

Quotes for Transformation



Here are my favorite quotes. These insights can inspire us to awaken and see the world differently, with new possibilities open to us...

**"Take time to work - it is the price of success
Take time to think - it is the source of power
Take time to play - it is the secret of perpetual youth
Take time to read - it is the fountain of wisdom
Take time to be friendly - it is the road to happiness
Take time to love and be loved - it is the nourishment of the soul
Take time to share - it is too short a life to be selfish
Take time to laugh - it is the music of the heart
Take time to dream - it is hitching your wagon to a star."**

--anonymous

**"Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habits.
Watch your habits; they become character.
Watch your character; it becomes your destiny."**

--Frank Outlaw

"Imagination is the beginning of creation. You imagine what you desire, you will what you imagine and at last you create what you will."

--George Bernard Shaw

"All truly wise thoughts have been thought already thousands of times; but to make them truly ours, we must think them over again honestly, till they take root in our personal experience."

--Johann von Goethe

"Choose again.

Pretend that you are enlightened.

Pretend that you are loved by God.

Pretend that you are perfect just the way you are.

Take a deep breath now and PRETEND WHAT IS TRUE.

Then everything will make sense.

When you pretend something that is true, then you immediately become that Truth.

First the energy of God descends upon the Earth, then it pretends whatever it wants to be, then it ascends back to its source. You are God pretending to be whatever you are right now. Do you understand what this means? You have allowed yourself to descend, but by pretending to be less than what you are, you have not ascended back to God."

--Thomas (Indigo Child)

"Love is much more fundamental than any kind of thinking or believing. It is the root and basis of who you are, at the most fundamental level. This means that anything other than love as an expression of your being is artificial and unnatural and is a result of not knowing who you are."

--Bill Harris

**"Too Slow for those who Wait,
Too Swift for those who Fear,
Too Long for those who Grieve,
Too Short for those who Rejoice,
But for those who Love
Time is not."**

--Henry Van Dyke

"The man who is aware of himself is henceforward independent; and he is never bored, and life is only too short, and he is steeped through and through with a profound yet temperate happiness. He alone lives, while other people, slaves of ceremony, let life slip past them in a kind of dream."

--Virginia Woolf

"It is not the strongest of the species who survive, not the most intelligent, but those who are the most adaptive to change."

--Charles Darwin

"Love is unconditional acceptance. That quality is also our essential nature, who we really are."

--Peter Shepherd

"The best and most beautiful things in the world cannot be seen, nor touched... but are felt in the heart."

--Helen Keller

"The surest way to corrupt a youth is to instruct him to hold in higher regard those who think alike than those who think differently."

--Nietzsche

"We can have peace if we let go of wanting to change the past and wanting to control the future."

--Lester Levinson

"Money doesn't bring happiness and creativity. Your creativity and happiness brings money."

--Sam Rosen

"A truth's initial commotion is directly proportional to how deeply the lie was believed... When a well-packaged web of lies has been sold gradually to the masses over generations, the truth will seem utterly preposterous and its speaker, a raving lunatic."

--Dresden James

"Happiness is the experience of loving life. Being happy is being in love with that momentary experience. And love is looking at someone or even something and seeing the absolute best in him/her or it. Love is happiness with what you see. So love and happiness really are the same thing... just expressed differently."

--Robert McPhillips

"Tell me and I'll forget. Show me and I'll remember. Involve me and I'll understand."

--Confucius

"I am free, no matter what rules surround me. If I find them tolerable, I tolerate them; if I find them too obnoxious, I break them. I am free because I know that I alone am morally responsible for everything I do."

--Robert A. Heinlein

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

--Abraham Lincoln

"Your vision will become clear only when you can look into your own heart. Who looks outside, dreams, who looks inside awakes."

--Carl Gustav Jung

"No great artists ever sees things as they really are. If he did then he would cease to be an artist."

--Oscar Wilde

"We are more than what we do... much more than what we accomplish... far more than what we possess."

--William Arthur Ward

"Your thoughts are like the seeds you plant in your garden. Your beliefs are like the soil in which you plant these seeds."

--Louise Hay

"Carefully watch your THOUGHTS, for they become your WORDS. Manage and watch your WORDS, for they will become your ACTIONS. Consider and judge your ACTIONS, for they have become your HABITS. Acknowledge and watch your HABITS, for they shall become your VALUES. Understand and embrace your VALUES, for they become YOUR DESTINY."

--Mahatma Gandhi

"Wisdom is knowing what path to take next... Integrity is taking it."

--Robyn Elprehzleinn

"Perhaps the only limits to the human mind are those we believe in."

--Willis Harman

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

--Melody Beattie

"There are some people who live in a dream world, and there are some who face reality; and then there are those who turn one into the other."

--Douglas Everett

"A smile is a curve that sets everything straight."

--Phyllis Diller

"We fear that we are inadequate, but our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness, that most frightens us.

We ask ourselves: "Who am I to be brilliant, gorgeous, talented, fabulous?"

Actually, who are you not to be these things?

You are a child of God.

Your playing small doesn't serve the world.

There is nothing enlightening about shrinking so that other people around you won't feel insecure.

We are all meant to shine as children do.

We are born to manifest the glory of God that is within us.

It is not just in some of us; it is in everyone.

And as we let our light shine, we unconsciously give other people permission to do the same.

As we are liberated from our own fear, our presence automatically releases others."

--Marriane Williamson, from 'A Return to Love'.

"If the only prayer you said in your whole life was, 'thank you,' that would suffice."

--Meister Eckhart

"Happiness in life is not measured by the things we achieve, the places we go, or the route that we take to get there. Happiness in life is measured by the people that we share all of our experiences with."

--Chris Needham

"Once you do something you love, you never have to work again."

--Willie Hill

"A lie can go halfway around the world before the truth even gets its boots on."

--Mark Twain

"Evil (ignorance) is like a shadow--it has no real substance of its own, it is simply a lack of light. You cannot cause a shadow to disappear by trying to fight it, stamp on it, by railing against it, or any other form of emotional or physical resistance. In order to cause a shadow to disappear, you must shine light on it."

--Shakti Gawain

"We see things not as they are, but as we are."

--H.M. Tomlinson

"It's easier to fight for one's principles than to live up to them."

--Adler

"Knowing is not enough; we must apply. Willing is not enough; we must do."

--Johann von Goethe

**"If there is light in the soul, There will be beauty in the person.
If there is beauty in the person,
There will be harmony in the house.
If there is harmony in the house,
There will be order in the nation.
If there is order in the nation,
There will be peace in the world."**

--Chinese Proverb

**"What we think is less than what we know;
What we know is less than what we love;
What we love is so much less than what there is.
And to that precise extent we are so much less than what we are."**

--R.D. Laing (The Politics of Experience)

"When we love, we are the universe and the universe lives in us."

--O. Pirmez

**"If there is light in the soul,
There will be beauty in the person.
If there is beauty in the person,
There will be harmony in the house.
If there is harmony in the house,
There will be order in the nation.
If there is order in the nation,
There will be peace in the world."**

--Chinese Proverb

"Evil (ignorance) is like a shadow - it has no real substance of its own, it is simply a lack of light. You cannot cause a shadow to disappear by trying to fight it, stamp on it, by railing against it, or any other form of emotional or physical resistance. In order to cause a shadow to disappear, you must shine light on it."

--Shakti Gawain

"Ships are safe within the harbor, but is that what ships are for?"

"Don't think you are, know you are!"

--Morpheus, in the film Matrix

"The aspects of a thing that are most important to us are hidden to us because of their simplicity and familiarity."

--Ludwig Wittgenstein

"I hear and forget. I see and remember. I do and I understand."

--Confucius

"You don't get in life what you want. You get what you are."

--Les Brown

"When you make people angry, they act in accordance with their baser instincts, often violently and irrationally. When you inspire people, they act in accordance with their higher instincts, sensibly and rationally. Also, anger is transient, whereas inspiration sometimes has a life-long effect."

--Peace Pilgrim

"Speaking with kindness creates confidence, thinking with kindness creates profoundness, giving with kindness creates love."

--Lao Tseu

"If you think that education is expensive, try ignorance."

--Derek Botz

"He who asks is a fool for five minutes, but he who does not remains a fool for life."

--Chinese proverb

"The man who strikes first admits that his ideas have run out."

--Chinese proverb

"Common sense is the collection of prejudices acquired by age eighteen."

--Albert Einstein

"History teaches us that men and nations behave wisely only after they have exhausted all other alternatives."

--Abba Eban

"A nation that values its privileges above its principles soon loses both."

--Eisenhower

"A friend is a person with whom I may be honest. Before him, I may think aloud."

--Ralph Waldo Emerson

"Talk sense to a fool and he calls you foolish."

--Euripedes

"Opinions founded on prejudice are always defended with the greatest violence."

--Hebrew proverb

"What luck for the rulers that men do not think."

--Adolph Hitler

"The great mass of people more easily fall victim to a big lie than to a minor one."

--Adolph Hitler

"You can discover what your enemy fears most by what he uses to frighten you."

--Eric Hoffer

"Experience is not what happens to you - it's how you interpret what happens to you."

--Aldous Huxley

"Those who make peaceful reform impossible will make violent revolution inevitable."

--J. F. Kennedy

"Injustice anywhere is a threat to justice everywhere."

--Martin Luther King

"It's never too late to be what you might have been."

--George Elliot

"Life's like a movie; write your own ending, keep believing, keep pretending..."

--Jim Henson

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

--William Blake

"Man has no body distinct from his soul; for that called body is a portion of soul discerned by the five senses, the chief inlets of soul in this age."

--William Blake

"Those who enter the gates of heaven are not beings who have no passions or who have curbed the passions, but those who have cultivated an understanding of them.""

--William Blake

"The deepest longing in the human breast is the desire for appreciation."

--William James

"Intuition is not contrary to reason, but outside the province of reason."

--Carl Jung

"Life is a daring adventure or it is nothing at all."

--Helen Keller

"Anxiety is the dizziness of freedom."

--Soren Kierkegaard

"If we could read the secret history of our enemies, we would find in each man's life a sorrow and a suffering enough to disarm all hostility."

--Henry Longfellow

"There is no security in this life. There is only opportunity."

--Douglas MacArthur

"If war is ever lawful, then peace is sometimes sinful."

--C. S. Lewis

"Diplomacy is the art of letting someone else get your way."

"It is not the function of government to keep the citizen from falling into error; it is the function of the citizen to keep the government from falling into error."

--Justice Robert Jackson

"When you look at the long history of man, you see that more hideous crimes have been committed in the name of obedience than have been committed in the name of rebellion."

--C. P. Snow

"Do what you have always done and you'll get what you have always got."

--Sue Knight

"What is needed is not the will to believe but the will to find out, which is the exact opposite."

--Bertrand Russell

"I don't know if you'll succeed or fail, but I know this: you *will* fail if you don't try!"

"There are two ways to slide easily through life: to believe everything or to doubt everything; both ways save us from thinking."

--Theodore Rubin

"Our lives begin to end the day we become silent about things that matter."

--Martin Luther King, Jr.

"A friend is someone who knows the song of your soul and sings it back to you when you've forgotten the words."

"Criticism is something we can avoid easily -- by saying nothing, doing nothing, and being nothing."

--Aristotle

"People take different roads seeking fulfillment and happiness. Just because they're not on your road doesn't mean they've gotten lost."

--H. Jackson Brown, Jr.

"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence."

--Helen Keller

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbour. Catch the trade winds in your sails. Explore. Dream. Discover."

--Mark Twain

"The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it."

--Michaelangelo

"It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change."

--Charles Darwin

"Don't ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive."

--Harold Whitman

"The only limits to the possibilities in your life tomorrow are the butts you use today."

--Les Brown

"It is what we think we know already that often prevents us from learning."

--Claude Bernard

"Nothing happens unless first a dream."

--Carl Sandburg

"If we have no peace, it is because we have forgotten that we belong to each other."

--Mother Teresa

"He who fears he will suffer, already suffers from his fear."

--Michel de Montaigne

"For it is not death or hardship that is a fearful thing, but the fear of death or hardship."

--Epictetus

"To avoid criticism, do nothing, say nothing, be nothing."

--Elbert Hubbard

"Whatever is begun in anger, ends in shame."

--Benjamin Franklin

"Prejudice is the child of ignorance."

--Hazlitt

"The art of progress is to preserve order amid change - and to preserve change amid order"

--Alfred North Whitehead

"The young do not know enough to be prudent, and therefore they attempt the impossible, and achieve it, generation after generation."

--Pearl S. Buck

"I am enough of an artist to draw freely upon my imagination. Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world."

--Albert Einstein

"To be identified with your mind is to be trapped in time: the compulsion to live almost exclusively through memory and anticipation. This creates an endless preoccupation with past and future and an unwillingness to honor and acknowledge the present moment and allow it to be. The compulsion arises because the past gives you an identity and the future holds the promise of salvation, of fulfillment in whatever form. Both are illusions."

--Eckhart Tolle

"I have come to the frightening conclusion that I am the decisive element. It is my personal approach that creates the climate. It is my daily mood that makes the weather. I possess tremendous power to make life miserable or joyous. I can be a tool of torture or an instrument of inspiration, I can humiliate or humor, hurt or heal. In all situations, it is my response that decides whether a crisis is escalated or de-escalated, and a person is humanized or de-humanized. If we treat people as they are, we make them worse. If we treat people as they ought to be, we help them become what they are capable of becoming."

--Goethe

"What we see depends mainly on what we look for."

--John Lubbock

"Why is it that if someone tells you that there are 1 billion stars in the universe you will believe them but if they tell you a wall has wet paint you will have to touch it to be sure?"

"When someone's character seems impossible to fathom, observe his friends."

--Japanese proverb

"In the province of the mind, what one believes to be true, either is true or becomes true."

--John Lilly

"Our identity is very closely associated with our thoughts and feelings. Usually, when we feel anger, we become angry. We are anger itself. When we feel depressed, we are depression. When we feel greedy we are greed. It's easy to see ourselves in the emotional 'guise du jour' and mistake this costume for who we really are beneath it."

--Marc Gilson

"A friend is someone who knows the song in your heart and can sing it back to you when you have forgotten the words."

"An eye for an eye will only serve to make the whole world blind."

--Mahatma Ghandi

"Common sense, to most people, is nothing more than their own opinions."

--William Hazlitt

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

--Goethe

"Today is the tomorrow you worried about yesterday. Was it worth it?"

"Just because you are not interested in politics, does not mean that politics is not interested in you."

--Pericles

"The only stupid question is one not asked."

"Man is not a being who stands still, he is a being in the process of becoming. The more he enables himself to become, the more he fulfills his true mission."

--Rudolph Steiner

"Once the game is over, the king and the pawn go back in the same box."

"We have not passed that subtle line between childhood and adulthood until we have stopped saying 'It got lost,' and say, 'I lost it.'"

--Sydney J. Harris

"A true friend is someone who understands your past, believes in your future and accepts you today, just the way you are."

"Life is mostly froth and bubble. Two things stand like stone: kindness in another's trouble, courage in our own."

--Adam Gordon

"The mind is its own place, and in itself can make a heaven of hell, a hell of heaven."

--John Milton

"The person without a purpose is like a ship without a rudder."

--Thomas Carlyle

"It is through science that we prove, but through intuition that we discover."

--Henri Poincare

"Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens."

--Carl Jung

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

--Mahatma Ghandi

"The moment one gives close attention to anything, even a blade of grass, it becomes a mysterious, awesome, indescribably magnificent world in itself."

--Henry Miller

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

--WolfgangMozart

"God, grant me serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."

--Reinhold Niebuhr

"The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself. Therefore all progress depends on the unreasonable man."

--George Bernard Shaw

"That which does not kill you makes you stronger."

--Nietzsche

"It's not because things are difficult that we do not dare; it's because we do not dare that they are difficult."

--Seneca

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

--Albert Einstein

"If someone does not smile at you, be generous and offer your own smile. Nobody needs a smile more than the one that cannot smile to others."

--Dalai Lama

"Boredom is the feeling that everything is a waste of time; serenity, that nothing is."

--Thomas Szasz

"My religion is simple, my religion is kindness."

--Dalai Lama

"God will become visible as God's image is reborn in you."

--St. Bernard of Clairveux

The Dilemma

To laugh is to risk appearing a fool.

To weep is to risk appearing sentimental.

To reach out for another is to risk involvement.

To expose feelings is to risk rejection.

To place your dreams before a crowd is to risk ridicule.

To love is to risk not being loved in return.

To go forward in the face of overwhelming odds is to risk failure.

But risks must be taken because the greatest hazard in life is to risk nothing.

The person who risks nothing does nothing, has nothing, is nothing.

He may avoid suffering and sorrows, but he cannot learn, feel, change, grow, or love.

Chained by his certitudes, he is a slave - he has forfeited his freedom.

Only a person who takes risks is FREE

"He who dares nothing need hope for nothing."

"Far better is it to dare mighty things, to win glorious triumphs - even though checkered by failure - than to rank with those poor spirits who neither enjoy much nor suffer much, because they live in a gray twilight that knows not victory nor defeat."

--Theodore Roosevelt

"A coward gets scared and quits. A hero gets scared, but still goes on."

"No act of kindness, however small, is ever wasted."

--Aesop

"Both abundance and lack exist simultaneously in our lives, as parallel realities. It is always our conscious choice which secret garden we will tend...when we choose not to focus on what is missing from our lives but are grateful for the abundance that's present--love, health, family, friends, work, the joys of nature and personal pursuits that bring us pleasure--the wasteland of illusion falls away and we experience Heaven on earth."

--Sarah Ban Breathnach

"It is never too late to become what you might have been."

--George Elliot

"I had found a kind of serenity, a new maturity... I didn't feel better or stronger than anyone else but it seemed no longer important whether everyone loved me or not -- more important now was for me to love them. Feeling that way turns your whole life around; living becomes the act of giving."

--Beverly Sills

"Real peace is not the absence of conflict, it is the presence of justice"

--Film: 'Air Force One'

"Minds are like parachutes, they only function when they are open"

--James Dewar

"The best thing parents can do for their children is to love each other."

"If he is indeed wise, the teacher does not bid you enter the house of wisdom, but rather he leads you to the threshold of your own mind."

--Kahlil Gibran, The Prophet

"The Spirit is neither good nor bad, it runs where the wild heart leads"

"A man who does simply what is required of him will never know peace; for that, he must do all that he can."

"In the midst of great joy, do not promise anyone anything. In the midst of great anger, do not answer anyone's letter."

--Chinese proverb

"Look at everything as though you were seeing it either for the first or last time. Then your time on earth will be filled with glory."

--Betty Smith

"Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending."

--Carl Bard

"Destiny is as destiny does. If you believe you have no control, then you have no control."

--Wess Roberts

"You are responsible for your life. You can't keep blaming somebody else for your dysfunction. Life is really about moving on."

--Oprah Winfrey

"Our vision is more obstructed by what we think we know than by our lack of knowledge."

--Kristen Stendahl

"Deal with the faults of others as gently as with your own."

--Chinese proverb

"Argue for your limitations and sure enough they're yours."

--Richard Bach

"We would not have to forgive people if we didn't judge them in the first place."

--Barry Neil Kaufman

"Every time we allow someone to move us with anger, we teach them to be angry."

--Barry Neil Kaufman

"Wisdom begins in wonder."

--Socrates

"Vision without action is a daydream, Action without vision is a nightmare."

--Japanese proverb

"Courage is the mastery of fear, not the absence of fear."

--Mark Twain

"Be like a postage stamp. Stick to one thing until you get there."

--Josh Billings

"To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch Heaven."

--Johannes A. Gaertner

"Feeling grateful or appreciative of someone or something in your life actually attracts more of the things that you appreciate and value into your life."

--Northrup Christiane

"The impossible is often the untried."

--Jim Goodwin

"When one door closes another door opens; but we so often look so long and so regretfully upon the closed door, that we do not see the ones which open for us."

--Alexander Graham Bell

"Problems cannot be solved at the same level of awareness that created them."

--Albert Einstein

"Civilization is a stream with banks. The stream is sometimes filled with blood from people killing, stealing, shouting and doing the things historians usually record, while on the banks, unnoticed, people build homes, make love, raise children, sing songs, write poetry and even whittle statues. The story of civilization is what happened on the banks."

--Will Durant

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

--William Shakespeare (Hamlet)

"Life isn't about finding yourself. Life is about creating yourself."

--George Bernard Shaw

"Every act of conscious learning requires the willingness to suffer injury to our self-esteem. That is why young children, before they are aware of their self-importance, learn so easily; and why older people, especially if vain or arrogant, cannot learn at all."

--Thomas Szasz

"When everything's coming your way, you're in the wrong lane."

"Depression is merely anger without enthusiasm."

"If it's stupid but it works, it isn't stupid."

"A good traveler has no fixed plans, and is not intent on arriving."

--Lao Tzu

"Expecting life to treat you well because you are a good person is like expecting an angry bull not to charge because you are a vegetarian."

--Shari R. Barr

"Sentimentality - that's what we call the sentiment we don't share."

--Graham Green

"We can easily forgive a child who is afraid of the dark; the real tragedy is when men are afraid of the light."

--Plato

"Once the realization is accepted that even between the closest human beings infinite distance continues to exist, a wonderful living side-by-side can grow up, if they succeed in loving the distance between them which makes it possible for each to see the other whole and against a wide sky."

--Rainer Maria Rilke

"No one can make you feel inferior without your consent."

--Eleanor Roosevelt

"The fact that an opinion has been widely held is no evidence that it is not utterly absurd; indeed in view of the silliness of the majority of mankind, a widespread belief is more often likely to be foolish than sensible..."

--Bertrand Russell

"The best way to know God is to love many things."

--Vincent Van Gogh

"It takes more courage to alter an opinion than to stick with it."

"Comfort is found among those who agree with you; growth among those who don't."

"View life as a series of movie frames, the ending and meaning may not be apparent until the very end of the movie, and yet, each of the hundreds of individual frames has meaning within the context of the whole movie."

"View your life from your funeral, looking back at your life experiences, what have you accomplished? what would you have wanted to accomplish but didn't? what were the happy moments? what were the sad? what would you do again, and what you wouldn't?"

--Victor Frankl

"Pay no attention to critics. No one ever erected a statue to a critic"

-- Werner Ehrhart

"I couldn't wait for success....so I went ahead without it."

--Jonathon Winters

"If you can find a path with no obstacles, it probably doesn't lead anywhere."

--Frank A. Clark

"All mankind is divided into three classes: those who are immovable, those who are movable; and those who move."

--Benjamin Franklin

"Everything looks impossible for the people who never try anything."

--Jean-Louis Etienne

"Persistence. Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan, 'Press on,' has solved and always will solve the problems of the human race."

--Calvin Coolidge (President USA)

"It's easy to be brave from a safe distance."

--Aesop

"Be master of your petty annoyances and conserve your energies for the big, worthwhile things. It isn't the mountain ahead that wears you out - it's the grain of sand in your shoe."

--Robert Service

"He who spends time regretting the past loses the present and risks the future."

--Quevedo

"Realize that now, in this moment of time, you are creating. You are creating your next moment based on what you are feeling and thinking. That is what's real."

--Doc Childre

"Worrying is like being in a rocking chair. It gives you something to do but does not get you anywhere."

"The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty."

--Winston Churchill

"Experience is a hard teacher because she gives the test first, the lesson afterward."

--Chinese Proverb

"Experience is that marvelous thing that enables you to recognize a mistake when you make it again."

--F. P. Jones

"Only those who do nothing at all make no mistakes... but that would be a mistake."

"Life is a leap into the unknown. If you want a guarantee, buy a toaster."

--Bill Harris

"Ideals are like stars; you will not succeed in touching them with your hands, but like the seafaring man on the desert of waters, you choose them as your guides, and following them, you reach your destiny."

--Carl Schurz

"When inquiry is suppressed by previous knowledge, or by the authority and experience of another, then learning becomes mere imitation, and imitation causes a human being to repeat what is learned without experiencing it."

--J. Krishnamurti

"Children need models rather than critics."

--Joseph Joubert

"Time is too slow for those who wait, too swift for those who fear, too long for those who grieve, too short for those who rejoice, but for those who love, time is eternity."

--Henry Van Dyke

"The highest form of spiritual work is the realization of the essence of man.... You never learn the answer; you can only become the answer."

--Richard Rose

"The fact that someone says something doesn't mean it's true. Doesn't mean they're lying, but it doesn't mean it's true."

--Carl Sagan

**"You are up and you are happy.
You are down and you are sad.
All ups and downs help you to find a balance in your being.
This is what life is all about.
Once balanced, no more ups and downs,
but bliss and joy and silence and gratitude."**

--Tishan

"Great minds discuss ideas. Average minds discuss events. Small minds discuss people."

"Yesterday is the past. Tomorrow is the future. Today is a gift and that's why we call it the present."

"If you really want to do something, you'll find a way; if you don't, you'll find an excuse."

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

"Life isn't measured by the breaths you take, but by the moments that take your breath away."

"Think of what you have rather than of what you lack. Of the things you have, select the best and then reflect how eagerly you would have sought them if you did not have them."

--Marcus Aurelius

"I have never met a man so ignorant that I couldn't learn something from him."

--Galileo Galilei

"The measure of a person's real character is what he would do if he knew he would never be found out."

--Thomas Macaulay

"Do not dwell in the past, do not dwell in the future, concentrate the mind on the present moment."

--Buddha

"Make new friends, but keep the old. One is silver, the other gold."

"If we become uncomfortable in any given moment, we can look at a flower, a pebble in the street or the tire on our car and be grateful. We can gaze at a person in the distance or at a cloud in the sky and be appreciative. We can smile at a stranger, hug someone we know or tidy a disorganized shelf and be thankful for the opportunity. If we choose gratitude, we will be happy!"

--Barry Neil Kaufman

"It may be that when we no longer know what to do, we have come to our real work, and when we no longer know which way to go, we have begun our real journey."

--Wendell Berry

**"Your children are not your children.
They are the sons and daughters of Life's longing for itself.
They come through you but not from you,
and though they are with you, yet they belong not to you.
You may give them your love, but not your thoughts.
For they have their own thoughts.
You may house their bodies but not their souls,
for their souls dwell in the house of tomorrow, which you cannot visit,
not even in your dreams.
You may strive to be like them, but seek not to make them like you.
For life goes not backward, nor tarries with yesterday."**
--Kahlil Gibran

"Gratitude is the heart's memory."
--French Proverb

"My religion is simple, my religion is kindness."
--Dalai Llama

"The Christian ideal has not been tried and found wanting. It has been found difficult and left untried."
--G.K.Chesterton

"We all judge others, but we all hate it when others judge us."

"Everyone needs to be loved, especially when they do not deserve it."

"We would not have to forgive people if we didn't judge them in the first place."
--Barry Neil Kaufman

"Life is what happens when you are making other plans."
--John Lennon

"People rarely succeed unless they enjoy what they are doing."
--Dale Carnegie

"The world is a dangerous place to live, not because of the people who are evil, but because of the people who don't do anything about it."
--Albert Einstein

"Better to fail at doing the right thing than to succeed at doing the wrong thing."
--Guy Kawasaki

"The mind is not a vessel to be filled but a fire to be kindled."
--Plutarch

"A great many people think they are thinking when they are merely rearranging their prejudices."

--William James

"A Friend is one who Knows you as you are, Understands where you've been, Accepts who you've become, and still gently invites you to Grow."

"If you are seeking revenge, start by digging two graves."

--Ancient Chinese proverb

"What most people need to learn in life is how to love people and use things instead of using people and loving things."

"Do you know what astonished me most in the world? The inability of force to create anything. In the long run, the sword is always beaten by the spirit."

--Napoleon Bonaparte - stated near the end of his life

"The happiness of life is made up of the little charities of a kiss or smile, a kind look, a heartfelt compliment."

--Samuel Taylor Coleridge

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

--Teilhard de Chardin

"I close my eyes in order to see."

--Paul Gauguin

"We avoid the things that we're afraid of because we think there will be dire consequences if we confront them. But the truly dire consequences in our lives come from avoiding things that we need to learn about or discover."

--Shakti Gawain (The Path of Transformation)

"Whenever you find you are on the side of the majority, it is time to pause and reflect."

--Mark Twain

"There is harmony in the tension of opposites, as in the case of the bow and lyre."

--Heraclitus

"When you were born, you cried and the world rejoiced. Live your life so that when you die, the world cries and you rejoice."

--Cherokee Expression

"All of life is a near-death experience."

--Alan Harris

"A pessimist is one who makes difficulties of opportunities. An optimist makes opportunities of so-called difficulties."

"The real art of conversation is not only to say the right thing at the right time, but also to leave unsaid the wrong thing at the tempting moment."

"Love is touching souls."

--Joni Mitchell

"Light that is One though the lamps be many."

--Robin Williamson

"Be grateful for whoever comes, because each guest has been sent as a guide from beyond."

--Rumi

"Life is an opportunity, benefit from it.

Life is beauty, admire it.

Life is bliss, taste 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 Teresa

"Here's to the crazy ones.

The misfits.

The rebels.

The troublemakers.

The round pegs in the square holes.

The ones who see things differently.

They're not fond of rules.

And they have no respect for the status quo.

You can praise them, disagree with them, quote them, disbelieve them, glorify or vilify them.

About the only thing you can't do is ignore them.

**Because they change things.
They invent. They imagine. They heal.
They explore. They create. They inspire.
They push the human race forward.**

**Maybe they have to be crazy.
How else can you stare at an empty canvas and see a work of art?
Or sit in silence and hear a song that's never been written?
Or gaze at a red planet and see a laboratory on wheels?**

**We make tools for these kinds of people.
While some see them as the crazy ones, we see genius.
Because the people who are crazy enough to think
they can change the world, are the ones who do."**

--Steve Jobs, Apple C.E.O.

"When you're young, you look at most of the programs on television and think, 'There's a conspiracy! The networks have conspired to dumb us down!' But when you get a little older, you realize that's not true. The networks are in the business to make money by giving people exactly what they want. That's a far more depressing thought. Conspiracy is optimistic. You can shoot the bastards! We can have a revolution!"

--Steve Jobs

"Without death there would be very little progress."

--Steve Jobs

"Whether you think you can or think you can't, you are right."

"Don't be so humble; you're not that great."

--Golda Meir, to a visiting diplomat

"Always remember you're unique. Just like everyone else."

"Years ago, my momma taught me that two wrongs don't make a right - but I soon figured out that three left turns do."

--Jim Hightower

"If at first you don't succeed, skydiving is not for you."

"Give a man a fish and he will eat for a day. Teach him how to fish, and he will sit in a boat and drink beer all day."

"Never test the depth of the water with both feet."

"Don't be irreplaceable. If you can't be replaced, you can't be promoted."

"If you lend someone \$25 and never see that person again, it was probably worth it."

"Experience is something you don't get until just after you need it."

"Millions long for immortality who don't know what to do with themselves on a rainy Sunday afternoon."

--Susan Ertz

"Whether you think you can, or think you can't - you're right."

--Henry Ford

"Do not do unto others as you would have them do unto you. They may have different tastes."

--George Bernard Shaw

"The difference between erotic and kinky is that one uses a feather, the other uses the whole chicken."

The graduate with a Science degree asks, "Why does it work?"

The graduate with an Engineering degree asks, "How does it work?"

The graduate with an Accounting degree asks, "How much will it cost?"

The graduate with a Liberal Arts degree asks, "Do you want fries with that?"

"Experience is that marvelous thing that enables you to recognize a mistake when you make it again."

--F. P. Jones

"The following sentence is true.

The previous sentence is false.

You believe that you'll believe anything..."

"All generalizations are false - including this one."

"It's not that I'm afraid to die - I just don't want to be there when it happens."

--Woody Allen

"The secret of life is honesty and fair dealing. If you can fake that, you've got it made."

--Groucho Marx

"Cogito Ergo Spud - I think therefore I yam."

"When I was a boy I was told that anybody could become President. Now I'm beginning to believe it."

--Clarence Darrow, lawyer and author

"For every complex problem, there is a solution that is simple, neat, and wrong."

--H. L. Mencken

"I was thinking about how people seem to read the Bible a whole lot more as they get older, then it dawned on me, they're cramming for their final exam."

Programmer found starved in the shower clutching a bottle of shampoo with the instructions: "Lather, rinse, repeat."

"Never wrestle with a pig. You get dirty and the pig enjoys it."

"You can't leave footprints in the sands of time if you're sitting on your butt. And who wants to leave butt prints in the sands of time."

--Bob Moawad

"Even if you are on the right track, you'll get run over if you just sit there"

"An optimist thinks that this is the best possible world. A pessimist fears that this is true."

"I plan on living forever. So far, so good."

"The early bird gets the worm, but the second mouse gets the cheese."

"I almost had a psychic girlfriend but she left me before we met."

"I drive way too fast to worry about cholesterol."

A chicken and an egg are lying in bed. The chicken is smoking a cigarette with a satisfied smile on its face and the egg is frowning and looking put out. The egg mutters to no one in particular: "I guess we answered THAT question."

"Never attribute to malice that which is adequately explained by incompetence."

"My opinions may have changed, but not the fact that I am right."

--Ashleigh Brilliant

"The trouble with the rat race is that even if you win you're still a rat."

--Lilly Tomlin

"The first rule of holes: If you are in one, stop digging."

"If you tell the truth, you don't have to remember anything."

PRAYER

**I asked for strength and
God gave me difficulties to make me strong**

**I asked for wisdom and
God gave me problems to solve**

**I asked for prosperity and
God gave me brawn and brains to work**

**I asked for courage and
God gave me dangers to overcome**

**I asked for patience and
God placed me in situations where I was forced to wait**

**I asked for love and
God gave me troubled people to help**

**I asked for favors and
God gave me opportunities**

**I received nothing I wanted
I received everything I needed**

MY PRAYER HAS BEEN ANSWERED

"Namaste" is an East Indian greeting (by putting the palms of the hands together in prayer position) which means, "I respect the place in you that is of love, of truth and of Light. When you are in that place in you, and I am in that place in me, then we are one."

Or in other words, **"The divine within me recognizes and honors the divine within you."**

Beyond our aching bones, our tired feet and our multi-colored real life soap operas, lurks a dimension that is more than the body, the persona, the ego and all the 'trappings and the suits of woe' as Hamlet would say --- **a dimension where there isn't a 'you' and 'me' but rather a synergy that is more than all that, a space for the eternal to rest within the temporal.**

--Namaste Cafe

Namaste!

"Be grateful for whoever comes, because each guest has been sent as a guide from beyond"

--Rumi

The Tools for Transformation CD

Our CD-ROM contains all of the Tools for Transformation website along with a fantastic collection of personal development and spiritual materials, courses, magazines - and many complete books - from the best writers on the Internet. These are all conveniently accessible for your offline browsing and study. When you get this you'll be amazed! 695 MB of great info for only \$25 including postage - it's the perfect present for yourself or a friend. Click below for contents and to order...

<http://www.trans4mind.com/contents.html>

"Just a short note of thanks for the CD. I've only had it for several days now but I already feel it is perhaps the most interesting compilation I have yet seen. Worth far more than the \$25 price of admission. The browser linked structure works well and makes it easy to manage such a large storehouse of information. It is rarely that I find something I like as much as this or that I feel strongly enough to write a note like this."--
P.W. (Minnesota, USA)

"I want to just say 'WOW!' This CD is probably the best money I ever spent! I've already received many times over in personal enrichment after just 9 days. I've had a past metaphysical background, but even newcomers to this material will really benefit. Thanks again."--J.S.
(Pennsylvania, USA)

"The CD arrived safely and it is everything which you promised. And more! A superb contribution to the good of the World. Many thanks indeed."--R.P. (Georgia, USA)

"When we love, we are the universe and the universe lives in us" --O. Pirmez