

BROKEN OPEN by Elizabeth Lesser

Poetry Bazaar

The way to find out about your happiness is to keep your mind on those moments when you feel most happy, when you really are happy—not excited, not just thrilled, but deeply happy. This requires a bit of self-analysis. What is it that makes you happy? Stay with it, no matter what people tell you. This is what I call 'following your bliss.

—Joseph Campbell

Don't worry about what the world needs. Ask what makes you come alive and do that. Because what the world needs are people who have come alive.

—Howard Thurman

This is a test - it is only a test. If it had been an actual life, you would have received further instructions on where to go and what to do.

—Bumper sticker seen in California

*There is Some Kiss We Want with Our Whole Lives
Learn the alchemy
true human beings know.
The moment you accept what troubles you've been given,
the door will open.
Welcome difficulty as a familiar comrade.
Joke with torment brought by the Friend.
Sorrows are the rags of old clothes and jackets
that serve to cover, then are taken off.
That undressing
and the beautiful naked body underneath,
is the sweetness that comes after grief.
The hurt you embrace
becomes joy.
Call it to your arms where it can change you.*

—Rumi

*The time will come
when, with elation
you will greet yourself arriving
at your own door, in your own mirror,
and each will smile at the other's welcome.
And say sit here. Eat.
You will love again the stranger
who was yourself.
Give wine, to the stranger who has loved you.
All your life, whom you ignored
for another, who knows you by heart.
Take down the love letters from the bookshelf.
The photographs, the desperate notes.
Peel your own image from the mirror.
Sit. Feast on your life.*

—Derek Walcott

Being A Person

*Be a person here. Stand by the river, invoke
the owls. Invoke winter, then spring.
Let any season that wants to come here make its own
call. After that sound goes away, wait.
A slow bubble rises through the earth
and begins to include sky, stars, all space,
even the outracing, expanding thought.
Come back and hear the little sound again.
Suddenly this dream you are having matches
everyone's dream, and the result is the world.
If a different call came there wouldn't be any
world, or you, or the river, or the owls calling.
How you stand here is important. How you
listen for the next things to happen. How you breathe.*

-William Stafford

*We either make ourselves miserable
or we make ourselves strong.
The amount of work is the same.*

-Carlos Castaneda

*Our hearts are restless
until they find their
rest in thee.*

-Saint Augustine

*To find the Buddhist Law,
drift east and west, come and go,
Entrusting yourself to the waves.*

-Ryokan

*I reach for a piece of wood. It turns into a lute.
I do some meanness. It turns out helpful.
I say one must not travel during the holy month.
Then I start out, and wonderful things happen.*

-Rumi

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

-Mark Twain

*Just when I found out the meaning of life,
they changed it.*

-George Carlin

*The good life starts only when you stop
wanting a better one.*

-Bertrand Russell

*When I was a kid
I drew like Michelangelo.
It took me years to learn to draw
like a kid.*

-Picasso

*I arise in the morning torn between
a desire to improve the world
and a desire to enjoy the world.
This makes it hard to plan the day.*

-E. B. White

*If your children see that you are seeking, they
will seek—the finding part is up to God.*

-Polly Berrien Berends

*I have always known that at last I would take this
road, but yesterday I did not know that it would be
today.*

-Narihara

*Don't keep searching for the truth;
Just let go of your opinions.*

-Seng Ts'an

*I feel that as long as the Earth can make
a spring every year, I can; I won't give
up until the Earth gives up.*

-Alice Walker

*The process is to learn how to be open
to our heart being closed.*

-Stephen Levine

*In the depth of winter,
I finally learned that
within me there lay an
invincible summer.*

-Albert Camus

*If you trap the moment before it's ripe,
The tears of repentance you'll certainly wipe;
But if once you let the ripe moment go
You can never wipe off the tears of woe.*

-William Blake

Astonishing! Everything is Intelligent!

-Pythagorus

*I entered into unknowing
And there I remained unknowing,
Transcending all knowledge*

-St. John of the Cross

*The real voyage of discovery consists not in
seeking new landscapes but in having new
eyes.*

-Marcel Proust

*Blessed sister, holy mother, spirit of the fountain,
spirit of the garden,
Suffer us not to mock ourselves with falsehood
Teach us to care and not to care
Teach us to sit still*

Even among these rocks.
Our peace in his will
And even among these rocks,
Sister, mother
And spirit of the river, spirit of the sea.
Suffer me not to be separated
And let my cry come unto Thee.

-T.S. Eliot

I part the out thrusting branches
and come in beneath
the blessed and the blessing trees.
Though I am silent
there is singing around me.
Though I am dark
there is vision around me.
Though I am heavy
there is flight around me.

-Wendell Berry

The mountains, I become part of it
The herb, the fir tree, I become part of it.
The morning mists, the clouds, the gathering
waters,
I become part of it.
The wilderness, the dew drops, the
pollen,
I become part of it. -Navaho chant
Waking up this morning, I smile,
Twenty-four brand new hours are
before me. I vow to live fully in each
moment and to look at all beings
with the eyes of compassion.

-Thich Nhat Hanh

You are drunk
and this is the edge of the roof.

-Rumi

All that matters is
to be at one with the living God
to be a creature in the
house of the God of life.

-DH Lawrence

Happiness lies in thinking or doing that
which one considers beautiful.

-Hazrat Inayat Khan

There is nothing in this world that does not speak.
Every thing and every being is continually calling out
its nature, its character, and its secret; and the more
the inner sense is open, the more capable it becomes
of hearing the voice of all things.

-Hazrat Inayat Khan

No problem can be solved from the same
consciousness that created it.

-Albert Einstein

In all ten directions of the universe,
there is only one truth.
When we see clearly, the great teachings are the same.
What can ever be lost? What can be attained?
If we attain something, it was there from the beginning of
time.
If we lose something, it is hiding somewhere near us....

-Ryokan

To understand all
is to forgive all.

-Voltaire

In dying to ourselves,
all mystics say,
we are born to eternal life.

-Eknath Eswaren

Real fearlessness
is the product
of tenderness.

-Chogyam Trungpa

What Brahma creates in years,
Vishnu enjoys in a day
and Shiva destroys
in a moment.

-Hazrat Inayat Khan

Real generosity to the future
lies in giving all to the present .

-Albert Camus

Today, like every other day, we wake up
empty
and frightened. Don' t open the door to the
study
and begin reading. Take down the dulcimer.
Let the beauty we love be what we do.
There are hundreds of ways to kiss the
ground.

-Rumi

For years, copying other people,
I tried to know myself.
From within, I couldn' t decide what to do.
Unable to see, I heard my name being
called.
Then I walked outside.

-Rumi

Be compassionate to yourself, but do not justify
yourself. Without condemnation and justification, see
yourself as you are. Watch yourself thinking, feeling,

and acting until you begin to understand yourself. This flame of understanding brings about disentanglement that makes for true simplicity. It is this simplicity of mind and heart that will bring about the transformation for the individual and will immediately transform the world in which you live.

—J. Krishnamurti

*Something we were withholding made us weak
Until we found it was ourselves.*

—Robert Frost

*Let yourself be silently drawn
by the stronger pull of what you really love.*

—Rumi

*You do not have to be good.
You do not have to walk on your knees
for a hundred miles through the desert,
repenting.
You only have to let the soft animal of
your body
love what it loves.*

—Mary Oliver

*Furthermore we have not even to risk the adventure alone,
for the heroes of all time have gone before us. The
labyrinth is thoroughly known. We have only to follow the
thread of the hero path, and where we had thought to find
an abomination, we shall find a god. And where we had
thought to slay another, we shall slay ourselves. Where we
had thought to travel outward, we will come to the center
of our own existence. And where we had thought to be
alone, we will be with all the world.*

—Joseph Campbell

*If on earth there be a Paradise of Bliss,
It is this, It is this, It is this.*

—Firdausi

*Come, come, whoever you are,
Wanderer, worshiper, lover of leaving.
It doesn't matter.
Ours is not a caravan of despair.
Come, even if you have broken your vow
a thousand times.
Come, yet again, come, come.*

—Inscription on the tombstone of Jelaluddin Rumi

*You can call it wisdom, or sanity, or
health, or enlightenment. I use the
word God as a short cut. I am
comfortable with the word God because I
don't have the foggiest idea of what it
means.*

—Steven Levine

*Let go into the mystery.
Let go into the mystery of life.*

-Van Morrison

*We need to accept the dark unknown,
perhaps non-understandable magic inside
ourselves of which we are afraid. We
need to surrender to the womb of life
out of which we came; the black velvet
void over which we have no control.*

-Barbara Brennan

*You should examine yourself and ask
how many times you have tried to
connect with your heart, fully and
truly. How often have you turned
away because you feared you might
discover something terrible about
yourself? How often have you been
willing to look at your face in the
mirror, without being embarrassed?*

-Chogyam Trungpa

*Keeping negative aspects secret
makes it impossible to reveal the best of
self.*

-The Pathwork Guide

*The clarity, the lightness, and the freedom of no
longer pretending in any way are the direct doorway
to the self-esteem you so desperately tried to create
and to preserve by hiding.*

-The Pathwork Guide

*Compassion and love, gratitude for the
beauty of creation, appreciation of and
joy about it, must also create a deep
pain that needs to be suffered. This
pain is ever so different from the
neurotic pain, the pain by association,
the pain of masochistic self-punishment
that identifies with what appears to be
a victim. This living, healthy, loving
pain is also the threshold to joy and
ecstasy.*

-The Pathwork Guide

*We shall not cease from exploration.
And the end of all our exploring,
Will be to arrive where we started,
And know the place for the first time.*

-T.S. Elliot

*I drank at every vine
The last was like the first.
I came upon no wine
So wonderful as thirst.
I gnawed at every root.*

*I ate of every plant.
I came upon no fruit
So wonderful as want.
Feed the grape and bean
To the vintner and monger;
I will lay down lean
With my thirst and my hunger.*

-Edna St Vincent Millay

*No more wine for me!
I'm past delighting in the thick red
and the clear white.
I'm thirsty for my own blood
as it moves into a field of action.*

-Rumi

*The highest point a man can attain
is not knowledge, or virtue,
or goodness, or victory,
but something even greater
and more heroic:
Sacred Awe!*

-Albert Einstein

*Instead of standing on the shore and proving to ourselves
that the ocean cannot carry us, let us venture on its waters*

-

just to see.

-Teilhard de Chardin

*Be patient to all that is unsolved in your heart and try 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 them. And the point is, to live everything.*

Live

*the questions now. Perhaps you will then gradually, without
noticing it, live along some distant day into the answer.*

Resolve to be always beginning - to be a beginner!

-Rainer Maria Rilke

People say that what we're all seeking is a meaning for life.

I

*don't think that's what we're really seeking. I think that
what*

*we're seeking is an experience of being alive, so that our
life experiences on the purely physical plane will have
resonances within our own innermost being and reality, so
that we actually feel the rapture of being alive. That's what
it's all finally about.*

-Joseph Campbell

*Die while you' re alive
and be absolutely dead.
Then do whatever you want:
it's all good.*

--Bunan

*Something opens our wings. Something
makes boredom and hurt disappear.
Someone fills the cup in front of us:
We taste only sacredness.*

-Rumi

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

-Rumi

*To be born again is not
to become somebody else,
but to become ourselves.*

-Thomas Merton

*So instead of getting to Heaven at last -
I'm going, all along.*

-Emily Dickenson

*A human being is part of the whole called by us universe, a
part
limited in time and space. He experiences himself, his
thoughts, and
feelings as something separated from the rest, a kind of
optical
delusion of his consciousness. this delusion is a kind of
prison for
us, restricting us to our personal desires and to affection
for a few
persons nearest to us. Our task must be to free ourselves
from this
prison by widening our circle of compassion to embrace all
living
creatures and the whole of nature in its beauty.*

-Albert Einstein

*The mystery does not get clearer by repeating
the question,
nor its it bought with going to amazing places.*

-Rumi

*Be comforted. Our life is but one day of our life.
If not today, tomorrow! Let go!*

-A.R. Orage

*If our senses were fine enough,
we would perceivet he slumbering cliff
as a dancing chaos.*

-Nietzsche

*Out beyond ideas of wrongdoing and rightdoing
there is a field. I'll meet you there.*

-Rumi

*Inside the Great Mystery this is,
we don't really own anything.
What is this competition we feel then,
before we go, one at a time, through the same
gate?*

-Rumi

Let us be kinder to one another.

-Aldous Huxley's dying words

*The most exhausting thing in my life
is being insincere.*

-Anne Morrow Lindbergh

*Be content with what you have; rejoice in the
way things are.
When you realize there is nothing lacking,
the whole world belongs to you.*

-Lao Tzu

*Dwell as near as possible to the channel
in which your life flows.*

-Henry David Thoreau

*There are things I tell no one.
Those close to me might think
I was sad, and try to comfort me, or become
sad themselves.
at such times I go off alone, in silence,
as if listening for God.*

-Galway Kinnell

*And all throughout eternity I forgive you
and you forgive me.*

-W.B. Yeats

*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

*Don't become a great meditator. Become a human
being.*

-Stephen Levine

*To be a spiritual warrior
is to be genuine
in every moment of our life.*

-Chogyam Trungpa

Work is love made visible.

-Khalil Gibran

*I honor those who try
to rid themselves of any lying,
who empty the self,
and have only clear being there.*
-Khabir

*Your own heart
is the key to the hearts of all.*
-Pir Vilayat Khan

*The breeze at dawn has secrets to tell you.
Don't go back to sleep.
You must ask for what you really want.
Don't go back to sleep.
People are going back and forth across the doorsill
where the two worlds touch.
The door is round and open.
Don't go back to sleep.*
-Rumi

We must be the change we wish to see in the world.
-Ghandi

*O, that my priest's robes were wide enough
to gather up all the suffering people
In this floating world.*
-Ryokan

*Be aware of envy:
For to grudge any man an advantage
in person and fortune,
is to censure the liberality of providence,
and be angry at the goodness of God.*
-Shelly

*ETERNITY
He who binds to himself a joy
Does the winged life destroy.
But he who kisses the joy as it flies
Lives in eternity's sunrise.*
-William Blake

*Between living and dreaming
there is a third thing.
Guess it.*
-Antonio Machado

*I tore myself away
from the safe comfort of certainties
through my love of truth;
and truth rewarded me*
-Simone de Beauvoir

*Of all that God has shown me
I can speak just the smallest work,
Not more than a honey bee
Takes on her foot
From an overflowing jar.*
—Mechthild of Magdeburg

*Let us now prepare for the death of our present "little
life,"
and the re-emergence in a bigger life,
in touch with the moving cosmos.*
—D.H. Lawrence

*One of the signs of passing youth
is the birth of a sense of fellowship
with other human beings
as we take our place among them.*
—Virginia Woolf

*THE HOLY LONGING
Tell a wise person, or else keep silent,
because the massman will mock it right away.
I praise what is truly alive,
what longs to be burned to death.
In the calm water of the love-nights,
where you were begotten, where you have begotten,
a strange feeling comes over you
when you see the silent candle burning.
Now you are no longer caught
in the obsession with darkness,
and a desire for higher love-making
sweeps you upward.
Distance does not make you falter,
now, arriving in magic, flying,
and finally, insane for the light,
you are the butterfly and you are gone.
And so long as you haven't experienced
this: to die and so to grow,
you are only a troubled guest
on the dark earth.*
—Goethe

*Late, by myself, in the boat of myself,
no light and no land anywhere,
cloud cover thick. I try to stay
just above the surface, yet I'm already under
and living within the ocean.*
—Rumi

*Oh earth, you're too wonderful for anybody to
realize you.*
—Thornton Wilder

*The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear.
And when used -- is inexhaustible.*
—Lao Tzu

*Let the young rain of tears come,
Let the calm hands of grief come.
It's not all as evil as you think.*

-Rolf Jacobsen

*All will be well
and all will be well
and all manners of things will be well.*

-Julian of Norwich

*In the beginning
I knew meeting could only
End in parting, yet
I ignored the coming dawn
And I gave myself to you.*

-Fujiwara no Teika

*The miracle is not to walk on water. The
miracle is to walk on the green earth in
the present moment , to appreciate the
peace and beauty that are available
now...It is not a matter of faith; it is a
matter of practice.*

-Thich Nhat Hanh

*The Journey by Mary Oliver
One day you finally knew
what you had to do, and began,
though the voices around you
kept shouting
their bad advice--
though the whole house
began to tremble
and you felt the old tug
at your ankles.
"Mend my life!"
each voice cried.
But you didn't stop.
You knew what you had to do,
though the wind pried with its stiff fingers
at the very foundations,
though their melancholy
was terrible.
It was already late
enough, and a wild night,
and the road full of fallen
branches and stones.
But little by little,
as you left their voices behind,
the stars began to burn
through the sheets of clouds,
and there was a new voice
which you slowly
recognized as your own,
that kept you company
as your strode deeper and deeper
into the world,*

determined to do
the only thing you could do--
determined to save
the only life you could save.

Esalen's Law:

(1) You always teach others what you
most need to learn yourself.

(2) You are your own worst student.

-Richard Price

*I hear and behold God in every object,
yet I understand God not in the least.*

-Walt Whitman

*For years, copying other people,
I tried to know myself.
From within, I couldn't decide what to
do.*

*Unable to see, I heard my name being
called.*

Then I walked outside.

-Rumi

May you live every day of your life.

-Jonathan Swift

*Live as if you were to die tomorrow.
Learn as if you were to live forever.*

-Gandhi

*If you don't live it,
it won't come out your horn.*

-Charlie Parker

*If you have built castles in the
air, your work need not be lost;
that is where they should be.
Now put the foundations under
them.*

-Henry David Thoreau

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

Begin it now.

-Goethe

*One of the most time-consuming things is to have an
enemy.*

-E.B. White

*Doesn't everything die at last,
and too soon?
Tell me, what is it you plan to do
with your one wild and precious life?*

-Mary Oliver

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

-Charles Darwin

WHAT AM I LIVING FOR?

*If you want to identify me, ask me not where I live,
or what I like to eat, or how I comb my hair,
but ask me what I am living for, in detail,
and ask me what I think is keeping me
from living fully for the thing
I want to live for.*

-Thomas Merton

*Go to the truth beyond the mind.
Love is the bridge.*

-Stephen Levine

*For fast acting relief,
try slowing down.*

-Lily Tomlin

*If you were going to die soon
and had only one phone call
you could make,
who would you call
and what would you say?
And why are you waiting?*

-Stephen Levine

*Three Rules of Work
Out of clutter, find Simplicity.
From discord, find Harmony.
In the middle of difficulty lies
Opportunity.*

-Albert Einstein

*When I left home and faced the realities of the world,
I put my thoughts of God in cold storage for a while,
because I couldn't reconcile what I believed,
deep inside, with what was going on around me.
But that early period, when God was
as real as the wind that blew from the sea
through the pine trees in the garden, left me with inner
peace, which, as I grew older, swelled -
until, perforce, I had to open my mind to God again.*

-Jane Goodall

*You must do the thing you think you cannot
do.*

-Eleanor Roosevelt

*There are some people that if they don't know,
you can't tell 'em.*

-Louis Armstrong

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

-Voltaire

*We still do not know one-thousandth of
one percent of what nature has revealed
to us.*

-Albert Einstein

*. . .if we wait for the moment when
everything,
absolutely everything is ready, we
shall never begin.*

-Ivan Turgenev

*He who is devoid of the power to
forgive
is devoid of the power to love.*

-Dr. Martin Luther King, Jr.

*The big question is whether you
are going to be able to say a
hearty "yes!" to your adventure.*

-Joseph Campbell

Hitch your wagon to a star.

-Ralph Waldo Emerson

Give sorrow words.

-Shakespeare

*Let us not look back in anger,
or forward in fear,
but around in awareness.*

-James Thurber

*This is the true joy in life—being used for a purpose
recognized by
yourself as a mighty one; being a force of nature instead of
a
feverish little clod of ailments and grievances, complaining
that the
world will not devote itself to making you happy. I am of the
opinion
that my life belongs to the whole community and as long as I
live, it
is my privilege to do for it whatever I can. I want to be
thoroughly
used up when I die—for the harder I work the more I live. I
rejoice in
life for its own sake. Life is no brief candle to me. It is a
sort of
splendid torch which I have got to hold up for the moment and
I
want to make it burn as brightly as possible before handing
it on to*

future generations.
-George Bernard Shaw

*It is better to Believe than to Disbelieve,
In so doing you bring everything to the realm of possibility.*
--- Albert Einstein

*I wanted to change the world.
But I have found that the only
thing one can be sure of changing
is oneself.*
---Aldous Huxley

*I saw the angel in the marble
and carved until I set him free.*
-Michelangelo

*Come to me all you who are weary
and burdened, and I will give you
rest. Take my yoke upon you and
learn from me, for I am gentle and
humble in heart and you will find
rest for your souls; for my yoke is
easy and my burden is light.*
--- Matthew 11: 28 - 30

*For those who believe in God, there is no death or
sorrow that is not mixed with hope-no despair.
There is only a constant being born again, a constant
going from darkness to light.*
-Vincent Van Gogh

*Drum sounds rise on the air,
and with them, my heart.
A voice inside the beat says,
I know you are tired,
but come.
This is the way.*
-Rumi

*Where there are prophecies, they will cease; where there are
tongues, they will be stilled; where there is knowledge, it
will
pass away. . . And these shall remain: faith, hope and love.
But the greatest of these is love.*
-1 Corinthians 13

*Wheresoever you go,
go with all your heart.*
-Confucius

*And the time came
when the risk to remain tight in a bud
was more painful
than the risk it took to blossom.*
-Anais Nin

*It is only when we have the courage
to face things exactly as they are,
without self-deception or illusion,
that a light will develop out of events,
by which the path to success
may be recognized.*

-I Ching

*Those who do not know how to weep with their
whole heart, don't know how to laugh either.*

-Golda Meir

*You must learn to be still in the midst of activity,
and to be vibrantly alive in repose.*

-Indira Ghandi

*We all live with the objective of being
happy; our lives are all different and yet
the same.*

-Anne Frank

*Life has taught us that love does
not consist in gazing at each other
but in looking outward together in
the same direction.*

-Antoine de Saint- Exupéry

*It's never too late to have a happy
childhood.*

-Tom Robbins

The purpose of our lives is to be happy.

-Dalai Lama

*Take your li fe in your own hands and what happens?
A ter rible thing: no one to blame.*

Erica Jong

*It i s a painful thing to look at your own t rouble and
know that you yoursel f and no one else has made it.*

-Sophocles

Knowing others i s wi sdom.

Knowing yoursel f i s Enlightenment.

-Lao-tzu

*Many men go fi shing all thei r lives wi thout
knowing that
i t i s not fi sh they are after.*

-Henry David Thoreau

*A person will be called to account on judgment
day for every permissible thing that he might
have enjoyed but did not.*

-The Talmud

*The trouble with being in the rat race is that even if
you win, you're still a rat.*

-Lily Tomlin

*Often people attempt to live thei r l ives backwards:
they try to have more things, or more money in*

order to do more of what they want so that they will be happier. The way it actually works is the reverse. You must first be who you really are, then, do what you need to do, in order to have what you want.

—Margaret Young

When something rotten happens, then you have your choice. You start to really be alive, or you start to die. That's all.

—James Agee

It 's not having been in the dark house, but having left it that counts.

—Theodore Roosevelt

When written in Chinese, the word crisis is composed of two characters. One represents danger, and the other represents opportunity.

John F. Kennedy

I think the years I spent in prison have been the most formative and important years in my life because of the discipline, the sensations, but chiefly the opportunity to think clearly, to try to understand things.

Jawaharlal Nehru

I saw sorrow turning to clarity.

Yoko Ono

Living is a form of not being sure, not knowing what next or how. The moment you know how, you begin to die a little. The artist never entirely knows. We guess. We may be wrong, but we take leap after leap in the dark.

—Agnes de Mille

Whatever is flexible and loving will tend to grow; whatever is rigid and blocked will wither and die.

—Lao-tzu

The secret of health for both the mind and the body is not to mourn for the past, not to worry about the future, nor to anticipate troubles, but to live the present moment wisely and earnestly.

—Buddha

Best to take the moment present, as a present for the moment.

—Stephen Sondheim

This is the day which the Lord has made. Let us rejoice and be glad in it.

Psalms

You say grace before meals. All right. But I say grace before the concert and the opera, and grace before the play and pantomime, and

grace before I open a book, and grace before
sketching, painting, swimming, fencing, boxing,
walking, playing, dancing, and grace before I
dip the pen in the ink.

-G.K. Chesterton

If I can stop one heart from breaking,
I shall not live in vain;
If I can ease one life the aching,
or cool one pain,
Or help one fainting robin unto his nest again,
I shall not live in vain.

-Emily Dickinson

The greatest good you can do for another
is not just to share your riches,
but to reveal to him his own.

-Benjamin Disraeli

If you want others to be happy, practice
compassion. If you want to be happy, practice
compassion.

-The Dalai Lama

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

-Shakespeare

When one is pretending, the entire body revolts.
Anais Nin
Seek not happiness too greedily,
and be not fearful of unhappiness.

- Lao-Tzu

The journey to happiness involves finding the courage to go
down into
ourselves and take responsibility for what's there: all of
it.

- Richard Rohr

The good life, as I conceive it, is a happy life. I do not
mean that if you are
good you will be happy; I mean that if you are happy you will
be good.

-Bertrand Russell

The secret of happiness is this: let your interests be as
wide as possible, and
let your reactions to the things and persons that interest
you be as far as
possible friendly rather than hostile.

-Bertrand Russell

Matter is spirit moving slowly enough to be seen.

-Teilhard de Chardin

*Happiness is neither virtue nor pleasure nor this thing nor
that but simply
growth. We are happy when we are growing.*
-William Butler Yeats

*Let Evening Come
Let the light of late afternoon shine
through chinks in the barn, moving up
the bales as the sun moves down.
Let the cricket take up chafing
as a woman takes up her needles
and her yarn. Let evening come.
Let dew collect on the hoe abandoned
on the long grass. Let the stars appear
and the moon disclose her silver horn.
Let the fox go back to its sandy den.
Let the wind die down. Let the shed
go black inside. Let evening come.
To the bottle in the ditch, to the scoop
in the oats, to air in the lung let
evening come.
Let it come, as it will, and don't
be afraid. God does not leave us
comfortless, so let evening come.*
-Jane Kenyon

*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

*O stand, stand at the window As the tears scald and start;
You shall love your crooked neighbor
With your crooked heart.*
-W.H. Auden

*Neither a lof ty degree of intelligence nor
imagination
nor both together go to the making of genius.
Love, love, love, that is the soul of genius.*
-Wolfgang Amadeus Mozart

*Center of all centers, core of cores,
almond self-enclosed and growing sweetall
this universe, to the furthest stars
and beyond them, is your flesh, your fruit.
Now you feel how nothing clings to you;
your vast shell reaches into endless space,
and there the rich, thick fluids rise and flow,
Illuminated in your infinite peace.
A billion stars go spinning through the night,
blazing high above your head.
But in you is the presence that will be, when all the stars
are dead.*
--Rainer Maria Rilke

*The Lord gave,
and the Lord hath taken away,
blessed be the name of the Lord.*

Job 1:21

Neurosis is always a substitute for legitimate suffering.

-Carl Jung

*Life is no brief candle to me. It is a sort
of splendid torch, which I've got hold of
for the moment. And I want to make it burn
as brightly as possible before handing it
to the future generations.*

-George Bernard Shaw

*Drum sounds rise on the ai r,
and with them, my heart.
A voice inside the beat says,
I know you are tired,
but come. This is the way.*

-Rumi

*Let Evening Come
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comfortless, so let evening come.*

-Jane Kenyon

*In the difficult are the friendly forces,
the hands that work on us.*

-Rilke

*A defeat for the ego
is a victory for the Self.*

-Jung

*Everything that was not suffered to the end and finally
concluded,
recurred, and the same sorrows were undergone...
Everything is necessary, everything needs only my agreement,
my assent, my loving understanding; then all is well with me
and nothing can harm me.*

-Herman Hesse

*The miracle begins as an emergency,
as so many wonderful things do.*

-Robert Johnson

We are all on a journey. Life itself is a journey. Nothing is settled here; we are all passing outward, and therefore it is not true to say that if we are taking a spiritual journey we have to break our settled life. No one lives a settled life here, whether we stay put or we venture far; all are unsettled, all are on their way.

-Hazrat Inayat Khan

*If you bring forth what is within you,
what you bring forth will save you.
If you do not bring forth what is within you,
what you do not bring forth will destroy you.*

-Jesus

*Suffering is a lesson the Soul needs
in order to get to its Beloved.
Joy is too.*

-Ram Dass

*Love is the extremely difficult realization
that someone other than oneself is real.*

-Iris Murdoch

*Whoever fights monsters
should see to it that in the process
he does not become a monster.*

-Nietzsche

*Everything that irritates us about others
can lead us to an understanding of ourselves.*

-Carl Jung

*One always learns one's mystery
at the price of one's innocence.*

-Robertson Davies

*Life is so startling
that there is no time
for anything else.*

-Emily Dickinson

*Love is the only way to grasp another human being
in the innermost core of his personality.*

-Victor Frankel

*I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.*
—Robert Frost

*The first step in turning personality into path
is developing a commitment to seeing ourselves as we
are,
no matter how much we might dread what we'll discover.*
—John Welwood

*The first half of life is devoted to forming a healthy ego,
the second half is going inward and letting go of it.*
—Carl Jung

*Sweet are the uses of adversity
Which, like the toad, ugly and venomous,
Wears yet a precious jewel in his head.
William Shakespeare
Transition begins in forgiveness.*
—Marion Woodman

*You can't have everything. Where
would you put it?*
—Steven Wright

*The sun, with all those planets
revolving around it and dependent on
it, can still ripen a bunch of grapes
as if it had nothing else in the
universe to do.*
—Galileo Galilei

*He offends no one. Yet he speaks the truth. His
words are clear. But never harsh.*
Buddhist Text