



WISDOMS

Words of Wisdom

Ambivalence

"I happen to feel that the degree of a person's intelligence is directly reflected by the number of conflicting attitudes she can bring to bear on the same topic" (Lisa Alther)

"Confusion is always the most honest response." (Mary Indik)

"My open-mindedness is driving me insane!" (Young girl)

"There is only one thing about which I am certain, and that is that there is very little about which one can be certain." (author unknown)

"It wasn't until late in life that I discovered how easy it is to say, I don't know." (William Somerset Maugham)

Anxiety

"It is astonishing how much more anxious people are interested in lengthening life than improving it." (Charles C. Colton)

"Nobody knows the troubles I've known, and most of them never happened" (Mark Twain)

"I'm a firm believer in anxiety and the power of negative thinking" (Gertrude Berg, Molly and Me)

"Nobody knows the troubles I've known, and most of them never happened" (Mark Twain)

"It is not work that kills men; it is worry." (Henry Ward Beecher)

"Little minds have little worries, big minds have no time for worries." (Ralph Waldo Emerson)

"Be not afraid of life. Believe that life is worth living, and your belief will help create the fact." (William James)

Attitude

"Where there is an open mind, there will always be a frontier." (Charles Kettering)

"An optimist expects his dreams to come true; a pessimist expects his nightmares to." (Lawrence J. Peter.)

"Our life is what our thoughts make it." (Marcus Aurelius)

"As ye think, so shall ye be." (Jesus Christ)

"What we think, we become." (Buddha)

"We can destroy ourselves by cynicism and delusion, just as effectively as bombs." (Kenneth Clark)

"Change your thoughts and you change your world." (Norman Vincent Peale)

"Your life is what your thoughts make of it." (Marcus Aurelius Antoninus)

"Life is a mirror and will reflect back to the thinker what he thinks into it." (Ernest Holmes)

"Think in terms of poverty and you will live in poverty." (Napoleon Hill)

"Things are only worth what you make them worth." (Moliere)

"The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind." (William James)

"Either I will find a way, or I will make one." (Philip Sidney)

"Everyone constructs their own bed of nails." (D. Suttan)

"Life is 10% what happens to us and 90% how we react to it." (Dennis P. Kimbro)

"Our life is what our thoughts make it." (Marcus Aurelius)

Body/Health/Healing

"Healing is not something we only do when we are sick; it is part of the process and journey of life." (Ted Kaptchuck)

"It doesn't matter what the disease is. There is always room for hope. I'm not going to die because of statistics. I hope you won't either." (Bernie Seigel)

"The body has its own way of knowing, a knowing that has little to do with logic, and much to do with truth, little to do with control, and much to do with acceptance, little to do with division and analysis, and much to do with union." (Marilyn Sewell)

"Healing is simply attempting to do more of those things that bring joy and fewer of those things that bring pain." (O Carl Simonton)

"It is possible that the scream comes from the forsaken body, the scream that manifests in a symptom is the cry of the soul that can find no other way to be heard. If we have lived behind a mask all of our lives, sooner or later -- if we are lucky -- that mask will be smashed." (Marion Woodman)

"A cheerful heart is good medicine, but a downcast spirit dries up the bones." (Proverbs)

"...the body is a landscape of truth-telling." (Linda Hogan)

"If any thing is sacred the human body is sacred." (Walt Whitman)

"People, and even animals, who believe that their actions have no effect on the outcome of a situation, that they have no control over their world, are more prone to illness." (Mike and Nancy Samuels)

"The question you must ask yourself is not *if* you will heal but *how* you will heal." (Ken Nerburn)

"Happiness lies in the fulfillment of the spirit through the body." (Cyril Connolly)

"...*no* part of the body lives apart from the rest." (Deepak Chopra, Perfect Health)

"The last place we tend to look for healing is within ourselves." (Wayne Muller)

"How sickness enlarges the dimensions of a man's self to himself." (Charles Lamb)

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

"Wellness starts here, with the recognition that your body is wise, your mind is wise, and your soul is wise." (Regina Sara Ryan and John W. Travis)

"Healing is not something we only do when we are sick; it is part of the process and journey of life." (Ted Kaptchuck)

Change

"Everyone thinks of changing the world, but no one thinks of changing himself." (Tolstoy)

"Everything in life that we really accept undergoes a change." (Katherine Mansfield, Journal of Katherine Mansfield)

"Nothing is so dear as what you are about to leave" (Jessamun West, The Life I really lived)

"The dark night of the soul...is a metaphor for the sense of emptiness felt by those who have broken their ties with conventional sources of value, but have not yet discovered their grounding in new sources. (Carol P. Christ, Diving Deep and Surfacing)

"All changes, even the most longed for, have their melancholy, for what we leave behind us is part of ourselves; we must die to one life before we can enter into another." (Antoine France)

"The brain can grow nerve cells at almost any age in response to novelty and change." (John White, The Meeting of Science and Spirit)

"New vistas of unspeakable wonder are opening up before us. Humankind is on the verge of the incredible." (Michael Talbot)

"Nature's mighty law is change." (Robert Burns)

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." (Margaret Mead)

"There is nothing more powerful than an idea whose time has come." (Victor Hugo)

"It's never too late – in fiction or in life – to revise." (Nancy Thayer)

"We must always change, renew, rejuvenate ourselves; otherwise we harden." (Johann Wolfgang Von Goethe)

Children

"There is only one smartest dog in the whole world and every boy has it." (author unknown)

"Children have never been very good at listening to their elders, but they have never failed to imitate them." (James Baldwin)

"Too often an abandoned child is one who is still living with his parents." (author unknown)

"It took me four years to paint like Raphael, but a lifetime to paint like a child." (Picasso)

"...In their early years few children experience a high degree of appropriate visibility from adults." (Nathaniel Branden, Honoring The Self)

"Children are gifts, if we accept them." (Kathleen Tierney Grilly)

"Those who have the humility of a child may find again the key to reverence for, and kinship with, all of life." (J. Allen Boone)

"Childhood decides." (Jean Paul Sartre)

"The child is father to the man." (William Wadsworth)

"Whence come I? I come from my childhood, I come from childhood as from a homeland." (Antoine de Saint-Exupery)

"Children begin by loving their parents. After a time they judge them. Rarely, if ever, do they forgive them." (Oscar Wilde)

"If there is anything we wish to change in the child, we should first examine it and see whether it is not something that could better be changed in ourselves." (Carl Jung)

"The lost child cries, but still he catches fireflies." (Ryusui Yoshida)

"Children need models more than they need critics." (Joseph Joubert)

"Your children are not your children. They are the sons and daughters of Life's longing for itself." (Kahlil Gibran)

Choice

"Look at every path closely and deliberately, then ask yourself a crucial question: Does this path have a heart? If it does, the path is good; if it doesn't, it is of no use." (Don Juan to Carlos Castaneda)

"The strongest principle of growth lies in the human choice." (George Eliot)

"Creative choice is your birthright. Please own it." (John Bradshaw)

"We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us." (Joseph Campbell)

"The person who does not make a choice makes a choice." (old proverb)

"The time will come when winter will ask what you were doing all summer." (Henry Clay)

"Whenever two ways lie before us, one of which is easy and the other hard. one of which requires no exertion while the other calls for resolution and endurance, happy are the men who chooses the mountain path and scorns the thought of resting in the valley. These are the men and women who are destined in the end to conquer and succeed." (Author unknown)

"Destiny is not a matter of choice, it's a matter of choice." (Author unknown)

"We can never have enough of that which we really do not want." (Eric Hoffer)

Community

"Kinship is healing; we are physicians to each other." (author unknown)

"Never, if possible, lie down at night without being able to say; I have made at least one human being, at least, a little wiser, a little happier, or a little better this day." (Charles Kingsley)

"So long as we love we serve; so long as we are loved by others, I would almost say that we are indispensable; and no man is useless while he has a friend." (Robert Louis Stevenson)

"I not only use all the brains I have, but all I can borrow." (Woodrow Wilson)

"Who is wise? He who learns from all men, as it is said, from all my teachers have I gotten understanding." (Ben Zoma)

"To grow mature is to separate more distinctly, to connect more closely." (Hugo Von Hofmannsthal)

"There are no mothers and fathers for grownups, only sisters and brothers." (Shelden Kopp)

"The ornament of a house is the friends who frequent it." (Emerson)

"No man is an island entire of itself; every man is a part of the continent, a part of the main." (John Donne)

"Each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born." (Anais Nin)

"Each man can learn something from his neighbor; at least he can learn to have patience with him- to live and let live." (Charles Kingsley)

"Large- scale success today is spelled -Teamwork." (Charles B Forbes)

"We are like the spokes on a wheel, all radiating out from the same center. If you define us according to our position on the rim, we seem separate and distinct from one another. But if you define us according to our starting point, our source - the center of the wheel - we're a shared identity. (Marianne Williamson)

"Never doubt that a small group of thoughtful, committed citizens can change the world, indeed, it's the only thing that ever has." (Margaret Mead)

Courage

"There are millions of Americans who are clever and fearless, but the trouble is they are only four years old." (author unknown)

"Often the test of courage is not to die but to live." (Vittorio Alferi)

"All glory comes from daring to begin." (Eugene F. Ware)

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

"Life expands or shrinks in direct proportion to ones courage." (Anais Nin)

"Courage is resistance to fear, mastery of fear – not absence of fear." (Mark Twain)

Death/Endings

"It's perfectly safe. It's like taking off a tight shoe." (Emmanuel)

"We men die because our faces were not watered enough." (Pat Conroy, Beach Music)

"To die will be an awfully big adventure." (James M. Barrie)

"Death is nature's way of saying, 'your table is ready.'" (Robin Williams, taken from DO IT, John Roger and Peter McWilliams)

"All men should try to learn before they die what they are running from, and to, and why." (James Thurber)

"Death has to be waiting at the end of the ride, before you truly see the earth, and feel your heart, and love the world." (Jean Anouilh)

"Among the dead there are those that still have to be killed." (Desnoyers)

"Death is nature's way of saying, 'your table is ready.'" (Robin Williams, taken from DO IT, John Roger and Peter McWilliams)

"Death is not a period but a comma in the story of life." (author unknown)

"The end is where we start from." (T. S. Eliot)

"It matters not how a man dies, but how he lives." (Denis Diderot)

Dreams and Visions

"Dreams are illustrations...from the book your soul is writing about you." (Marsha Norman)

"Our dreams are the sequel of our waking knowledge." (Emerson)

"As in dreams, so in the scarcely less fluid events of the world, every man sees himself in colossal, without knowing that it is himself. The good, compared to the evil which he sees, is as his own good to his own evil." (Emerson)

"Picture in your mind a sense of personal destiny." (Wayne Oats)

"Your reason and your passions are the rudder and the sails of your seafaring soul. If either your sails or your rudder be broken, you can toss and drift, or else be held at a stand still in midseas." (Kahlil Gibran)

"What is now proved was once only imagined." (William Blake)

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

"It is our thinking that we must modify if we are to make and implement the decisions necessary to protect the world we live in." (Margaret Mead)

"Imagination is more important than knowledge." (Einstein)

"The habit most worth cultivating is that of thinking clearly even though inspired."

"Reality can destroy the dream; why shouldn't the dream destroy reality?" (George Moore)

"Vision is the art of seeing things invisible." (Swift)

"Do something worth remembering." (Elvis Presley)

"All that is necessary for the triumph of evil is that good men do nothing. (Edmund Burke)

"We must describe with our lives the future we want to see for our children." (Rich Heffern)

Where there is no vision, the people perish." (Proverbs)

"Vision is the art of seeing things invisible." (Swift)

Education/Learning

"Education is too important to be left solely to the educators." (Frances Keppel)

"The purpose of education is to replace an empty mind with an open one." (author unknown)

"We should be careful to get out of an experience only the wisdom that is in it – and stop there; lest we be like the cat that sits down on a hot stove lid. She will never sit down on a hot stove lid again – and that is well; but also she will never sit down on a cold one anymore." (Mark Twain)

"Everything is practice." (Pele)

Enlightenment and Self Discovery

"It is what you do daily, not occasionally, that ultimately determines your outcomes in life." (E. Edmeades)

"Some people say they haven't yet found themselves. But the self is not something one finds; it is something one creates." (Thomas Szasz)

"We must learn to reawaken and keep ourselves awake." (Thoreau)

"With enlightenment and self-awareness, we can reguide and realign our whole selves: our bodies, by finding new ways of moving and celebrating them and by adding good foods in amounts they tell us they need; our soul, our sense of ourselves as good and worthwhile, by connecting them to the earth and to each other." (Diana Roesch)

"Whatever makes us jump back seems at the very least worthy of being examined carefully for its potential usefulness." (Clarissa Pinkola Estes)

"Adventure is not outside us but within." (Eric Sloane)

"You have to leave the city of your comfort and go into the wilderness of your intuition. What you'll discover will be wonderful. What you'll discover will be yourself." (Alan Alda)

"The more I attempted to be 'me' the more 'me's I found there were." (Hugh Prather)

"The unrest you are experiencing is not individual psychological difficulty but rather, part of a widespread spiritual awakening." (Carol Osborn)

"We can be redeemed only to the extent to which we see ourselves." (Martin Buber)

"Man is a stream whose source is hidden." (Emerson)

"You have to leave the city of your comfort and go into the wilderness of your intuition. What you'll discover will be wonderful. What you'll discover will be yourself." (Alan Alda)

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Faith

"Faith is, above all, open-ness – an act of trust in the unknown." (Alan Watts)

"If you want faith, you have to work for it." (Flannery O'Connor)

"Human misery is too great for men to do without faith." (author unknown)

"Faith is to believe what you do not yet see; the reward for this faith is to see what you believe." (Saint Augustine)

"To have faith requires courage, the ability to take a risk, the readiness to accept pain and disappointment." (Erich Fromm)

Giving

"Many times a day I realize how much my own outer and inner life is built upon the labors of my fellow-men, both living and dead, and how earnestly I must exert myself in order to give in return as much as I have received." (Albert Einstein)

"Lots of people think they are charitable if they give away their old clothes and things they don't want." (Myrtle Reed)

"Service is the rent that you pay for room on this earth." (Shirley Chisholm)

"The cost of giving is receiving." (A Course in Miracles)

"He who helps in the saving of others, saves himself as well." (Hartman Von Aue)

"There is nothing so rewarding as to make people realize they are worthwhile in this world." (Robert Anderson)

"I shall pass through this world but once. If therefore there be any kindness I can show, or any good thing I can do, let me do it now; let me not deter it or neglect it." (Etienne de Grellet)

"You cannot do a kindness too soon because you never know how soon it will be too late." (Ralph Waldo Emerson)

"What do we live for, if it is not to make life less difficult for each other?" (George Eliot)

"The longer you live the more you realize that forgiveness, consideration and kindness are three of the great secrets in life." (Author Unknown)

"I don't know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who will have sought and found a way to serve." (Albert Schweitzer)

"We are not here to see through one another, but to see one another through." (Anne Lamott)

"No person was ever honored for what he received. Honor has been the reward for what he gave." (Calvin Coolidge)

Gratitude and Wonder

"Do not spoil what you have by desiring what you have not; but remember that what you now have was once among the things only hoped for." (Epicurus)

"The more I wonder, the more I love." (Alice Walker)

"We teach our children how to measure, how to weigh. We fail to teach them how to revere, how to sense wonder and awe. The sense of the sublime, the sign of the inward greatness of the human soul and something which is potentially given to all men, is now a rare gift." (Abraham Joshua Herschel)

"There are two things to aim at in life: First, to get what you want, and after that, to enjoy it. Only the wisest of mankind achieve the second." (Logan Pearsall Smith)

"This world, after all our science and sciences, is still a miracle; wonderful, inscrutable, magical and more, to whosoever will think of it." (Thomas Carlyle)

"We ought to dance with rapture that we should be alive, and in the flesh, and part of the living, incarnate cosmos." (D.H. Lawrence)

"I think one must finally take one's life in one's arms." (Arthur Miller)

"We ourselves cannot put any magic spell on this world. The world is its own magic." (Suzuki Roshi)

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

"If the only prayer you say in your whole life is 'thank you,' that would suffice." (Meister Eckhart)

"We seldom think of what we have but always what we lack." (Schopenhauer)

"Gratitude unlocks the fullness of life... 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)

"Do our experiences become more marvelous with age or is it just that we don't realize when they occur how really beautiful and precious they are? (Joseph Campbell)

"Don't think: Look!" (Wittgenstein)

"Life is a great bundle of little things." (Oliver Wendell Holmes)

"The world will never starve for want of wonders." (G. K. Chesterton)

"We have buried so much of the delicate magic of life." (D.H. Lawrence)

Growth and Aging

"What a blessing it is to outlive your self-judgements and harvest your failures." (Rachel Naomi Remen)

"To grow mature is to separate more distinctly, to connect more closely." (Hugo Von Hofmannsthal)

"Suffer the growing pains." (Liv Ullman)

"To grow up is to assume responsibility for the child within." (author unknown)

"Every human being on this earth is born with a tragedy, and it isn't original sin. He's born with the tragedy that he has to grow up. A lot of people don't have the courage to do it." (Helen Hayes)

"...for in every adult there lurks a child- an eternal child, something that is always becoming, is never completed, calls for unceasing care, attention, and education. That is the part of the human personality that wants to develop and become whole." (Carl Jung)

"To grow old is to pass from passion to compassion." (Camus)

"He not busy being born is busy dying." (Bob Dylan)

"The years teach much which the days never know." (Waldo Emerson)

"Nothing is inherently and invincibly young except spirit. And spirit can enter a human being perhaps better in the quiet of old age and dwell there more undisturbed than in the turmoil of adventure." (George Santayana)

"Don't forget the lessons your mistakes have taught you or you'll learn them all over again." (Dan Fogelberg)

"Do our experiences become more marvelous with age or is it just that we don't realize when they occur how really beautiful and precious they are?" (Joseph Campbell)

"They saw a woman in a wheel chair taking quiet pleasure in her view. It was a mirage. She was really a young girl on tiptoes. Arms outstretched. Ready to run. Everything wonderful waited for Elizabeth Quigley." (Helen Van Slyke)

"Try to keep your soul young and quivering right up to old age, and to imagine right up to the brink of death that life is only beginning. I think that is the only way to keep adding to one's talent, to one's affections, and one's inner happiness." (George Sand)

"How old would you be, if you didn't know how old you was?" (Satchel Paige)

"You don't stop laughing because you grow old; you grow old because you stop laughing." (Michael Pritchard)

"The man who views the world at fifty the same way he did at twenty has wasted thirty years of his life." (Muhammad Ali)

"Don't forget the lessons your mistakes have taught you or you'll learn them all over again." (Dan Fogelberg)

"To be seventy years young is sometimes far more cheerful and hopeful than to be forty years old." (Oliver Wendell Holmes Jr.)

"Old age, to the unlearned, is winter; to the learned, it is harvest time."

"The evening of life brings with it its own lamp." (Joseph Joubert)

Happiness

"True and lasting happiness begins with the sudden all-encompassing realization by each member of the human family, that we are truly all limbs of one body, that we cannot find our true selves until we recognize that everyone is us and we are everyone. In truth there is no separation."
(Maya Sarada Devi)

"Happiness, whether consisting in pleasure or virtue, or both, is more often found with those who are highly cultivated in their mind and in their character, and have only a moderate share of external goods, than among those who possess external goods to a useless extent but are deficient in higher qualities." (Aristotle)

"Most people ask for happiness on condition. Happiness can only be felt if you don't set any condition." (Arthur Rubenstein)

"In order to be utterly happy the only thing necessary is to refrain from comparing this moment with other moments in the past, which I often did not fully enjoy because I was comparing them with other moments of the future." (Andre Gide)

"Happiness is not something that happens. It is not the result of good fortune or random chance...Happiness, in fact, is a condition that must be prepared for, cultivated, and defended privately by each person." (Mihaly Csikszentmihalyi)

"Most folks are about as happy as they make up their minds to be." (Lincoln)

"It is neither wealth nor splendor, but tranquility and occupation, which give happiness." (Thomas Jefferson)

"Happiness is a butterfly, which when pursued, is always just beyond your grasp, but which, if you sit down quietly, may alight upon you." (Nathaniel Hawthorne)

"We have no more right to consume happiness without producing it than to consume wealth without producing it." (Bernard Shaw)

Life and Living

"Life is a dynamic process. It welcomes anyone who takes up the invitation to be an active part of it. What we call the secret of happiness is no more a secret than our willingness to choose life."
(Leo Buscaglia)

"You get what you settle for." (from Thelma and Louise)

"Life is a succession of lessons which must be lived in order to be understood."
(Ralph Waldo Emerson)

"You should live so that when you die, God is in your debt." (Bernard Shaw)

"Your life feels different on you, once you greet death and understand your heart's position. You wear your life like a garment from the mission bundle sale ever after-lightly because you realize you paid nothing for it, cherishing because you know you won't ever come by such a bargain again."
(Louise Erdrich)

"Live your life in one day packages." (Criswell Freeman)

"The value of a thing sometimes lies not in what one attains with it, but in what one pays for it, - what did it cost us." (Nietzsche)

"People who live in a Golden Age usually go around complaining how yellow everything looks." (Randall Jarrell)

"Life is an infant that must be rocked in its cradle before it falls to sleep." (Voltaire)

"We are always getting ready to live, but never living." (Ralph Waldo Emerson)

"This is your life, and nobody is going to teach you - no book, no guru. You have to learn from yourself, not from books. It is an endless thing, it is a fascinating thing, and when you learn about yourself from yourself, out of that learning wisdom comes. Then you can live a most extraordinary, happy, beautiful life." (J. Krishnamurti)

"The fundamental fact of human awareness is this: I am life that wants to live in the midst of other life that wants to live." (Albert Schweitzer)

"I don't want to get to the end of my life and find that I lived just the length of it. I want to have lived the width of it as well." (Diane Ackerman)

"It is said that there is a grave high in the mountains of Switzerland with the simple inscription 'He died climbing.' This is a metaphor for life. At least, it is a metaphor for the fulfilling life, which is an ongoing struggle to reach new heights." (Robert and Jeannette Lauer)

"You know, life is short, but it's also very wide." (Naomi Judd)

"Here is the test to find whether your mission on earth is finished: If you're alive, it isn't." (Richard Bach)

"Life is a succession of lessons which must be lived in order to be understood." (Ralph Waldo Emerson)

"Live your own life, for you will die your own death." (old proverb)

"If your daily life seems poor, do not blame it; blame yourself, tell yourself that you are not poet enough to call forth its riches." (Rainer Maria Rilke)

"There is no cure for birth and death save to enjoy the interval." (George Santayana)

"Life is a great big canvass, and you should throw all the paint on it you can." (Danny Kaye)

"There are years that ask questions and years that answer." (Zora Neale Hurston)

"You can always live on less when you have more to live for." (author unknown)

"You only live once - but if you work it right, once is enough." (Joe E Lewis)

"Life moves on whether we act as cowards or heroes. Life has no other discipline to impose, if we could but realize it, than to accept life unquestionably. Everything we shut our eyes to, everything we run away from, everything we deny, denigrate or despise serves to defeat us in the end. What seems nasty, painful, evil, can become a source of beauty, joy, and strength, if faced with an open mind. Every moment is a golden one for him who has the vision to recognize it as such." (Henry Miller)

"Life can only be understood backwards; but it must be lived forwards." (Soren Kierkegaard)

"If I should begin life again, I should want it just as it was; only I would open my eyes a little more."
(Jules Renard)

Longing/ Searching

"You can never have enough of that which we really do not want." (Eric Hoffer)

"One should never consent to creep when one feels an impulse to soar." (Helen Keller)

"The real voyage of discovery consists not in seeking new landscapes, but in having new eyes."
(Marcel Proust)

"Be patient toward all that is unsolved in your heart and learn to love the questions themselves, like locked rooms and like books that are written in a very foreign tongue. Do not seek the answers, which cannot be given you because you would not be able to live with them." (Rainer Maria Rilke)

"Ah, but a man's reach should exceed his grasp, Or what's a heaven for?" (Robert Browning)

"Our greatest weakness lies in giving up. The most certain way to succeed is to always try just one more time." (Thomas Edison)

"Many men go fishing all of their lives without knowing that it is not fish they are after." (Henry David Thoreau)

"Every great achievement is the story of a flaming heart." (Harry Truman)

"Adventure is not outside; it is within." (David Grayson)

"Our greatest weakness lies in giving up. The most certain way to succeed is to always try just one more time." (Thomas Edison)

Loneliness/Solitude

"Loneliness is the poverty of self; solitude is the richness of self. (May Sarton)

"For loneliness is but cutting adrift from our moorings and floating out to the open sea; an opportunity for finding ourselves, our real selves, what we are about, where we are heading during our little time on this beautiful earth." (Anne Shannon Monroe)

"It would do the world good if every man would compel himself occasionally to be absolutely alone. Most of the world's progress has come out of such loneliness." (Bruce Barton)

"This feeling of being lonely and very temporary visitors in the universe is in flat contradiction to everything known about man (and all other living organisms) in the sciences. We do not 'come into' this world; we come out of it, as leaves from a tree." (Alan Watts)

"Being alone is a markedly different experience than being lonely." (author unknown)

"People are lonely because they build walls instead of bridges." (Joseph F. Newton)

Love/Marriage

"A divorce is like an amputation; you survive but there's less of you." (Margaret Atwood)

"Sometimes it is worth all the disadvantages of marriage just to have that: one friend in an indifferent world." (Erica Jong)

"There is no remedy for love but to love more." (Thoreau)

"Your task is not to seek for love, but merely to seek and find all of the barriers within yourself that you have built against it." (A Course in Miracles)

"For one human being to love another, that is perhaps the most difficult of all our tasks, the ultimate, the last test and proof, the work for which all other work is but preparation." (Rainer Maria Rilke)

"Intimacy is spelled H-O-N-E-S-T-Y." (author unknown)

"Seldom, or perhaps never, does a marriage develop into an individual relationship smoothly and without crises; there is no coming to consciousness without pain." (Carl Gustav Jung)

"It is better to get rid of the problem and keep the person than to get rid of the person and keep the problem." (author unknown)

"Beyond the element of giving, the active character of love becomes evident in the fact that it always implies certain basic elements, common to all forms of love. These are care, responsibility, respect and knowledge." (Erich Fromm)

Meaning

"He who has a why to live can bear almost any how." (Friedrich Nietzsche)

"You come into the world with nothing, and the purpose of your life is to make something out of nothing." (Henry Louis Mencken)

"...it is not so much a matter of passively judging whether life is or is not worth living, but of consciously choosing a way of living that is worth living." (Peter Singer)

"The purpose of life is a life of purpose." (Robert Byrne)

"A man without purpose is like a ship without a rudder." (Thomas Carlyle)

"Man's main task in life is to give birth to himself." (Erich Fromm)

Miracles

"A miracle is a shift in perception." (A course in Miracles)

"Miracle is simply the wonder of the unique that points us back to the wonder of everyday" (Maurice Friedman)

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

"Everything comes to him who hustles while he waits." (Thomas Edison)

Nature

"This feeling of being lonely and very temporary visitors in the universe is in flat contradiction to everything known about man (and all other living organisms) in the sciences. We do not 'come into' the world; we come *out* of it, as leaves from a tree." (Alan Watts)

"An echo is nature's instant reply." (author unknown)

"We are bleeding at the roots, because we are cut off from the earth and sun and stars, and love is a grinning mockery, because, poor blossom, we plucked it from its stem on the tree of Life, and expected it to keep on blooming in our civilized vase on the table." (D. H. Lawrence)

"Earth, with her thousand voices, praises God." (Samuel Taylor Coleridge)

"Whatever befalls the earth befalls the sons of the earth. Man does not weave the web of life, he is merely a strand in it. Whatever he does to the web, he does to himself." (Chief Seattle)

"If we are to restore some kind of balance to the relationship between population and earth resources, we will have to find ways to shift human beings from the present retreat from individual responsibility to a recognition of just how creative and significant each individual can be." (Margaret Mead)

"I only went out for a walk, and finally concluded to stay out till sundown, for going out, I found, was really going in." (John Muir)

"Cutting down a tree before its time is like killing a soul." (author unknown)

"Nature never did betray the heart that loved her." (William Wordsworth)

"The more lightly we walk on this earth the more she gives to us." (Rich Heffern)

"My father considered a walk among the mountains as the equivalent of churchgoing." (Aldous Huxley)

"Never does nature say one thing and wisdom another." (Author unknown)

"The world has enough for every man's need but not enough for every man's greed." (Gandhi)

"The real miracle is not to walk on water or in thin air, but to walk on earth." (Thich Nhat Hanh)

"The first step in the ecological journey is to fall in love with the beauty of this place, so that we will defend it and liberate it when justice threatens and abuses it." (Mathew Fox)

Opportunity

"There is the greatest practical benefit in making a few failures early in life." (Thomas Henry Huxley)

"We are continually faced with great opportunities brilliantly disguised as insoluble problems." (Author unknown)

"A wise man will make more opportunities than he finds." (Frances Bacon, Essays)

"God makes opportunities but he expects us to hunt for them." (Author Unknown)

"The greatest opportunities occur during depressed and discouraging periods, but it is very difficult to recognize them at such times." (Author Unknown)

"Problems are only opportunities in work clothes." (Henry J. Kaiser)

"Every calamity is a spur and valuable hint." (Ralph Waldo Emerson)

"The secret of success in life is for a man to be ready for his opportunity when it comes." (Benjamin Disraeli)

"People are always blaming their circumstances for what they are...The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can't find them, make them." (George Bernard Shaw)

"Failure is only the opportunity to begin again, more intelligently." (Henry Ford)

Parenting/Motherhood

"It is a wise father that knows his own child." (Shakespeare)

"Nobody knows a mother like her daughter." (Nancy Friday)

"There is nothing in human nature more resonant with charges than the flow of energy between two biologically alike bodies, one of which has lain in amniotic bliss inside the other, one of which has labored to give birth to the other. The Materials are here for the deepest mutuality and the most painful estrangement." (Adrienne Rich)

"Dear son, So often parents think of their children as failing investments whose cost in time and money outweighs the return. Whenever I find myself thinking of you in that way, I picture God looking at me. (Hugh Prather)

"...our parents always fail us massively and decisively. Why is this so? Because they are limited human beings; and for the same reason we, too, will fail our children. (Larry Jaffee)

"...a mother must not feel obligated to give up herself. Not unless she wants to raise a motherless child." (Lisa Cronin Wohl)

"Children have never been very good at listening to their elders, but they have never failed to imitate them." (James Baldwin)

"I found out, almost after it was too late, that my children were not born to learn from my experiences; they were born to learn from their own..." (Richard Bode)

"The mother's lap is the child's first classroom" (old proverb)

"There are only two lasting bequests we can hope to give our children. One of these is roots; the other, wings." (Hodding Carter)

The Past

"I do not possess what I remember so much as it possesses me." (Richard Bode)

"The trouble with you is you think you have time." (Don Juan to Carlos Costaneda)

"Among the dead there are those that still have to be killed." (Fernad Desnoyers)

"What's past is prologue." (Shakespeare)

"Every journey into the past is complicated by delusions, false memories, false naming of real events."
(Adrienne Rich)

"Life can only be understood backwards, but must be lived forwards." (Soren Kierkegaard)

"One must never lose time in vainly regretting the past or in complaining against the changes which cause us discomfort, for change is the essence of life." (Antole France)

"It's but little good you'll do watering last years crops." (Frederick Loomis)

"One can never change the past, only the hold it has on you." (Merle Shain)

"The past should be a springboard, not a hammock." (unknown)

"Life is thickly sewn with thorns, and I know no other remedy than to pass quickly through them. The longer we dwell on our misfortunes, the greater is there power to harm us." (author unknown)

Pleasure

"Did you know that both the Koran, the sacred book of Islam, and the Jewish Talmud teach that we will be called to account for every permissible pleasure life offered us but which we refused to enjoy while on earth?" (Sara Ban Breathnach)

"Most men that do thrive in the world do forget to take pleasure during the time that they are getting their estate, but reserve it till they have got one, and then it is too late for them to enjoy it."
(Samuel Pepys)

"There is only one question: how to love this world." (Mary Oliver)

"That man is the richest whose pleasures are the cheapest." (Thoreau)

"There are few pleasures in the world so reasonable and so cheap as the pleasure of giving pleasure." (anonymous)

"All animals, except man, know that the principle business of life is to enjoy it." (Samuel Butler)

Priorities

"We do not acquire goods in order to live, instead we live in order to acquire goods." (Peter Singer)

"There is only one success - to be able to spend your life in your own way." (Christopher Morley)

"The cost of a thing is the amount of what I will call life which is required to be exchanged for it..."
(Thoreau)

"Presence entails fully knowing that babies, women, and the old are starving and being maimed by militarism justified by high ideals; that forests and seas are dying that there are fewer butterflies in our gardens, and more homeless on our streets." (Don Hanlon Johnson)

"One learns first of all in beach living the art of shedding; how little one can get along with, not how much." (Anne Morrow Lindbergh)

"Our life is frittered away by details...Simplify, simplify." (Thoreau)

"The value of a thing sometimes lies not in what one attains with it, but what one pays for it - what it costs us." (Nietzsche)

"Greatness is not found in possessions, power, position or prestige. It is discovered in goodness, humility, service and character." (William Ward)

"The great use of life is to spend it for something that will outlast it." (William James)

"Life begets life. Energy creates energy. It is by spending oneself that one becomes rich." (Sarah Bernhardt)

"I don't know anyone who wished on his death bed that he had spent more time at the office." (Peter Lynch)

"He preyed not to have more but to be more." (author unknown)

"There is no wealth but life." (John Ruskin)

"We act as though comfort and luxury were the chief requirements of life, when all that we need to make us really happy is something to be enthusiastic about." (Charles Kingsley)

"Greatness is not found in possessions, power, position or prestige. It is discovered in goodness, humility, service and character." (William Ward)

"If I were to name the three most precious resources of life, I should say books, friends, and nature; and the greatest of these, at least the most constant and always at hand, is nature." (John Burroughs)

Risk

"Half the failures in life arise from pulling in one's horse as he is leaping." (Julius and Augustus Hare, Guesses at Truth)

"I tore myself away from the safe comfort of certainties through my love of truth; and the truth rewarded me." (Simone De Beauvoir)

"Without risk, you don't experience life." (author unknown)

"There is no security on this earth, there is only opportunity." (Douglas MacArthur)

"One doesn't discover new lands without consenting to lose sight of the shore for a very long time." (Andre Gide)

"Fortune sides with those who dare." (Virgil)

Spirituality/God

"We are not born all at once, but by bits. The body first, and the spirit later. Our mothers are racked with the pains of our physical birth; we ourselves suffer the longer pains of our spiritual growth." (Mary Antin, *The Promised Land*, 1969)

"While spirituality can be discovered in solitude – by retreating to a cell of some kind, by reading, by thinking, meditating, praying – it can be fulfilled only in community." (Earnest Kurtz and Katherine Ketcham)

"True spirituality, however, is about power. It is about developing the powers of creativity, justice, and compassion in all persons. It is about unleashing the divine powers in us all. It is about grounding persons and communities in the powers that will enable them to survive and even flourish in the midst of adversity." (Mathew Fox,)

"Physical strength can never permanently withstand spiritual force." (Franklin Roosevelt)

"The first peace, which is the most important, is that which comes within the soul of people when they realize their relationship, their oneness, with the universe and all its powers, and when they realize at the center of the universe dwells the Great Spirit, and that this center is really everywhere, it is within each of us." (Black Elk)

"The body must be nourished, physically, emotionally and spiritually. We're spiritually starved in this culture – not underfed but undernourished." (Carol Horning)

"Soul is what connects you to everyone and everything else. It is the sum of all the choices you make. It is where your beliefs and values reside. Soul is at the center of our relationships to others, and for me it is at the center of the business enterprise." (Tom Chappel)

"With knowledge and no faith, we may well see a world destroyed. With faith and no knowledge, we may still see a world destroyed. With faith and knowledge bound together, we can hope to cherish and protect the lives of the men and the life of the world." (Margaret Mead)

"I found God in myself and I loved her fiercely." (Ntosake Shange)

"Man cannot dispense with the spirit. The attempt is made to deprive him of it; so he invents surrogates for it." (Paul Tournier)

"Consult the spirit within you first." (Oprah Winfrey)

"The best way to know God is to love many things." (Van Gough)

"Physical strength can never permanently withstand spiritual force." (Franklin Roosevelt)

"The soul loves and creates." (Sue Monk Kid)

"God has no religion." (Gandhi)

"With knowledge and no faith, we may well see a world destroyed. With faith and no knowledge, we may still see a world destroyed. With faith and knowledge bound together, we can hope to cherish and protect the lives of the men and the life of the world." (Margaret Mead)

"Every soul is a melody which needs renewing." (unknown)

"Acceptance of what has happened is the first step to overcoming the consequences of any misfortune." (William James)

"I would rather live in a world where my life is surrounded by mystery than live in a world so small that my mind can comprehend it." (Harry Emerson Fosdick)

"What characterizes our modern humanity, therefore, is not the absence of spiritual values...but rather the fact that these values no longer have any decisive influence upon the destiny of culture." (Paul Tournier)

"Science without religion is lame, religion without science is blind." (Einstein)

"We have just enough religion to make us hate, but not enough to make us love one another."
(Thoreau)

"You are a soul with a body, rather than a body with a soul." (Wayne W. Dyer)

Success/Failure

"The most glorious moments in your life are not the so-called days of success, but rather those days when out of dejection and despair you feel rise in you a challenge of life, and then the promise of future accomplishments." (Gustave Flaubert)

"There is only one success – to be able to live your life in your own way." (Christopher Morley)

"There are defeats more triumphant than victories" (Michel de Montaigne)

"Those who succeed are the ones who look for the circumstances they want, and, if they can't find them, make them." (George Bernard Shaw)

"The world is moving so fast these days that the man who says it can't be done is generally interrupted by someone doing it." (Harry Fosdick)

"Success can only be measured in distance traveled." (Mavis Gallant)

"You may have a success in life, but then just think of it - what kind of life was it? What good was it- you've never done the thing you most wanted to do in all your life...go where your body and soul want to go. When you have the feeling, then stay with it, and don't let anyone throw you off."
(Joseph Cambell)

"It is a rough road that leads to the heights of greatness." (Seneca)

"I have studied in many schools, but the school in which I studied the longest and learned the most was the school of adversity." (Malcolm X)

"Success is not the result of spontaneous combustion. You must set yourself on fire." (Reggie Leach)

"To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded." (Ralph Waldo Emerson)

"It's not whether you get knocked down. It's whether you get up again." (Vince Lombardi)

"I have learned that success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed." (Booker T. Washington)

"Many of life's failures are people who did not realize how close they were to success when they gave up." (Thomas Edison)

"The price of greatness is responsibility." (Winston Churchill)

"Wise men make more opportunities than they find." (Francis Bacon)

Suffering and Pain

"The world breaks everyone and after many are strong at the broken places." (Hemingway)

"All the best transformations are accompanied by pain. That's the point of them." (Fay Weldon)

"A wounded deer leaps highest" (Emily Dickinson)

"Perhaps everything terrible is in its deepest being something that wants help from us."
(Rainer Maria Rilke)

"Where there is sorrow there is holy ground." (Oscar Wilde)

"Sorrow makes us very good or very bad." (George Sand)

"That which oppresses me, is it my soul trying to come out in the open, or the soul of the world knocking at my heart for entrance." (Ravindranath Tagore)

"It is significant that the experience of despair is a yoga. Despair is often the first step on the path to spiritual life, and many people do not awaken to the reality of God and the experience of transformation in their lives until they go through the experience of emptiness, disillusion, and despair." (Bede Griffiths)

"God comes through the wound." (Marion Woodman)

"It's hard to tell our bad luck from our good luck sometimes. Hard to tell sometimes for many years to come." (Merle Shain)

"All suffering prepares the soul for vision." (Martin Buber)

"Those times of depression tell you that it's either time to get out of the story you're in and move into a new story, or that you're in the right story but there's some piece of it you are not living out."
(Carol S. Pearson)

"I bend but I do not break" (Jean de La Fontaine)

"The greater the obstacle, the more glory in overcoming it." (Moliere)

"The greatest griefs are those we cause ourselves." (author unknown)

"Although the world is full of suffering, it is full also of the overcoming of it." (Helen Keller)

"Let your tears come. Let them water your soul." (Eileen Mayhew)

"There is no birth of consciousness without pain." (Carl Jung)

"Where I am, I don't know, I'll never know, in the silence you don't know, you must go on, I can't go on, I'll go on." (Samuel Beckett)

"...my deprivation had been my greatest blessing. What counts is not what you have lost but what you have left." (Harold Russell)

"All suffering prepares the soul for vision." (Martin Buber)

"The heart that breaks open can contain the whole universe." (Joanna Macy)

"We are healed of a suffering only by experiencing it to the full." (Marcel Proust)

"I bend but I do not break" (Jean de La Fontaine)

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

War and Peace

"Either war is obsolete or men are." (Buckminster Fuller)

"Little girl....sometimes they'll give a war and nobody will come." (Carl Sandburg)

"The tragedy of war is that it uses man's best to do man's worst." (author unknown)

"No soldier starts a war – they only give their lives to it. Wars are started by you and me, by bankers and politicians, excitable women, newspaper editors, clergymen who are expacifists, and congressmen with vertebrae of putty. The youngsters yelling in the streets, poor kids, are the ones who pay the price. (Frances P. Duffy)

"The next World War will be fought with stones." (Albert Einstein)

"The world would be a much better place if it was as hard to start a war as to stop one." (author unknown)

"There never was a good war and a bad peace." (Benjamin Franklin)

"Peace cannot be kept by force. It can only be achieved by understanding." (Albert Einstein)

Wealth and Poverty

"It is only by spending ourselves that we become rich." (Sarah Bernhardt)

"...I have become all the more convinced that the most valuable fortune anyone can amass during a life time is not material wealth but the things he learns." (Eric Sloane)

"He profits most who serves best." (A.F. Sheldon)

"Paying attention to simple little things that most men ignore makes a few men rich." (Henry Ford)

"The real measure of our wealth is our worth if we lost our money." (author unknown)

"The dignity of man depends on creating and not on possessing." (Theo Spoerri)

"The best things in life are free but it costs you a lot of time and money before you find this out." (author unknown)

" There is nothing in the nature of money to produce happiness. The more a man has, the more he wants. Instead of filling a vacuum, it makes one." (Benjamin Franklin)

"Enough money always means more than you have now." (Author unknown)

"The world is full of men making good livings but poor lives." (Author Unknown)

"I want you to know that possessions have made more people unhappy than happy, because they define the limits of your life and keep you from the freedom of choice that comes with traveling light upon the earth." (Ken Nerburn)

"Everyone who has ever struggled with poverty knows how extremely expensive it is to be poor." (James Baldwin)

"Poverty of purpose is worse than poverty of purse." (Author Unknown)

Wholeness

"There is an Indian proverb or axiom that says that everyone is a house with four rooms, a physical, a mental, an emotional and a spiritual. Most of us tend to live in one room most of the time, but unless we go into every room every day, even if only to keep it aired, we are not a complete person." (Rumer Godden)

"According to ancient Chinese and Indian wisdom, small minds perceive the separateness of things but great minds perceive the unity of all." (N.S. Xavier)

"A person cannot do right in one department whilst attempting to do wrong in another department. Life is one indivisible whole." (Mahatma Gandhi)

"Creativity is the urge to wholeness, the urge to individuation or to the becoming of what one truly is. And in that becoming we bring the cosmos into form." (Jean Houston)

Wisdom

"Many receive advice, only the wise profit by it." (Syrus)

"Nine-tenths of wisdom is being wise in time." (Theodore Roosevelt)

The only Zen you find on the tops of mountains is the Zen you bring up there." (Robert Pirsig)

"To question a wise man is the beginning of wisdom. (old proverb)

"The difference between a great teacher and a mediocre one is that the latter speaks from without while the former speaks from within." (author unknown)

"Wisdom is a healthy balance of reason and intuition." (N.S. Xavier)

"The wizard is inside you, and he wants only to be born." (Deepak Chopra)

"Never fall down on the same stone again." (K.M. Liu)

"Ben was an intellectual, and intellectuals, say what you like, seemed to last longer than anyone else." (Muriel Spark)

"There is in us something wiser than our head." (Schopenhauer)

"Who is wise? He who learns from all men, as it is said, From all my teachers have I gotten understanding." (Ben Zoma)

"We arrive at truth, not by reason only, but also by the heart." (Pascal)

"Wisdom is oft times nearer when we stoop than when we soar." (William Wordsworth)

Women

"Women's lives are made up of cycles of descent and ascent." (Sue Monk Kid)

"It is observed that women are closer to the earth." (Susan Griffin)

"The queens in history compare favorably with the kings." (Susan B. Anthony)

"The woman's place of power within each of us is neither white nor surface; it is dark, it is ancient, it is deep." (Audre Lorde)

"One is not born a woman, one becomes one." (Simone de Beauvoir)

"But why didn't you leave? Why didn't you take the job? Why didn't you marry the other man? She would always insist it didn't matter, she was lucky to have my sister and me. If I pressed hard enough, she would add, 'If I'd left you never would have been born.' I always thought but never had the courage to say: 'But you might have been born instead.'" (Gloria Steinem)

"In the womb we all begin as female." (author unknown)

"Women have a tendency to assess their sense of self worth in relation to the condition of their intimate relationships." (Maggie Scarf)

"Women can talk to each other in short hand...They possess highly tuned powers of empathy – being able to sense what another feels because they must. They have to know which way to jump; it is only dominant people who can afford to be insensitive." (Gail Sheehy)

"...many women truly cannot tolerate or allow themselves to feel that their life activities are for themselves." (Jean Baker Miller)

"And what would happen if one woman told the truth about her life? The world would split open." (author unknown)

Work

"When love and skill work together, expect a masterpiece." (John Ruskin)

"Men for the sake of getting a living forget to live." (Margaret Fuller)

"Before the enlightenment, carry the water, till the soil. After enlightenment, carry the water, till the soil." (Zen teaching)

"Almost anything you do will seem insignificant, but it is very important that you do it." (Gandhi)

"Responsible work is an embodiment of love...We lose ourselves in our love of the task before us and, in that moment, we learn an identity that lives both within and beyond us." (Theodore Roszak)

"I pray every single second of my life; not on my knees, but with my work." (Susan B Anthony)

"Always you have been told that work is a curse and labor of misfortune. But I say to you that when you work you fulfil a part of earth's furthest dream..." (Kahlil Gibran)

"Seems to me that the highest possible reward for any man's labor is not what he gets for it, but what he becomes by it." (Brock Bell)

"Work is love made visible." (Kahlil Gibran)

CHINESE PROVERBS

Add legs to the snake after you have finished drawing it.

After three days without reading, talk becomes flavorless.

An ant may well destroy a whole dam.

Be not afraid of growing slowly, be afraid only of standing still.

Behind an able man there are always other able men.

Better a diamond with a flaw than a pebble without one.

Better to light a candle than to curse the darkness

A book is like a garden carried in the pocket.

A book holds a house of gold.

Everything has beauty, but not everyone sees it.

Wheresoever you go, go with all your heart.

Knowing is not as good as loving; loving is not as good as enjoying.

To learn and practise what is learned from time to time is pleasure, is it not? To have friends from afar is happiness, is it not? To be unperturbed when not appreciated by others is a gentleman, is it not?

Review the old and deducing the new makes a teacher.

The gentleman understands righteousness, the petty man understands interest.

Aspire to the principle, behave with virtue, abide by benevolence, and immerse yourself in the arts.

A camel standing amidst a flock of sheep.

Clear conscience never fears midnight knocking.

Enjoy yourself. It's later than you think.

Enough shovels of earth - a mountain. Enough pails of water - a river.

Even a hare will bite when it is cornered.

A Jade stone is useless before it is processed; a man is good-for-nothing until he is educated.

A journey of a thousand miles begins with a single step.

Judge not the horse by his saddle. Keep your broken arm inside your sleeve.

Learning is a treasure that will follow its owner everywhere.

Life is a dream walking death is a going home.

Like ants eating a bone.

Lift a stone only to drop on your own feet.

Listen to all, plucking a feather from every passing goose, but, follow no one absolutely.

The longer the night lasts, the more our dreams will be.

Looking for the ass on its very back.

The best quality tea must have the creases like the leather boots of

Better to be deprived of food for three days, than tea for one.

Kissing is like drinking tea through a tea-strainer; you're always thirsty afterwards.

Tartar horsemen, curl like the dewlap of a mighty bullock, unfold like a mist rising out of a ravine, gleam like a lake touched by a zephyr, and be wet and soft like earth newly swept by rain.

There is ordinary and ground tea. What is called cake tea is put in a bottle or jar after being pounded, and the boiling water is poured over it. Sometimes onion, ginger, jujube, orange peel, and peppermint are used, and it is left to boil for some time before the froth is skimmed. Alas! this is the slop water of a ditch.

The first bowl sleekly moistened throat and lips, The second banished all my loneliness The third expelled the dullness from my mind, Sharpening inspiration gained from all the books I've read. The fourth brought forth light perspiration, Dispersing a lifetime's troubles through my pores. The fifth bowl cleansed ev'ry atom of my being. The sixth has made me kin to the Immortals. This seventh... I can take no more.

Flies never visit an egg that has no crack.

Forget injuries, never forget kindnesses.

A gem cannot be polished without friction, nor a man perfected without trials.

A good fortune may forbode a bad luck, which may in turn disguise a good fortune.

Govern a family as you would cook a small fish -- very gently.

Great souls have wills; feeble ones have only wishes.

With time and patience the mulberry leaf becomes a silk gown.

**“Mind, like a parachute, functions only while it is open.”
(C.H. Chan)**

“Bedre godt gjort enn godt sagt”