen more and talk less.

Diogenes

Even though the future seems far away, it is actually beginning right now.

Mattie Stepanek

In the end, we will remember not the words of our enemies, but the silence of our friends.

Martin Luther King, Jr.

Everybody likes a compliment.

Abraham Lincoln

No man has a good enough memory to be a successful liar.

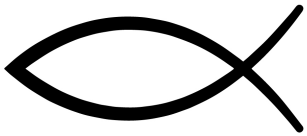
Abraham Lincoln (**and Robert Emmett Hatten 1917-1997)

How wrong it is for a woman to expect the man to build the world she wants, rather than to create it herself.

Anais Nin

The truth is, the Universe will always take care of you.

Abraham Hicks



Whether you think that you can, or that you can’t, you are usually right.

Henry Ford (1863-1947)

Knowledge speaks, but wisdom listens.

Jimi Hendrix

Do, or do not. There is no ‘try’.

Yoda (The Empire Strikes Back)

There are no facts, only interpretations.
Friedrich Nietzsche (1844-1900)

God gave us the gift of life; it is up to us to give ourselves the gift of living well.

Voltaire

I’ve learned that you shouldn’t go through life with a catcher’s mitt on both hands, you need to be able to throw some things back.

Maya Angelou

Believe nothing, no matter where you read it, or who said it, no matter if I have said it, unless it agrees with your own reason and your own common sense.

Buddha

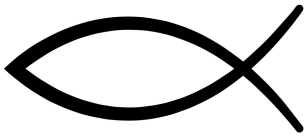
Silence is a source of great strength.

Lao Tzu

Silence is the language of God. All else is poor translation.

Rumi

** Lao Tzu and Rumi together make even a grander understanding.



When you do things from your soul, you feel a river moving in you, a joy.

Rumi

Life is a series of delicious moments.

Abraham Hicks

Everything in the universe is within you. Ask all from yourself.

Rumi

To sin by silence when they should protest makes cowards of men.

Abraham Lincoln

Raise your words, not voice. It is rain that grows flowers, not thunder.

Rumi

Holding on to anything is like holding on to your breath. You will suffocate. The only way to get any thing in the physical universe is by letting go of it. Let go and it will be yours forever.

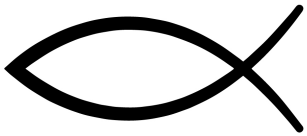
Deepak Chopra

If I don’t like that man, I must get to know him better.

Abraham Lincoln

To acquire true self power you have to feel beneath no one, be immune to criticism and be fearless.

Deepak Chopra



…the real mission you have in life is to make yourself happy, and in order to be happy, you have to look at what you believe, the way you judge yourself, the way you victimize yourself.

Miguel Ruiz

I Am perfect because I Am inseparable from the infinite, the force of life that creates the stars and the entire universe of light. I Am God's creation. I don't need to be what I am not.

Miguel Ruiz

I desire so to conduct the affairs of this administration that if at the end……I have lost every other friend on earth, I shall at least have one friend left, and that friend shall be down inside of me.

Abraham Lincoln

What you are is a force – a force that makes it possible for your body to live, a force that makes it possible for your whole mind to dream……You are life.

Miguel Ruiz

Go inside and listen to your body, because your body will never lie to you. Your mind will play tricks, but the way you feel in your heart, in your guts, is the truth.

Miguel Ruiz

There can be many different views of what Heaven is like, because Heaven is whatever makes each person eternally and fully happy.

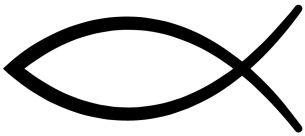
Mattie Stepanek

While we are living in the present, we must celebrate life every day, knowing that we are becoming history with every work, every action, every deed.

Mattie Stepanek

Faith is taking the first step even when you can’t see the whole staircase.

Martin Luther King Jr.



Let no man pull you so low as to hate him.
Martin Luther King Jr.

Never, never be afraid to do what's right, especially if the well-being of a person or animal is at stake. Society's punishments are small compared to the wounds we inflict on our soul when we look the other way.

Martin Luther King Jr.

When an individual is kept in a situation of inferiority, the fact is that he does become inferior.

Simone de Beauvoir

Only in the darkness can you see the stars.

Martin Luther King Jr.

Injustice anywhere is a threat to justice everywhere.

Martin Luther King Jr.

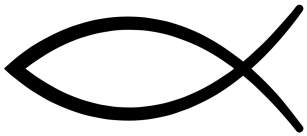
There comes a time when silence is betrayal.
Martin Luther King Jr.

……that you can remain in your present idea about yourself, or you can choose again. I like the idea of choosing again. Glorify who you are today, do not condemn who you were yesterday, and dream of who you can be tomorrow.

Neale Donald Walsch

An ounce of practice is worth more than tons of preaching.

Mahatma Gandhi



Everyone who wills can hear the inner voice.
It is within everyone.

Mahatma Gandhi

We have flown the air like birds and swum the sea like fishes, but have yet to learn the simple act of walking the earth like brothers.

Martin Luther King Jr.

As I would not be a slave, so I would not be a master. This expresses my idea of democracy.

Abraham Lincoln

I have a dream.

Martin Luther King Jr.

Character is like a tree and reputation is like a shadow. The shadow is what we think of it; the tree is the real thing.

Abraham Lincoln

There is nothing you cannot be, or do, or have.

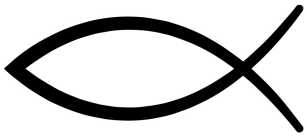
Abraham Hicks

While we are postponing, life speeds by.

Seneca (3 BC – 65 AD)

Reality is merely an illusion, albeit a very persistent one.

Albert Einstein



I have often regretted my speech, never my silence.

Xenocrates (396 – 314 BC)

Hate destroys the hater……

Martin Luther King Jr.

People will love you, people will hate you, and none of it will have anything to do with you.

Abraham Hicks

Nearly all men can stand adversity, but if you want to test a man's character, give him power.

Abraham Lincoln

Judge a man by his questions, rather than his answers.

Voltaire

At our best, we are always teachers.

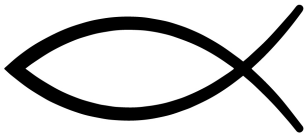
Maya Angelou

I am only one but still I am one. I cannot do everything but still I can do something. And because I cannot do everything, I will not refuse to do something that I can do.

Helen Keller

The future is the past healed.

Tobias



Change is the end result of all true learning.
Leo Buscaglia

God is a metaphor for that which transcends all levels of intellectual thought. It's as simple as that.

Joseph Campbell

The **word "God" is a metaphor for God transcends all.

…that disappointment is temporary. Only your thought is permanent. Change your mind about what has disappointed you and you will change your life.

Neale Donald Walsch

You’re picky about the car you drive. You’re picky about what you wear. You’re picky about what you put in your mouth. We want you to be pickier about what you think.

Abraham Hicks

Christian, Jew, Muslim, shaman, Zoroastrian, stone ground, mountain, river, each has a secret way of being with the mystery, unique and not to be judged.

Rumi

Inside every cynical person there is a disappointed idealist.

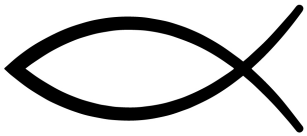
George Carlin

Until the great mass of the people shall be filled with the sense of responsibility for each other's welfare, social justice can never be attained.

Helen Keller

The highest result of education is tolerance.

Helen Keller



At any given time the universe is giving you the best result possible.

Deepak Chopra

Beauty surrounds us.

Rumi

And you? When will you begin that long journey into yourself?

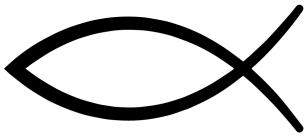
Rumi

Children have never been very good at listening to their elders, but they have never failed to imitate them.

James Baldwin

The Universe is a pretty big place. If it's just us, seems like an awful waste of space.

Carl Sagan



Word-work is sublime, because it is generative; it makes meaning that secures our difference, our human difference—the way in which we are like no other life. We die. That may be the meaning of life. But we do language. That may be the measure of our lives.

Toni Morrison

The most important thing parents can teach their children is to get along without them.

Frank Clark

Forgiveness is no favor. I do it for myself.
It's the easier way to live.

Ashley Judd

Coincidences are God's way of remaining anonymous.

Albert Einstein

I find two opinions are better than one,
especially if one is mine.

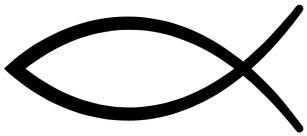
Unknown

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

Kahlil Gibran

Consider: Post traumatic growth instead of post traumatic depression.

Me



Death does not end a relationship; death does not end love.

Unknown

The trouble with some women is that they get all excited about nothing — and then marry him.

Cher

Love is like a butterfly: It goes where it pleases and it pleases wherever it goes.

Unknown

Only the educated are free.

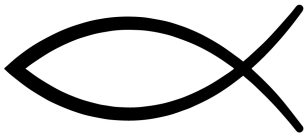
Epictetus

The best and most beautiful things in the world cannot be seen or even touched.They must be felt within the heart.

Helen Keller

We must recognize that we're all part of a web of life around the world.

Gaylord Nelson (Founder of Earth Day)



We have to be taught to be second class.
You're not born that way.

Lena Horn

Mother Earth is a source of life — not a resource.

Chief Arvol

Everything I see, hear, touch, taste, smell or sense in any way is an aspect of Divinity.

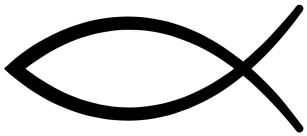
Me

Your pain is the breaking of the shell that encloses your understanding.
Much of your pain is self chosen. It is the bitter potion by which the physician within you heals your sick self. Therefore trust the physician, and drink his remedy in silence and tranquility. For his hand, though heavy and hard, is guided by the tender hand of the Unseen.

Khalil Gibran, The Prophet

Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose.

Steve Jobs



I would never understand love that was not an action.

Unknown

Before I was married, I had three theories about raising children. Now I have three children and no theories.

John Wilmot,
Earl of Rochester (1647-1680)

Only put off until tomorrow what you are willing to die having left undone.

Pablo Picasso

“[Love] is the only sane and satisfactory answer to the problem of human existence.”
Eric Fromm, The Art of Loving