

THOMAS L. JACKSON, PH.D

MOMENTS  
OF  
CLARITY  
VOLUME II

---

DISCOVERING OURSELVES  
IN THE STORIES, EXPERIENCE,  
AND THE WISDOM  
OF THE WORLD

FROM THE AUTHOR OF  
*IN ANY GIVEN MOMENT* AND  
*GO BACK, YOU DIDN'T SAY MAY I*

**Books by the Author**

*Go Back, You Didn't Say May I: Thirtieth Anniversary Edition*

*Moments of Clarity*

*Moments of Clarity, Volume II*

*Moments of Clarity, Volume III*

*In Any Given Moment*

*Me & Us*

*Life's Secrets*

*Life's Secrets, Part II*

*STOP! Before You Kiss That Frog.... [humor]*

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In Memory  
of  
Clifford L. Jackson  
who brought clarity  
to so many lives,  
simply by his being

## **Forward**

From the response I have received, I must assume that the words of introduction which I wrote for the first volume of this series were helpful to readers, and so I offer them again:

It was decades ago that I first came across the term “commonplace book,” thanks to an explanation I happened to find in such a volume by W. H. Auden. Like most folks, I suppose, I had always thought that “commonplace” meant simply that: ordinary, unremarkable, and rather forgettable.

Yet Auden taught me something new: that the archaic term “commonplace book” connoted, in fact, just the opposite; it was a book in which one collects or gathers writings, sayings, and memorable matters, so that they will not be lost to the collector.

I decided at that moment that I wanted to offer such a gift to myself, to become a collector of thoughts, wisdom, perceptions, stories, learnings; in other words, some guideposts for my own journey of life.

It has been, I think, one of the better gifts I’ve ever offered myself...and now, I hope, I get to offer that same gift to you, partly in the desire to encourage other pilgrims to gain their own delight, to make their own commitment to forming a cache of treasure for their own life’s journey.

Beyond that cornerstone reason of maintaining in one place those things which others have to teach me, I would suggest that there are collateral possibilities for the use of this collection, and I mention only a few:

- if one is of a certain mood or emotion—especially in a state of confusion or depression or frustration—I believe that the reading of a mere three or four pages, taken anywhere herein, could quickly set some matters straight, enthuse the heart, enliven the passions, and perhaps even offer some practical or spiritual responses to life’s odd moments and questions;
- as a daily menu, such a collection—taken in limited bites—could offer a wondrous possibility for contemplation, meditation, reflection, spiritual direction, or simply a helpful relaxation amid the speed and demands of this outrageous world;
- in this day of illusion—in which we are often told to believe that there really are so-called “self-made” men and women—perhaps the words of our ancestors and of our peers will at least gently remind us that we live and grow in the continuum of a universal quest for meaning and understanding;
- perhaps it’s not too outrageous a possibility that adolescents (of whatever age!) might wish to peruse the reflections of pilgrims who have struggled with life, love, sex, identity, discipline, failure, success, relationships, and uncertainty in a myriad of ways and responses;
- in this era of diminishing language, we are given an opportunity to relish words, to consider them again in their real meanings, or even to use that trusty dictionary to find from what roots they came, and therefore how language has evolved or devolved;
- we may, in fact, be so caught by the specific words and thoughts of a certain writer that we will gift ourselves further by seeking out the fuller work of that author...which, likely, will lead us to even others;
- on a very practical level, I believe that any three to five pages, taken arbitrarily, could offer the novelist that elusive combination of outline and characters...a

preacher, the certain basis for sound homiletics...the storyteller, a gold mine of lore...the businessperson, a means of motivation and sound ethics...the psychiatrist (or patient!), a reminder of life's holistic makeup...a dramatist, the essence of soliloquy...and the rest of us, the delicious epiphany that our lives do matter, for our hopes and dreams are rehearsed by others in the endless chorus.

And so the gift is passed on to you, to expand and build upon in your own way.

I offer, finally, a few of *suggestions* for this reading and digesting:

- do not seek “categories” of wisdom or discovery in these pages (or in life!), for there is no “order” to the arrival of clarity; neither seek my own bias or agreement with various entries, but rather find your own mind and heart in each author’s offering;
- although we may commiserate about the lack of gender inclusivity in previous times, please do not fret over the absence of such sophistication in writers of earlier eras, for I do believe that period writers or speakers often meant to include and/or address both sexes;
- regrettably, such a collection can be used—as some continue to use various scripture—as a hammer with which to beat others over the head, to make a point, to gather momentum for a certain bias, or to inflict the wound of one-upmanship, rather than for personal or communal discovery;
- in any such collection, especially one gained over such a period of time, there may be an occasion of incorrect or absent attributions, or the wrongly transcribed words of the original author; any of these herein are truly innocent, and I know that you will be kind enough to let me know of any needed corrections for future editions.

Blessings,

Thomas L. Jackson

P.O. Box 4155

Tyler, TX 75712-4155

[journey-ocw@earthlink.net](mailto:journey-ocw@earthlink.net)

It is good enough to talk of God whilst we are sitting here after a nice breakfast and looking forward to a nicer luncheon, but how am I to talk of God to the millions who have to go without two meals a day? To them God can only appear as bread.

Mohandas K. Gandhi

When we quit thinking primarily about ourselves and our own self-preservation, we undergo a truly heroic transformation of consciousness.

Joseph Campbell

When you're not used to comfort and good things to eat, you're intoxicated by them in no time. Truth's only too pleased to leave you. Very little's ever needed for Truth to let go of you. And after all, you're not really very keen to keep hold of it.

Louis-Ferdinand Celine

That lust for comfort, that stealthy thing that enters the house a guest, and then becomes a host, and then a master.

Kahlil Gibran

The true meaning of life is to plant trees under whose shade you do not expect to sit.

Nelson Henderson

We say that time is money, meaning both are valuable. Both are a form of power. Usually, there is a reciprocal relationship between them; that is, abundance of money seems to go along with shortage of time, and abundance of time with shortage of money. Money is the wealth of the materialist, and works miracles in the realm of the physical. Time is the wealth of the pilgrim, and works miracles in all realms.

Ed Buryn

The tension between the call to the desert and to the marketplace arises not from the greater presence of God in one or the other, but from our varying psychological needs to apprehend him in different ways.

Sheila Cassidy

If I want to build big biceps, I need to use every opportunity to practice lifting weights. If I want to live in a way that is loving and generous and fearless, then I need to practice overcoming any tendency to be angry or greedy or confused. Life is a terrific gym. Every situation is an opportunity to practice.

Sylvia Boorstein

Maybe *journey* is not so much a journey ahead, or a journey into space, but a journey into presence. The farthest place on earth to journey is into the presence of the person nearest to you.

Nelle Morton

If the world can only be healed by those whose hearts have healed, then the healing of hearts will have to take place in a broken world.

Gil Baillie

Though I'd been taught at our dining room table about the solar system, and knew the earth revolved around the sun, and our moon around us, I never found out the moon didn't come up in the west until I was a writer and Herschel Brickell, the literary critic, told me I had misplaced it in a story. He said valuable words to me about my new profession: "Always be sure you get your moon in the right part of the sky."

Eudora Welty

He has learned to touch his way across the bedroom in the pitch dark, touching the glass top of the bedside table and then with an outreached arm after a few blind steps the slick varnished edge of the high bureau, and from there to the knob of the bathroom door. Each touch, it occurs to him every night, leaves a little deposit of sweat and oil from the skin of his fingertips; eventually it will darken the varnished bureau edge . . . and that accumulated deposit of his groping touch, he sometimes thinks when the safety of the bathroom and its luminescent light switch has been attained, will still be there, a shadow on the varnish, a microscopic cloud of his body oils, when he is gone.

John Updike

How idiotic civilization is! Why be given a body if you have to keep it shut up in a case like a rare, rare fiddle?

Katherine Mansfield

There is no human problem which could not be solved if people would simply do as I advise.

Gore Vidal

It always comes back to the same necessity: go deep enough and there is a bedrock of truth, however hard.

May Sarton

We do not know what anything is. The summarization of our existence is Mystery, absolute, unqualified confrontation with what we cannot know. And no matter how sophisticated we become by experience, this will always be true of us.

Da Free John

It doesn't take a big brain to figure out that it's three strikes and you're out.

Red Smith

It's never been my experience that men part with life any more readily at eighty than they do at eighteen.

Anthony Gilbert

Noon one may keep as one will, but evening sets in on its own account.

Swedish proverb

Live as you will wish to have lived when you are dying.  
Christian Gellert

Dante says that the journey begins right here. In the middle of the road. Right beneath your feet. This is the place. There is no other place and no other time. Even if you are successful and follow the road you have set yourself, you can never leave *here*. Despite everything you have achieved, life refuses to grant you immunity from its difficulties. Becoming aware of this after a lifetime of accepting success as the ultimate healing balm is, declares Dante, like waking up in a dark wood.  
David Whyte

It is only when we realize that life is taking us nowhere that it begins to have meaning.  
P. D. Ouspensky

To be a warrior is to learn to be genuine in every moment of your life.  
Chogyam Trungpa

Wishing to be known only for what one really is is like putting on an old, easy, comfortable garment. You are no longer afraid of anybody or anything. You say to yourself, "Here I am-just so ugly, dull, poor, beautiful, rich, interesting, amusing, ridiculous. Take me or leave me..." It is like a great burden rolled off a man's back when he comes to want to appear nothing that he is not, to take out of life only what is truly his own, and to wait for something strong and deep within him or behind him to work through him.  
David Grayson

For some strange reason, we believe that anyone who lived before we were born was in some peculiar way a different kind of human being from any we have come in contact with in our own lifetime. This concept must be changed; we must realize in our bones that almost everything in time and history has changed *except* the human being.  
Uta Hagen

Abdul Kassem Ismael, Grand Vizier of Persia in the tenth century, couldn't bear to part with his 117,000-volume library when he traveled, and he had the books carried by a caravan of four hundred camels trained to walk in alphabetical order.  
*Ballast Quarterly Review*

It is hard to believe in God, but it is no easier to believe in man.  
Margot Asquith

Do you think that the same power that gave you radiance in the womb would abandon you now? It is you who have fumed away and walked alone into the dark.  
Kabir

Death transfigured her. In a matter of minutes I saw the beauty of her young days reassert itself on her blurred care-worn face. It was like something in music, the

reestablishment of the original key, the return of the theme.  
Sylvia Townsend Warner

The most persistent sound which reverberates through man's history is the beating of war drums.  
Arthur Koestler

There's a consensus that it's OK to kill when your government decides who to kill. If you kill inside the country, you get in trouble. If you kill outside the country, right time, right season, latest enemy, you get a medal.  
Joan Baez

We are the unwilling, led by the unqualified, doing the unnecessary for the ungrateful.  
[graffiti, American air base, Vietnam, 1970]

Formerly, a nation that broke the peace did not trouble to try and prove to the world that it was done solely from higher motives.... Now every nation assures us that it is bleeding for a human cause, the fate of which hangs in the balance of its victory.... No nation dares to admit the guilt of blood before the world.  
Ellen Kay

America has made no reparation to the Vietnamese, nothing. We are the richest people in the world and they are among the poorest. We savaged them, though they never hurt us, and we cannot find it in our hearts, our honor, to give them help-because the government of Vietnam is communist. And perhaps because they won.  
Martha Gellhorn

The chief nonhuman species that practice war, with organized armies engaging in deadly combat, are certain varieties of ant. Those social insects some sixty million years ago had invented all the major institutions of "civilization," including "kingship" (actually, queenship), military conquest, the division of labor, the segregation of functions and castes, to say nothing of the domestication of other species, and even the beginnings of agriculture. Civilized man's chief contribution to this anthill complex was to add the powerful stimulant of irrational fantasy.  
Lewis Mumford

Does my behavior in respect of love affect nothing? That is because there is not enough love within me. Am I powerless against untruthfulness and the lies which have their being all around me? The reason is that I myself am not truthful enough.... Is my love of peace misunderstood and scorned? That means that I am not yet sufficiently peaceloving.  
Albert Schweitzer

Inside my empty bottle I was constructing a lighthouse while all the others were making ships.  
C.S. Lewis

If someone comes to you asking for help, do not say in refusal, "Trust in God. God will help you." Rather, act as if there is no God, and no one to help except you.

Hasidic lesson

A thing is right when it supports the stability, integrity, and beauty of the community of life.

Aldo Leopold

Utopianism is a necessity of the moral imagination. It doesn't necessarily entail a particular politics; it doesn't ensure wisdom about current affairs. What it does provide is a guiding perspective, a belief or hope for the future, an understanding that nothing is more mistaken than the common notion that what exists today will continue to exist tomorrow.... It is a claim for the value of desire, the practicality of yearning-as against the deadness of acquiescing in the "given" simply because it is here.

Irving Howe

Look at every path closely and deliberately. Try it as many times as you think necessary. Then ask yourself, and your self alone, one question. Does the path have a heart? The trouble is nobody asks the question; and when a man finally realizes that he has taken a path without a heart, the path is ready to kill him. At that point, very few men can stop to deliberate and leave the path.

Don Juan

Carlos Castaneda

The world breaks everyone and afterward many are strong at the broken places.

Ernest Hemingway

Art is prayer-not the vulgarized notations handed down to us in the scriptures, but a fresh vital discovery of one's own special presence in the world. Marc Chagall was once asked if he attended a synagogue; he answered that his work is prayer.

Joseph Zinker

It is a long baptism into the seas of humankind, my daughter. Better immersion than to live untouched.

Tillie Olsen

The world is quite right. It does not have to be consistent.

Charlotte Perkins Gilman

Nonviolent resistance avoids not only external physical violence, but also internal violence of the spirit. At the center of nonviolence stands the principle of love.

Martin Luther King, Jr.

When Georgia Lloyd-Jones and her family were dashing about their leaking living room with pots and pans during a downpour in Tulsa, Oklahoma, she made a wry observation

about the house her husband's cousin, Frank Lloyd Wright, had designed for them. "Well," she said, "this is what we get for leaving a work of art out in the rain." Her less equable husband called his architect long distance. "Damn it, Frank," he shouted, "it's leaking on my desk!" Wright calmly replied, "Richard, why don't you move your desk?"

Thomas S. Hines

As long as you are trying to be something other than what you actually are, your mind merely wears itself out. But if you say, "This is what I am, it is a fact that I am going to investigate, understand," then you can go beyond.

J. Krishnamurti

The tragedy in the lives of most of us is that we go through life walking down a high-walled lane with people of our own kind, the same economic station, the same national background and education and religious outlook. And beyond those walls, all humanity lies, unknown and unseen, and untouched by our restricted and impoverished lives.

Florence Luscomb

The truth is more important than the facts.

Frank Lloyd Wright

We should take care not to make the intellect our god; it has, of course, powerful muscles, but no personality.

Albert Einstein

The besetting sin of most clever people is that it is much easier to say clever things than true ones.

Kenneth Boulding

All our final resolutions are made in a state of mind which is not going to last.

Marcel Proust

Sighs are air, and go to the air; tears are water, and go to the sea. Tell me, fair one, if you know: when love is forgotten, where can it go?

Gustave Adolfo Bacquer

Any time that is not spent on love is wasted.

Tasso

The truth about our childhood is stored up in our body, and although we can repress it, we can never alter it. Our intellect can be deceived, our feelings manipulated, our perceptions confused, and our body tricked with medication. But someday the body will present its bill, for it is as incorruptible as a child who, still whole in spirit, will accept no compromises or excuses, and it will not stop tormenting us until we stop evading the truth.

Alice Miller

There is another world, but it is in this one.  
Paul Eluard

I wish I could have known earlier that you have all the time you need right up to the day you die.  
William Wiley

I remember a medicine man in Africa who said to me almost with tears in his eyes: "We have no dreams anymore since the British are in the country." When I asked him why, he answered, "The District Commissioner knows everything."  
Carl Jung

We would be a lot safer if the government would take its money out of science and put it into astrology and the reading of palms.... Only in superstition is there hope. If you want to become a friend of civilization, then become an enemy of the truth and a fanatic for harmless balderdash.  
Kurt Vonnegut

Researchers . . . estimate that there is more information in a weekly edition of the *New York Times* than a person in the sixteenth century processed in a lifetime.  
Lawrence Shainberg

The attitude that I take is that everyday life is more interesting than forms of celebration, when we become aware of it. That *when is* when our intentions go down to zero. Then suddenly you notice that the world is magical.  
John Cage

Few people have the imagination for reality.  
Johann Wolfgang von Goethe

To get an idea of our fellow countrymen's miseries we have only to look at their pleasures.  
George Eliot

At the end of his life, Ezra Pound observed to a friend: "Nothing really matters, does it?" Today I understand this. At the end, or close to the end, or closer to the end than the beginning, the value of what we once thought mattered is lost to us. Even survival, once so important, money, food, family, country, accomplishment, recognition, fame, even: Pound was right. He once said to Allen Ginsberg: "At seventy I realized that instead of being a lunatic, I was a moron."  
Doris Grumbach

Life and love are life and love, a bunch of violets is a bunch of violets, and to drag in the idea of a point is to ruin everything.  
D. H. Lawrence

We are shut up in schools and college recitation rooms for ten or fifteen years, and come out at last with a bellyful of words and do not know a thing. We cannot use our hands, or our legs, or our eyes, or our arms. We do not know an edible root in the woods. We cannot tell our course by the stars, nor the hour of the day by the sun. It is well if we can swim and skate. We are afraid of a horse, of a cow, of a dog, of a cat, of a spider. Far better was the Roman rule to teach a boy nothing that he could not learn standing.  
Ralph Waldo Emerson

I am reminded of the story of the teacher who tears to shreds a map of the world and, thinking it an impossible task, gives it to a recalcitrant student to put together. Within ten minutes the boy is back, the task completed. Astounded, the teacher asks him how he did it. The boy replies: "When I turned the pieces over, I found a torn-up man. I put him together, and when I looked at the other side, the world was whole again."  
Soozi Holbeche

In a consumer society, there are inevitably two kinds of slaves: the prisoners of addiction and the prisoners of envy.  
Ivan Illich

A Coke at snack time, a drink before dinner, a cup of coffee after dinner, a cigarette with coffee—very relaxing. Four shots of drugs. Domesticated ones.  
Adam Smith

The psychic task which a person can and must set for himself is not to feel secure, but to be able to tolerate insecurity.  
Erich Fromm

When you stop drinking, you have to deal with this marvelous personality that started you drinking in the first place.  
Jimmy Breslin

The amelioration of the world cannot be achieved by sacrifices made in moments of crisis; it depends on the efforts made and constantly repeated during the humdrum, uninspiring periods, which separate one crisis from another, and of which normal lives mainly consist.  
Aldous Huxley

The highest art is the art of living an ordinary life in an extraordinary manner.  
Tibetan teaching

The best reformers the world has ever seen are those who commence on themselves.  
George Bernard Shaw

Existence is a strange bargain. Life owes us little; we owe it everything. The only true happiness comes from squandering ourselves for a purpose.

John Mason Brown

Just because you've stopped sinking doesn't mean you're not still underwater.

Amy Hempel

People talk about the courage of condemned men walking to the place of execution. Sometimes it needs as much courage to walk with any kind of bearing toward another person's habitual misery.

Graham Greene

God gave burdens, also shoulders.

Yiddish proverb

Magazines all too often lead to books and should be regarded by the prudent as the heavy petting of literature.

Fran Lebowitz

Nature never said to me: *Do not be poor*. Still less did she say: *Be rich*. Her cry to me was always: *Be independent*.

Sebastien-Roch Nicolas de Chamfort

Freedom of the press is guaranteed only to those who own one.

A. J. Liebling

Art and rebellion will die only with the last person.

Albert Camus

Poetry is not an expression of the party line. It's that time of night, lying in bed, thinking what you really think, making the private world public; that's what the poet does.

Allen Ginsberg

Omit needless words. Vigorous writing is concise. A sentence should contain no unnecessary words, a paragraph no unnecessary sentences, for the same reason that a drawing should have no unnecessary lines and a machine no unnecessary parts.

William Strunk, Jr.

We must be fond of the world, even in order to change it.

G. K. Chesterton

If enough people think of a thing and work hard enough at it, I guess it's pretty nearly bound to happen, wind and weather permitting.

Laura Ingalls Wilder

Such gardens are not made by singing, "Oh, how beautiful," and sitting in the shade.

Rudyard Kipling

The only tyrant I accept in this world is the “still small voice” within me.  
Mohandas K. Gandhi

Art interests me very much, but the truth interests me infinitely more.  
Alberto Giacometti

I think one’s art goes as far and as deep as one’s love goes.  
Andrew Wyeth

A friend’s son was in the first grade. His teacher asked the class, “What is the color of apples?” Most of the children answered red.  
A few said green. Kevin, my friend’s son, raised his hand and said white. The teacher tried to explain that apples could be red, green, or sometimes golden, but never white. Kevin was quite insistent and finally said, “Look inside.”  
Joseph Goldstein

Sometimes it proves the highest understanding not to understand.  
Baltasar Gracian

There’s a phrase in West Africa called “deep talk.” When a person is informed about a situation, an older person will often use a parable, an axiom, and then add to the end of the axiom, “Take that as deep talk.” Meaning that you will never find the answer. You can continue to go down deeper and deeper.  
Maya Angelou

Be careful how you live. You may be the only Bible some person ever reads.  
William J. Toms

I didn’t make myself, and you didn’t make yourself. I didn’t do all those things myself. It was done for me. We don’t choose to draw air into our own lungs.  
Muhammad Ali

The outward work will never be puny if the inward work is great.  
Meister Eckhart

Old hippies don’t die, they just lie low until the laughter stops and their time comes around again.  
Joseph Gallivan

If you would convince a man that he does wrong, do right. But do not care to convince him. Men will believe what they see. Let them see.  
Henry David Thoreau

Music I heard with you / was more than music, / And bread I broke with you / was more than bread.  
Conrad Aiken

We live with one another on a rare life-sustaining planet as it makes a few dozen turns around its modest and finite star. The real news on this planet is love-why it exists, where it came from, and where it's going. How love fares against hate and indifference is the only reliable measure of historical progress that we have.

Gil Baillie

There were many ways of breaking a heart. Stories were full of hearts broken by love, but what really broke a heart was taking away its dream-whatever that dream might be.

Pearl S. Buck

A scholar was bragging to a boatman about all the knowledge he had acquired. "Can you swim?" the boatman asked. "No," the scholar replied, "I do not know how to swim." "Then all of your knowledge is wasted," replied the boatman, "because the boat is sinking."

Zen tale

As though your turban or your clothes were on fire, so with a sense of urgency should you apply your intellect to the comprehension of the truths.

Buddha

My life had got on the wrong track and my contact with men had become now a mere soliloquy. I had fallen so low that, if I had to choose between falling in love with a woman and reading a book about love, I should have chosen the book.

Nikos Kazantzakis

Every time I see something terrible, it's like I see it at age nineteen. I keep a freshness that way.

Ralph Nader

We wear more clothes than any people who have ever lived. We eat more different kinds of food than anyone since Louis XIV. What goes on in the corner drugstore the bazaars of Arabia couldn't match. What we find piled at the supermarkets is the harvest of the world in all seasons at the same time. And as we push through the aisles, grabbing this and that from every corner of the globe, with the Muzak overhead, we should be the most contented people in the world. Are we?

Agnes deMille

The unconscious wants truth. It ceases to speak to those who want something else more than truth.

Adrienne Rich

The rain surrounded the cabin . . . with a whole world of meaning, of secrecy, of silence, of rumor. Think of it: all that speech pouring down, selling nothing, judging nobody, drenching the thick mulch of dead leaves, soaking the trees, filling the gullies and crannies of the wood with water... As long as it talks I am going to listen.

Thomas Merton

It has been said that a pretty face is a passport. But it's not; it's a visa, and it runs out fast.

Julie Burchill

Nothing ruins a face so fast as double-dealing. Your face telling one story to the world. Your heart yanking your face to pieces, trying to let the truth be known.

Jessamyn West

Time engraves our faces with all the tears we have not shed.

Natalie Clifford Barney

Was she so loved because her eyes were so beautiful, or were her eyes so beautiful because she was so loved?

Anzia Yezierska

Beauty is unbearable, drives us to despair, offering us for a minute the glimpse of an eternity that we should like to stretch out over the whole of time.

Albert Camus

A man finds room in the few square inches of the face for the traits of all his ancestors; for the expression of all his history, and his wants.

Ralph Waldo Emerson

A face that has the marks of having lived intensely, that expresses some phase of life, some dominant quality or intellectual power, constitutes for me an interesting face. For this reason, the face of an older person, perhaps not beautiful in the strictest sense, is usually more appealing than the face of a younger person who has scarcely been touched by life.

Doris Ulmann

To seek after beauty as an end is a wild goose chase, a willo'-the-wisp, because it is to misunderstand the very nature of beauty, which is the normal condition of a thing being as it should be.

Ade Bethune

The most winning woman I ever knew was hanged for poisoning three little children for their insurance money, and the most repellent man of my acquaintance is a philanthropist who has spent nearly a quarter of a million upon the London poor.

Sir Arthur Conan Doyle

Beauty is an ecstasy; it is as simple as hunger. There is really nothing to be said about it. It is like the perfume of the rose: you can smell it and that is all.

W. Somerset Maugham

In the sweaty, passionate, filthy embrace, in all of its delicious and time-dissolving power, in the midst of that embrace there is no difference, no separation between the spiritual and the profane. But it's reached through the profane rather than through the spiritual, at least in my canon. That is the portal, that is the door into the whole affair. In that moment there is no separation, there is no spirit and flesh, there's no conflict, there never was.

Leonard Cohen

I personally think we developed language because of our deep inner need to complain.  
Jane Wagner

We defend ourselves with descriptions and tame the world by generalizing.  
Iris Murdoch

Today the discredit of words is very great. Most of the time the media transmit lies. In the face of an intolerable world, words appear to change very little. State power has become congenitally deaf, which is why-but the editorialists forget it-terrorists are reduced to bombs and hijacking.

John Berger

Once when I was in Elaine de Kooning's studio, at a time when the metal sculptor Herbert Ferber occupied the studio immediately above, there came through the floor a most horrible crashing and banging. "What in the world is that?" I asked, and Elaine said, "Oh, that's Herbert thinking."

Donald Barthelme

A teacher asks the boy what two plus two equals. "Four," the child responds. "Very good, Robert." "Very good!" the child says indignantly. "Very good! It's perfect."

Richard Kehl

In order to swim one takes off all one's clothes. In order to aspire to the truth one must undress in a far more inward sense, divest oneself of all one's inward clothes-of thoughts, conceptions, selfishness-before one is sufficiently naked.

Soren Kierkegaard

Truthful words are not beautiful; beautiful words are not truthful. Good words are not persuasive; persuasive words are not good.

Lao Tzu

I am so wise I had my mouth sewn shut.

John Berryman

This kind of split makes me crazy, this territorializing of the holy. Here God may dwell. Here God may not dwell. It contradicts everything in my experience, which says: God dwells where I dwell. Period.

Nancy Mairs

Who are those who will eventually be damned? Oh, the others, the others, the others!  
Elbert Hubbard

The aim of life is to live, and to live means to be awake, joyously, drunkenly, serenely,  
divinely awake.  
Henry Miller

Faith is not a series of gilt-edged propositions that you sit down to figure out-and if you  
follow all the logic, and accept all the conclusions, then you have it. [Faith] is crumpling  
and throwing away everything, proposition by proposition, until nothing is left, and then  
writing a new proposition, your very own, to throw in the teeth of despair.  
Mary Jean Irion

An idea isn't responsible for the people who believe in it.  
Don Marquis

The way we define and delimit the self is arbitrary. We can place it between our ears and  
have it looking out from our eyes, or we can widen it to include the air we breathe, or at  
other moments we can cast its boundaries farther to include the oxygen-giving trees and  
plankton, our external lungs, and beyond them the web of life in which they are  
sustained.  
Joanna Macy

A priest friend of mine has cautioned me away from the standard God of our childhoods,  
who loves and guides you and then, if you are bad, roasts you: God as high-school  
principal in a gray suit who never remembers your name but is always leafing unhappily  
through your files.  
Anne Lamott

St. John of the Cross, alone in his room in profound prayer, experienced a rapturous  
vision of Mary. At the same moment, he heard a beggar rattling at his door for alms. He  
wrenched himself away and saw to the beggar's needs. When he resumed, the vision  
resumed again, saying that at the very moment he had heard the door rattle on its hinges,  
his soul had hung in perilous balance. Had he not gone to the beggar's aid, she could  
never have appeared to him again.  
David Whyte

One of the annoying things about believing in free will and individual responsibility is  
the difficulty of finding someone to blame your troubles on. And when you do find  
somebody, it's remarkable how often his picture turns up on your driver's license.  
P. J. O'Rourke

Imagine walking along a sidewalk with your arms full of groceries, and someone  
roughly bumps into you so that you fall and your groceries are strewn over the ground.  
As you rise up from the puddle of broken eggs and tomato juice, you are ready to shout

out, “You idiot! What’s wrong with you? Are you blind?” But just before you can catch your breath to speak, you see that the person who bumped into you actually *is* blind. He, too, is sprawled in the spilled groceries, and your anger vanishes in an instant, to be replaced by sympathetic concern: “Are you hurt? Can I help you up?” Our situation is like that. When we clearly realize that the source of disharmony and misery in the world is ignorance, we can open the door of wisdom and compassion.

B. Alan Wallace

That which hinders your task is your task  
Sanford Meisner

Abba Lot went to see Abba Joseph and said, “Abba, as much as I am able I pray, I meditate, I fast. I remain quiet. I keep my thoughts clean. What else should I do?” The old man stood up and stretched out his hands toward heaven, and his fingers became like the torches of flame. And he said, “Why not be turned into fire?”

Desert Fathers and Mothers

I never ask a wounded person how he feels; I myself become the wounded person.

Walt Whitman

I have suffered, oh yes, certainly I learned how to suffer. But is suffering so very serious? I have come to doubt it. It may be quite childish, a sort of undignified pastime. I’m referring to the kind of suffering a man inflicts on a woman or a woman on a man. It’s extremely painful. I agree that it’s hardly bearable. But I very much fear that this sort of pain deserves no consideration at all.

Colette

We do survive every moment, after all, except the last one.

John Updike

Why is it better to love than be loved? It is surer.

Sacha Guitry

There is no reality except the one contained within us. That is why so many people live such an unreal life. They take the images outside them for reality and never allow the world within to assert itself.

Hermann Hesse

I like reality. It tastes of bread.

Jean Anouilh

No is the wildest word we consign to language.

Emily Dickinson

There are many things in your heart you can never tell to another person. They are you, your private joys and sorrows, and you can never tell them. You cheapen yourself, the

inside of yourself, when you tell them.  
Greta Garbo

The notes I handle no better than many pianists. But the I pauses between the notes-ah,  
that is where the art resides.  
Artur Schnabel

Max Ernst used to describe how, as a child, he would watch his father painting in the  
back garden. One day Ernst Senior was stymied by a tree that he could not paint  
satisfactorily, so, to the outrage of his son the budding surrealist, he fetched an axe and  
chopped it down, editing it from both life and art.  
Robert Hughes

There are essential and inessential insanities.... Inessential insanities are a brittle  
amalgamation of ambition, aggression, and pre-adolescent anxiety- garbage that should  
have been dumped long ago. Essential insanities are those impulses one instinctively  
senses are virtuous and correct, even though peers may regard them as cuckoo.  
Inessential insanities get one in trouble with oneself. Essential insanities get one in  
trouble with others. It's always preferable to be in trouble with others. In fact, it may be  
essential.  
Tom Robbins

The toughest part of being on a diet is shutting up about it.  
Gerland Nachman

If one doesn't have a character like Abraham Lincoln or Joan of Arc, a diet simply  
disintegrates into eating exactly what you want to eat, but with a bad conscience.  
Maria Augusta Trapp

Addiction, obesity, and starvation (anorexia nervosa) are political problems, not  
psychiatric: each condenses and expresses a contest between the individual and some  
other person or persons . . . over the control of the individual's body.  
Thomas Szasz

Jack Sprat could eat no fat,  
His wife could eat no lean.  
A real sweet pair of neurotics.  
Jack Sharkey

A monk asked Chao-chou, "I have just entered the monastery: please give me some  
guidance." Chao-chou said, "Have you eaten your rice gruel?" The monk said, "Yes,  
I've eaten." Chao-chou said, "Then go wash your bowl."  
Zen tale

Man does not live by bread alone, but he also does not live long without it.  
Frederick Buechner

No man was ever more than about nine meals away from crime or suicide.  
Eric Sevareid

A man with money to pay for a meal can talk about hunger without demeaning himself.... But for a man with no money hunger is a disgrace.  
Vicki Baum

In the last twenty-four hours about forty thousand children, most of them under five, have died in the world. More than 80 per cent of those deaths are from preventable diseases like tetanus, measles, whooping cough, acute respiratory infection, and diarrhea. Such deaths are often associated with malnutrition.  
*New Internationalist*

Crime is a logical extension of the sort of behavior that is often perfectly respectable in legitimate business.  
Robert Rice

There is a crime here that goes beyond denunciation. There is a sorrow here that weeping cannot symbolize. There is a failure here that topples all our successes. The fertile earth, the straight tree rows, the sturdy trunks, and the ripe fruit. And children dying of pellagra must die because a profit cannot be taken from an orange. And coroners must fill in the certificate-died of malnutrition -because the food must rot, must be forced to rot.... In the eyes of the people there is the failure, and in the eyes of the hungry there is a growing wrath. In the souls of the people the grapes of wrath are filling and growing heavy, growing heavy for the vintage.  
John Steinbeck

The hunger of one is the shame of all.  
Unknown

There can be no deep disappointment where there is not deep love.  
Martin Luther King Jr.

You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life.  
Albert Camus

When you eventually see through the veils to how things really are, you will keep saying, again and again, "This is certainly not like we thought it was!"  
Rumi

I cannot give you the formula for success, but I can give you the formula for failure, which is: Try to please everybody.  
Herbert B. Swope

Our achievements speak for themselves. What we have to keep track of are our failures, discouragements, and doubts. We tend to forget the past difficulties, the many false starts, and the painful groping. We see our past achievements as the end result of a clean forward thrust, and our present difficulties as signs of decline and decay.  
Eric Hoffer

I am not a writer except when I write.  
Juan Carlos Onetti

It is only possible to succeed at second-rate pursuits-like becoming a millionaire or a prime minister, winning a war,

seducing beautiful women, flying through the stratosphere, or landing on the moon. First-rate pursuits-involving, as they must, trying to understand what life is about and trying to convey that understanding-inevitably result in a sense of failure. A Napoleon, a Churchill, a Roosevelt can feel himself to be successful, but never a Socrates, a Pascal, a Blake. Understanding is forever unattainable.  
Malcolm Muggeridge

Happiness is to take up the struggle in the midst of the raging storm and not to pluck the lute in the moonlight or recite poetry among the blossoms.  
Ding Ling

Most successful people are unhappy. That's why they are successes-they have to reassure themselves about themselves by achieving something that the world will notice.... The happy people are failures because they are on such good terms with themselves that they don't give a damn.  
Agatha Christie

The stabbing horror of life is not contained in calamities and disasters, because these things wake one up and one gets very familiar and intimate with them and finally they become tame again.... No, it is more like being in a hotel room in Hoboken, let us say, and just enough money in one's pocket for another meal.  
Henry Miller

I look back on my life like a good day's work. It was done and I am satisfied with it.  
Grandma Moses

The fundamental defect of fathers is that they want their children to be a credit to them.  
Bertrand Russell

Many people have asked, "Has writing this book made you feel closer to your father?" To which I could only answer: "My relationship with him has greatly improved since his death."  
R. D. Laing

Had my father lived, he would have lain on me at full length and would have crushed me.

Jean-Paul Sartre

Providing for one's family as a good husband and father is a water-tight excuse for making money hand over fist. Greed may be a sin. Exploitation of other people might, on the face of it, look rather nasty. But who can blame a man for "doing the best" for his children?

Eva Figes

He works so hard . . . I wish I could persuade him to take things a little more easily; but it would be like inducing a sledgehammer to loiter on the downward arc.

Margaret Halsey

When a father, absent during the day, returns home at six, his children receive only his temperament, not his teaching.

Robert Bly

I watched a small man with thick calluses on both hands work fifteen and sixteen hours a day. I saw him once literally bleed from the bottoms of his feet, a man who came here uneducated, alone, unable to speak the language, who taught me all I needed to know about faith and hard work by the simple eloquence of his example.

Mario Cuomo

The pressures of being a parent are equal to any pressure on earth. To be a conscious parent, and really look to that little being's mental and physical health, is a responsibility which most of us, including me, avoid most of the time, because it's too hard.

John Lennon

The words a father speaks to his children in the privacy of the home are not overheard at the time, but, as in whispering galleries, they will be clearly heard at the end and by posterity.

Jean-Paul Richter

I had an amazing vision one time. I saw my whole male lineage behind my father lined up through a field and over a hill. It went back hundreds of generations. I had this tremendous sense that I was the outcome of all that work. The connection was very emotional and powerful.... Not only are you the outcome of everyone's previous work of all the lineages that came before you, but if you perfect yourself and . . . get rid of all the guilt and the suffering, then you get rid of it for all those who came before you, too. As you free yourself, you free the whole horde. I felt that I was one with all this *love* from all these *men* before me.

Richard Gere

William Haddad was an associate of President John Kennedy. After Kennedy was assassinated, his young son, John, asked Mr. Haddad, "Are you a daddy?" Haddad told

him he was. Said little John, "Then will you throw me up in the air?"  
Unknown

His father watched him across the gulf of years and pathos which always must divide a father from his son.  
J. P. Marquand

When a father gives to his son, both laugh; when a son gives to his father, both cry.  
Yiddish proverb

It's no good trying to fool yourself about love. You can't fall into it like a soft job without dirtying up your hands. It takes muscle and guts. And if you can't bear the thought of messing up your nice, clean soul, you'd better give up the whole idea of life and become a saint. Because you'll never make it as a human being. It's either this world or the next.  
John Osborne

Families name us and define us, give us strength, give us grief. All our lives we struggle to embrace or escape their influence. They are magnets that both hold us close and drive us away.  
George Howe Colt

It would be nice to live in a society where the genitals were really considered beautiful. It seems to me any other way of seeing is obscene. After all, there they are. Why not like them?  
Carol Emshwiller

The soul, like the body, lives by what it feeds on.  
Josiah Gilbert

Along came Paul, impotent old fussybudget. He could eat like a horse, but for some reason he either couldn't or wouldn't function sexually, or took no pleasure in it if he did. So sex became a sin.  
Jack Woodford

Where does one person end and another person begin?  
Iris Murdoch

We live in an atmosphere of shame. We are ashamed of everything that is real about us; ashamed of ourselves, of our relatives, of our incomes, of our accents, of our opinions, of our experience, just as we are ashamed of our naked skins.  
George Bernard Shaw

Nudists are fond of saying that when you come right down to it, everyone is alike, and, again, that when you come right down to it, everyone is different.  
Diane Arbus

Your body is the ground metaphor of your life, the expression of your existence. It is your Bible, your encyclopedia, your life story. Everything that happens to you is stored and reflected in your body. Your body knows; your body tells. The relationship of your self to your body is indivisible, inescapable, unavoidable. In the marriage of flesh and spirit, divorce is impossible, but that doesn't mean that the marriage is necessarily happy or successful.

Gabrielle Roth

I am a little world.

John Donne

Illness is the night-side of life, a more onerous citizenship.

Everyone who is born holds dual citizenship, in the kingdom of the well and in the kingdom of the sick.

Susan Sontag

Measure your health by your sympathy with morning and spring. If there is no response in you to the awakening of nature-if the prospect of an early morning walk does not banish sleep, if the warble of the first bluebird does not thrill you-know that the morning and spring of your life are past. Thus may you feel your pulse.

Henry David Thoreau

We manipulate nature as if we were stuffing an Alsatian goose. We create new forms of energy; we make new elements; we kill crops; we wash brains. I can hear them in the dark sharpening their lasers.

Erwin Chargaff

The mind of the logical thinker goes so easily from one point to another that it is hard not to mistake motion for progress.

Margaret Collier Graham

A mirror has no heart but plenty of ideas.

Malcolm de Chazal

I think that human activity will have no appreciable effect upon humanity. Man is now only more active-not more happy, nor more wise-than he was six thousand years ago.

Edgar Allan Poe

The person and society are yoked, like mind and body. Arguing which is more important is like debating whether oxygen or hydrogen is the more essential property of water.

Marilyn Ferguson

Be humble for you are made of dung. Be noble for you are made of stars.

Serbian proverb

Reb Bunam said, "You must imagine the evil spirit as a thug hovering over you with a raised hatchet to chop off your head." "What if I can't imagine it?" asked a Hasid. "That's a sure sign that he has already chopped it off."

A. J. Heschel

The view after seventy is breathtaking. What is lacking is someone, *anyone*, of the older generation to whom you can turn when you want to satisfy your curiosity about some detail of the landscape of the past. There is no longer any older generation. You have become it, while your mind was mostly on other matters.

William Maxwell

The most important thing I reamed on Tralfamadore was that when a person dies he only *appears* to die. He is still very much alive in the past, so it is very silly for people to cry at his funeral. All moments, past, present, and future, always have existed, always will exist. The Tralfamadoreans can look at all the different moments just the way we can look at a stretch of the Rocky Mountains, for instance. They can see how permanent all the moments are, and they can look at any moment that interests them. It is just an illusion we have here on earth that one moment follows another one, like beads on a string, and that once a moment is gone it is gone forever.

Kurt Vonnegut

Every morning and every evening, and whenever anything happens to you, keep on saying, "Thanks for everything. I have no complaint whatsoever."

Sono

Since my house burned down, I now own a better view of the rising moon.

Masahide

I do not believe that sheer suffering teaches. If suffering alone taught, then all the world would be wise, since everyone suffers. To suffering must be added mourning, understanding, patience, love, openness, and the willingness to remain vulnerable.

Anne Morrow Lindbergh

Rocks in the water don't know the misery of rocks in the sun.

Haitian proverb

There are many fine things about nature, but it does no talking.

Chuang Chou

[Frank Lloyd Wright] and I walked up to the high ground [to a potential building site for a new home] where there was an old orchard above a pasture which faces north and has an endless view over the hills. He took one look and then peed and said, "Good spot," and we walked down the hill back to the house.

Arthur Miller

Some people think that doctors and nurses can put scrambled eggs back into the shell.

Dorothy Canfield Fisher

The great secret of doctors is that most things get better by themselves; most things, in fact, are better in the morning.

Lewis Thomas

Our own physical body possesses a wisdom which we who inhabit the body lack. We give it orders which make no sense.

Henry Miller

Why is there evil in the world? That is the supreme question of all religions and philosophies, and . . . the question “Why is there sickness?” is just another form of it.... Sickness and health are not simply physical states that the methods of science will eventually analyze completely and make understandable. They are rooted in the deepest and most mysterious strata of Being.

Andrew Weil

Life’s sharpest rapture is surcease of pain.

Emma Lazarus

Who would imagine that someone could recover from a terminal case of cancer by receiving massive doses of radiation, or drugs first developed for chemical warfare, much less by watching funny movies? I have begun to suspect that . . . anything and everything can kill and heal, whether it is digitalis in heart medicine, a lover’s touch, or God’s grace.

Kat Duff

Nothing in all nature is so lovely and so vigorous, so perfectly at home in its environment, as a fish in the sea. Its surroundings give to it a beauty, quality, and power which are not its own. We take it out, and at once a poor, limp, dull thing, fit for nothing, is gasping away its life. So the soul, sunk in God, living the life of prayer, is supported, filled, transformed in beauty, by a vitality and a power which are not its own.

Evelyn Underhill

The healthy, the strong individual, is the one who asks for help when he needs it-whether he’s got an abscess on his knee or in his soul.

Rona Barrett

As a confirmed melancholic, I can testify that the best and maybe the only antidote for melancholia is action. However, like most melancholics, I suffer also from sloth.

Edward Abbey

The greatest force in the human body is the natural drive of the body to heal itself-but that force is not independent of the belief system, which can translate expectations into psychological change. Nothing is more wondrous about the fifteen billion neurons in the human brain than their ability to convert thoughts, hopes, ideas, and attitudes into

chemical substances. Everything begins, therefore, with belief.  
Norman Cousins

All my life I've been a hypochondriac. Even as a little boy, I'd eat my M&Ms one at a time with a glass of water.  
Richard Lewis

I am walking down the street in Manhattan, Fifth Avenue in the lower sixties, women with shopping bags on all sides. I realize with some horror that for the last fifteen blocks I have been counting how many women have better and how many women have worse figures than I do. Did I say fifteen blocks? I meant fifteen years.  
Pam Houston

Of all the infirmities we have, the most savage is to despise our being.  
Michel Eyquem de Montaigne

When I was young, I admired clever people. Now that I am old, I admire kind people.  
Abraham Joshua Heschel

Think, when you are enraged at anyone, what would probably become your sentiments should he die during the dispute.  
William Shenstone

The epitaph that I would write for history would say: I conceal nothing. It is not enough not to lie. One should strive not to lie in a negative sense by remaining silent.  
Leo Tolstoy

Nothing is mine, I have only nothing but it is enough, it is beautiful and it is all mine. Do I even walk about in my own skin or is it something I have borrowed to spare my modesty?  
Katherine Anne Porter

Life is not long, and too much of it must not pass in idle deliberation of how it shall be spent.  
Samuel Johnson

Fear grows out of the things we think; it lives in our minds. Compassion grows out of the things we are, and lives in our hearts.  
Michael Garrison

We have a long, long way to go. So let us hasten along the road, the road of human tenderness and generosity. Groping, we may find one another's hands in the dark.  
Emily Greene Balch

Noble deeds and hot baths are the best cures for depression.  
Dodie Smith

Goodness me, when Giotto was painting his murals of the Life of Christ at Padua, he wasn't thinking of me! And it certainly means something to me. I think that thinking too much about communicating and making the work mean something to others is a sure way of having it mean nothing at all to anybody.

Norman Adams

I wasn't worried about a perfect game going into the ninth. It was like a dream. I was going on like I was in a daze. I never thought about it the whole time. If I'd thought about it I wouldn't have thrown a perfect game. I know I wouldn't.

Catfish Hunter

There are three rules for writing the novel. Unfortunately, no one knows what they are.

W. Somerset Maugham

It becomes very obvious that God is everywhere and in everything and we cannot be without God. It's impossible. It's simply impossible.

Thomas Merton

Your next door neighbor . . . is not a man; he is an environment. He is the barking of a dog; he is the noise of a piano; he is a dispute about a party wall; he is drains that are worse than yours, or roses that are better than yours.

G. K. Chesterton

Owning your own home is America's unique recipe for avoiding revolution and promoting pseudoequality at the same time. To keep citizens puttering in their yards instead of sputtering on the barricades, the government has gladly deprived itself of billions in tax revenues by letting home "owners" deduct mortgage interest payments.

Florence King

Sixty years ago, you could simply take your children out into the barn; even if you lived in the cities, there were working men all around you. Chances are your son would learn to use his body. But more and more now the children are going to the Internet . . . and the danger is that it will simply cause deeper isolation among many young males than they already have. It is a lie to say that there is communication going on. It is just a form of chatter. True communication takes place when two people are standing close to each other-maybe a foot away-so that you can feel when the other person is lying, through his body.

Robert Bly

We really are fifteen countries, and it's remarkable that each of us thinks we represent the real America. The Midwesterner in Kansas, the black American in Durham-both are certain they are the real American.

Maya Angelou

It is grossly selfish to require of one's neighbor that he should think in the same way,

and hold the same opinions. Why should he? If he can think, he will probably think differently. If he cannot think, it is monstrous to require thought of any kind from him.  
Oscar Wilde

Say “I love you” to those you love. The eternal silence is long enough to be silent in, and that awaits us all.  
George Eliot

In living in the world by his own will and skill, the stupidest peasant or tribesman is more competent than the most intelligent worker or technician or intellectual in a society of specialists.  
Wendell Berry

Forget the damned motor car and build the cities for lovers and friends.  
Lewis Mumford

Sometimes a neighbor whom we have disliked a lifetime for his arrogance and conceit lets fall a single commonplace remark that shows us another side, another man, really; a man uncertain, and puzzled, and in the dark like ourselves.  
Willa Cather

An old man sat outside the walls of a great city. When travelers approached they would ask the old man, “What kind of people live in this city?” And the old man would answer, “What kind of people lived in the place where you came from?” If the travelers answered, “Only bad people lived in the place where we came from,” then the old man would reply, “Continue on; you will find only bad people here.” But if the travelers answered, “Only good people lived in the place where we have come from,” then the old man would say, “Enter, for here, too, you will find only good people.”  
Yiddish tale

Everything that has a beginning has an ending. Make your peace with that and all will be well.  
Buddha

The true saint lives in the midst of other people. He rises in the morning; he eats and sleeps when needed. He buys and sells in the marketplace just like everyone else. He marries, has children, and meets with his friends. Yet never for an instant does he forget God.  
Abu Sa'id

Someday, somewhere, a guy is going to come to you and show you a nice, brand-new deck of cards on which the seal has never been broken, and this guy is going to offer to bet you that the jack of spades will jump out of this deck and squirt cider in your ear. But, son, do not bet him, for as sure as you do you are going to get an ear full of cider.  
Damon Runyon

Once, many years ago in Berkeley at a concert, while a Brahms symphony was being played, I happened to sit next to the composer Darius Milhaud. In the midst of it, he said to me, "They think because it is long it is deep."

Rudolf Arnheim

Life has no other discipline to impose, if we would but realize it, than to accept life unquestioningly. 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

We started off trying to set up a small anarchist community, but people wouldn't obey the rules.

Alan Bennett

He felt with the force of a revelation that to throw up the clods of earth manfully is as beneficent as to revolutionize the world. It was not the matter of the work, but the mind that went into it that counted-and the man who was not content to do small things well would leave great things undone.

Ellen Glasgow

There are dangers in sentimentalizing nature. Most sentimental ideas imply, at bottom, a deep if unacknowledged disrespect. It is no accident that we Americans, probably the world's champion sentimentalizers about nature, are at one and the same time probably the world's most voracious and disrespectful destroyers of wild and rural countryside.

Jane Jacobs

To put it rather bluntly, I am not the type who wants to go back to the land; I am the type who wants to go back to the hotel.

Fran Lebowitz

Nothing in the nature around us is evil. This needs to be repeated since one of the human ways of talking oneself into inhuman acts is to cite the supposed cruelty of nature.

John Berger

When one has not had a good father, one must create one.

Friedrich Nietzsche

I talk and talk and talk, and I haven't taught people in fifty years what my father taught me by example in one week.

Mario Cuomo

When one makes children unhappy, one is a criminal and runs the risk of killing them. When one makes them happy, one does right, but one runs the risk of making them silly,

presumptuous, and insolent.  
Charles Peguy

Most American children suffer too much mother and too little father.  
Gloria Steinem

A man can deceive his fiancée or his mistress as much as he likes, and in the eyes of the woman he loves, an ass may pass for a philosopher; but a daughter is a different matter.  
Anton Chekhov

What was it, this being “a good father”? To love one’s sons and daughters was not enough; to carry in one’s bone and blood a pride in them, a longing for their growth and development-this was not enough. One had to be a ready companion to games and jokes and outings to earn from the world this accolade. The devil with it.  
Laura Z. Hobson

I could not point to any need in childhood as strong as that for a father’s protection.  
Sigmund Freud

Everything is relevant. I call it loving.  
James Tate

Look. This is your world! You can’t not look. There is no other world. This is your world; it is your feast. You inherited this; you inherited these eyeballs; you inherited this world of color. Look at the greatness of the whole thing. Look! Don’t hesitate-look! Open your eyes. Don’t blink, and look, look-look further.  
Chogyam Trungpa

Some people are your relatives but others are your ancestors, and you choose the ones you want to have as ancestors. You create yourself out of those values.  
Ralph Ellison

Her father was waiting. When she saw him, she felt the usual shift in her feelings. A lift, a jump, a tug. Pleasure, but not totally. Love, but not completely. Dependence. Fear, familiarity, identification. That’s part of me there, walking along. Tree from which I sprang. His spasm produced me. Shake of his body and here I am. . .  
Shirley Ann Grau

All women become like their mothers. That is their tragedy. No man does. That’s his.  
Oscar Wilde

I believe in God, only I spell it Nature.  
Frank Lloyd Wright

The world is not to be put in order, the world is order incarnate. It is for us to put ourselves in unison with this order.

Henry Miller

We made the smell of banana in chemistry once, and I nearly cried because it actually smelled like bananas and was so simple and so fake.

Eve Babitz

Hope and fear cannot alter the seasons.

Chogyam Trungpa

The present moment is a powerful goddess.

Johann Wolfgang von Goethe

Disciple: Is there no afterlife? What about punishment for our sins?

Lama Thubten Yeshe: Why not enjoy your chocolate? Your life is here and now. Birth is not a beginning; death is not an end.

Lama Thubten Yeshe

The losing of Paradise is enacted over and over again by the children of Adam and Eve. We clothe our souls with messages and doctrines and lose the touch of the great life in the naked breast of nature.

Rabindranath Tagore

We believe as much as we can. We would believe everything if we could.

William James

Except during the nine months before he draws his first breath, no man manages his affairs as well as a tree does.

George Bernard Shaw

Some people want to see God with their eyes as they see a cow, and love him as they love a cow-for the milk and cheese and profit it brings them.

Meister Eckhart

The fact that our task is exactly as large as our life makes it appear infinite.

Franz Kafka

Self-importance is our greatest enemy. What weakens us is feeling offended by the deeds and misdeeds of our fellow men. Our self importance requires that we spend most of our lives offended by someone.

Carlos Castaneda

And yet his grief is a great guide through this world. Even, perhaps, the surest of guides. As long as guides are needed.

W.S. Merwin

All points of view are potentially imperialistic; that is, all aspire to be that point of view

from which one can survey the whole.

John A. Miles

Never play cards with a man called Doc. Never eat at a place called Mom's. Never go to bed with a woman who has more troubles than you have.

Nelson Algren

You must adjust.... This is the legend imprinted in every schoolbook, the invisible message on every blackboard. Our schools have become vast factories for the manufacture of robots.

Robert Lindner

School is about two parts ABCs to fifty parts Where Do I Stand in the Great Pecking Order of Humankind.

Barbara Kingsolver

Can we accept this extreme statement that amounts to saying that human life is shattered by education? . . . Education directs all our attention towards knowledge and attaches no importance to understanding. Exposing children to this kind of influence means that they reach adult life having lost themselves, being entirely dependent upon external things—possessions, the opinions of other people, appearances, and so on.

John G. Bennett

All intellectuals complain about their school days. This is ridiculous.

Lord Clark

I owe everything to a system that made me learn by heart till I wept. As a result, I have thousands of lines of poetry by heart. I owe everything to this.

George Steiner

A teacher affects eternity; he can never tell where his influence stops.

Henry Adams

There is this idea now in this country that all people who succeed, succeed on their own, and all people who fail, fail on their own, whereas neither is true. The vast majority of people in this country stay where they're born. Very few people move too far from home. Rich people rarely become poor, and poor people rarely become rich. But we live in a society ruled by anecdote, so that we have no sense at all of what actually happens to most people.

Fran Lebowitz

Soon the child's clear eye is clouded over by ideas and opinions, preconceptions and abstractions. Simple free being becomes encrusted with the burdensome armor of the ego. Not until years later does an instinct come that a vital sense of mystery has been withdrawn. The sun glints through the pines, and the heart is pierced in a moment of beauty and strange pain, like a memory of paradise. After that day . . . we become

seekers.

Peter Matthiessen

When I was a child, a volcano erupted unexpectedly in Iceland, burying a small town at the foot of its cone. All the children in the town were in school at the time, and they all perished. The parents sent their sons and daughters out the door that morning, same as they always did, and never saw them again. I remember my mother being profoundly moved by that tragedy. She always made sure that the last words we had in the morning were loving ones. That cannot always have been easy, but my memory is that she usually succeeded.

Barbara Cawthorne Crafton

Nothing you do for children is ever wasted. They seem not to notice us, hovering, avoiding our eyes, and they seldom offer thanks, but what we do for them is never wasted.

Garrison Keillor

The teenagers aren't all bad. I love 'em if nobody else does. There ain't nothing wrong with young people. Jus' quit Iyin' to 'em.

Jackie "Moms" Mabley

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

James Baldwin

To a brave man, good and bad luck are like his right and left hands. He uses both.

Catherine of Sienna

For a long time it had seemed to me that life was about to begin-real life. But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, or a debt to be paid. Then life would begin. At last it dawned on me that these obstacles were my life.

Alfred D. Souza

You come to see . . . that suffering is required; and you no more want to avoid it than you want to avoid putting your next foot on the ground when you are walking. In the spiritual path, joy and suffering follow one another like two feet, and you come to a point of not minding which "foot" is on the ground. You realize, on the contrary, that it is extremely uncomfortable hopping all the time on the joy foot.

John G. Bennett

One is always seeking the touchstone that will dissolve one's deficiencies as a person and as a craftsman. And one is always bumping up against the fact that there is none except hard work, concentration, and continued application.

Paul William Gallico

Q: We write essays and stories all the time in school. It doesn't seem like a very difficult thing to do. Is it?

A: Not at all. All you need is a perfect ear, absolute pitch, the devotion to your work that a priest of God has for his, the guts of a burglar, no conscience except to writing, and you're in. It's easy. Never give it a thought.

Ernest Hemingway

It is not hard work which is dreary; it is superficial work.

Edith Hamilton

A devotee once complained to the great nineteenth-century saint Sri Ramakrishna about not having had any deep experiences of God. Sri Ramakrishna took him by the hand and led him to the ashram's bathing pond. They both walked into the water until they were about waist deep, and Sri Ramakrishna then pushed the man's head underwater with great force and held him there for nearly a minute. The man struggled and struggled, and finally the saint released his grip and the man emerged urgently from the water, gasping for breath. Sri Ramakrishna said to him, "When you want God as much as you wanted that next breath, you will see God."

Bo Lozoff

Once you fully apprehend the vacuity of a life without struggle, you are equipped with the basic means of salvation.

Tennessee Williams

Whenever I saw a rich person I would ask where his or her money was from, and invariably, or should I say inevitably, the answer was a natural resource, or else an unnatural resource. Oil was a common answer, or real estate, or steel -this was before computers. The answer was never the answer you wanted to hear. The answer was never "Poetry -their money's from poetry, Fran." Or "That's one of the great essay fortunes in this country."

Fran Lebowitz

No group or class should be freed from doing the toil of the culture. One of our current problems is that there are too many people who simply have no idea how much unpleasant, tedious, and repetitive work is required to support their "high-level" activities, and how ineffective they would be without the effort of those they all too often disdain.

Robert Theobald

Anyone who imagines that bliss is normal in life is going to waste a lot of time running around shouting that he's been robbed. The fact is that most putts don't drop, most beef is tough, most children grow up to be just people, most successful marriages require a high degree of mutual toleration, and most jobs are more often dull than otherwise. Life is like an old-time rail journey-delays, sidetracks, smoke, dust, cinders, and jolts, interspersed only occasionally with beautiful vistas and thrilling bursts of speed. The trick is to thank God for letting you have the ride.

Gordon B. Hinckley

One of the great joys of being a painter is the pleasure of being so intimately connected with [the tradition of art].... I mean, the longer you work, the more you appreciate what those marvelous painters did, and how damned good they are. And it's a little bit of a paradox. You think, *I think I'll give up right now-I've seen the Vermeer show*. But, he's a human being like us, and, by God, you can just keep going!

Wayne Thiebaud

It's like driving a car at night. You never see further than your headlights, but you can make the whole trip that way.

E. L. Doctorow

Illness is the most heeded of doctors. To goodness and wisdom we make only promises; pain we obey.

Marcel Proust

Only threats are frightening; one soon comes to terms with facts.

Oswald Spengler

Life always gets harder toward the summit-the cold increases, responsibility increases.

Friedrich Nietzsche

I cannot believe that the inscrutable universe turns on an axis of suffering; surely the strange beauty of the world must somewhere rest on pure joy!

Louise Bogan

You find out that the universe is a system that creeps up on itself and says, "Boo!" and then laughs at itself for jumping.

Alan Watts

Whenever I travel I like to keep the seat next to me empty. I found a great way to do it. When someone walks down the aisle and says to you, "Is someone sitting there?" just say, "No one-except the Lord."

Carol Leifer

When I was a little boy, they called me a liar, but now that I am a grown up, they call me a writer.

I.B. Singer

Truth is a great flirt.

Franz Liszt

Reality is not what it is. It consists of the many realities which it can be made into.

Wallace Stevens

Sorrows cannot all be explained away.... In a life truly lived, grief and loss accumulate like possessions.

Stefan Kanfer

Why must you always try to be omnipotent, and shove things about? Tragic things happen sometimes that we just have to submit to.

Rebecca West

O, how incomprehensible everything was, and actually sad, although it was also beautiful. One knew nothing. One lived and ran about the earth and rode through forests, and certain things looked so challenging and promising and nostalgic: a star in the evening, a blue harebell, a reed-green pond, the eye of a person or a cow. And sometimes it seemed that something never seen yet long desired was about to happen, that a veil would drop from it all; but then it passed, nothing happened, the riddle remained unsolved, the secret spell unbroken, and in the end one grew old and looked cunning . . . or wise . . . and still one knew nothing perhaps, was still waiting and listening.

Hermann Hesse

In fact, I've come to the conclusion that I never did know anything about [electricity].

Thomas Edison

In the fight between you and the world, back the world.

Frank Zappa

Nor is it certain how long you will live.... Your life is like the flame of a butter lamp in a hurricane, a bubble on water, or a drop of dew on a blade of grass.

Kalu Rinpoche

Millions long for immortality who do not know what to do with themselves on a rainy Sunday afternoon.

Susan Ertz

What I fear is being in the presence of evil and doing nothing. I fear that more than death.

Otilia de Koster

The man who is too old to learn was probably always too old to learn.

Henry S. Haskins

When you have a lot of things to do, get your nap out of the way first.

Jo Anderson

Lucky accidents seldom happen to writers who don't work. You will find that you rewrite a poem and it never seems quite right. Then a much better poem may come rather fast and you wonder why you bothered with all that work on the earlier poem.

Actually, the hard work you do on one poem is put in on all poems. The hard work on the first poem is responsible for the sudden ease of the second. If you just sit around waiting for the easy ones, nothing will come. Get to work.

Richard Hugo

Sure we're all one, but-shh-don't spread it around.

Jay Lynch

If we only wanted to be happy it would be easy; but we always want to be happier than other people, which is almost always difficult, since we think them happier than they are.

Montesquieu

I'm at that age now where just putting my cigar in its holder is a thrill.

George Burns

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

I tell you the past is a bucket of ashes.

Carl Sandburg

The word "now" is like a bomb through the window, and it ticks.

Arthur Miller

I am not much an advocate for traveling; and I observe that men run away to other countries because they are not good in their own, and run back to their own because they pass for nothing in the new places. For the most part, only the light characters travel.

Who are you that you have no task to keep you at home?

Ralph Waldo Emerson

Right now I am a passenger on space vehicle Earth zooming about the Sun at sixty thousand miles per hour somewhere in the solar system.

R. Buckminster Fuller

Whither goest thou, America, in thy shiny car in the night?

Jack Kerouac

There is a third dimension to traveling: the longing for what is beyond.

Jan Myrdal

What is more intriguing than a spot on the bathroom floor which, as you sit emptying your bowels, assumes a hundred different forms, figures, shapes? Often I found myself

on my knees studying a stain on the floor-studying it to detect all that was hidden at first sight.

Henry Miller

A striking building stands before us as an individual every bit as soulful as we are.

Thomas Moore

The charm, one might say the genius, of memory is that it is choosy, chancy, and temperamental; it rejects the edifying cathedral, and indelibly photographs the small boy outside, chewing a hunk of melon in the dust.

Elizabeth Bowen

We all grow up with the weight of history on us. Our ancestors dwell in the attics of our brains as they do in the spiraling chains of knowledge hidden in every cell of our bodies.

Shirley Abbott

When I was very young and the urge to be someplace was on me, I was assured by mature people that maturity would cure this itch. When years described me as mature, the remedy prescribed was middle age. In middle age, I was assured that greater age would calm my fever, and now that I am fifty-eight perhaps senility will do the job. Nothing has worked.... In other words, I don't improve. In further words, once a bum always a bum. I fear the disease is incurable.

John Steinbeck

I think that to get under the surface and really appreciate the beauty of any country, one has to go there poor.

Grace Moore

Well, I learned a lot. . . You'd be surprised. . . They're all individual countries.

Ronald Reagan

Once again, as in the sixties, many of us sense the door of collective awareness opening, albeit slightly, allowing for the possibility that our lives together, as a society, could be lived with more consciousness and compassion.

Ram Dass

It may be that we are doomed, that there is no hope for us, *any of us*, but if that is so, then let us set up a last agonizing, bloodcurdling howl, a screech of defiance, a war whoop! Away with lamentation! Away with elegies and dirges! Away with biographies and histories, and libraries and museums! Let the dead eat the dead. Let us living ones dance about the rim of the crater, a last expiring dance. But a dance!

Henry Miller

The point of nonviolence is to build a floor, a strong new floor, beneath which we can no longer sink. A platform which stands a few feet above napalm, torture, exploitation, poison gas, A and H bombs, the works. Give man a decent place to stand.

Joan Baez

[The nurse] talked happily of former patients returning to see her when their hair had grown back; chemotherapy sounded like a problem of grooming. When hair returns, all is forgotten. But when all is forgotten, nothing is learned. Her way of seeing missed the ritual, which is a passage through real and symbolic dangers in preparation for the opportunity of a life enhanced by that passage.

Arthur W. Frank

Facts call us to reflect, even as the tossings of a capsizing vessel cause the crew to rush on deck and to climb the masts.

Albert Schweitzer

Where do we come from? Where are we going? What is the meaning of this life? That is what every heart is shouting, what every head is asking as it beats on chaos.

Nikos Kazantzakis

Once I had abandoned the search for everyone else's truth, I quickly discovered that the job of defining my own truth was far more complex than I had anticipated.

Ingrid Bengis

Everyone has talent. What is rare is the courage to follow the talent to the dark place where it leads.

Erica Jong

Not long ago, but before World War II was over, a young Negro girl was asked how she would punish Hitler. Answer: "Paint him black and bring him over here."

Walter Winchell

Is not one of our problems today that we have separated ourselves from the poor and the wounded and the suffering? We have too much time to discuss and theorize and have lost the yearning for God which comes when we are faced with the sufferings of people.

Jean Vanier

Faith and doubt both are needed, not as antagonists but working side by side, to take us around the unknown curve.

Lillian Smith

Rabbi Yoshua ben Levi asked Elijah, "When will the Messiah come?" Elijah replied, "Go and ask him yourself." "Where is he?" "Sitting at the gates of the city." "How shall I know him?" "He is sitting among the poor covered with wounds. The others unbind all their wounds and bind them up again. But he unbinds them one at a time and then binds it up again, saying to himself, 'Perhaps I shall be needed. If so, I must always be ready so as not to delay for a moment.'" |

Fractate Sanhedrin

There is poetry as soon as we realize that we possess nothing.  
John Cage

I was taught when I was young that if people would only love one another, all would be well with the world. This seemed simple and very nice; but I found when I tried to put it into practice not only that other people were seldom lovable, but that I was not very lovable myself.  
George Bernard Shaw

To forgive oneself? No, that doesn't work: we have to be *forgiven*. But we can only believe this is possible if we ourselves can forgive.  
Dag Hammarskjold

One of the most time-consuming things is to have an enemy.  
E. B. White

Anger makes us all stupid.  
Johanna Spyri

The world is divided into people who think they are right.  
Unknown

Treat the other man's faith gently; it is all he has to believe with. His mind was created for his own thoughts, not yours or mine.  
Henry Haskins

If you understand something, you don't forgive it, you are the thing itself: forgiveness is for what you *don't* understand.  
Doris Lessing

It's a hard, sad life for most people. Don't scorn the simple things that give them pleasure.  
D. Suttan

My goal in life is never to have a moment when I could not say, "This is how I want to die."  
Mark DeBolt

Many promising reconciliations have broken down because, while both parties came prepared to forgive, neither party came prepared to be forgiven.  
Charles Williams

Once a woman has forgiven her man, she must not reheat his sins for breakfast.  
Marlene Dietrich

Man in prison being strapped into the electric chair: "This will certainly teach me a

lesson.”

Unknown

I thought that I had arrived at the very throne of God, and I said to it, “O throne, they tell us that God rests upon thee.” “O Bayazid,” replied the throne, “we are told here that God dwells in a humble heart.”

Bayazid Bistami

Wife and daughter are driving and rejoicing together, another car careens into their lane, and mother and daughter are killed. The other driver is thoroughly drunk in celebration of the birth of his first child. At home, in trauma and desolation, the bereaved husband, after some days, becomes aware of the one person who is suffering more than he is. He drives to the young man’s house, knocks on the door, and confronts the surprised man. He speaks two quiet sentences. “Do not be afraid. I have come to forgive you.”

Stephen Covey and Truman Madsen

When you know somebody that deeply, so many bodies lie in the bed alongside. We need a king-sized bed to contain them. Our bed is full of farmland, two hundred acres including the back pasture. And you know, that is where the best sex always is, despite the scent of cows. The Jungians say that in bed there are always at least four people, invisible man and dark surly woman. But in our bed there is a herd-siblings and offspring, his parents, my parents, and the church, full of incense and Latin. My temple, so old it’s got the history of God engraved in the bedsheets. It isn’t a bed. It’s a text, a Russian novel.

Joan Logghe

I think nobody owns land until their dead are in it.

Joan Didion

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

The last time I saw him [British sculptor Henry Moore] . . . he talked about his new grandson and showed us drawings in a studio he had just built to extend his workday.... I asked him, “Now that you’re eighty, you must know the secret of life. What is the secret of life?” With anyone else the answer would have begun with an ironic laugh, but Henry Moore answered me straight: “The secret of life is to have a task, something you devote your entire life to, something you bring everything to every minute of the day for your whole life. And the most important thing is-it must be something you cannot possibly do!”

Donald Hall

Yet it is in our idleness, in our dreams, that the submerged truth sometimes comes to the top.

Virginia Woolf

What is the church for?  
What *is* the church for?  
What is *the* church for?  
What is the *church* for?  
What is the church *for*?  
Thomas L. Jackson

Your health is bound to be affected if, day after day, you say the opposite of what you feel, if you grovel before what you dislike and rejoice at what brings you nothing but misfortune. Our nervous system isn't just a fiction, it's a part of our physical body, and our soul exists in space inside us, like the teeth in our mouth. It can't be forever violated with impunity.  
Boris Pasternak

If you wish to drown, do not torture yourself with shallow water.  
Bulgarian proverb

We can learn to work and speak when we are afraid in the same way we have learned to work and speak when we are tired.  
Audre Lorde

Appealing workplaces are to be avoided. One wants a room with no view, so imagination can meet memory in the dark.  
Annie Dillard

The course of a river is almost always disapproved of by its source.  
Jean Cocteau

I think in people's hearts they understand that the heart is cooking like shishkebab in your breast, and no matter what you do the passions come and go and they sear you, they burn you. If it's not your lover, it's your children; if it's not your children, it's your job; if it's not your job, it's growing old; if it's not growing old, it's getting sick. This predicament cannot be resolved. That is the wound that does not heal, and rather than approach it from the point of view of stitching or cauterizing it, there is a kind of wisdom of living with the wound.  
Leonard Cohen

She did not talk to people as if they were strange, hard shells she had to crack open to get inside. She talked as if she were already in the shell. In their very shell.  
Marita Bonner

When Pablo Casals reached ninety-five, a young reporter asked him a question: "Mr. Casals, you are ninety-five and the greatest cellist who ever lived. Why do you still practice six hours a day?" Casals answered, "Because I think I'm making progress."  
Unknown

No one will ever get out of this world alive. Resolve therefore to maintain a reasonable perspective and sense of values.

Lloyd Shearer

I have nothing new to teach the world. Truth and nonviolence are as old as the hills. All I have done is to try experiments in both on as vast a scale as I could.

Mohandas K. Gandhi

While you have a thing it can be taken from you . . . but when you give it, you have given it. No robber can take it from you. It is yours then forever when you have given it.

It will be yours always.

James Joyce

It took me forever to realize that in order to write I just have to turn up at the desk every morning at 9 A.M. and do it. I can never convince kids of this. Faulkner said something wonderful about it when somebody asked him, "Mr. Faulkner, do you write by inspiration or perspiration?" He said, "Well, I write by inspiration, but fortunately it arrives every morning at nine o'clock."

Reynolds Price

Ninety-five percent of this game is half mental.

Yogi Berra

There was once a rabbi who was revered by the people as a man of God. Not a day went by when a crowd of people wasn't standing at his door seeking advice or healing or the holy man's blessing.... There was, however, in the audience a disagreeable fellow who never missed a chance to contradict the master. He would observe the rabbi's weaknesses and make fun of his defects to the dismay of the disciples, who began to look on him as the devil incarnate. Well, one day the "devil" took ill and died. Everyone heaved a sigh of relief. Outwardly, they looked appropriately solemn, but in their hearts they were glad.... So the people were surprised to see the master plunged in genuine grief at the funeral. When asked by a disciple later if he was mourning over the eternal fate of the dead man, he said, "No, no. Why should I mourn over our friend, who is now in heaven? It was for myself I was grieving. That man was the only friend I had. Here I am surrounded by people who revere me. He was the only one who challenged me. I fear that with him gone, I shall stop growing." And, as he said those words, the master burst into tears.

Anthony De Mello

It's true that heroes are inspiring, but mustn't they also do some rescuing if they are to be worthy of their name? Would Wonder Woman matter if she only sent commiserating telegrams to the distressed?

Jeanette Winterson

History never looks like history when you are living through it. It always looks

confusing and messy, and it always feels uncomfortable.  
John W. Gardner

In our world of big names, curiously, our true heroes tend to be anonymous: . . . the teacher, the nurse, the mother, the honest cop, the hard workers at lonely, underpaid, unglamorous, unpublicized jobs.  
Daniel J. Boorstin

The lion and the calf shall lie down together but the calf won't get much sleep.  
Woody Allen

An individual who breaks a law that conscience tells him is unjust, and who willingly accepts the penalty of imprisonment in order to arouse the conscience of the community over its injustice, is in reality expressing the highest respect for the law.  
Martin Luther King Jr.

Perfect courage is to do without witnesses what one would be capable of doing with the world looking on.  
Francois, Duc La Rochefoucauld

You hear them at the grocery store deliberating the balsamic vinegar and olive oils, the cold-pressed virgin olive oil, the warm-pressed olive oil, and you think: These people probably subscribe to an olive-oil magazine.... These are people with too much money and very little character, people who are all sensibility and no sense, all nostalgia and no history, the people my Aunt Eleanor used to call "a ten-dollar haircut on a fifty-nine-cent head."  
Garrison Keillor

There are some women who seem to be born without fear, just as there are people who are born without the ability to feel pain. The painless ones go around putting their hands on hot stoves, freezing their feet to the point of gangrene, scalding the lining of their throats with boiling coffee, because there is no warning anguish.... Providence appears to protect such women, maybe out of astonishment.  
Margaret Atwood

"I'm very brave generally," he went on in a low voice, "only today I happen to have a headache."  
Tweedledum

Never, never eat anything out of a carton, even if you are at home alone with the shades drawn. Doing so is wicked and constitutes Miss Manners' one exception to the generally genial rule about violations of etiquette not counting if you don't get caught.  
Miss Manners (Judith Martin)

As she is a woman, and as she is an American, she was dieting.  
Katharine Whitehorn

Food is the most primitive form of comfort.  
Sheila Graham

All food starting with p is comfort food: pasta, potato chips, pretzels, peanut butter,  
pastrami, pizza, pastry.  
Sara Paretsky

There is such a thing as food and such a thing as poison. But the damage done by those  
who pass off poison as food is far less than that done by those who generation after  
generation convince people that food is poison.  
Paul Goodman

All recipes are built on the belief that somewhere at the beginning of the chain there is a  
cook who did not use them. This is the great nostalgia of our cuisine, ever invoking an  
absent mother-cook who once laid her hands on the body of the world for us and worked  
it into food. The promise of every cookbook is that it offers a way back onto her lap.  
John Thorne

I just can't stand to look plain, 'cause that don't fit my personality. I may be a very  
artificial-looking person, but the good news is, I'm very real on the inside.  
Dolly Parton

It is because we don't know who we are, because we are unaware that the kingdom of  
heaven is within us, that we behave in the generally silly, the often insane, the  
sometimes criminal ways that are so characteristically human.  
Aldous Huxley

Neither a lofty degree of intelligence nor imagination nor both together go into the  
making of genius. Love, love, love, that is the soul of genius.  
Wolfgang Amadeus Mozart

A young man eagerly described what he dreamed of doing for the poor. Said the Master,  
"When do you propose to make your dream come true?" The young man answered, "As  
soon as opportunity arrives." "Opportunity never arrives," said the Master. "It's here."  
Anthony de Mello

Wouldn't this be a great world if insecurity and desperation made us more attractive?  
James L. Brooks

The prisoners whose cells adjoin communicate with each other by knocking on the wall.  
The wall is the thing which separates them but is also their means of communication. It  
is the same with us and God. Every separation is a link.  
Simone Weil

Poetry is what comes up behind us and whispers the singing name of home in our ears.

John Ciardi

Each activity of daily life in which we stretch ourselves on behalf of others is a prayer of action—the times when we scrimp and save in order to get the children something special; the times when we share our car with others on rainy mornings, leaving early to get them to work on time; the times when we keep up correspondence with friends or answer one last telephone call when we are dead tired at night. These times and many more like them are lived prayer.

Richard J. Foster

If we get used to life, that is the crime.

Jean Garrigue

Years ago, my mother gave me a bullet. I put it in my breast pocket. Two years after that I was walking down the street when a berserk evangelist heaved a Gideons Bible out a hotel-room window, hitting me in the chest. The Bible would have gone through my heart if it wasn't for the bullet.

Woody Allen

The Buddha always told his disciples not to waste their time and energy in metaphysical speculation. Whenever he was asked a metaphysical question, he remained silent. Instead, he directed his disciples toward practical efforts. One time he said, "Suppose a man is struck by a poisoned arrow and the doctor wishes to take the arrow out immediately. Suppose the man does not want the arrow removed until he knows who shot it, his age, his parents, and why he shot it. What would happen? If he were to wait until all these questions have been answered, the man might die first." Life is so short. It must not be spent in endless metaphysical speculation that does not bring us any closer to the truth.

Thich Nhat Hanh

Life is like playing a violin solo in public and learning the instrument as one goes on.

Samuel Butler

A single day is enough to make us a little larger or, another time, a little smaller.

Paul Klee

Patience and tenacity of purpose are worth more than twice their weight of cleverness.

Thomas Henry Huxley

I once saw in a cemetery in India an old woman just sobbing away at the grave of her son who had been tortured by Tamil terrorists. She spread herself over the whole grave and sobbed. And I . . . said to my companion, "I don't want to love if that is what love is." And he said, "Are you crazy? What she feels is so immeasurably beautiful because she grieves that much, she loves that much, and love lives on in her." Love's glory was in her weeping, love's glory was in her sobbing, love's glory was in her abandonment to her grief. That is love's glory, and love's glory has blood all over it.

Andrew Harvey

We become persons through the dangerous experiences of darkness; we can survive these difficult initiations. Any real initiation is always a movement from death to new life.

Thomas Moore

We are well-advised to keep on nodding terms with the people we used to be, whether we find them attractive company or not. Otherwise, they turn up unannounced and surprise us, come hammering on the mind's door at 4 A.M. of a bad night and demand to know why we deserted them, who betrayed them, who is going to make amends. We forget all too soon the things we thought we would never forget.

Joan Didion

I remember Rudi saying once that all life is about transcendence. If you're ugly you have to transcend your ugliness; if you're beautiful you have to transcend your beauty; if you're poor you have to transcend your poverty; if you're rich you have to transcend your wealth.... You get nothing at birth except things to transcend.

Milton Glaser

The unending paradox is that we do learn through pain.

Madeleine L'Engle

The event of creation did not take place so many aeons ago, astronomically or biologically speaking. Creation is taking place every moment of our lives.

D. T. Suzuki

There will be a rain dance on Friday, weather permitting.

George Carlin

Life has no meaning until one lives it with a will, at least to the limit of one's will. Virtue, good, evil are nothing but words, unless one takes them apart in order to build something with them; they do not win their true meaning until one knows how to apply them.

Paul Gauguin

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

Narihara

You are destined to fly, but that cocoon has to go.

Nelle Morton

In many cases, people who've become aware of their mortality find that they've gained the freedom to live. They are seized with an appreciation for the present: every day is my best day; this is my life; I'm not going to have this moment again. They spend more

time with the things and people they love and less time on people and pastimes that don't offer love or joy. This seems like such a simple thought- shouldn't we all spend our lives that way? But we tend not to make those kinds of choices until somebody says, "You have twelve months to live "  
Bernie Siegel

Democracy forever teases us with the contrast between its ideals and its realities, between its heroic possibilities and its sorry achievements.  
Agnes Repplier

I slept and dreamt that life was joy.  
I awoke and saw that life was service.  
I acted and behold, service was joy.  
Rabindranath Tagore

People who are much too sensitive to demand of cripples that they run races ask of the poor that they get up and act just like everyone else in society.  
Michael Harrington

In the Soviet Union capitalism triumphed over communism. In this country capitalism has triumphed over democracy.  
Fran Lebowitz

Americans . . . believe in the future as if it were a religion; they believe that there is nothing they cannot accomplish, that solutions wait somewhere for all problems, like brides.  
Frances Fitzgerald

That men do not learn very much from the lessons of history is the most important of all the lessons that history has to teach.  
Aldous Huxley

The degree of civilization in a society can be judged by entering its prisons.  
Feodor Dostoevsky

You have to make more noise than anybody else, you have to make yourself more obtrusive than anybody else, you have to fill all the papers more than anybody else, in fact, you have to be there all the time and see that they do not snow you under, if you are really going to get your reform realized.  
Emmeline Pankhurst

When you say fiscal responsibility, it seems to me that you really mean rich people keeping their money.  
Alice Adams

Thousands upon thousands are yearly brought into a state of real poverty by their great

anxiety not to be thought poor.  
William Cobbett

I like to go to Marshall Field's in Chicago just to see how many things there are in the world that I do not want.  
Mother M. Madelava

My constituency is the desperate, the damned, the disinherited, the disrespected, and the despised.  
Jesse Jackson

Get beyond love and grief. Exist for the good of man.  
Ha Gakure

Just yesterday, I was looking at the catalog of a nearby college. I couldn't believe the courses they are offering. How to use a computer. How to make a good investment. How to get a good job. How to, how to. There was hardly one course to make the inner man grow. If you suggest that a course in ancient history may play a role in a person's growth, they laugh at you.  
Sophia Mumford

Hope is a state of mind, not of the world.... Hope, in this deep and powerful sense, is not the same as joy that things are going well, or willingness to invest in enterprises that are obviously heading for . . . success, but rather an ability to work for something because it is good.  
Vaclav Havel

When you look back at the anguish, suffering, and traumas in your life, you'll see that these are the periods of biggest growth. After a loss that brings you dreadfully painful months, you are a different man, a different woman. Many years later, they will be able to look back and see the positive things-togetherness in their family, faith, or whatever-that came out of their pain.  
Elisabeth Kubler-Ross

It is only the happy who are hard, Gilles. I think perhaps it is better for the world if . . . one has a broken heart. One is then quick to recognize it elsewhere.  
Helen Waddell

The "kingdom of heaven" is a condition of the heart- not something that comes "upon the earth" or "after death."  
Friedrich Nietzsche

Happiness is a mystery, like religion, and should never be rationalized.  
G. K. Chesterton

A cow does not know how much milk it has until the milkman starts working on it. Then it looks round in surprise and sees the pail full to the brim. In the same way a writer has no idea how much he has to say till his pen draws it out of him. Thoughts will then appear on the paper that he is amazed to find that he has possessed.

Gerald Brenan

How many magnificent people-philosophers, thinkers, poets, sculptors, and musicians-must the world have lost, just because they were never allowed to learn their genuine skill? And we mused I further that Socrates might not have been the supreme thinker, Jesus the greatest expression of love, Leonardo the most splendid sculptor, or Mozart the most sublime musician; that other names might have determined the course of the world. Then we grieved for those unknown people, born and yet, as long as they lived, unborn.

Robert Schneider

A process which led from the amoeba to man appeared to philosophers to be obviously progress-though whether the amoeba would agree with this opinion is not known.

Bertrand Russell

The skylines lit up at dead of night, the air-conditioning systems cooling empty hotels in the desert, and artificial light in the middle of the day all have something both demented and admirable about them: the mindless luxury of a rich civilization, and yet of a civilization perhaps as scared to see the lights go out as was the hunter in his primitive night.

Jean Baudrillard

Perched on the loftiest throne in the world, we are still sitting on our own behind.

Michel Eyquem de Montaigne

Long years must pass before the truths we have made for ourselves become our very flesh.

Paul Valery

Memories are short; appetites for power and glory are insatiable. Old tyrants depart. New ones take their place. It is all very baffling and trying.

Harry S Truman

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

Will Durant

Our ignorance of history causes us to slander our own times.

Gustave Flaubert

One has but to observe a community of beavers at work in a stream to understand the loss in his sagacity, balance, cooperation, competence, and purpose which Man has suffered since he rose up on his hind legs.... He began to chatter and he developed Reason, Thought, and Imagination, qualities which would get the smartest group of rabbits or orioles in the world into inextricable trouble overnight.

James Thurber

Do not despair of life. Think of the fox, prowling in a winter night to satisfy his hunger. His race survives; I do not believe any of them ever committed suicide.

Henry David Thoreau

Many could forgo heavy meals, a full wardrobe, a fine house, et cetera; it is the ego they cannot forgo.

Mohandas K. Gandhi

To seek freedom is the only driving force I know. Freedom to fly off into that infinity out there. Freedom to dissolve; to lift off; to be like the flame of a candle, which, in spite of being up against the light of a billion stars, remains intact, because it never pretended to be more than what it is: a mere candle.

Don Juan

Some people just don't seem to realize, when they're moaning about not getting prayers answered, that no is the answer.

Nelia Gardner White

The man who is forever disturbed about the condition of humanity either has no problems of his own or has refused to face them.

Henry Miller

God don't make no mistakes. That's how He got to be God.

Archie Bunker

I was forever Billy Hamill's son, but I no longer wanted to be the next edition of Billy Hamill. He had his life and I had mine. If there were patterns, endless repetitions, cycles of family history, if my father was the result of his father and his father's father, on down through the generations into the Irish fogs, I could no longer accept any notion of predestination. Someone among the males of this family had to break the pattern. It might as well be me. I didn't have that drink. Twenty years have gone by, and I've never had one since.

Pete Hamill

One must have teeth. Then love's like biting into an orange when the juice squirts in your teeth.

Bertolt Brecht

You can do anything you want to do. What is rare is this actual wanting to do a specific

thing: wanting it so much that you are practically blind to all other things, that nothing else will satisfy you.

Robert Henri

It may be that true happiness lies in the conviction that one has irremediably lost happiness. Then we can begin to move through life without hope or fear, capable of finally enjoying all the small pleasures, which are the most lasting.

Maria-Luisa Bombal

It is not heroin or cocaine that makes one an addict; it is the need to escape from a harsh reality. There are more television addicts, more baseball and football addicts, more movie addicts, and certainly more alcohol addicts in this country than there are narcotics addicts.

Shirley Chisholm

Old habits are strong and jealous.

Dorothea Brande

What difference is there, do you think, between those in Plato's cave who can only marvel at the shadows and images of various objects, provided they are content and don't know what they miss, and the philosopher who has emerged from the cave and sees the real things?

Erasmus

Industrial societies turn their citizens into image junkies; it is the most irresistible form of mental pollution.... Ultimately, having an experience becomes identical with taking a photograph of it.

Susan Sontag

All affirmations are true in some sense, false in some sense, meaningless in some sense, true and false in some sense, true and meaningless in some sense, and true and false and meaningless in some sense.

Sri Syadasti

Millions and millions of years would still not give me half enough time to describe that tiny instant of eternity when you put your arms around me and I put my arms around you.

Jacques Prevert

The music at a wedding procession always reminds me of the music of soldiers going into battle.

Heinrich Heine

Love is an ideal thing, marriage a real thing; a confusion of the real with the ideal never goes unpunished.

Johann Wolfgang von Goethe

The mind sees a magnificent pie in the sky; it dwells on it; it wants it; it yearns single-mindedly; the cry for more is endless.

Sai Baba

Commitment means we haven't left ourselves an escape hatch.

Charlotte Joko Beck

Come and stand in my heart, whoever you are, and a whole river would cover your feet and rise higher and take your knees in whirlpools, and draw you down to itself, your whole body, your heart too.

Eudora Welty

Remember, you have come here having already understood the necessity of struggling with yourself-only with yourself. Therefore, thank everyone who gives you the opportunity.

George Ivanovitch Gurdjieff

My faults, too, have been those of excess; I too have made emotional demands, without being aware of what I was asking; I too have imagined that I was giving when I was battering at someone for attention.

May Sarton

Only a marriage with partners strong enough to risk divorce is strong enough to avoid it.

Carolyn Heilbrun

Every one of us is an island. If it were not so we would go mad at once. Between these islands are ships, airplanes, telephones . . . (yet) they remain islands-islands that can sink or disappear forever. You are an island that has not sunk.

John Fowles

A young woman once said to an old woman, "What is life's heaviest burden?" And the old woman said, "To have nothing to carry."

Jewish lore

Marriage is our last, best chance to grow up.

Joseph Barth

What I cannot love, I overlook. Is that real friendship?

Anais Nin

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

The history of every country begins in the heart of a man or a woman.

Willa Cather

I go about looking at horses and cattle. They eat grass, make love, work when they have to, bear their young. I am sick with envy of them.

Sherwood Anderson

When someone steals another's clothes, we call him a thief. Should we not give the same name to one who could clothe the naked and does not? The bread in your cupboard belongs to the hungry; the coat hanging unused in your closet belongs to the one who needs it; the shoes rotting in your closet belong to the one who has no shoes; the money which you hoard up belongs to the poor.

Basil the Great

The weakness of pure individualism is that there are no pure individuals.

Kenneth Boulding

Yet success mustn't be considered the absolute. It is questionable, for that matter, whether success is an adequate response to life. Success can eliminate as many options as failure.

Tom Robbins

I wonder why love is so often equated with joy when it is everything else as well. Devastation, balm, obsession, granting and receiving excessive value, and losing it again. It is recognition, often of what you are not but might be. It sears and it heals. It is beyond pity and above law. It can seem like truth.

Florida Scott-Maxwell

It is the dread of something happening, something unknown and dreadful, that makes us do anything to keep the flicker of talk from dying out.

Logan Pearsall Smith

One of these days I'm going to put band-aids across my mouth so that smiling will become less of a reflex in uncomfortable situations.

Ingrid Bengis

It is not your obligation to complete your work, but you are not at liberty to quit.

The Talmud

God is in the details.

Mies van der Rohe

The only thing that's been a worse flop than the organization of nonviolence has been the organization of violence.

Joan Baez

I have been waiting twenty years for someone to say to me, "You have to fight fire with

fire” so that I could reply, “That’s funny-I always use water.”

Howard Gossage

The monks of a neighboring monastery asked the master’s help in a quarrel that had arisen among them. They had heard the master say he had a technique that was guaranteed to bring love and harmony to any group. On this occasion he revealed it. “Any time you are with anyone, or think of anyone, you must say to yourself: I am dying and this person too is dying, attempting the while to experience the truth of the words you are saying. If every one of you agrees to practice this, bitterness will die out, harmony will arise.”

Anthony de Mello

It’s a bit embarrassing to have been concerned with the human problem all one’s life and find at the end that one has no more to offer by way of advice than “try to be a little kinder.”

Aldous Huxley

I have on my wall a great quote from Sir Laurence Olivier. He and Charlton Heston had done a play about twenty five years ago, and they’d gotten slaughtered. Heston said, “Well, I guess you’ve just got to forget the bad reviews.” And Olivier said, “No, you’ve got to forget the good ones.”

William Goldman

We must have no illusions. We must not be naive. If we listen to the voice of God, we make our choice, get out of ourselves, and fight nonviolently for a better world. We must not expect to find it easy; we shall not walk on roses, people will not throng to hear us and applaud, and, we shall not always be aware of divine protection. If we are to be pilgrims of justice and peace, we must expect the desert.

Dom Helder Camara

If we could only placate the world’s rage with a drop of poetry or of love-but only the struggle, and the daring heart, are able to do that.

Pablo Neruda

In the last century, a tourist from America paid a visit to a renowned Polish rabbi, Hofetz Chaim. He was astonished to see that the rabbi’s home was only a simple room filled with books, plus a table and a bench. “Rabbi,” asked the tourist, “where is your furniture?” “Where is yours?” replied Hofetz Chaim. “Mine?” asked the puzzled American. “But I’m only passing through.” “So am I,” said the rabbi.

*Tales Of The Hasidim*

If you are neutral in situations of injustice, you have chosen the side of the oppressor. If an elephant has his foot on the tail of a mouse and you say that you are neutral, the mouse will not appreciate your neutrality.

Archbishop Desmond Tutu

. . . a final comfort that is small, but not cold: the heart is the only broken instrument that works.

T.E. Kalem

If one is going to change things, one has to make a fuss and catch the eye of the world.  
Elizabeth Janeway

I asked a man in prison once how he happened to be there and he said he had stolen a pair of shoes. I told him that if he had stolen a railroad he would be a United States Senator.

Mary "Mother" Jones

Some men rob you with a six-gun,  
Some with a fountain pen.  
Woody Guthrie

Don't you know that if people could bottle the air they would? Don't you know there would be an American Air-bottling Association? And don't you know that they would allow thousands and millions to die for want of breath if they could not pay for air?  
Robert Ingersoll

The truth is, we are all caught in a great economic system which is heartless.  
Woodrow Wilson

Stripped of ethical rationalizations and philosophical pretensions, a crime is anything that a group in power chooses to prohibit.  
Freda Adler

If you love the law and you love good sausage, don't watch either of them being made.  
Betty Talmadge

To be a poor man is hard, but to be a poor race in a land of dollars is the very bottom of hardships.  
W. E. B. Du Bois

The day is not far off when the economic problem will take the back seat where it belongs, and the arena of the heart and the head will be occupied, or reoccupied, by our real problems-the problems of life and of human relations.  
John Maynard Keynes

To give up the task of reforming society is to give up one's responsibility as a free man.  
Alan Paton

The place to improve the world is first in one's own heart and head and hands, and then work outward from there.  
Robert M. Pirsig

I'm a pessimist about probabilities; I'm an optimist about possibilities.

Lewis Mumford

When will our consciences grow so tender that we will act to prevent human misery rather than avenge it?

Eleanor Roosevelt

Advertisers are the interpreters of our dreams.... Like the movies, they infect the routine futility of our days with purposeful adventure. Their weapons are our weaknesses: fear, ambition, illness, pride, selfishness, desire, ignorance. And these weapons must be kept bright as a sword.

E. B. White

It is not enough to have a good mind. The main thing is to use it well.

Rene Descartes

It is pretty obvious that the debasement of the human mind caused by a constant flow of fraudulent advertising is no trivial thing. There is more than one way to conquer a country.

Raymond Chandler

A linguistics professor was lecturing to his class one day. "In English," he said, "a double negative forms a positive. In some languages, though, such as Russian, a double negative is still a negative. However, there is no language wherein a double positive can form a negative." A voice from the back of the room piped up, "Yeah, right."

Unknown

I wanted to try to live in accord with the promptings which came from my true self. Why is that so difficult?

Hermann Hesse

A lie will easily get you out of a scrape, and yet, strangely and beautifully, rapture possesses you when you have taken the scrape and left out the lie.

C. E. Montague

Falsehood is invariably the child of fear in one form or another.

Aleister Crowley

We should never forget that everything Adolf Hitler did in Germany was "legal" and everything the Hungarian freedom fighters did in Hungary was "illegal."

Martin Luther King Jr.

How do you describe the sorting out on arriving at Auschwitz, the separation of children

who see a father or mother going away, never to be seen again? How do you express the dumb grief of a little girl and the endless lines of women, children, and rabbis being driven across the Polish or Ukrainian landscapes to their deaths? No, I can't do it. And . . . I don't understand how Europe's most cultured nation could have done that. For these men who killed with submachine guns in the Ukraine were university graduates. Afterwards, they went home and read a poem by Heine. So what happened?  
Elie Wiesel

Truth and Falsehood were bathing. Falsehood came out of the water first and dressed herself in Truth's clothes. Truth, unwilling to put on the garments of Falsehood, went naked.  
Unknown

The first thing I did when I made the decision to kill myself was to stop dieting. Let them dig a wider hole.  
Gail Parent

We arrive eager, we stuff ourselves and go away depressed and disappointed and probably feeling a bit queasy into the bargain.... A greedy start and a stupefied finish. Waiters, who are constantly observing this cycle, must be the most disillusioned of men.  
Iris Murdoch

Life itself is the proper binge.  
Julia Child

As we talked of freedom and justice one day for all, we sat down to steaks. I am eating misery, I thought, as I took the first bite. And spit it out.  
Fran Lebowitz

The decision to feed the world is the real decision.  
Adrienne Rich

Must the hunger become anger and the anger fury before anything will be done?  
John Steinbeck

We often mistake a desire of the body for a yearning of the soul.  
Harry Austryn Wolfson

Such is life. It is no cleaner than a kitchen; it reeks of a kitchen; and if you mean to cook your dinner, you must expect to soil your hands. The real art is getting them clean again.  
Honore de Balzac

Today in America-and every day in America-seventy-six million Valium will be swallowed. In addition, some thirty million people will glue themselves to soap operas

on television. It would seem that our culture is not well adapted to deal with pain.  
Matthew Fox

It is only great pain, that slow protracted pain which takes its time and in which we are, as it were, burned with green wood, that compels us philosophers to descend into our ultimate depths and to put from us all trust, all that is goodhearted, palliative, gentle, average, wherein perhaps our humanity previously reposed. I doubt whether such pain “improves”-but I do know it deepens us.  
Friedrich Nietzsche

The goal is to live a full, productive life even with all that ambiguity. No matter what happens, whether the cancer never flares up again or whether you die, the important thing is that the days that you have had, you will have lived.  
Gilda Radner

Illness is the doctor to whom we pay most heed; to kindness, to knowledge, we make promises only; pain we obey.  
Marcel Proust

Health of body and mind is a great blessing, if we can bear it.  
John Henry Newman

When a man dies, he does not die just of the disease he has: he dies of his whole life.  
Charles Peguy

No drug, not even alcohol, causes the fundamental ills of society. If we’re looking for the causes of our troubles, we shouldn’t test people for drugs; we should test them for stupidity, ignorance, greed, and love of power.  
P. J. O’Rourke

In a sense sickness is a place, more instructive than a long trip to Europe, and it’s always a place where there’s no company, where nobody can follow. Sickness before death is a very appropriate thing and I think those who don’t have it miss one of God’s mercies.  
Flannery O’Connor

Compassion for myself is the most powerful healer of them all.  
Theodore Isaac Rubin

I was once thrown out of a mental hospital for depressing the other patients.  
Oscar Levant

Here is a mental treatment guaranteed to cure every ill that flesh is heir to: sit for half an hour every night and mentally forgive everyone against whom you have any ill will or antipathy.  
Charles Fillmore

I don't like people who have never fallen or stumbled. Their virtue is lifeless and it isn't of much value. Life hasn't revealed its beauty to them.

Boris Pasternak

We find the most terrible form of atheism, not in the militant and passionate struggle against the idea of God himself, but in the practical atheism of everyday living, in indifference and torpor. We often encounter these forms of atheism among those who are formally Christians.

Nikolai Berdyaev

For those who are not hungry, it is easy to palaver about the degradation of charity.

Charlotte Bronte

What have we got here in America that we believe we cannot live without? We have the most varied and imaginative bathrooms in the world, we have kitchens with the most gimmicks, we have houses with every possible electrical gadget to save ourselves all kinds of trouble-all so that we can have leisure. Leisure, leisure, leisure! So that we don't go mad in the leisure, we have color TV. So that there will never, never, be a moment of silence, we have radio and Muzak. We can't stand silence, because silence includes thinking. And if we thought, we would have to face ourselves.

Agnes De Mille

If you have never been hungry, you cannot know the either/ or agony created by a single biscuit-either your brother gets it or you do. And if you do eat it, you know in your bones that you have stolen the food straight from his mouth. . . . This was the daily, debilitating side of poverty, . . . the perpetual scarcity that makes . . . the simplest act a moral dilemma.

Charles Johnson

Food for all is a necessity. Food should not be a merchandise, to be bought and sold as jewels are bought and sold by those who have the money to buy. Food is a human necessity, like water and air, and it should be available.

Pearl S. Buck

Maybe the technologists are right; maybe they can create conditions that will support ten billion people on planet Earth, or even more.... It might be possible, for example, to farm the entire land surface and the oceans, too.... We could process sewage into bouillon cubes, eat algae, seaweed, plankton. All those things are theoretically possible. But . . . it seems like it would be a wretched world to live in -billions of humans packed into some sort of planetary food factory. Buckminster Fuller thought it could be done. But the question is, Should it be done?

Edward Abbey

The worst sin toward our fellow creatures is not to hate them, but to be indifferent to them.

George Bernard Shaw

Spirituality is not a course in literature.  
Stewart Brinton

Everything in this world has a hidden meaning.... Men, animals, trees, stars, they are all hieroglyphics.... When you see them, you do not understand them. You think they are really men, animals, trees, stars. It is only years later . . . that you understand.  
Nikos Kazantzakis

If there is no struggle, there is no progress. Those who profess to favor freedom, and yet deprecate agitation, are men who want crops without plowing up the ground. They want rain without thunder and lightning. They want the ocean without the awful roar of its many waters. This struggle may be a moral one, or it may be a physical one, or it may be both moral and physical-but it must be a struggle. Power concedes nothing without a demand.  
Frederick Douglass

Jesus promised those who would follow his leadings only three things: that they should be absurdly happy, entirely fearless, and always in trouble.  
Marty Babcock

I cannot believe in a God who wants to be praised all the time.  
Friedrich Nietzsche

When wisdom awakens in you, you will see truth wherever you look. Truth is all there is.  
Ajahn Chah

It is good to remember that knowledge is something much lighter than one would imagine. Lighter, and more ambivalent.  
Witold Gombrowicz

Never make a god of your religion.  
Sir Arthur Helps

The question of bread for myself is a material question, but the question of bread for my neighbor is a spiritual question.  
Nikolai Berdyaev

Our quaint metaphysical opinions, in an hour of anguish, are like playthings by the bedside of a child deathly sick.  
Samuel Taylor Coleridge

What is truth? I don't know, and I'm sorry I brought it up.  
Edward Abbey

I have only three enemies. My favorite enemy, the one most easily influenced for the better, is the British nation. My second enemy, the Indian people, is far more difficult. But my most formidable opponent is a man named Mohandas K. Gandhi. With him, I seem to have very little influence.  
Mohandas K. Gandhi

Two elderly women are at a Catskill Mountain resort and one of them says, "Boy, the food at this place is really terrible." The other one says, "Yeah, I know, and such small portions." Well, that's essentially how I feel about life.  
Woody Allen

Some vital impulse spared my needing to reiterate the world's most frequent and pointless question in the face of disaster-*Why? Why me?* I never asked it; the only answer is, of course, Why not?  
Reynolds Price

The only way into truth is through one's own annihilation; through dwelling a long time in a state of extreme and total humiliation.  
Simone Weil

Jane's gift of an apple. The sweet apple I didn't eat that day became the even sweeter apple I wouldn't eat any day. A year later, it has shrunk to half its original size, the red skin now pinched up all about it, its color the brown of milk chocolate. A whiskey smell up close. An intoxicating idea at a distance: to keep something beyond its time is somehow to have kept it forever. No way now to throw it out. The shrunken, fermented apple is not a version of the apple it was. It is another thing, to another purpose. I myself am a version of all that I could never, not in a million years, have imagined I would become.  
Marvin Bell

Truth should not be forced; it should simply manifest itself, like a woman who has in her privacy reflected and coolly decided to bestow herself upon a certain man.  
John Updike

If you're able to be yourself, then you have no competition. All you have to do is get closer and closer to that essence.  
Barbara Cook

I love the story about A. J. Muste, who, during the Vietnam War, stood in front of the White House night after night with a candle-sometimes alone. A reporter interviewed him one evening as he stood there in the rain. "Mr. Muste," the reporter said, "do you really think you are going to change the policies of this country by standing out here alone at night with a candle?" A. J. responded, "Oh, I don't do this to change the country. I do this so the country won't change me."

Andrea Ayvazian

There are four legs to stand on. The first, be romantic. The second, be passionate. The third, be imaginative. And the fourth, never be rushed.

Charles Olson

The term clinical depression finds its way into too many conversations these days. One has a sense that a catastrophe has occurred in the psychic landscape.

Leonard Cohen

Since the concepts people live by are derived only from perceptions and from language, and since the perceptions are received and interpreted only in light of earlier concepts, man comes pretty close to living in a house that language built.

Russell R. W. Smith

The world is not a prison-house but a kind of spiritual kindergarten where millions of bewildered infants are trying to spell God with all the wrong blocks.

Edwin Arlington Robinson

If we could read the secret history of our enemies we should find in each person's life sorrow and suffering enough to disarm all hostility.

Henry Wadsworth Longfellow

The most radical thing you can do is introduce people to one another.

Glenn Hilke

Among those whom I like or admire, I can find no common denominator; among those I love, I can: all of them make me laugh.

W.H. Auden

Love doesn't just sit there, like a stone; it has to be made, like bread; remade all the time, made new.

Ursula K. LeGuin

There are those who forget that death will come to all. For those who remember, quarrels come to an end.

The Dhammapada

You will not become a saint through other people's sins.

Anton Chekhov

The self-confidence of the warrior is not the self-confidence of the average man. The average man seeks certainty in the eyes of the onlooker and calls that self-confidence. The warrior seeks impeccability in his own eyes and calls that humbleness. The average

man is hooked to his fellow men, while the warrior is hooked to himself.  
Carlos Castaneda

When a man has boils or scabies, he isn't disgusted with himself; he puts his infected hand in his dish and he licks his fingers without any repugnance. But if he sees a small sore on someone else's hand, he can't swallow his food. It's the same with moral blemishes: when you see defects such as indifference, pride, and lust in yourself, they don't bother you; but as soon as you notice them in others, you feel hurt and resentful.  
Rumi

I never saw a wild thing  
Sorry for itself.  
D.H. Lawrence

There are three truths: my truth, your truth, and the truth.  
Chinese proverb

"Listen," F. Jasmine said. "What I've been trying to say is this. Doesn't it strike you as strange that I am I, and you are you? I am F. Jasmine Addams. And you are Bernie Sadie Brown. And we can look at each other, and touch each other, and stay together year in and year out in the same room. Yet always I am I, and you are you. And I can't ever be anything else but me, and you can't be anything else but you. Have you ever thought of that? And does it seem to you strange?"  
Carson McCullers

We cannot be truly close to others without giving them the key to what disturbs us.  
William Hulpin

For the wonderful thing about saints is that they were *human*. They lost their tempers, got hungry, scolded God, were egotistical or testy or impatient in their turns, made mistakes and regretted them. Still, they went on doggedly blundering toward heaven.  
Phyllis McGinley

Eternity is not something that begins after you are dead. It is going on all the time. We are in it now.  
Charlotte Perkins Gilman

What the world expects of Christians is that Christians should speak out, loud and clear; that they should voice their condemnation in such a way that never a doubt, never the slightest doubt, could arise in the heart of the simplest person; that they should get away from abstraction and confront the blood-stained face history has taken on today.  
Albert Camus

To be sure, the dog is loyal. But why, on that account, should we take him as an example? He is loyal to men, not to other dogs.  
Karl Kraus

The Sufis advise us to speak only after our words have managed to pass through three gates. At the first gate, we ask ourselves, "Are these words true?" If so, we let them pass on; if not, back they go. At the second gate we ask, "Are they necessary?" At the last gate, we ask, "Are they kind?"

Eknath Easwaran

I can tell you only that beauty cannot be expressed or explained in a theory or an idea, that it moves by its own law, that it is God's way of comforting His broken children.

Mark Helprin

If there is a meaning in life at all, then there must be a meaning in suffering.

Viktor Frankl

Don't just do something, Buddha said, stand there!

Daniel Berrigan

I am on a platform at the train station, in the evening, waiting for an aunt from Bucharest. There are many people. I have a crescent roll, which I have not dared to eat because it seemed too enormous. I hold it in my hand, contemplating it, displaying it, congratulating myself for having it. When the train arrives at the station, our group begins to move, and I am left alone for a second. Out of nowhere, there emerges a little boy of about five or six who snatches away my roll! He watches me for a second, with a mischievous smile, then thrusts the roll into his mouth and disappears. I am so startled that I can neither speak nor move. That event revealed to me the terrible power of skill and daring.

Mircea Eliade

She enjoyed sucking her thumb. He said it was immature. So she stopped, and then there was nothing left that she could enjoy. So she became an alcoholic instead. He didn't mind that nearly so much; at least, that seemed mature.

Alberto Konigsberg

Consider how hard it is to change yourself and you'll understand what little chance you have of trying to change others.

Jacob M. Braude

You must do the thing you think you cannot do.

Eleanor Roosevelt

Comparison is degrading. It perverts one's outlook. And on comparison one is brought up. All our education is based on it and so is our culture. So there is everlasting struggle to be something other than what one is. The understanding of what one is uncovers creativeness, but comparison breeds competitiveness, ruthlessness, ambition, which we think brings about progress. Progress has only led so far to more ruthless wars and misery than the world has ever known.

Krishnamurti

Rose is a rose is a rose is a rose.

Gertrude Stein

I owe much to my friends, but . . . even more to my enemies. The real person springs to life under a sting even better than under a caress.

Andre Gide

If you would be unloved and forgotten, be reasonable.

Kurt Vonnegut

They have stopped deceiving you, not loving you. And to you it seems that they have stopped loving you.

Antonio Porchia

When someone does us an evil turn we engrave his name in marble; but when someone does us a good turn we write the name in dust.

Saint Thomas More

What good is it to me if Mary gave birth to the Son of God fourteen hundred years ago, and I do not also give birth to the Son of God in my time and in my culture? We are all meant to be mothers of God. God is always needing to be born.

Meister Eckhart

There are, indeed, things that cannot be put into words. They make themselves manifest. They are what is mystical.

Ludwig Wittgenstein

I got up on my feet and went over to the bowl in the corner and threw cold water on my face. After a while I felt a little better, but very little. I needed a drink, I needed a lot of life insurance, I needed a vacation, I needed a home in the country. What I had was a coat, a hat, and a gun. I put them on and went out of the room.

Philip Marlowe

As I grew to adolescence, I imagined, from closely observing the boredom and vexations of matrimony, that the act my parents committed and the one I so longed to commit must be two different things.

Shirley Abbott

I am happy now that Charles calls on my bedchamber less frequently than of old. As it is, I endure but two calls a week, and when I hear his steps outside my door I lie down on my bed, close my eyes, open my legs, and think of England.

Lady Alice Hillingdon

Marriage probably originated as a straightforward food-for sex deal among foraging primates. Compatibility was not a big issue, nor, of course, was there any tension over who would control the remote.

Barbara Ehrenreich

Women hope men will change after marriage, but they don't; men hope women won't change, but they do.

Bettina Arndt

Many who have spent a lifetime in love can tell you less of love than the child whose dog died yesterday.

Thornton Wilder

What is erotic? The acrobatic play of the imagination. The sea of memories in which we bathe. The way we caress and worship things with our eyes. Our willingness to be stirred by the sight of the voluptuous. What is erotic is our passion for the liveliness of life.

Diane Ackerman

We who were loved will never unlive that crippling fever.

Adrienne Rich

However often marriage is dissolved, it remains indissoluble. Real divorce, the divorce of heart and nerve and fiber, does not exist, since there is no divorce from memory.

Virginia Peterson

We tend to think of the erotic as an easy, tantalizing sexual arousal. I speak of the erotic as the deepest life force, a force which moves us toward living in a fundamental way.

Audre Lorde

I began to see what marriage is for. It's to keep people away from each other. Sometimes I think that two people who love each other can be saved from madness only by the things that come between them-children, duties, visits, bores, relations: the things that protect married people from each other.

Edith Wharton

Marriage is an extraordinary thing, and I doubt if any outsider-even a child of the marriage-has the right to judge.

Agatha Christie

The best marriages, like the best lives, were both happy and unhappy. There was even a kind of necessary tension, a certain tautness between the partners that gave the marriage strength, like the tautness of a full sail. You went forward on it.

Anne Morrow Lindbergh

The search is what anyone would undertake if he were not sunk in the everydayness of his own life. To become aware of the possibility of the search is to be on to something. Not to be on to something is to be in despair.

Walker Percy

There often seems to be a playfulness to wise people, as if either their equanimity has as its source this playfulness or their playfulness flows from the equanimity; and they can persuade other people who are in a state of agitation to calm down and manage a smile.

Edward Hoagland

We take a handful of sand from the endless landscape of awareness around us, and call that handful of sand the world.

Robert Pirsig

Your attitude toward life in general is reflected in your response to the dawn of a new day.

J. N. Gehman

What you can do, or dream you can, begin it.

J. W. von Goethe

A man should always consider how much he has more than he wants and how much more unhappy he might be than he really is.

Joseph Addison

For how many things, which for our own sake we should never do, do we perform for the sake of our friends.

Cicero

Only those who have the patience to do simple things perfectly will acquire the skill to do difficult things easily.

Johann von Schiller

Friends do not live in harmony merely, as some say, but in melody.

Henry David Thoreau

Be not angry that you cannot make others as you wish them to be, since you cannot make yourself as you wish to be.

Thomas a Kempis

Existence in itself, taken at its least miraculous, is a miracle.

Rebecca West

If it weren't for the rocks in its bed, the stream would have no song.

Carl Perkins

Wherever you are, it is your own friends who make your world.  
William James

Do something for somebody every day for which you do not get paid.  
Albert Schweitzer

That old law about “An eye for an eye” leaves everybody blind.  
Martin Luther King, Jr.

Love your enemies, for they tell you your faults.  
Ben Franklin

Adversity is the first path to truth.  
Lord Byron

Growth is demanding and may seem dangerous, for there is loss as well as gain in growth. But why go on living if one has ceased to grow?  
May Sarton

When your enemies are too strong, you have to choose weaker enemies.  
Umberto Eco

You will do foolish things, but do them with enthusiasm.  
Colette

Sooner or later you've heard about all your best friends have to say. Then comes the tolerance of real love.  
Ned Rorem

Like a welcome summer rain, humor may suddenly cleanse and cool the earth, the air, and you.  
Langston Hughes

That many people are nourished by prayer and belief has never been seriously doubted. The substance of various beliefs, and the content of the prayers are matters that ought to concern us more. Too many people the world over believe and hold to values and pray for results that are tailor-made to wreak havoc on the human community, and, if effective, will likely make the world a more miserable place than it already is.  
Raymond J. Lawrence, Jr.

Three things make up the wisdom of life: something to do, something to love, and something to hope for.  
Joseph Addison

Humility is endless.  
T. S. Eliot

We protest against unjust criticism, but we accept unearned applause.  
Jose Narosky

Wanting some other way to live is proof enough of deserving it. Having it is hard work,  
but not having it is sheer hell.  
Lillian Hellman

There is no remedy for love but to love more.  
Henry David Thoreau

You should go to a pear tree for pears, not to an elm.  
Syrus

When luck enters, give him a seat.  
Jewish proverb

Maturity is the capacity to withstand ego-destroying experiences and not lose one's  
perspective in the ego-building experiences.  
Robert K. Greenleaf

The imperfections of a man, his frailties, his faults, are just as important as his virtues.  
You can't separate them. They're wedded.  
Henry Miller

We can only be said to be alive in those moments when our hearts are conscious of our  
treasures; for our hearts are not strong enough to love every moment.  
Thornton Wilder

The most savage of our maladies is to despise our own being.  
Montaigne

What is moral is what you feel good after and what is immoral is what you feel bad  
after.  
Ernest Hemingway

If men could regard the events of their own lives with more open minds, they would  
frequently discover that they did not really desire the things they failed to obtain.  
Andre Maurois

Since my house burned down, O now own a better view of the rising moon.  
Masahide

The important thing is not to stop questioning. Curiosity has its own reason for existing.  
You cannot help but be in awe when you contemplate the mysteries of eternity, of life,  
of the marvelous structure of reality. It is enough if you merely try to comprehend a

little of this mystery every day. Never lose a holy curiosity.  
Albert Einstein

The truth is that all men having power ought to be mistrusted.  
James Madison

Drag your thoughts away from your troubles—by the ears, by the heels, or any other way you can manage it. It's the healthiest thing a body can do.  
Mark Twain

It gives one a sense of freedom to know that anyone in this world can really do a deliberately courageous act.  
Henrik Ibsen

When a friend is in trouble, don't annoy her by asking if there is anything you can do. Think up something appropriate and do it.  
E. W. Howe

Love consists in this, that two solitudes protect and touch and greet each other.  
Ranier Maria Rilke

The earth is a Paradise, the only one we will ever know. We will realize it the moment we open our eyes. We don't have to make it a Paradise—it *is* one. We have only to make ourselves fit to inhabit it.  
Henry Miller

The question thrusting up from the bottom of my mind was not *what* I was, but *who*. And this question, since a *what* can get by with skill but a *who* demands resources, was my first real intimation of what humility must mean.  
James Baldwin

It is this backward motion toward the source,  
Against the stream, that most we see ourselves in,  
The tribute of the current to the source.  
Robert Frost

You cannot live the afternoon of life according to the program of life's morning; for what was great in the morning will be little in the evening, and what in the morning was true will at evening become a lie.  
Carl G. Jung

The rare moments of mystic insight that I have had have been when I was free from the will to succeed.  
Bertrand Russell

Fear cannot be without hope nor hope without fear.

Baruch Spinoza

Never bear more than one kind of trouble at a time. Some people bear three—all they have had, all they have now, and all they expect to have.

Edward Everett Hale

Success, recognition, and conformity are the bywords of the modern world, where everyone seems to crave the anesthetizing security of being identified with the majority.

Martin Luther King, Jr.

The eyes of other people are the eyes that ruin us. If all but myself were blind, I should want neither fine clothing, fine houses, nor fine furniture.

Ben Franklin

Simplicity of character is the natural result of profound thought.

William Hazlitt

If you set a course and bend your sails to every wind to further the journey, always trusting that the course is right, it will, in fact, be right, even though the ship itself may go down at any time during the voyage.

Margaret Mead

Character consists of what we do on the third or fourth try.

James Michener

Every good thing in the world stands on the razor-edge of danger.

Thornton Wilder

You need only claim the events of your life to make yourself yours.

Gail Godwin

It is wise to remember that you are one of those who can be fooled some of the time.

Laurence Peter

Self-pity in its early stages is as snug as a feather mattress. Only when it hardens does it become uncomfortable.

Maya Angelou

Fears are educated into us and can, if we wish, be educated out of us.

Karl A. Menninger

The day will happen whether or not you get up.

John Ciardi

One half of knowing what you want is knowing what you must give up before you get it.

Sidney Howard

Be ashamed to die until you have won some victory for humanity.  
Horace Mann

When making a decision of minor importance, I have always found it advantageous to consider all the pros and cons. In vital matters, such as the choice of a mate or a profession, the decision should come from the unconscious, from somewhere within ourselves. In the important decisions of personal life, we should be governed, I think, by the deep inner needs of our nature.  
Sigmund Freud

I didn't fire [General MacArthur] because he was a dumb son-of-a-bitch, although he was, but that's not against the law for generals. I fired him because he wouldn't respect the authority of the Presidency.  
Harry S. Truman

What wisdom can you find that is greater than kindness?  
Rousseau

Unbroken happiness is a bore; it should have ups and downs.  
Moliere

What matters is not the idea a man holds, but the depth at which he holds it.  
Ezra Pound

In nature there are neither rewards nor punishments—there are only consequences.  
Robert G. Ingersoll

Don't look back. Something may be gaining on you.  
Leroy "Satchel" Page

There is a time to let things happen and a time to make things happen.  
Hugh Prather

All the discontented people I know are trying to be something they are not, to do something they cannot do.  
David Grayson

Nothing on earth consumes a man more completely than the passion of resentment.  
Friedrich Nietzsche

I improve on misquotation.  
Cary Grant

We find it hard to believe that other peoples' thoughts are as silly as our own, but they probably are.

James Harvey Robinson

Seize today, and put as little trust as you can in tomorrow.

Horace

In the ideal sense, nothing is uninteresting. There are only uninterested people.

Brooks Atkinson

My life, my real life, was in danger, and not from anything other people might do, but from the hatred I carried in my own heart.

James Baldwin

From now until the end of time, no one else will ever see life with my eyes, and I mean to make the most of my chance.

Christopher Morley

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

Marcel Proust

Talk not of wasted affection. Affection was never wasted.

Henry Wadsworth Longfellow

When you get into a tight place and everything goes against you, till it seems you could not hold on a minute longer, never give up then, for that is just the place and time that the tide will turn.

Harriet Beecher Stowe

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

Carl Jung

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.

Helen Keller

If in the last few years, you hadn't discarded a major opinion or acquired a new one, check your pulse. You may be dead.

Gelett Burgess

Doubt wisely.

John Donne

We know the truth, not only by the reason, but by the heart.

Blaise Pascal

Each friend represents a world in us, a world possibly not born until until they arrive,

and it is only by this meeting that a new world is born.  
Anais Nin

Instead of loving your enemies, treat your friends a little better.  
Edgar Watson Howe

The purpose of life is not to be happy, but to *matter*, to be productive, to be useful, to have it make some difference that you have lived at all.  
Leo Rosten

I never saw a wild thing sorry for itself.  
D. H. Lawrence

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

Men never cling to their dreams with such tenacity as at the moment when they are losing faith in them, and know it, but do not dare to confess it to themselves.  
William Graham Sumner

Although the world is very full of suffering, it is also full of overcoming it.  
Helen Keller

It is not miserable to be blind; it is miserable to be incapable of enduring blindness.  
John Milton

Nature never deceives us; it is always we who deceive ourselves.  
Jean Jacques Rousseau

Love is not measured by how many times you touch each other, but by how many times you reach each other.  
Cathy Morancy

It is only with the heart that one can see rightly; what is essential is invisible to the eye.  
Antoine de Saint Exupery

We are not endowed with real life, and all that seems most real about us is but the thinnest substance of a dream—til the heart be touched. That touch creates us.  
Nathaniel Hawthorne

Character is like bells which ring out sweet music and which, when touched accidentally even, resound with sweet music.  
Phillips Brooks

We have to see, I think, that questioning the value of old rules is different from simply

breaking them.  
Elizabeth Janeway

Come with me into my dreams and you shall know everything I know. All my secrets shall be yours, all my wisdom as well. No one has ever entered.  
Rafael Camacho

All of us have wonders hidden in our breasts, only needing circumstances to evoke them.  
Charles Dickens

I have only a little flute, but I try to play in tune.  
Jean Baptiste Camille Corot

I began to have an idea of my life, not as the slow shaping of achievement to fit my preconceived purposes, but as the gradual discovery and growth of a purpose which I did not know.  
Joanna Field

I never blame failures—there are too many complicated situations in life, but I am absolutely merciless towards lack of effort.  
F. Scott Fitzgerald

You have to be a little stupid and pretentious to do anything at all. Just to have the courage to start, you need a touch of idiocy.  
Giacometti

If you find a path with no obstacles, it probably doesn't lead anywhere.  
Frank A. Clark

Above all things, never be afraid. The enemy who forces you to retreat is herself afraid of you at that very moment.  
Andre Maurois

We are here and it is now. Further than that, all human knowledge is moonshine.  
H. L. Mencken

Shall we make a new rule of life from tonight: always try to be a little kinder than necessary?  
Sir James Barrie

You remain young only as long as you experiment. At whatever age you are content with what you have already done, you are in old age.  
Charlotte Chandler

When a thing is thoroughly well done, it often has the air of being a miracle.

Arnold Bennett

Not everything that is faced can be changed, but nothing can be changed until it is faced.  
James Baldwin

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

The pain of wanting a thing very much at last grows so great that one has to try not to want it any longer.  
Bertrand Russell

Surely human affairs would be far happier if the power in men to be silent were the same as that to speak.  
Baruch Spinoza

We give what we can, that's as far as the heart can go.  
Amy Hempel

When a horse is dead, get off.  
Kirk M. Sorenson

If you have not clung to a broken piece of your old ship in the dark night of the soul, your faith may not have the sustaining power to carry you through to the end of the journey.  
Rufus M. Jones

Everyone has talent; what is rare is the courage to follow that talent to the dark place where it leads.  
Erica Jong

He who does not really feel himself lost is lost beyond remission. He never finds himself, never comes up against his own reality.  
Ortega y Gasset

It is a great misfortune neither to have enough wit to talk well nor enough judgment to be silent.  
Jean de la Bruyere

Talent is nurtured in solitude; character is formed in the stormy billows of the world.  
Goethe

Under the influence of either poverty or of wealth, workmen and their work are equally liable to degenerate.

Plato

Quiet minds cannot be perplexed or frightened, but go on in fortune or misfortune at their own private pace, like the ticking of a clock in a thunderstorm.

Robert Louis Stevenson

We are all still romantics at heart. The romantics give us back our moon, for instance which science has taken away from us and made into just another airport. Secretly we all want the moon to be what it was before—a mysterious, hypnotic light in the sky.

Leonard Bernstein

There is precious little hope to be got out of whatever keeps us industrious, but there is a chance for us whenever we cease work and become stargazers.

H. M. Tomlinson

If you can find something to believe in and work for, you are granted a blessed release from emptiness.

John Gardner

We may affirm absolutely that nothing great in the world has been accomplished without passion.

George W. F. Hegel

One ought at least to hear a little melody every day, read a fine poem, see a good picture, and, if possible, make a few sensible remarks.

Wolfgang von Goethe

There is nothing so fatal to character as half-finished tasks.

David Lloyd George

Experience is not what happens to you; it is what you do with what happens to you.

Aldous Huxley

I look to a time when brotherhood needs no publicity, to a time when a brotherhood award would be as ridiculous as an award for getting up each morning.

Daniel D. Mich

A word or a stone carelessly tossed can never be recalled.

Simon Moulin

The most important thing in life is not to triumph, but to struggle.

Loren Gast

Men have a trick of coming up to what is expected of them, good or bad.

Jacob Riis

All good drama has two movements; first the making of the mistake, then the discovery that it was a mistake.

W. H. Auden

A thing isn't life just because somebody does it.

D. H. Lawrence

Injustice is relatively easy to bear; what stings is justice.

H. L. Mencken

Before you set your heart too much upon anything, examine how happy those are who already possess it.

Francois, Duc La Rochefoucauld

A man, sir, should keep his friendship in *constant repair*.

Samuel Johnson

Life is a failure, but all the same, it is a fine thing, life.

Jean Giraudoux

How often a bounty of blessings springs from misfortunes.

Namatianus

There has never been a good war or a bad peace.

Ben Franklin

In a real dark night of the soul, it is always three o'clock in the morning.

F. Scott Fitzgerald

It's not when you realize that nothing can help you—religion, pride, anything—it's when you realize that you don't need any aid.

William Faulkner

All sorts of bodily diseases are produced by half-used minds.

George Bernard Shaw

Joshua

known to us as Jesus

a homeless, unemployed outcast

said

“clothe the naked

feed the hungry

visit the imprisoned

be with the sick

love your neighbor as yourself’

He didn't say

“but only if they deserve it”

Thomas L. Jackson

Humility is the most difficult of the virtues to achieve; nothing dies harder than the desire to think well of oneself.

T. S. Eliot

You show your character in nothing more clearly than by what you think laughable.

Goethe

Each time we strive to a new relation, with anyone or anything, it is bound to hurt somewhat. Because it means the struggle with and the displacing of old connections, and this is never pleasant.

D. H. Lawrence

He got the better of himself, and that's the best kind of victory one can wish for.

Cervantes

The closer you stick to what you *really* see, the more astonishing your work will be. Reality isn't unoriginal, it's just unknown.

Giacometti

There is a growing strength in women, but it's in the forehead, not the forearm.

Beverly Sills

He who mistrusts most should be trusted least.

Theognis

If a person gives you his time, he can give you no more precious gift.

Frank Tyger

The capacity to blunder slightly is the real miracle of DNA. Without this special attribute, we would still be anaerobic bacteria, and there would be no music.

Lewis Thomas

You want me to tell you something really subversive? Love is everything it's cracked up to be.

Erica Jong

Learning does not consist only of knowing what we must or we can do, but also of knowing what we could do.

Umberto Eco

You cannot dream yourself into a character; you must hammer and forge one.

James A. Froude

Happiness often sneaks in through a door you didn't know you left open.  
John Barrymore

A bird sings not because it has the answer, but because it has a song.  
Terry Bartlett

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

Be still when you have nothing to say; when genuine passion moves you, say what  
you've got to say, and say it hot.  
D. H. Lawrence

One must look into hell before one has any right to speak of heaven.  
Bertrand Russell

Upon each recurrence of my birthday, I am solemnly impressed with the vanity and  
emptiness of worldly honors.  
James K. Polk

The greatest crime is not to grow, not to be willing to move on to the next stage of life.  
It is a terrible fate to be stuck forever in one place, wedded to a triumph or a sorrow.  
Reeve Lindbergh Brown

Democracy is based on the conviction that there are extraordinary possibilities in  
ordinary people.  
Harry Emerson Fosdick

There is no aphrodisiac in the world so powerful, and in the end so reliable, as authentic  
communication that flows from the core of one being to the other.  
Nathaniel Branden

To give life meaning, one must have a purpose larger than one's self.  
Will Durant

Nothing in life is to be feared. It is only to be understood.  
Marie Curie

The people I respect most behave as if they were immortal and as if society was eternal.  
Both assumptions are false: both of them must be accepted as true if we are to go on  
eating and working and loving, and are to keep open a few breathing holes for the  
human spirit.

E. M. Forster

A lifetime isn't nearly long enough to figure out what it's all about.

Doug Larson

I think the devil doesn't exist, but if man has created him, he has created him in his own image.

Feodor Dostoevsky

To the question of whether I am a pessimist or an optimist, I answer that my knowledge is pessimistic, but my willing and hoping are optimistic.

Albert Schweitzer

Only the brave know how to forgive... A coward never forgave; it is not in his nature.

Laurence Sterne

Civilization is a process whose purpose is to combine single individuals, and after that families, and then races, peoples and nations, into one great unity.

Sigmund Freud

Love is difficult, and learn to deal with it.

Ranier Maria Rilke

Does the road wind uphill all the way? Yes, to the very end.

Christina Rossetti

Happiness is a form of courage.

Jackson Holbrook

Every dawn is a new contract with existence.

Henri Frederick Amiel

Happiness is not mostly pleasure; it is mostly victory.

Harry Emerson Fosdick

How many of us put things off, living for a future when we will have more time? How many of us live on the allotted 24 hours a day?

George Sheehan

Man's unique agony as a species consists in his perpetual conflict between the desire to stand out and the need to blend in.

Sydney J. Harris

Life is so short, and we have not too much time for gladdening the hearts of those who are traveling the dark way with us. Oh, be swift to love! Make haste to be kind!

Henri Frederic Amiel

The greatest happiness is to be that which one is.  
Theodore Herzl

Great tranquility of heart is his who cares for neither praise nor blame.  
Thomas a Kempis

The function of freedom is to free somebody else.  
Toni Morrison

Be always resolute with the present hour. Every moment is of infinite value.  
Goethe

It seems like the less a statesman amounts to, the more he loves the flag.  
Kin Hubbard

One of the symptoms of an approaching nervous breakdown is the belief that one's work is terribly important.  
Bertrand Russell

Baha'i: Blessed are those who prefer others before themselves (Tablets of Baha'llah 71).  
Buddhism: Hurt not others in ways you yourself would find hurtful (Udana-Varqu 5:18).  
Christianity: Do unto others as you would have them do unto you (Luke 6:13).  
Hinduism: This is the sum of all duty: treat others as you yourself would be treated (Mahabharata 5:1517). Islam: No one of you is a believer until you desire for another that which you desire for yourself (Sunnah). Jainism: In happiness and suffering, in joy and grief, regard all creatures as you would regard your own self (Lord Mahavir 24th Tirthankara). Judaism: What is hateful to you, do not do to your neighbor; that is the entire Torah; the rest is commentary; go and learn it (Rabbi Hillel, Talmud, Shabbat 31a). Sikhism: Be not estranged from another for God dwells in every heart (Sri Guru Granth Sahib). Zoroastrianism: Human nature is good only when it does not do unto another whatever is not good for its own self (Dadistan-i-Dinik, 94:5).  
Now who says we can't agree on something!  
Thomas L. Jackson

Human existence cannot be silent, nor can it be nourished by false words, but only true words, with which men and women transform the world. To exist, humanly, is to name the world, to change it... Human beings are not built in silence, but in word, in work, in action-reflection.  
Paulo Freire

I was passionate, filled with longing, I searched far and wide. But the day that the Truthful One found me, I was at home.  
Lal Ded

We Jews have seen the Torah as not just a book of stories or law codes, but as a love

letter from God.  
Harold Kushner

Damn it, Bill, I knew better. Was I not taught and did I not teach again and again that our human condition is that “we want love and don’t know how.” Why did this father not learn what he knew? Bless me, son, for I have sinned. I never learned how to just say, “I love you, son,” lovingly enough, loudly enough.

Anderson Clark

All the old primitive sins are not dead, but are crouching in the corners of our modern hearts.

Carl G. Jung

“You are only afraid because you don’t know anything about death,” his father replied. “But someday you will wonder why you were afraid, even as today you wonder why you feared to be born.”

Pearl S. Buck

In retrospect, [Harlem] was a great community; it was a very fascinating community. If you had asked me forty years ago, I wouldn’t have used these terms...It was a very cohesive community. You knew people. You didn’t know their names, but you’d pass people on the street and see the face over and over again...You knew the police, you knew the firemen, you knew the teachers, the people on the street. You knew the peddler. It was *me*.

Jacob Lawrence

Using the same old materials of earth, air, fire, and water, every twenty-four hours God creates something new out of them. If you think you’re seeing the same show all over again seven days a week, you’re crazy. Every morning you wake up to something that in all eternity never was before and never will be again. And the you that wakes up was never the same before and never will be the same either.

Frederick Buechner

Listen only listen. Do not pursue me as though you were God. The gift I need is your hearing and your heart.

Thomas John Carlisle

I can never teach your children everything they need to know. But I can teach them to be curious and discontent.

Marva Nettles Collins

I sit on a man’s back, choking him and making him carry me, and yet assure myself and others that I am very, very sorry for him and wish to lighten his load by all possible means—except by getting off his back.

Leo Tolstoy

Two policemen came and wanted to know what was the trouble. One said, “Why don’t

you stand up?" I said, "I don't think I should have to." At that point, I asked the policemen, "Why do you push us around?" He said, "I don't know, but the law is the law and you're under arrest."

Rosa Parks

Are we not all divine? Are we not all made for a higher life?

Mother Teresa

For it is in giving that we receive, it is in pardoning that we are pardoned, it is in dying that we are born into eternal life.

Francis of Assisi

We must not deceive ourselves. Reconciliation does not mean holding hands and singing: "black and white together." It means rather, death and suffering, giving up one's life for the sake of the other.

Allan Boesak

Each one of the elements within the Medicine Wheel represents one of the many things of the Universe. One of them represents you, and another represents me. Others hold within them our mothers, fathers, sisters, brothers, and our friends...There are also stones which represent religions, governments, philosophies, and even entire nations. All things are contained within the Medicine Wheel, and all things are equal within it.

Hyemeyohsts Storm

Art thou anything?

Art thou some god, some angel, some devil,

That mak'st my blood cold and my hair to stare?

Speak to me what thou art.

William Shakespeare

A while

Without food

I can live;

But it breaks my heart

To know

I cannot give.

Penniless...

I can share my rags,

But I —

I cannot bear to hear

Starved children cry.

Toyohiko Kagawa

and I am awaiting

perpetually and forever

a renaissance of wonder

Lawrence Ferlinghetti

Tomorrow,  
I'll sit at the table  
When company comes.  
Nobody'll dare  
Say to me,  
"Eat in the kitchen,"  
Then.  
Besides,  
They'll see how beautiful I am  
And be ashamed,—  
I, too, am America.  
Langston Hughes

We are not automatic lovers of self, others, world, God. Love does not just happen...Love is a willingness to be present to others without pretense or guile. Love is a conversion to humanity—a willingness to participate with others in the healing of a broken world and broken lives.  
Carter Heyward

Even with us something like that happens once in a while. The face of a man walking his child in the park, of a woman picking peas in the garden, of sometimes even the unlikeliest person listening to a concert, say, or standing barefoot in the sand watching the waves roll in, or just having a beer at a Saturday baseball game in July. Every once and so often, something so touching, so incandescent, so alive transfigures the human face that it's almost beyond bearing.  
Frederick Buechner

But somebody's gonna have to answer  
The time is coming soon  
When the blind remove their blinders  
And the speechless speak the truth  
Tracy Chapman

The Word  
becomes  
flesh!  
Not  
how we (usually) expect it,  
or want it or look for it,  
(when we pray to turn flesh into Word),  
when we're frantic for power and dominion:  
amidst pentagon briefings  
or corporate jets  
or dominating athletics

or congressional corridors  
or pharmaceutical universes  
or mutual funds and stock options  
or celebrity receptions  
or new car showrooms  
or raffish political fundraisers  
or elite bookstores and academies  
or mergers and macros  
or windows of opportunity  
or dizzying penthouses and palaces  
or even, perhaps, gothic structures  
of solemn, godly assemblies...  
But—unexpectedly, shockingly—the  
Word  
bursts forth into the  
Infant Flesh  
of humility  
and homelessness  
and poverty  
and commonness:  
simplicity  
compassion  
forgiveness  
healing  
community...  
and Hope  
Thomas L. Jackson

The rich must be critical amid their own surroundings of affluence: why they are wealthy and why next door there are so many poor. A wealthy Christian will find there the beginning of conversion, in a personal questioning: Why am I rich and all around me so many that hunger?  
Oscar Romero

Life only demands from you the strength that you possess. Only one feat is possible—  
not to have run away.  
Dag Hammarskjöld

All the world's great spiritual leaders have derived their power largely by making the supreme identification; namely, by offering their lives in the cause of human need or ennoblement. When we study the lives of these leaders, we see that each of them was aware that the example of renunciation and sacrifice awakens powerful forces in human beings.  
Norman Cousins

Love, I thought, is stronger than death or the fear of death. Only by it, by love, life

holds together and advances.  
Ivan Turgenev

When we are really honest with ourselves, we must admit that our lives are all that really belong to us. So it is how we use our lives that determines what kind of people we are.  
Cesar Chavez

Often learning has less to do with facts than with experience. Eyes less conditioned only by the oughts or the shoulds of life sometimes see more clearly than those preoccupied with confirming old information.  
Helen Keller

We inhabit a paradox. Our age is tragic, and catastrophe does threaten, but though the future is obscure, it does not come to us inexorable and inescapable. Our tragedy lies in the richness of the available alternatives, and in the fact that so few of them are ever seriously explored.  
Tom Athanasiou

Americans find difficulty very hard to take. They are inevitably looking for a happy ending. Perversely, [as an author] I will not give the happy ending. I think life is difficult and that's that. I am not at all—absolutely not at all—interested in the pursuit of happiness. I am interested in pursuing a truth, and the truth often seems to be not happiness but its opposite.  
Jamaica Kincaid

The true way to be humble is not to stoop until you are smaller than yourself, but to stand at your real height against some Higher Nature, that will show you what the real smallness of your greatness is.  
Phillips Brooks

Foster a society based on creed instead of greed, on systematic unselfishness instead of systematic selfishness, on gentle personalism instead of rugged individualism.  
Peter Maurin

In the squares of the city,  
by the shadow of the steeple  
Near the relief office, I saw my people  
And some were stumbling, and some were  
wondering if  
This land was made for you and me.  
Woody Guthrie

If you want God to laugh...make plans.  
Unknown

Christians throughout the centuries have understood that life in Christ means being

responsible for many more people than one's spouse and children.

Kathy Rudy

In our current social and economic landscape, market forces are rendering more and more people completely disposable. With globalization and technology and a much more vicious global capitalism, you see, at one level, the downsizing of middle management, but at the other level, people on the street. It's the same phenomenon. The economy no longer needs all these people, and it doesn't care what happens to them. It's deeply sobering because I don't think we are willing to name that reality, and until we can, we're not even going to begin to get a handle on how to solve the level of poverty.

Will O'Brien

I'm shown only what I'm able to understand. Truth in all its glory would shatter me.

Sy Safransky

I suspect one of the reasons we so extol the value of the family is because we are so unsure of its worth. We attempt to substitute rhetoric for substance and are thus unable to deal with the obvious shortcomings of the institution. In actuality, we must acknowledge that some families are a cauldron seething with hate and contempt which have been called love in the supposed interests of the integrity of the unit.

Stanley Hauerwas

The favorite solution to poverty among most Americans has always been overall economic growth that creates jobs and helps the poor escape poverty through work and wages. Unfortunately, wage rates have declined steadily in the jobs available to less-skilled workers, which means that employment has become progressively less effective at reducing poverty.

Rebecca Blank

Who talks of beauty anymore? In many circles, beauty has become a suspicious term. We offend Venus at every turn, cutting off funding to her causes, calling her fantasies pornographic, and pimping her through advertising. When she leaves, we are left not only without her, but alone and unshielded with Mars unrequited.

Benjamin Sells

We don't dance for the Gods in our White culture. In our culture, our God is ourselves, so we dance for self expression... Imagine what kind of city we would have if people danced for the buildings when they were finished. I don't think they would dance for some of those cold, glass bank buildings.

James Hillman

To realize itself, [passionate] love must violate the rules of our world. It is scandalous and disorderly, a transgression committed by two stars that break out of their predestined orbits and rush together in the midst of space. The romantic conception of love, which implies a breaking away and a catastrophe, is the only one we know today because

everything in society prevents love from being a free choice.  
Octavio Paz

What could be more pathetic, when all is said and done, than the unconscious equation that is gaining more and more currency in America: the equation that information equals experience.  
Michael Ventura

The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not-knowing, not-curing, not-healing, and face with us the reality of our powerlessness...that is the friend who cares.  
Henri Nouwen

A Brief History of Medicine:  
200 BC: "Here, eat this root."  
1000 AD: "That root is heathen. Here, say this prayer."  
1850 AD: "That prayer is superstitious. Here, drink this potion."  
1940 AD: "That potion is snake oil. Here, swallow this pill."  
1985 AD: "That pill is ineffective. Here, take this antibiotic."  
Today: "That antibiotic is artificial. Here, eat this root."  
Unknown

The criminal justice system today has become of our chief means of regulating and controlling millions of unemployed and under-educated black and Latino young men. What lynching was in the South in the 1920's, the death penalty and life-sentences-without-parole have become.  
Manning Marable

Americans have come to believe, deeply, that it is our right to consume. If we have the money, we can buy whatever we want—whether or not we need it, use it, or even enjoy it. After all, it's a free country. Beyond the constitutional rights of free speech, assembly, due process and so on, there is the right to have anything you want, as long as you are willing to pay for it...or at least promise to pay for it on time.  
Vicki Robin

There is a temptation in all of life to diddle around for years on end...to sulk along on the edge of rage. I won't have it. The world is wilder than that in all directions, more dangerous and bitter, more extravagant and bright. We are making hay when we should be making whoopee; we are raising tomatoes when we should be raising Cain, or Lazarus.  
Annie Dillard

Being is more important than doing, the heart is more important than the mind, and doing things together is more important than doing things alone...  
Henri Nouwen

Let us sing a new song, not with our lips but with our lives.

Augustine

A broken person will reveal to you your own hurt and the hardness of your heart, and also how much you are loved. Thus the one that you came to heal or to help becomes your healer, your helper.

Jean Vanier

The work is more important than the talking and the writing about the work. It is always through the performance of the works of mercy that love is expressed, that people are converted, that the masses are reached.

Dorothy Day

Our daily lives have the most to do with the situation of the world.

Thich Nhat Hanh

Why don't we look at what we actually do? We have rituals around death: we lie in the hospital, in a bed with tubes up our nose, with a doctor who comes in and out, and somebody who is watching a machine, way down the hall probably. When death comes, the machine beeps! That is our ritual of dying. It tells a lot about our culture.

James Hillman

American society proclaims the worth of every human being. Yet at the same time, our institutions say "find a job or go hungry," "succeed or suffer." They prod us to get ahead of our neighbors economically after telling us to stay in line socially. They reward prizes that allow the big winners to feed their pets better than the losers can feed their children.

Arthur Okun

Perhaps boredom [in children] is not, as we often regard it, a symptom of neglect. Perhaps it's every child's natural-born right. Rather than supervise and coach...maybe it's time we gave childhood back to children. Maybe it's time we let them play. Ellen Ruppel Shell

Through sex we enter the timeless, boundary-less moment. We partake of the one experience above all others which allows the bliss of true union. Here, ego and all its concerns are erased and the self is dissolved. To know, feel, and discover this in the presence of another human being is to be brought face-to-face with one of the great mysteries of human existence—that we are spirit, embodied.

Daphne Rose

It can all be summed up in a phrase: the aim of a Christian social order is the fullest possible development of individual personality in the widest and deepest possible fellowship.

William Temple

Pastors find it excruciatingly perplexing to preach and teach on the economic life of Christians and of the society in which they live... The church's teaching on economy has been so timid because it has been unwilling in its modern forms to ask about the life and work of God in relation to economy. The reform of our teaching about God and our views of economy should proceed hand in hand.

Douglas Meeks

i thank You God for most this amazing  
day:for the leaping greenly spirits of trees  
and a blue true dream of sky;and for everything  
which is natural which is infinite which is yes  
e.e. cummings

Our society makes it difficult for us to be awake. There are so many distractions. We know that 40,000+ children in the Third World die of hunger every day, but we keep forgetting. Our society makes us forgetful..

Thich Nhat Hanh

Even the dullest students of the American economic scene haven't failed to notice the widening chasm between rich and poor or the increasingly obvious disparities between the civic-minded theory taught in school and the profit-making facts posted on the walls of the news and entertainment media. As was true in the early years of the American republic, the country is governed by a commercial oligarchy.

Lewis H. Lapham

Dogma and doctrine may serve the ends of power, but faith belongs always and only to the individual.

Fenton Johnson

Courage is not synonymous with fearlessness. On the contrary, it often means taking necessary action while afraid.

Barbara Barksdale Clowse

The good news is not that the poor are blessed for being poor, but that to them belongs the kingdom.

Walter Brueggemann

Every time I take a step in the direction of generosity, I know I am moving from fear to love.

Henri Nouwen

All my life, when confronted with questions of style and taste, I've asked myself, "What would Elvis do?" And he hasn't failed me yet. Elvis took up the guitar. Elvis wore pink and black. Elvis made a grand collision of white and black working-class cultures.

Elvis picked up a gun and shot his television. Elvis was right.  
Danny Duncan Collum

Large corporations are engaged in high-powered recruiting on and off college campuses, making lucrative offers to college seniors. It appears, in such a strong economy, it is harder for people to pay attention to the poor and marginalized.  
Tim McCabe

We get used to ugliness so quickly. We suffer these things and they fade from memory. But daily, hourly, to give up our own possessions and especially to subordinate our own impulses and wishes to others—these are hard, hard things; and I don't think they get any easier.  
Dorothy Day

There are at least two reasons to take seriously the religious dimension of war. First, because it is the religiosity of war, above all, which makes it so impervious to moral rebuke. For millennia, and long before the teachings of Jesus, people have understood that war inverts all normal morality; that it is, by any sane standard, a criminal undertaking. The other reason to study the religiosity of war is for what it has to say about us as a species, about "human nature." We might well ask of ourselves: What is it about our species that has made us see in war a kind of sacrament?  
Barbara Ehrenreich

There are principalities of today to be confronted: their idols and thrice-stoked furnaces and caves of lions, their absurd self-serving images and rhetoric. Someone must pink their pride, decode the handwriting on the wall. Who is to stand up, to withstand?  
Daniel Berrigan

Our attempt to manage marriage is like pornography trying to manage love-making. We discover it is about something we don't really understand, can't manage, didn't design, yet cannot turn aside from. So we set out to trivialize it, shape it into a toy of our own design. Millions of marriage manuals later, we remain its mistress, dazzled by its promises, haunted by its impossible demands.  
C. Blayney Colmore III

Did Sir Walter Scott, Macaulay, or Tennyson ever see war? I should say not. That is where the glory of war comes from. We have heard very little about it from the real soldiers.  
Harry Emerson Fosdick

Nothing is easier for Christians like me than mouthing the Sermon on the Mount while avoiding Jesus' hard sentence, "You cannot serve both God and mammon."  
Peter Mommsen

When the air is toxic and the well water poisoned, a religion cut off from the earth is a mind game of little consequence.

Jeannie Wylie-Kellerman

What does the Pledge of Allegiance sound like on an empty stomach?

[Food First]

Your work is to discover your work and then with all your heart to give yourself to it.

Buddha

Here you are waitin' to know about cree-a-tivity. Lemme tell you somethin', baby. Carin' is where it's at. Trust me now because I know what I'm talkin' about—you got a love for what you're doin' and everythin' else, all the rest of this cree-a-tivity stuff you're wonderin' about, baby, it just comes.

Ellen Stewart

In Christness, hearts opened up to suffering are also opened up to joy.

Julie Polter

Nobody sees a flower—really—it is so small it takes time—we haven't time—and to see takes time, like to have a friend takes time.

Georgia O'Keeffe

Feeling both joy and pain fully is essential if we are to be truly alive. When we experience pain, doubt, and fear, we must not run from it. We must feel it and then let it flow away from us when it is possible. This “then,” this moment of release, this opening for new possibilities cannot be rushed. It may take years to come, but, pray God, it doesn't take one second longer than is needed.

Robert J. Wickes

Forgiveness is giving up all hope of having had a better past...

Anne Lamont

I tried for years to live according to everyone else's morality. I tried to live like everyone else, to be like everyone else. I said the right things even when I felt and thought quite differently. And the result is a catastrophe.

Albert Camus

I found the answer to what and how to paint when I joined a school of painters in Paris after the war who called themselves neomeditationists. They believed an artist had to wait for inspiration, very quietly, and they did most of their waiting at the Cafe du Dome or the Rotonde with brandy. It was then that I realized that all the really good ideas I'd ever had came to me while I was milking a cow. So I went back to Iowa.

Grant Wood

Memo to myself: I'm not God. I don't have to do everything...and I don't have to do any of it all at once!

Thomas L. Jackson

Our task is to provide communication tools that community leaders can use to inspire their people. But it is more than information. Information without inspiration is impotent. What is lacking is vision. Information has far outpaced the visions of yesterday.

Balbir Mathur

With unfailing kindness, your life always presents what you need to learn. Whether you stay at home or work in an office or whatever, the next teacher is going to pop right up.

Charlotte Joko Beck

Ask me not where I live, or what I like to eat...Ask me what I'm living for, and what I think is keeping me from living fully for that.

Thomas Merton

Being chosen by God will cost you everything.

Mary Vineyard

If you were to do a careful analysis of the circumstances of low-income communities around the country, you would find that the most commonly shared characteristic is the prevalence of absentee ownership. The wealth that flows into the community or the wealth that's generated within that community flows right back out. Poverty has a lot less to do with income than with structures of ownership.

Chuck Matthei

The purpose of separation of church and state is to keep forever from these shores the ceaseless strife that has soaked the soil of Europe with blood for centuries.

James Madison

The older I get, the more convinced I am that either we have invented God, or God has invented us. Either way, it doesn't matter. We need witnesses for our lives.

Thomas Lynch

The simplicity of the gospel message has been hidden behind mountains of [church] legislative interpretations of how to live the gospel....

Morris West

Do we honestly and truly believe in the "hard sayings" of our brother Jesus? How about this one from Matthew: "Give to those who beg from you"? Now it sure seems to me that most comfortable-living Christians either ignore this or simply don't believe it. Brother Jesus meant it...Many years ago, Peter Maurin, co-founder of our Catholic Worker Movement, said that beggars are "ambassadors of God." I believe that this is profoundly true, and that they are put there in front of us...They need us and by gosh we need them.

Jerry Robinett

We want more school houses  
and less jails,  
more books  
and less guns,  
more learning  
and less vice,  
more leisure  
and less greed,  
more justice  
and less revenge. . .

We want more opportunities  
to cultivate our better nature.  
Samuel Gompers

We will have to repent in this generation not merely for the hateful words and actions of the bad people, but for the appalling silence of the good people. Human progress never rolls in on wheels of inevitability; it comes through the tireless efforts of men and women willing to be coworkers with God, and without this hard work, time itself becomes an ally of the forces of stagnation.  
Martin Luther King, Jr.

Tell me the truth, but tell me slant.  
Emily Dickinson

A true Biblical faith recognizes that the Bible is not a book of answers. It's the story of the human race getting it wrong, over and over and over again. Even St. Paul frequently contradicts himself, rebuking his own folly, harshness, and intolerance.  
A.N. Wilson

There is no scientific evidence that reparative or conversion therapy is effective in changing a person's sexual orientation. There is, however, evidence that this type of therapy can be destructive.  
American Psychiatric Association

Christianity no more owns the gospels than do multinational corporations own the earth, a point that the gospels and the earth will make clear enough in due course.  
Gil Baillie

Americans' love of [gratification] has now become the predominant taste of the nation; the great current of human passions run in that channel and sweeps everything along in its course.  
Alexis de Tocqueville (1840)

After all, this peculiar kind of evil—money buying politicians—will yield nothing less than the aroused conscience of an entire nation. I do not know of a greater task or a more eminent task before us as a people.

Sen. William Borah (1926)

It is time for right-thinking Democrats, Republicans, and Independents to join hands in a drive to reform the system. If people are to reclaim control, they must take their government off the auction block where the public interest is being bought and sold by those special interests with the biggest campaign funds.

Gaylord Nelson

We read the gospel as if we had no money, and we spend our money as if we know nothing of the gospel.

John Haughey

My friend, Billy Mack Porterfield was raised in the County Line Salt of the Earth Predestinarian Faith Church. They had a membership of seven, and then had a doctrinal split.

Molly Ivins

Any time one deliberately places oneself in the presence of God for the purpose of simply being with God, that is contemplation.

Mark Neilsen

Notice how we do not identify the problems as social issues to be resolved, but as flesh-and-blood enemies to be attacked (which is why the “war on poverty” turned so quickly into a war on the poor). These enemies must be defeated rather than transformed, much less loved (which is why there is profligate spending for prisons and executions but scant resources for drug treatment).

Lee Griffith

Next time you’re in a particularly soul-searching mood, ask yourself this question: What would it take for me to make a spontaneous, radical gesture in support of something I believe in? Do I believe in anything strongly enough? What would it take for me to say: This may not be rational, it may not be considerate—but, damn it, I’m going to do it anyway because it feels right?

Kalle Lasn

I hope we shall crush in its birth the aristocracy of our moneyed corporations, which dare already to challenge our government to a trial of strength, and bid defiance to the laws of our country.

Thomas Jefferson

Prepackaged, nationally distributed programming and multiple stations in a single city with the same (off-site) corporate owner are now the norm. The price is being paid in the “blanding” of content, potentially fewer opportunities for independent or minority ownership, and increased corporate control of news and music.

Julie Polter

An ordinary everyday walking in the path of duty, and especially the path of kindness, is a better foundation for doing good work for the Lord than any great ecstasies of inspiration.

Hannah Whitall Smith

We are not listening to our poets and our artists. Our government certainly isn't. But we can suffer from a malnutrition of the spirit just as easily as we can suffer from other kinds of poverty, and we need to recognize that art is not frivolous, that it is essential to our souls. We need to feed our spirit as well as our bodies.

Rita Dove

God moves in passion.

Kahlil Gibran

Do we not love and fear the freshness of those who call us to live rather than to stagnate, to grow into our full spiritual stature rather than settle for a shallow mediocrity of ourselves?

Carter Heyward

One suspects a day will come when Texans will look back [at capital punishment] in shame not only that they killed people with such abandon, but that they did it so fast and loose—well, slow and loose—with so little thought to human rights, which our country stretches so hard to proclaim around the world.

Michael Farrell

Where there is great love, there are always miracles.

Willa Cather

What happens if, instead of seeing God as existing primarily to take care of our needs, we begin to understand that perhaps creation is a response to God's needs—creation and human existence as it was, is, and is becoming.

Michael Dwinell

When I learned that nothing could save me, I discovered that nothing could damn me, either.

Donna Minkowitz

The aim of life is to live, and to live means to be aware—joyously, serenely, divinely aware.

Henry Miller

I'm a pessimist about tomorrow, but I'm an optimist about the day after tomorrow.

Eric Sevareid

The persecution of homosexuals is as unjust as apartheid...For me it's a matter of human rights and a deeply theological issue. I believe that homosexuals are as much God's

children as anyone; I can't be part of a scheme for clobbering them.  
Desmond Tutu

Ultimately what really matters is a courageous spirit and a generous heart.  
Margaret Cessna

As journalism increasingly becomes just another branch of the giant infotainment industry, you can see it beginning to share more and more of the values and purpose (profit being both the value and the purpose) of that small complex of corporations.  
Molly Ivins

Every victory for the soul is a defeat of the ego.  
Carl Jung

I take literally the statement in the Gospel according to John that God loves the world. I believe the world was created and approved by love, and that, insofar as it is redeemable, it can be redeemed only by love. I believe that divine love, incarnate and indwelling in the world, summons the world always toward wholeness, which ultimately is reconciliation and atonement with God.  
Wendell Berry

The most difficult thing to “do” about Jesus’ assertion that you cannot be slave to both God and Mammon is quite simply to agree.  
Peter Selby

The Christian Coalition has no more to do with Christianity than the Elks Club has to do with large animals with antlers.  
Garrison Keillor

Death is not a human experience. We are born to love only from day to day.  
Ludwig Wittgenstein

God often calls us to do things that we do not have the ability to do. Spiritual discernment says: if God calls you to do something, God empowers you to do it.  
Suzanne Farnham

One of the bad things about this country is that we're so anxious for the approval of our peers.  
Elia Kazan

The greatest force in the human body is the natural drive of the body to heal itself—but that force is not independent of the belief system, which can translate expectations into physiological change. Nothing is more wondrous about the fifteen billion neurons in the human brain than their ability to convert thoughts, hopes, ideas, and attitudes into chemical substances. Everything begins, therefore, with belief. What we believe is that most powerful option of all.

Norman Cousins

I wanted to try to live in accord with the promptings which came from my true self.  
Why is that so difficult?  
Hermann Hesse

The only journey of knowledge is from the depth of one being to the heart of another.  
Norman Mailer

“Contemporary Christian music” yodels of a Christ-less, watered-down, pablum-based, positive-alternative, aura-fluff, cream of wheat, mush-kind-of-syrupy, God-as-my-girlfriend kind of thing.  
Steve Camp

If you want the kernel, you must break the shell.  
Meister Eckhart

It is pretty obvious that the debasement of the human mind caused by a constant flow of fraudulent advertising is no trivial thing. There is more than one way to conquer a country.  
Raymond Chandler

I am poor and naked, but I am the chief of the nation. We do not want riches, but we do want to train our children right. Riches would do us no good. We could not take them with us to the other world. We do not want riches. We want peace and love.  
Sioux Chief Red Cloud

If we are to reach true peace in the world, we shall have to begin with children. We shall go from love to love and peace to peace, until at last all corners of the world are covered with that peace and love for which, consciously or unconsciously, the whole world is hungering.  
Mohandas K. Gandhi

Marriage is God hunger, God having God’s divine Way with us. Because we’re conditioned to hard work and achievement, we make our marriage vows promises we will work hard to keep. Like resolutions to lose weight. These vows are not promises; not one of us has the power to do these things. They are bald statements of reality, of the way it now is, by God’s grace, with us. For eternity. No matter what course the marriage may take, God has made the union perfect. Forever.  
C. Blayney Colmore III

This life therefore is not righteousness but growth in righteousness, not health but healing, not being but becoming. We are not yet what we shall be, but we are growing toward it; the process is not finished, but it is going on; this is not the end, but it is the road.  
All does not yet gleam in glory, but all is being purified. Amen.

Martin Luther

And then there's the story of the Christian on a desert island who built two churches. When eventually rescued, he was asked why he built two churches. "Oh, that one over there," he said, "is the one I wouldn't be caught dead in..."

Unknown

The veneration and worship went on, but there was no fire.

Anthony de Mello

Tell your story...go into yourself and see how deep the place is from which your life flows; at its source you will know yourself..Then take that destiny upon yourself, and bear it, its burden and its greatness.

Ranier Maria Rilke

What is appealing for us about the gods, as distinct from God, is that they are like us: weak and willful, the slaves of desire, vengeful, capricious, silly, yet capable at times of acts of self-transcending greatness.

Robert Calasso

Ministry happens in unexpected places with unexpected people. We must risk failure. We can't do this at arm's length. The church's real role is to allow this to happen.

Tim McCormick

We are all children of God. The God who made us loves us, and there is not one of us that he does not wish to return to him. It is never too late. There is never no hope...The death penalty diminishes us.

Edmond Carmody

We hardly know how to talk about character, but we have a deep sense of when we're in the presence of somebody who has it. One way of talking about character might be, perhaps, to say a person whose life and no part of it cannot be bought and is not for sale has character.

Michael Dwinell

Women are becoming ever more conscious of their human dignity. They will not tolerate being treated as inanimate objects or mere instruments, but claim, both in domestic and public life, the rights and duties that befit a human person.

John XXIII

Education costs money, but then so does ignorance.

Sir Claus Moser

A lie will easily get you out of a scrape, and yet, strangely and beautifully, rapture possesses you when you have taken the scrape and left out the lie.

C.E. Montague

Let me say, at the risk of seeming ridiculous, that the true revolutionary is guided by great feelings of love.

Che Guevara

Pray for the dead and fight like hell for the living.

“Mother” Mary Harris Jones

When it’s over, I don’t want to wonder if I have made of my life something particular, and real. I don’t want to find myself sighing and frightened, or full of argument. I don’t want to end up simply having visited this world.

Mary Oliver

The doctrine which from the very first has been held by bigots of all sects—when stripped of rhetorical disguise—is simply this: “I am in the right, and you are in the wrong. When you are the stronger, you ought to tolerate me, for it is your duty to tolerate truth. But when I am the stronger, I shall persecute you, for it is my duty to persecute error.”

Thomas B. Macaulay

The church says: The body is a sin.

Science says: The body is a machine.

Advertising says: The body is a business.

The body says: I am a fiesta.

Eduardo Galeano

We are all pilgrims together finding our way but the markers we lay along the trail will beckon future generations. Let us mark the way well.

Gail Sheehy

Life is so short. It must not be spent in endless metaphysical speculation that does not bring us any closer to the truth.

Thich Nhat Hanh

Let us treasure the time we have, and resolve to use it well, counting each moment precious—a chance to apprehend some truth, to experience some beauty, to conquer some evil, to relieve some suffering, to love and be loved, to achieve something of lasting worth.

Yom Kippur rite

I do yoga every day, but I’ve never made a habit of it.

Krishnamurti

Prison corporations are paid by the head, so overcrowding, fewer services, and cheaper food provide greater profits, as does reducing the pay and training for guards.

Sam Hine

War is a brain-spattering, windpipe slitting art, the feast of vultures and the waste of life.  
Lord Byron

Feeling both joy and pain fully is essential if we are to be truly alive. When we experience pain, doubt, and fear, we must not run from it. We must feel it and then let it flow away from us when it is possible. This “then,” this moment of release, this opening for new possibilities cannot be rushed. It may take years to come, but pray God, it doesn’t take one second longer than is needed.

Robert J. Wicks

As long as little children are allowed to suffer, there is no true love in the world.  
Isadora Duncan

Advertisers are the interpreters of our dreams...Like the movies, they infect the routine futility of our days with purposeful adventure. Their weapons are our weaknesses: fear, ambition, illness, pride, selfishness, desire, ignorance. And these weapons must be kept bright as a sword.

E.B. White

At the End, we shall not be asked what we have read, but what we have done.  
Thomas a Kempis

Rest your heart in God, let yourself float on the safe waters, loving life as it comes, with all the rough weather it may bring. Give, without counting how many years are left, not worried about surviving as long as possible.

Brother Roger of Taize

Must the hunger become anger and the anger fury before anything will be done?  
John Steinbeck

I think religion is often very different from spirituality. Religion is often about rules and people trying to control our lives who are actually very unspiritual. God can be found anywhere, and in fact, everywhere. And you don’t necessarily need a religious dogma to get you to spirituality.

Darren Aronofsky

Compassion melts the hardness until we wait, expectant and thirsty, for a God who intrudes into our lives to restore the missing splendor.

Janice Meyers

If people want to watch TV, that’s fine, but I feel like TV holds a close second to cars for destroying our society. It’s a failed experiment.

Natalie Merchant

Only the crime of murder seeks like behavior. The jury does not order the thief robbed

or the rapist raped...We would do well to fear our ability to disguise vengeance as justice. We would do well to recognize the temptation of allowing those who take innocent lives to rob us of our Christian spirit.

Camille D'Arienzo

We can't save the world. We can't do the big things...We can't do what we thought we could do in better times. Most of us in my generation will not live to see serious changes in a pro-human direction in our country. But that is not the point. The point is the integrity and the consistency of our actions, the ability to concentrate and be refreshed by the quality of things to be done.

Daniel Berrigan

A church that doesn't provoke any crises, a gospel that doesn't unsettle, a word of God that doesn't get anyone's skin, what gospel is that? Very nice, pious considerations that don't bother anyone;

that's the way many would like preaching to be. Those people who avoid every thorny matter, so as not to be harassed, so as not to have conflicts and difficulties, do not light up the world they live in.

Bishop Oscar Romero

Pilgrims are people in motion, passing through territories not their own, seeking something we might call completion—or perhaps the word “clarity” will do as well—a goal to which only the spirit's compass points the way.

Richard R. Niebuhr

Reach out to each other in all sorts of embarrassing ways, for it is only in reaching that we touch.

Thomas L. Jackson

Jesus was a refugee, throughout his life: stalked as a baby, hounded and hunted during his public life, executed as a delusionary and provocateur. Maybe Christians ought to settle for that. Maybe that would amount to a truly new beginning.

Philip Berrigan

Listen to your life. See it for the fathomless mystery that it is. In the boredom and the pain of it no less than in the excitement and gladness: touch, taste, smell your way to the holy and hidden heart of it because in the last analysis all moments are key moments, and life itself is grace.

Frederick Buechner

Heroes come in all sizes, and you don't have to be a giant hero. You can be a very small hero. It's just as important to understand that accepting self-responsibility for the things you do, having good manners, caring about other people—these are heroic acts.

Everybody has the choice of being a hero or not being a hero every day of their lives.

You don't have to get into a giant laser-sword fight and blow up three spaceships to become a hero.

George Lucas

We are a nation that likes to have wars without casualties (at least on our side), video games without reality checks, violent pop culture that's just fun, and the "freedom" to say anything we want no matter how disrespectful or hateful to other people. We like to have the violence without the consequences. But violence does have consequences, and it's both terribly ironic and horribly painful that our children are teaching us that lesson....

Jim Wallis

A person's life purpose is nothing more than to rediscover, through the detours of art, or love, or passionate work, those one or two images in the presence of which that person's heart first opened.

Albert Camus

The road to Jericho today, the road of the Good Samaritan, runs through every underdeveloped country.

Michael Quoist

This terrible individualism must inevitably have an end, and suddenly all will understand how unnaturally they are separated from one another. It will be the spirit of the time, and people will marvel that they have sat so long in darkness without seeing the light.

Feodor Dostoevsky

A Leader is a person who refuses to be crazy the way everybody else is crazy and tries to be crazy in their own crazy way.

Peter Maurin

While we move ahead with our effort to discern what God's will might be for American society, it's very important for us to remember that we all hear God's will according to our distorted, mistaken human ability to hear. That will allow us to be open to the possibility that our opponent is also taking their effort full-step along the path, according to what they believe to be God's will.

Naomi Wolf

"Mentors with Control" attempt to take credit for their mentee's achievements and are often threatened by them..."Mentors without Strings" are overjoyed by their mentee's successes.

Maybe it is as simple as this: Mentors with Control believe in scarcity and Mentors without Strings believe in abundance.

Michael Absatz

There's a boy in you about three  
Years old who hasn't learned a thing for thirty  
Thousand years. Sometimes it's a girl.

This child had to make up its mind  
How to save you from death. He said things like:  
“Stay home. Avoid elevators. Eat only elk.”  
You live with this child, but you don’t know it.  
You’re in the office, yes, but live with this boy  
At night. He’s uninformed, but he does want  
To save your life. And he has. Because of this boy  
You survived a lot. He’s got six big ideas.  
Five don’t work. Right now he’s repeating them to  
you.  
Robert Bly

Whoever imitates Christ and has the cheek to want to take Christ’s cross on himself  
when he can’t even carry his own has, in my view, not yet learned the ABC of the  
Christian message.  
C.G. Jung

The Almighty has not created the universe that we may have opportunities to satisfy our  
greed, envy, ambition. We have not survived that we may waste our years in vulgar  
vanities.  
Abraham Joshua Heschel

Individual therapy is often best at helping a person move from not surviving to  
surviving, while, on the other hand, experiencing yourself among others in a group can  
often offer the opportunity to make the difficult transition from surviving to thriving.  
Michael Dwinell

If we want to, we can find our own ways to become true philanthropists, to give  
ourselves away for love of humankind. Commitment for the long haul, fidelity to  
vocation, concern for coming generations. Such long-haul commitment happens in  
ordinary communities, embodies in extraordinary people.  
Robert Raines

It’s not the voting that’s democracy; it’s the counting.  
Tom Stoppard

I learned about sufficiency. After sharing my food, I am not thinner. After sharing my  
plants, I still have too many. After sharing my resources, I am not poor. And after  
sharing my life, I am much richer.  
Jane Regan

We are all sacrificing our children to some god or another, asking our children to suffer  
for what we believe in, be it big-breasted Artemis or Toyota, Disney, or Amway. The  
issue is not if we will worship, but whom.  
Millard Fuller

When people ask me what they should rely on, my answer is always, “Your own intelligence,” and that includes when you’re reading what I say. If you rely on what I say, you’re in trouble because you’re starting with the assumption that somebody’s got the truth, and that’s not the case.

Noam Chomsky

Gandhi said that no religion is a true religion if it does not help solve the problems of the world, here and now. Any religion that tries to take a person away from this life and this world is mere escapism.

Satish Kumar

In therapy, I found myself with all these prosperous, rich, powerful white people. I thought about the curious thing that makes us all human beings. It’s not our pigmentation, not race. It’s not our cultures. It’s our feelings. We all hurt. We all feel joy. We are all vulnerable. If we recognize that within each other, then race and pigmentation would not separate us the way they do.

Russell Means

The human inadequacies of capitalism are far from disappearing. Many human needs are not satisfied in a free market economy.

John Paul II

I look upon the crises that the world faces today as one huge crisis. We will either solve it or it will solve us within a few hundred years. It’s a crisis of poverty amidst plenty. I mean, there’s plenty for everybody in the world, as we know, yet some people are literally starving to death. It’s a crisis of ignorance amidst a glut of information.

Pete Seeger

Once you bring life into the world, you must protect it. We must protect it by changing the world.

Elie Wiesel

A time of spirituality is a time when the structure of things can be seen, when trivia fall away, when purposes are lucid and feelings freed.

Rosemary Dinnage

Peace will be an empty sounding word unless it is founded on truth, built according to justice, vivified and integrated by charity, and put into practice in freedom.

John XXIII

True peace is not for the spineless or self-absorbed. It has nothing to do with passivity or resignation. Peace deserves honesty. It entails the burden of duty. Peace requires deeds of love.

Johann Christoph Arnold

If the people who run our health care system ran the post office, forty-three million

Americans would never get any mail.

Anonymous

The new capitalism has transformed religion itself into primarily a social and therapeutic activity...religion, then, has become a lifestyle strategy.

John B. Judis

The people you lie to, own you. The things you have to lie about, own you. When your children see you owned, then they are not your children anymore, they are the children of what owns you. If money owns you, they are the children of money. If your need for pretense and illusion owns you, they are the children of pretense and illusion. If your fear of loneliness owns you, they are the children of loneliness. If your fear of truth owns you, they are the children of the fear of truth.

Michael Ventura

If you are silent, be silent from love. If you accuse, accuse from love. If you correct, correct from love. If you spare, spare from love. Let love be rooted deep in you, and only good can grow from it.

St. Augustine

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

Iris Murdoch

For love's more important and powerful than  
Even a priest or a politician.

W.H. Auden

No man's really any good until he knows how bad he is, or might be; till he's realized exactly how much right he has to all this talk about "criminals," as if they were apes in a forest 10,000 miles away; till he's got rid of all the dirty self-deception of talking about low types and deficient skills; till he's squeezed out the last drop of the oil of the Pharisees; till his only hope is somehow or other to have captured one criminal, and kept him safe and sane under his own hat.

G.K. Chesterton

When I feed the poor, they call me a saint; when I ask why the poor have no food, they call me a communist.

Dom Helder Camara

So if you can make the public schools really rotten, people will look for an alternative. Any service that's going to be privatized, the first thing you do is make it malfunction so people can say, "We want to get rid of it. It's not running. Let's give it to Lockheed."

Noam Chomsky

If we are making little headway on our spiritual quest, perhaps we should ask ourselves if we are seeking our goal with the same passion that a cat seeks a mouse.

Edward Hays

Nature is not anthropomorphic.

Lao Tzu

It was an odd quandary for them. He needed sex to feel connected to her, and she needed to feel connected to him in order to enjoy sex.

Lisa Alther

Whenever you feel pangs of loneliness in the world, shadows of despair, or a longing for purpose, find ways to connect with whoever or whatever is suffering and begging for your help.

Kathryn D. Cramer

You may think I am a shadow, but inside I am a sun...

Damia Gates (age 9)

If kissing and being engaged were this inflammatory, marriage must burn clear to the bone. I wondered how flesh and blood could endure such ecstasy. How did married couples manage to look so calm and unexcited?

Jessamyn West

If a man speaks in the forest, and there is not a woman there to hear him, is he still wrong?

Unknown

Aristotle said that philosophy begins in wonder. I believe it also ends in wonder. The ultimate way in which we relate to the world as something sacred is by renewing our sense of wonder. That's why I'm so opposed to the kind of miracle-mongering we find in both new-age and old-age religion. We're attracted to pseudomiracles only because we've ceased to wonder at the world, at how amazing it is.

Sam Keen

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

George Eliot

I think all of these so-called born-again Christians should ask their preachers why they don't hand out organ-donor cards. If you donated a kidney or a heart or an eye or whatever to fellow human to keep them alive, you couldn't be closer to God than that.

Evel Knievel

Don't bite my finger, look where I am pointing.

Warren McCulloch

When people mourn the demise of the melting-pot model, it's important to remind them that it never was an uncontested idea. Pluralism isn't supposed to be about leaping the

boundaries, it's supposed to be about breaking those boundaries down, acknowledging the fluid and interactive nature of our identities.

Henry Louis Gates, Jr.

Tell me, what is it that you plan to do with your one wild and precious life?

Mary Oliver

No teacher can make you be happy, prosperous, healthy, or powerful. No rules or techniques can enforce these qualities. If you wish to improve yourself, try silence or some other cleansing discipline that will gradually show you your true selfless self.

John Heider

Real love is a pilgrimage. It happens when there is no strategy, but it is very rare because most people are strategists.

Anita Bookner

I always have to reassess community wisdom and individual insight; I always have to admit that I may be wrong; I always have more to learn; and I must always be skeptical of my certainties, especially when those certainties exclude people "unlike me."

Patrick Henry

Any idiot can face a crisis. It's day-to-day living that wears you out.

Chekov

The highest condition of the religious sentiment is when the worshiper not only sees God everywhere, but sees nothing which is not full of God.

Harriet Martineau

The only person stopping you from doing something is yourself, and looking for excuses all the time just gets in the way of obtaining your own goals. It's like the writer who keeps getting up and straightening out the pictures in the room.

Chrissie Hynde

It is not enough to have the courage of your convictions, but you must also have the courage to have your convictions challenged.

Christopher Phillips

What is real politics? In one sentence: who collects what money from whom to give to whom to spend for what.

Gore Vidal

The purpose of life is to be defeated by greater and greater things.

Ranier Maria Rilke

Some academic studies have found that anywhere from 40 to 80 percent of what you see, hear, or read as news is either the direct result of a public relations campaign or very

heavily influenced by public relations.  
John Stauber

What part of you needs to be broken, what part needs to be poured?  
Gilbert L. Johnston

Do-so is more important than say-so.  
Pete Seeger

We are not humans on a spiritual path. Rather we are spirits on a human path.  
Jean Shinoda Bolen

Like millions of other little citizens of Christendom, I was infected with the dangerous idea that there is a double standard—the world's and another—and that the other is higher, and all true life flows from it.  
John Updike

Look at who Jesus hung out with: lepers, prostitutes, thieves...the throwaways of his day. If we call ourselves Jesus' disciples, we too have to keep ministering to the marginated, the throwaways, the lepers of today. And there are no more marginated, thrown-away, and leprous people in our society than death-row inmates.  
Helen Prejean

People often tell me that "It's wonderful that you're going into the prison to share the gospel." They don't get it, do they? This is where you find it.  
Charles Colson

Real estate ads offer houses for sale, not homes. A house is a garment easily put off or on, casually bought and sold; a home is skin. Merely change houses and you will be disoriented; change home and you bleed. When the shell you live in has taken on the savor of your love, then your house is a home.  
Scott Russell Sanders

Since the world is upside down, taking the side down and putting it up should be the task of college graduates. But college graduates would rather play somebody else's game in a "position" than to create order out of chaos.  
Peter Maurin

It surprised me how easily one can deny that one has a problem with alcohol... What I learned is that there are some places in life that you can't go. Those places might be different for each of us, but there are places that are forbidden.  
Tom Jay

The young on my campus, when feeling spiritual, are apt to quote film: "May the Force be with you," a blessing so vague that it grants all the thrills of religion with none of the commitment and cost.

Doris Betts

Happiness is to take up the struggle in the midst of the raging storm, not to pluck the lute in moonlight or recite poetry among the blossoms.

D. Ling

Recently I've been irritated by the over-professionalization of American culture. We rely on professionals to bring us our music, our entertainment, even God—which causes our own creativity to wither, and leaves us lacking different ways to see the world.

Amanda Huron

Jesus didn't say, "Pick up your BMW and follow me..."

Joseph L. Roberts

We are living in a world that is absolutely transparent, and God is shining through it all the time. If we abandon ourselves to God and forget ourselves, we see it sometimes—maybe even frequently. God shows God's self everywhere, in everything—in people and in things and in nature and in events. The only thing is, we don't see it.

Thomas Merton

Every child is an artist. The problem is how to remain an artist once they grow up.

Pablo Picasso

When feminists first demanded equal pay for equal work, starting in the mid-60's, women were paid 69 cents for every dollar men made. After 30 years of struggle and hard work, we now make 74 cents for every dollar a man makes. At the rate of five cents every 30 years, we can expect to achieve equal pay sometime in the 22nd century.

Molly Ivins

When [we preachers] address God, the people are listening. When we address the people, God is listening. We serve them both, although we are people ourselves. We listen to both, although it is God who has the last word. Our job is to help the lovers get together—to choose the fewest, best words that will allow them to find one another—and then to get out of the way.

Barbara Brown Taylor

If we are looking for God in some mythical version of someone else's world, then perhaps we have forgotten the revelation that God is here and now. The search for God doesn't require us to escape from our real and actual human relationships—with all their mess and compromise and hurt, as well as their delight and pleasure—to some exotic world where we encounter the folk of our dreams—the tall, half-naked, muscular, and beautiful people, well integrated with one another, with nature, with God.

Gilbert Markus

We don't need a third party. We need a second party.

Jim Hightower

This time around I am here to learn to listen. I am coming to the last third of my life, and the koan—the riddle of my life—is how to listen. That is what I am supposed to figure out. To pay attention to the other.

Tom Jay

It costs so much to be a full human being that there are very few who have the enlightenment or the courage to pay the price. One has to abandon altogether the search for security and reach out to the risk of living with both arms open. One has to embrace the world like a lover. One has to accept pain as a condition of existence. One has to court doubt and darkness as the cost of knowing. One needs a will stubborn in conflict, but apt always to total acceptance of every consequence of living and dying.

Morris West

The spiritual journey is one of continually falling on your face, getting up, brushing yourself off, looking sheepishly at God, and taking another step.

Aurobindo

We can observe mutation, recombination, inheritance, natural selection, and the resultant changes in gene frequencies in populations. Can the creationist do as well with the Creation hypothesis? Are divine interventions occurring today in particular cases? If so, which ones, and how do we tell? If not, why not, and again, how do we check?

Robert Pennock

What do people really want when they think about UFOs? What are they yearning for at the thought of something extraterrestrial? Why, they want something bigger than themselves. They want to know that, in the entire, wild, extraordinary Kosmos, there is something other than their meager egos. Well, there is.

Ken Wilber

We would rather be ruined than changed  
We would rather die in our own dread  
Than climb the cross of the moment  
And let our illusions die.

W.H. Auden

You must be men and women of ceaseless hope because only tomorrow can today's human and Christian promise be realized; and every tomorrow will have its own tomorrow, world without end. Every human act, every Christian act, is an act of hope. But that means you must be men and women of the present, you must live this moment—really live it, not just endure it—because this very moment, for all its imperfection and frustration, because of its imperfection and frustration, is pregnant with all sorts of possibilities, is pregnant with the future, is pregnant with love, is pregnant with Christ.

Walter J. Burghardt

In the years I have been comfortable and full—living the “good life”  
—I have lost sight of the presence of God; but in the years of struggle, I know the very  
presence of the Christ. Financial and physical comfort have been my dope, and, like  
Thomas Merton, I found that “doping our minds and isolating ourselves from everything  
that lives merely deadens us to all the opportunities of love.”

C. River Damien Sims

If you are neutral in situations of injustice, you have chosen the side of the oppressor. If  
an elephant has his foot on the tail of a mouse and you say that you are neutral, the  
mouse will not appreciate your neutrality.

Desmond Tutu

Part of growing up is being able to move past the hurts, so you don't carry anger and  
grief with you all the time.

Ben Affleck

A lot of people, young and otherwise—but especially those from, say, the mid-teens to  
mid-30s—become disillusioned when they get the sneakers with the lights in them, and  
they have the new avocado-colored Salad Shooter, and they have the jacket with  
Michael Jordan's picture on the back, and they realize that it's not enough. People  
wonder: What the hell? What's wrong here? What's missing? What's missing is their  
connection to the universe.

George Carlin

The purpose of therapy is to relieve a person's neurotic suffering so that they might  
come to bear the real suffering of life.

Carl Jung

Those who argue that the wall of separation between church and state has made us a  
godless nation ignore the reality. Our country has a growing religious diversity,  
thousands of vital and active religious groups, and a religious liberty on a scale never  
known before in the history of humankind. We should be grateful to Madison and  
Jefferson for the wall of separation that protects us all.

Charles Levendosky

With each new death penalty statute enacted and each execution carried out, our  
executive, judicial, and legislative branches, at both the state and federal level, add to a  
culture of killing and violence.

Russ Feingold

Hell is our holy arms folded, our holy voice silent.

Jack Agueros

It would be worth the while if in each town there were a committee appointed to see that  
the beauty of the town received no detriment.

Henry David Thoreau

Whoever does not understand your silence will probably not understand your words.  
Elbert Hubbard

Chances are, what is said today about Hispanic immigrants was once said about your ancestors.  
Brian Frazelle

If Aristotle were alive, he would note that there are four types of E-mail lists. There are lists that remind you that the sender went to a better college than you did. There are lists that remind you that he has a better job than you do. There are those that remind you that he has more sex than you do. And, finally, there are those that remind you that he is better than you in every respect: spiritually, professionally, and socially.  
David Brooks

The test of our progress is not whether we add more to the abundance of those who have much; it is whether we provide enough for those who have too little.  
Franklin Delano Roosevelt

People have asked me, “Why do you want to have this disease?” and, “Why don’t you want to get well?” and, “What spiritual ignorance is causing your cancer?” No matter how fancy the wrapping in this doctrine, it too often turns into blaming the victim. I think it’s a way to distance ourselves from our common fragility and impermanence, which illness shoves right in our face.  
Marc Barasch

We “go to” church. We step out of our lives to practice our faith in a specified and compartmentalized time and place.  
William O’Brien

Our men’s group started out because two or three of us were having trouble with the women we were relating to (or, rather, not relating to). A few of us got together, and each invited someone else, and pretty soon we had a group of eight to ten men. Over the years, we began to experience an intimacy with each other. We realized that there were a lot of things we had demanded of women, in terms of understanding us, that they couldn’t give, but that other men could give. And as we began to explore the kind of intimacy that friendship gave us, we found it relieved a lot of pressure on our relationships with women.  
Sam Keen

Too many conflicting emotional interests are involved for life ever to be wholly acceptable, and possibly it is our work [as “storytellers”] to rearrange things so that they conform to this end. In any case, in talking about the past, we lie with every breath we take.  
William Maxwell

The highest calling is to do justice—to trouble the comfortable and comfort the troubled.  
Steve Banks

Statistically, the probability of any one of us being here is so small that you'd think the mere fact of existing would keep us all in a contented dazzlement of surprise.  
Lewis Thomas

Society tells me, "You can satisfy all your desires; you can have it all." Being pretty successful, I can, of course, afford some luxuries. But I realize again and again how we have to dis-illusion ourselves of the idea that these things are going to give us real satisfaction.  
Sam Keen

The sufi opens his hands to the universe and gives away each instant, free. Unlike someone who begs on the streets to survive, a dervish begs to give you his life.  
Rumi

It is very hard to pray if one does not know how. We must help others to learn. The most important thing is silence. We cannot place ourselves directly in God's presence without imposing on ourselves interior and exterior silence. That is why we must accustom ourselves to stillness of the soul, of the eyes, of the tongue.  
Mother Teresa

All teenagers are getting from adults is a kind of obsession with the Dow Jones Index and academic credentials and a career. All these things are fine as long as it is understood that they are there to serve something greater. The average teenager, in a way, is aghast and distraught and horrified by the world we are offering them, by the conversation we are offering to them.  
David Whyte

I do not know anyone who considers himself a hardworking, moral, churchgoing, nonaddicted American who would go to the lengths to which recovering addicts and alcoholics go for the sake of spiritual growth. The urgency is just not there. So, frightful and miserable as active addiction may be, presuming to scorn the prospects of those caught in its grip is our folly. For the addict is being propelled toward a point of decision that the rest of us find time and reason to avoid indefinitely. As they say in the rooms of AA, religion is for people who are afraid of going to hell, spirituality is for those who have already been there.  
Lee Stringer

As a culture, we ourselves—the good guys—bomb into submission what we cannot otherwise control, and we are suffering from case after case of police brutality, and we rank with the most socially-backward countries in the world in our practice of capital punishment...We fail to see that we build violence into the culture, then support it, applaud it. And we wonder how it is that our children have learned it so well. We call it good when we do it and bad when they do it.

Joan Chisttiter

Listen and attend with the ear of your heart.  
St. Benedict

In illness, you're suddenly not yourself anymore. The question is: Are you going to cling in panic to some idealized self that no longer exists? Or are you going to cross the threshold and acknowledge that you're on a journey, though you don't know to where?  
Marc Barasch

There is no hopelessness so sad as that of early youth, when the soul is made up of wants, and has no long memories, no superadded life in the life of others.  
Marian Cross (George Eliot)

I think that the dying pray at the last not "please" but "thank you"...as a guest thanks his host at the door.  
Annie Dillard

But soon we shall die...and we ourselves shall be loved for awhile and forgotten. But the love will have been enough; all those impulses of love return to the love that made them. Even memory is not necessary for love. There is a land of the living and a land of the dead and the bridge is love, the only survival, the only meaning.  
Thornton Wilder

What type of work we do seems less important to me than that we do the work we are attracted to. If we touch human need, or human sorrow, or loss at some point, I think we are touching it at all points. I hesitate very much to indulge myself in some kind of a grocery list of world ills. We are bombarded with that so much anyway. The main thing is to touch human life at some neuralgic point in which we can serve and be served, and heal and be healed. Then a lot of other things become clear, because these things are all connected.  
Daniel Berrigan

If you have to compromise, be sure to compromise up.  
Eleanor Roosevelt

If I had my life to live over again, I should form the habit of nightly composing myself to thoughts of death. I would practice, as it were, the remembrance of death. There is no other practice which so intensifies life. Death, when it approaches, ought not to take one by surprise. It should be part of the full expectancy of life. Without an ever-present sense of death, life is insipid. You might as well live on the whites of eggs.  
Muriel Spark

Ours is a violent country. We look aghast at faraway killing fields and console ourselves it would never happen here. But those countries are at war. The chilling thing is that we call our violent situation peace. Worried that the mayhem may eventually

envelop ourselves, we scramble for solutions. In this scramble we are one of the most backward populations on earth. We are still doing it in the manner of the old frontier, where we found a tree and strung the culprit up, only now we keep the [executions] out of sight. Most of the rest of the world thinks justice is not done this way.

Michael J. Farrell

The main difference I have with libertarians is that I see our society as a forest, whereas libertarians see it as just a bunch of trees standing next to each other.

Wesley J. Smith

Hippie culture really wasn't fundamentally creative, because it was stuck in a rebellious stage. It was good rebellion, but we thought we were going to change the world by entertainment and rock bands and dances and acid, and that's not serious politics.

Sam Keen

In short, race still matters, but it is no longer all that matters. It is time for whites to admit that despite all the changes of the last several decades, racism is still a plague in America. It is time for blacks to admit that as bad as racism is today, great strides have been made. I think of blues music. Good and bad, true at once.

Walt Harrington

So refuse to buy magazines that consistently put anorexic models on their covers. Put your clothing dollars behind companies that mirror your values. And make your voice heard, by writing a letter or e-mail to the companies that just don't get it (they really do listen!).

M.H. Zoll

“An eye for an eye” appears only three times in the entire Old Testament, while “mercy” appears over 3,000 times. We've taken a line from scripture that's quite graphic and misused it. The entire biblical tradition is of restorative justice.

Jim Consedine

There can be little doubt that whatever the situation in his birth family, Jesus did not present his followers with a model of discipleship that had family anyway near its center. Rather, the band of followers, and the church that would develop from them, was a kind of surrogate family. Many early followers of Jesus were expelled from families of origin—even from spouses and children—for following him and needed the church as surrogate family.

Christine Gudorf

There is no way you can take the death penalty and call it anything else other than an act of distilled hatred.

Helen Prejean

It doesn't interest me what you do for a living. I want to know what you ache for, and if you dare to dream of meeting your heart's longing. It doesn't interest me how old you

are. I want to know if you will risk looking like a fool for love, for your dreams, for the adventure of being alive. It doesn't interest me what planets are squaring your moon. I want to know if you have touched the center of your own sorrow, if you have been opened by life's betrayals or have become shriveled and closed from fear of further pain. I want to know to know if you can sit with pain—mine or your own—without moving to hide or fade it or fix it. I want to know if you can be with joy, mine or your own; if you can dance with wildness and let the ecstasy fill you to the tips of your fingers and toes without cautioning us to be careful, to be realistic, or to remember the limitations of being human. It doesn't interest me if the story you are telling me is true. I want to know if you can disappoint another to be true to yourself; if you can bear the accusations of betrayal and not betray your own soul. I want to know if you can be faithful and therefore be trustworthy. I want to know if you can see the beauty even when it is not pretty every day, and if you can source your life from its presence. I want to know if you can live with failure—yours and mine—and still stand on the edge of a lake and shout to the silver of the moon, "YES!" It doesn't interest me to know where you live or how much money you have. I want to know if you can get up after the night of grief and despair—worn and bruised to the bone—and do what needs to be done for the children of the universe and the child within each of us. It doesn't interest me who you are, or how you came to be here. I want to know if you will stand in the center of the fire with me and not shrink back. It doesn't interest me where or what or with whom you have studied. I want to know what sustains you from the inside when all else falls away. I want to know if you can be alone with yourself and if you truly like the company you keep in the empty moments.

Oriah Mountain Dreamer

Some would argue that Jesus' most astounding statement about the Kingdom of God was not that it was at hand, but that it would be a kingdom of the poor.

Graham E. Kelder, Jr.

Because everything he touched turned to gold, King Midas could neither hold his daughter (the future) nor eat the sweet grapes of his past. He had to live his present in cold, lifeless isolation. How familiar the old mystery seems.

Ric Williams

We cannot doubt that we have been given the intellectual vision, the spiritual insight, and even the physical resources that we need for carrying out the transition that is demanded of these times—transition from the period when humans were a disruptive force on the planet Earth to the period when human become present to the planet in a manner that is mutually enhancing.

Thomas Berry

A key factor to my development came in 1969 when I attended an affluent boarding school in Connecticut... It was then that I grasped the tremendous advantages of class that are built into our system and into our culture. Rich kids who were complete screw-ups still went to great colleges, and are now important lawyers or are running big companies. Smart working-class kids went to Vietnam and tried to stay in one piece. I

have never been able to take the pronouncements of our elites at face value since that time.

David Barsamian

The birth of a man is the birth of his sorrow. The longer he lives, the more stupid he becomes, because his anxiety to avoid unavoidable death becomes more and more acute. What bitterness! He lives for what is always out of reach! His thirst for survival in the future makes him incapable of living in the present.

Chuang Tzu

This society was not created on the principal of doing what we want, when we want, and how we want. This society was created to promote what the Founders called “ordered liberty.” We have the right to individual choices, but those choices are made within the context of relationship and community.

Wesley J. Smith

Let judges secretly despair of justice: their verdicts will be more acute. Let generals secretly despair of triumph: killing will be defamed. Let priests secretly despair of faith: their compassion will be true.

Leonard Cohen

No one has the right to sit down and feel hopeless. There’s too much work to do.

Dorothy Day

One must still have chaos in oneself to be able to give birth to a dancing star.

Friedrich Nietzsche

I can’t imagine a God who gave us the power to create, the powers of curiosity, empathy, analytic thinking, and deep compassion, who gave us open hearts and the power of love, at the same time commands us to avoid the ideas and the art these powers produce. I can’t imagine that God has so little faith in our faith, and in our powers of discrimination and critical thinking, that we have to be kept in ignorance, sheltered like small children, to remain good.

Tony Kushner

Without Death, our lives would be pointless and empty. It is Death that wakes us to living. It is Death that prods us to discover and create ourselves and our lives in the few precious years we are given to share with each other here with our Mother Earth.

William G. Bartholome

How wonderful it is that nobody need wait a single moment before starting to improve the world.

Anne Frank

Having resentments is like taking poison and waiting for the other guy to die.

Malachy McCourt

When we are dreaming alone, it is only a dream. When we dream with others, it is the beginning of reality.

Dom Helder Camara

The death penalty for adults is an abandonment of hope. The death penalty for children is an expression of despair.

Alex Kotlowitz

Life is our dictionary.

Ralph Waldo Emerson

We've identified 200 human-made chemicals so far that we are carrying in our breasts and breast milk and passing on to our children.

Andrea Martin

I don't spend much time with politics now, frankly. It's all so ridiculous. All the politicking I ever did was in spite of whoever was in office... Politics is hopeless. People are not hopeless, though; if they were, we would not have had Martin Luther King, Gandhi, or the anti-war movement. The war didn't end because Nixon wanted it to; it ended because he was under massive pressure.

Joan Baez

[Through my illness] I have been allowed to come to the discovery that this precious gift we call life is ours to make of what we will. This above ground "fleshy phase" of our existence is a precious opportunity we are given to experience this world, to build bonds of caring and love with each other, to come to know what we are called to do here, and to create a legacy that will endure.

William G. Bartholome

Human beings are controlled largely by the stories we tell. When we get the story wrong, we get out of harmony with the rest of the natural order. For a long time, our unnatural behavior did not threaten the natural world, but now it does.

Sam Keen

It's as if we've made this whole deafening way of living just to make sure we can't hear this thing that can be so quiet, as quiet as a butterfly. Our defense industries and goodies factories and light-speed lifestyles and media oversaturation are all arrayed to cover up this gentle, quiet sound. But the din and clatter of the world can never drown it out. It is always there, as close as our own breath.

Marc Barasch

We prepare the place inside which will receive, which will give.

We go inside and make center, make altared space.

Make ready.

Clean the cobwebs, light the oil lamps, set the sacred objects into their niches.

Hold the place so that the circle may come.  
Hold the place so that the circle may lead.  
Christina Baldwin

These two: You shall love God with all your heart, mind, soul, and strength; likewise,  
you shall love your neighbor as yourself!  
Jesus of Nazareth

In the depth of silence  
no words are needed,  
no language required.  
In the depth of silence  
I am called to listen.  
Listen to the beating of your heart.  
Listen to the blowing of the wind,  
the movement of the Spirit.  
Be silent, said the Lord,  
and know that I am God.  
And listen to the cry of the voiceless.  
Listen to the groaning of the hungry.  
Listen to the pain of the landless.  
Listen to the sigh of the oppressed  
and to the laughter of children.  
For that is authentic communication;  
listening to people  
living with people  
dying for people.  
Unknown (Indonesian)

Our lives begin to end the day we become silent about things that matter.  
M.L. King, Jr.

We can no longer stand by as our young people have shoes that light up when they walk  
and brains that go dead when they talk.  
Jocelyn Elders

Religious practice everywhere has always been a performance art. Without public  
purpose for liturgy, private religion is futile...Separation of church and state has to do  
with one not controlling the other. This does not preclude the church taking an active  
role in critiquing the state.  
Peter Paris

The truth will set you free.  
But first it will make you odd.  
Flannery O'Connor

The truth will set you free. But first it will piss you off.  
Unknown

To be is to do.  
Aristotle  
To do is to be.  
Nietzsche  
Do be do be do.  
Sinatra  
Unknown

Danger is the necessary prerequisite to spiritual authenticity.  
Chaos is the necessary prerequisite to creativity.  
Sacrificial living is the necessary prerequisite to self-esteem.  
Betrayal is the necessary prerequisite to resurrection.  
We would rather be ruined than changed.  
We would rather die in our own dread  
Than climb the cross of the moment  
And let our illusions die.  
W.H. Auden

Our only hope is a community of exiles, separated from the illusions of childhood, the illusion of the all-good family, and of a secure place in a world that makes sense. It doesn't matter how we came to this point. What matters is that the loss of innocence is permanent.  
There is no returning. There is only the community of wanderers, whose comfort is to touch the hands of other exiles we meet along the way.  
Sheldon Kopp

Not to decide is to decide.  
Harvey Cox

A vision without a task is a dream.  
A task without a vision is drudgery.  
A vision and a task is the hope of the world.  
Sussex, England, circa 1730

People say, what is the sense of our small effort. They cannot see that we must lay one brick at a time, take one step at a time.  
A pebble cast into a pond causes ripples that spread in all directions. Each one of our thoughts, words, and deeds is like that.  
Dorothy Day

Be still, then, and know that I am God.  
Psalm 46:5

We were sent into the world to live to the full everything that awakens within us and everything that comes toward us. Real divinity has a passionate instinct for creativity and the fully inhabited life—the greatest sin of all is the un-lived life.

John O'Donohue

It is in each of us that the peace of the world is cast...in the frontiers of our hearts. From there it must spread out to the limits of the universe.

Suenens

Life is difficult.

M. Scott Peck

When it is a question of money, everybody is of the same religion.

Voltaire

Money is human happiness in the abstract.

Arthur Schopenhauer

If, therefore, there is a desire to maintain the death penalty, let us at least be spared the hypocrisy of justifying it as respectable. It is a frightful torture, both physical and moral, and it provides no sure example except a demoralizing one. It punishes, but it forestalls nothing; indeed, it may even arouse the impulse to murder. Let us call it by name...and let us recognize it for what it essentially is: revenge.

Albert Camus

Perhaps the Book of Life, in the end, is the book one has lived. If one has lived nothing, one is not in the Book of Life.

Thomas Merton

If change is to come, it will come from the margins... It was the desert, not the temple, that gave us the prophets.

Wendell Berry

I hold this the most sacred duty: The gathering together of a group of people who shall so agree to live by the best they know, that they shall be free to live by the best they know.

D. H. Lawrence

Suffering, if it is accepted and borne together, is joy.

Mother Teresa

What wisdom do I have on my eighty-eighth birthday? I know to take the good days as blessings, and, on the bad days, to remember repeatedly, "This, too, shall pass."

Mary E. Jackson

Once we start home toward God—which happens the minute we start, actually—we

simply do not ever turn around and head in a different direction. There is no other direction. And in the moments when we feel as if we are so turned around that we will never get home, somebody turns up and nudges us a couple of points to starboard, whichever direction that is. Suddenly, without being particularly conscious of it or faithful about it, we sense that we are headed toward God again full blast.

Robert Benson

My life is my message.

Mohandas K. Gandhi

Never doubt that a small group of committed citizens can change the world; indeed, it's the only thing that ever has.

Margaret Mead

Just to be is a blessing. Just to live is holy.

Abraham Joshua Heschel

Most of our life is unimportant,  
Filled with trivia from morn to night;  
But when it is transformed by love,  
It is of interest even to the angels.

Dorothy Day

If you want peace, work for justice.

Paul VI

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 lived, this is to have succeeded.

Ralph Waldo Emerson

There is a story from the Talmud about a man named Honi. One day Honi was traveling on a road when he came upon an old man planting a carob tree. Honi asked the man, "How long does it take for this tree to bear fruit?" The man replied, "Seventy years." Honi exclaimed, "But you are already old...you'll never live that long!" "I know that I am old, and I will not live to eat from the fruit of this tree," explained the old man. "However, when I came into the world, I found that my parents and grandparents had planted carob trees for me. Every time I eat from the fruit, I remember my ancestors, and I bless them," said the old man. "Now I am planting for my children, so they will remember me, and will plant for their children." Honi was impressed by this answer. He sat down to have a meal, and soon after became very sleepy. He slept and slept. Later, when he awoke, he saw a young man gathering carob fruit. Honi asked the young man, "How is it possible for newly planted trees to yield fruit in such a short time?" "A short time?" replied the young man in disbelief. "My grandfather planted this tree!"

Honi suddenly realized that he had slept for seventy years! Honi remembered the words of the old man who planted the tree, and told the man's grandson, "Your grandfather was a good and wise man. He told me seventy years ago that you would enjoy the fruit of this tree, and that you would bless him for that..."

One dwells with God by being faithful to one's nature. One crosses God by trying to be something one is not. Reality—including one's own—is divine, to be not defied, but honored.

Parker Palmer

Tell the truth but tell it slant,  
Success in circuit lies,  
Too bright for our infirm delight  
The truth's superb surprise.  
Emily Dickinson

If sometimes poor people have to die of starvation, it is not because God didn't care for them, but because you and I didn't give, were not instruments of love in the hands of God; because we did not recognize him, when once more Christ came in distressing disguise.

Mother Teresa

Hold a true friend with both your hands.  
Nigerian proverb

What I know after ninety-one years is that I do best when I keep *both* ends of me open.  
John Hauschild

I would sort out all the arguments and see which belonged to fear and which to creativeness. Other things being equal, I would make the decision which had the largest number of creative reasons on its side.

Katharine Butler Hathaway

When we see the land as a community to which we belong, we may begin to use it with love and respect...That land is a community is a basic concept of ecology, but that land is to be loved and respected is an extension of ethics.

Aldo Leopold

There is some part of your life that needs the other to complete itself.  
John O'Donohue

I can't myself raise the winds that might blow us into a better world. But I can at least put up the sail so that when the winds come, I can catch it.

E. F. Schumacher

At the center of the human heart is the longing for an absolute good, a longing which is

always there and is never appeased by any object in this world.  
Simone Weil

What was extraordinary was that I saw clearly, indisputedly, finally, that the child, the grass, the trees, the sky about were all woven of the same material, were all part of the same fabric, which was the fabric of which the universe is made.  
Sharon Butala

Oh, turn and be born again, and walk the road and find once more the path.  
Antonio Machado

If you really converse with people [and, we might add, the Earth], you learn so much. So much wisdom, so much suffering.  
Leonardo Boff

In friendship, the first act is always the act of recognition.  
John O'Donohue

*Return to the land* means recovering something of the biorhythms of the body, the day, and the seasons from the world of clocks, computers, and artificial lighting that have always alienated us from these biorhythms.  
Rosemary Radford Ruether

The door to the world is the heart.  
Corita Kent

It is a pity there are people who will go through a life never having thought of watching a sunrise.  
Dom Helder Camara

If there was ever an expression that evokes total disregard of the experience of life, it is that of the "self-made" person.  
Thomas L. Jackson

We get *through* the pain of our lives, not over it or around it.  
Joe Nassal

The tragedy of life is not death, but what we let die inside us while we live.  
Norman Cousins

I believe in the sun even when the sun is not shining. I believe in God even when God is silent.  
[Written on wall in Nazi concentration camp]

You will never understand death until it comes to your door.  
Irish proverb

Anyone who has become aware of the injustices caused by the unfair division of wealth, must, if she has a heart, listen to the silent or violent protests of the poor.

Dom Herder Camara

If the only prayer you ever say is “Thank you,” that will suffice.

Meister Eckhart

It is most important for those of us who want revolutionary change to understand that revolution must be preceded by reformation.

Saul Alinsky

Perseverance is more prevailing than violence; and many things which cannot be overcome when they are together, yield themselves up when taken little by little.

Plutarch

Do you think that you can take over the universe and improve it? The universe is sacred, you cannot improve it. If you try to change it, you will ruin it. If you try to hold it, you will lose it. Achieve results, because this is the natural way. Achieve results, but not through violence.

Lao Tzu

The heart, after all, is raised on a mess of stories. Then it writes its own.

Joe Wood

Stories are intercessories between the fire itself and those who would be warmed by it.

John Shea

Wisdom is oftentimes nearer when we stoop  
Than when we soar.

William Wordsworth

If your project is smaller than your lifetime, you’ve got no ambition.

I. F. Stone

We’re all assigned a piece of garden, a corner of the universe that is ours to transform. Our corner of the universe is our own life—our relationships, our homes, our work, our current circumstances—exactly as they are.

Marianne Williamson

I should like to love my country and still love justice.

Albert Camus

I confess to delight in full-bodied, juicy, quirky people, because they seem working definitions of what it means to be saintly, whole, responsibly free—to be truly human.

Rich Heffern

No legacy is so rich as honesty.  
William Shakespeare

If you do not have the eyes to see the divine image in all things, you do not have the eyes to see the divine image in any thing.  
Richard Rohr

Some day we will regard our children not as creatures to manipulate or change but as messengers from a world we once deeply knew but which we have long since forgotten.  
Alice Miller

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

Celebration and remembrance form the life-giving center of our spirituality.  
Edward Hays

This is the use of memory: for liberation.  
T. S. Eliot

If you really want something badly enough, you've got to let it go free. And if it comes back to you, it's really yours. If it doesn't, you never had it anyway.  
Goethe

It is only by coming home to ourselves that we can survive.  
Susan Griffin

There is no house like the house of belonging.  
David Whyte

Does one really have to fret about enlightenment? No matter what road I travel, I'm going home.  
Shinsho

Our friends are given to us from elsewhere...All friendship is an experience of belonging.  
John O'Donohue

You will learn more in the woods than you will in books. The trees and the stones will teach you what you will never learn at the school of the masters.  
St. Bernard

The soul should always stand ajar, ready to welcome the ecstatic experience.  
Emily Dickinson

To change one's life:  
Start immediately.  
Do it flamboyantly.  
No exceptions (no excuses).  
William James

It is our belief in roses that brings them into bloom.  
French proverb

Whatever you do may seem insignificant, but it is most important that you do it.  
Mohandas K. Gandhi

Rituals are a central part of life...They connect us with our past, define our present life,  
and show us a path to our future.  
Evan Imber-Black/Janine Roberts

Teach your children what we have taught our children—that the earth is our  
mother...Whatever befalls the earth befalls the sons and daughters of the earth. We did  
not weave the web of life; we are merely a strand in it. Whatever we do to the web, we  
do to ourselves.  
Chief Seattle

[We need] a richly celebrated life, connected to society and nature, woven into the  
culture of family, nation, and globe.  
Thomas Moore

The only wrong thing, perhaps, is permanently hesitating on the verge of courage.  
Sue Monk Kidd

When hope crumbles, everything crumbles. Hope is the oxygen of our souls.  
Hendryk Skolimowski

Forget the incident. Remember the lesson.  
Zina Jacques

Move from within.  
Don't move the way  
Fear wants you to.  
Rumi

[The New Agers] concerned themselves with living in the moment merely because they  
were fearful of the future, and often of the past. They had no stomach for pain or  
suffering of any kind, but this in itself could not prevent it. The New Age beliefs that  
sustained them were so radically at odds with their own experience that they had to  
constantly reinvent their experience. Deaths became reincarnations, betrayals alien

abductions, losses the conspiracies of the World Governments.  
Melanie McGrath

Bacon, Montaigne, Emerson, and a few brave others who attempted to write essays on [friendship] failed to define friendship because, unlike romantic love, the emotion is generally undemonstrative; it is made up of the things we do *not* do—betray, belittle, be harsh. When it does manifest itself, we often don't see it coming, which is where friendship gets its power—from the slow, cordial dance of ordinary life.  
Roger Rosenblatt

Never, “for the sake of peace and quiet,” deny your own experience or convictions.  
Dag Hammarskjold

Rosewater said an interesting thing to Billy one time about a book that wasn't science fiction. He said that everything there was to know about life was in *The Brothers Karamazov* by Feodor Dostoevsky. “But that isn't *enough* any more,” said Rosewater.  
Kurt Vonnegut

Through the years, a man peoples a space with images of provinces, kingdoms, mountains, bays, ships, islands, fishes, rooms, tools, stars, horses, and people. Shortly before his death, he discovers that the patient labyrinth of lines traces the image of his own face.  
Jorge Luis Borges

Paradoxes are the only truths...Life is a constant becoming: all stages lead to the beginning of others.  
George Bernard Shaw

Countries compete furiously to seduce the big multinational companies. What's best for companies is what's worst for wage levels, working conditions, and the well-being of people and of nature. Throughout the world, workers' rights are in a race to the bottom, while the pool of available labor grows as never before, even in the worst of times.  
Eduardo Galeano

If, after all, men cannot always make history have a meaning, they can always act so that their own lives have one.  
Albert Camus

I define love thus: The will to extend one's self for the purpose of nurturing one's own or another's spiritual growth.  
M. Scott Peck

If men wish to draw near to God, they must seek him in the hearts of men. They should speak well of all men, whether present or absent, and if they themselves seek to be a light to guide others, then, like the sun, they must show the same face to all. To bring joy to a single heart is better than to build many shrines for worship.

Abu Sa'id Ibn Abi'l-Khayr

It's impossible to finish... The more you try to finish, the more you find yourself beginning all over again.

Giacometti

## About the Author

Thomas L. Jackson, M.Div, Ph.D., has been the Abbot of The Order of Christian Workers since 1990, and founded the “mother-house” of the Order—St. Dismas House—in 1993 in Tyler, Texas. A graduate of Culver Military Academy (Indiana), Washington University (St. Louis), the Protestant Episcopal Seminary in Virginia (Alexandria), and the American Institute (California), he has also studied at Ohio University, and completed his clinical training at the University of Michigan Medical Center. He has had the honor of studying with such mentors as Dr. Ian Alger, Dr. M. Scott Peck, Fr. Dan Berrigan, Fr. Richard Rohr, John Lee—as well as thousands of Companions who have offered their wisdom and stories to his life, as both priest and clinical counselor.

Over the past thirty-five years, he has actively worked as a priest in urban, suburban, campus, and specialized ministries; a counselor in private practice, mental health agencies, and diocesan settings; a businessman; a carpenter; a designer; and author.

“Fr. Tom”—as he is known to most of his world—is married to Patricia Jackson, and is the father of Jenny, Peter, and Lisa, as well as the stepfather of Patton; there have been many “foster children” in his life over the past thirty-five years.

For the past many years, he and the St. Dismas Community in Tyler have worked with/lived with people with AIDS, people in recovery, the poor and homeless, as well as immigrants. There are now nine Houses in Tyler, as well as several throughout the United States.

Fr. Tom also convenes “Gatherings” at sites and parishes throughout the United States, in which folks come together for one to three days to share their lives and stories; groups recently have included Congregational, Presbyterian, Episcopal, Unitarian, and Unity gatherings, as well as non-denominational groups; for further information: [www.CommunityPilgrimage.org](http://www.CommunityPilgrimage.org).

Fr. Tom also wrote and designed a six-color poster—*To Follow The Christ*—a thousand of which have already been shipped; information is available at the website: [www.OrderOfChristianWorkers.org](http://www.OrderOfChristianWorkers.org).

His odyssey in and through his various vocations and avocations has been recorded vividly in at least two books: *Go Back, You Didn't Say May I: The Diary of a Young Priest* and *In Any Given Moment*, both of which reflect the daily actions and the inner pilgrimage of his many callings. Three other books—*Moments of Clarity, Moments of Clarity, Volume II* and *Moments of Clarity, Volume III*—are so-called “commonplace books”: collections of stories and wisdom from throughout the world and history. A work that has been in progress for fifteen years, *Me, You, and Us*—a narrative and a “guide” for those seeking a reflection and consideration of their history, character, beliefs, and possibilities—has recently been published. Fr. Tom is also working on a larger edition of the spiritual book he’s written for use by the Order: *A Book of Prayers, Liturgies, and Learnings*.

Along with his other activities, Fr. Tom will also be traveling between Texas and Indiana, not only maintaining his role as Abbot of the Order in Tyler, but also working as “Chaplain to the Community” at the Culver Academies.