

## Poetry Bazaar



I have been a collector of poems and quotes for years. Some people collect antique dolls or baseball cards. I collect the words of other people. I tack them on the wall or send them to my sons, sisters, or friends, or use them in a workshop exercise I call the Poetry Bazaar. The exercise is a sort of spiritual parlor game; it's a deep icebreaker. At the start of a workshop, I spread more than a hundred slips of paper on the floor of the classroom. On each is printed a short poem or quote by wise thinkers as diverse as the poet Rumi and the American comedian George Carlin. I ask the people in the workshop to wander around the room, shopping for a poem, looking for one that tells the secret story of their heart. I encourage them to do some comparison-shopping, to pick up a couple of pieces of paper and try on different sayings and quotes for style and size. Then, when the choices have been made, we gather in a circle and each person reads his or her poem aloud. Some people talk to the group about what the poem means to them. They tell us a story and let us into their life. Others let the poems speak for themselves, something that a good poem can do. I have come to trust the power of a few well-chosen words to reveal to the world something I cannot say, or don't want to say, or didn't even know I needed to say until I saw them spelled out in front of me in the prophetic hand of the poet. Here are some of the quotes and poems I use. You are welcome to print them out, cut them up, add your own, and have your own Poetry Bazaar party.

**Knowing yourself deeply has nothing to do with whatever ideas are floating around in your mind. Knowing yourself is to be rooted in Being, instead of lost in your mind. —Eckhart Tolle**

**If small things have the power to disturb you, then who you think you are is exactly that: small. That will be your unconscious belief. What are the small things? Ultimately all things are small things because all things are transient.**

—Eckhart Tolle

### *Saint Francis Prayer*

*Lord, make me an instrument of Thy peace;  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
and where there is sadness, joy.*

*O Divine Master,  
grant that I may not so much seek  
to be consoled as to console;  
to be understood, as to understand;  
to be loved, as to love;*

*for it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born again.*

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

—Wolfgang Amadeus Mozart

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

—George Bernard Shaw

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

—Rumi

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

—Rainer Maria Rilke

A defeat for the ego  
is a victory for the Soul.

— C.G. Jung

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

—Herman Hesse

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

—Hazrat Inayat Khan

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

—Jesus

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

—Ram Dass

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

—Iris Murdoch

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

—Nietzsche

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

—Carl Jung

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

—Robertson Davies

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

—Emily Dickinson

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

—Robert Frost

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

—Carl Jung

**Transition begins in forgiveness.**

—Marion Woodman

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

—Joseph Campbell

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

—Howard Thurman

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

—Bumper sticker

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

—Carlos Castaneda

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

—Saint Augustine

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

—Ryokan

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

—Rumi

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

—Mark Twain

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

—George Carlin

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

—Picasso

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

—E. B. White

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

—Narihara

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

—Seng Ts'an

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

—Alice Walker

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

—Stephen Levine

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

—Albert Camus

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

—Wendell Berry

Something ignited in my soul...  
And I went my own way,  
Deciphering that burning fire.

—Pablo Neruda

The mountains, I become part of it  
The herb, the fir tree, I become part of it.  
The morning mists, the clouds,  
the gathering waters,  
I become part of it.  
The wilderness,  
the dew drops,  
the pollen,  
I become part of it.

—Navaho chant

Waking up this morning, I smile,  
Twenty-four brand new hours are  
before me. I vow to live fully in each  
moment and to look at all beings  
with the eyes of compassion.

—Thich Nhat Hanh

**Few leaders bend history itself. But each of us can work to change a small portion of events,  
and in the total of all of these acts will be written the history of our generation.**

—Robert F. Kennedy

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

—Hazrat Inayat Khan

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

—Albert Einstein

**Real fearlessness  
is the product  
of tenderness.**

—Chogyam Trungpa

**Today, like every other day, we wake up empty  
and frightened. Don't open the door to the study**



**and begin reading. Take down the dulcimer.**

**Let the beauty we love be what we do.  
There are hundreds of ways to kiss the ground.  
—Rumi**

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

Be compassionate to yourself, but do not justify yourself. Without condemnation and justification, see yourself as you are. Watch yourself thinking, feeling, and acting until you begin to understand yourself. This flame of understanding brings about disentanglement that makes for true simplicity. It is this simplicity of mind and heart that will bring about the transformation for the individual and will immediately transform the world in which you live.  
—J. Krishnamurti

**Something we were withholding  
made us weak;**

**Until we found it was ourselves.**

**—Robert Frost**

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

**—Rumi**

**You do not have to be good.  
You do not have to walk on your knees  
for a hundred miles through the desert, repenting.**

**You only have to let  
the soft animal of your body  
love what it loves.**

**—Mary Oliver**

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

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

**—Steven Levine**

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

**—Van Morrison**

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

—Barbara Brennan

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

**—Chogyam Trungpa**

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

—The Pathwork Guide

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

**I gnawed at every root.  
I ate of every plant.  
I came upon no fruit  
So wonderful as want.**

**Feed the grape and bean  
To the vintner and monger;  
I will lay down lean  
With my thirst and my hunger.**

**—Edna St Vincent Millay**

No more wine for me!  
I'm past delighting in the thick red  
and the clear white.

I'm thirsty for my own blood  
as it moves into a field of action.

—Rumi

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

**—Albert Einstein**

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

**—Teilhard de Chardin**

**People say that what we're all seeking is a meaning for life. I don't think that's what we're really seeking. I think that what we're seeking is an experience of being alive, so that our life experiences on the purely physical plane will have resonances within our own innermost being and reality, so that we actually feel the rapture of being alive. That's what it's all finally about.**

**—Joseph Campbell**

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

**—Bunan**

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

**—Rumi**

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

**—Thomas Merton**

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

**—Emily Dickenson**

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

**—Albert Einstein**

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

—Rumi

If our senses were fine enough,  
we would perceive the slumbering cliff  
as a dancing chaos.

—Nietzsche

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

—Rumi

Let us be kinder to one another.

—Aldous Huxley's dying words

The most exhausting thing in my life  
is being insincere.

—Anne Morrow Lindbergh

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

—Lao Tzu

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

—Henry David Thoreau

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

—Rainer Maria Rilke

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

—Stephen Levine

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

—Chogyam Trungpa

Work is love made visible.

—Khalil Gibran

Your own heart  
is the key to the hearts of all.

—Pir Vilayat Khan

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

—Rumi

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

I tore myself away

from the safe comfort of certainties  
through my love of truth;  
and truth rewarded me

—Simone de Beauvoir

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

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

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

**—Thorton Wilder**

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

**—Lao Tzu**

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

—Rolf Jacobsen

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

—Julian of Norwich

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

—Thich Nhat Hanh

**The Journey by Mary Oliver**

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



which you slowly  
recognized as your own,  
that kept you company  
as your strode deeper and deeper  
into the world,  
determined to do  
the only thing you could do--  
determined to save  
the only life you could save.

Esalen's Law:

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

(2) You are your own worst student.

—Richard Price

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

—Walt Whitman

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

—Rumi

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

—Charlie Parker

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

—Henry David Thoreau

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

**Begin it now.**

**—Goethe**

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

**—E.B. White**

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

—Mary Oliver

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

—Charles Darwin

For fast acting relief,  
try slowing down.

-Lily Tomlin

### Three Rules of Work

1. Out of clutter, find Simplicity.
2. From discord, find Harmony.
3. In the middle of difficulty lies opportunity.

—Albert Einstein

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

—Jane Goodall

You must do the thing  
you think you cannot do.

—Eleanor Roosevelt

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

—Louis Armstrong

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

**—Voltaire**

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

***—Albert Einstein***

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

**—Ivan Turgenev**

Begin to see yourself as a soul with a body rather than a body with a soul.

—Wayne Dyer

*A genuine leader is not a searcher for consensus but a molder of consensus.*

—Dr. Martin Luther King, Jr.

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

—Dr. Martin Luther King, Jr.

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

—Joseph Campbell

*Hitch your wagon to a star.*

—Ralph Waldo Emerson

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

—Albert Einstein

I wanted to change the world.

But I have found that the only thing one can be sure of changing is oneself.

---Aldous Huxley

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

—Michelangelo

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

—1 Corinthians 13

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

-Anais Nin

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

—Golda Meir

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

—Victor Frankel

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

**—Indira Ghandi**

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

**—Anne Frank**

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

**—Tom Robbins**

**Take your life in your own hands and what happens?**

**A terrible thing: no one to blame.**

**—Erica Jong**

**When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left, and I could say, "I used everything you gave me."**

**—Erma Bombeck**

**The trouble with being in the rat race**

**is that even if you win,**

**you're still a rat.**

**—Lily Tomlin**

**Often people attempt to live their lives backwards: they try to have more things, or more money in order to do more of what they want so that they will be happier. The way it actually works is the reverse. You must first be who you really are, then, do what you need to do, in order to have what you want.**

**—Margaret Young**

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

**—Jawaharlal Nehru**

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

**—Agnes de Mille**

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

**—Lao-tzu**

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

**—Psalms**

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

**—Stephen Sondheim**

**You say grace before meals. All right. But I say grace before the concert and the opera, and grace before the play and pantomime, and grace before I open a book, and grace before sketching, painting, swimming, fencing, boxing, walking, playing, dancing, and grace before I dip the pen in the ink.**

**—G.K. Chesterton**

When people show you who they are  
Believe them the first time.

**—Maya Angelou**

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

**—Emily Dickinson**

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

**—The Dalai Lama**

**When one is pretending,  
the entire body revolts.**

**—Anais Nin**

Seek not happiness too greedily,  
and be not fearful of unhappiness.

~ Lao-Tzu ~

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

~ Richard Rohr ~

Matter is spirit  
moving slowly enough to be seen.

—Teilhard de Chardin



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

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

**—The Buddha**

*A little* more matriarchy is what the world needs, and I know it. Period. Paragraph.  
—Dorothy Thompson

**It is not how much we do,  
but how much love  
we put in the doing.  
It is not how much we give,  
but how much love we put in the giving.**

**—Mother Teresa**

**Some say the world is a vale of tears,  
I say it is a place of soul-making.**

**—John Keats**

**I attach more importance  
to love and work than to meditation. Love without meditation is enough-  
meditation without love is not.**

**—Meher Baba**

There is nothing more confining than the prison we don't know we are in.

—William Shakespeare

### **AUTOBIOGRAPHY IN FIVE PARTS**

**By Portia Nelson**

**1) I walk down the street.  
There is a deep hole in the sidewalk.  
I fall in.  
I am lost . . . I am hopeless.  
It isn't my fault.  
It takes forever to get out.**

**2) I walk down the same street.  
There is a deep hole in the sidewalk.  
I pretend I don't see it.  
I fall in again.  
I can't believe I'm in the same place  
But it isn't my fault.  
It still takes forever to get out.**

**3) I walk down the same street.  
There is a deep hole in the sidewalk.  
I see it is there.  
I still fall in . . . it's a habit.  
My eyes are open  
I know where I am.  
It is my fault.  
I get out immediately.**

**4) I walk down the same street.  
There is a deep hole in the sidewalk.  
I walk around it.**

**5) I walk down another street.**

I have one major rule: *Everybody* is right. More specifically, everybody—including me—has some important pieces of truth, and all of those pieces need to be honored, cherished, and included in a more gracious, spacious, and compassionate embrace.

—Ken Wilber

*Courage is the price that life  
exacts for granting peace.  
The soul that knows it not,  
knows no release from little things.*

—Amelia Earhart

LOST—David Wagoner

Stand still. The trees ahead and bushes beside you  
Are not lost. Wherever you are is called Here,  
And you must treat it as a powerful stranger,  
Must ask permission to know it and be known.  
The forest breathes. Listen. It answers,  
I have made this place around you.  
If you leave it, you may come back again, saying Here.  
No two trees are the same to Raven.  
No two branches are the same to Wren.  
If what a tree or a bush does is lost on you,  
You are surely lost. Stand still. The forest knows  
Where you are. You must let it find you.

DO NOT STAND AT MY GRAVE—Mary Frye

Do not stand at my grave and weep  
I am not there; I do not sleep.  
I am a thousand winds that blow,  
I am the diamond glints on snow,  
I am the sun on ripened grain,

I am the gentle autumn rain.  
When you awaken in the morning's hush  
I am the swift uplifting rush  
Of quiet birds in circling flight.  
I am the soft starlight at night.  
Do not stand at my grave and cry,  
I am not there; I do not die.

If everyone demanded peace  
instead of another television set,  
then there'd be peace.

—John Lennon

A poem begins with a lump in the throat; a homesickness or a lovesickness. It is a reaching-out toward expression; an effort to find fulfillment.

—Robert Frost

I always congratulate people  
when they say, "I don't know who I am."

—Eckhart Tolle

The soul should always stand ajar,  
ready to welcome the ecstatic experience.

— Emily Dickinson

Don't be too timid and squeamish about your actions.  
All life is an experiment.  
The more experiments you make the better.

— Ralph Waldo Emerson

This is what you shall do; Love the earth and sun and the animals, despise riches, give alms to every one that asks, stand up for the stupid and crazy, devote your income and labor to others, hate tyrants, argue not concerning God, have patience and indulgence toward the people, take off your hat to nothing known or unknown or to any man or number of men, go freely with

powerful uneducated persons and with the young and with the mothers of families, read the leaves in the open air every season of every year of your life, re-examine all you have been told at school or church or in any book, dismiss whatever insults your own soul, and your very flesh shall be a great poem and have the richest fluency not only in its words but in the silent lines of its lips and face and between the lashes of your eyes and in every motion and joint of your body.

— Walt Whitman

Shrinking away from death is something unhealthy and abnormal which robs the second half of life of its purpose.

—Carl Jung

The most common form of despair is not being who you are.

—Kierkegaard

The issue of the Shadow isn't a question of admitting faults. It's a question of being shaken right down to your foundations by realizing that you are not as you appear — not to others, but also to yourself.

—Liz Greene

Don't take anything personally because nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

—Don Miguel Ruiz

Don't make assumptions. Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

—Don Miguel Ruiz

You can safely assume you've created God in your own image when it turns out that God hates all the same people you do.

—Anne Lamott

I never liked jazz music because jazz music doesn't resolve. But I was outside the Bagdad Theater in Portland one night when I saw a man playing the saxophone. I stood there for fifteen minutes, and he never opened his eyes.

After that I liked jazz music. Sometimes you have to watch somebody love something before you can love it yourself. It is as if they are showing you the way.

I used to not like God because God didn't resolve. But that was before any of this happened.

—Donald Miller

Science is not only compatible with spirituality; it is a profound source of spirituality. When we recognize our place in an immensity of light-years and in the passage of ages, when we grasp the intricacy, beauty, and subtlety of life, then that soaring feeling, that sense of elation and humility combined, is surely spiritual. So are our emotions in the presence of great art or music or literature, or acts of exemplary selfless courage such as those of Mohandas Gandhi or Martin Luther King, Jr. The notion that science and spirituality are somehow mutually exclusive does a disservice to both.

—Carl Sagan

I said to my soul, be still, and wait without hope  
For hope would be hope for the wrong thing; wait without love,  
For love would be love of the wrong thing; there is yet faith  
But the faith and the love and the hope are all in the waiting.  
Wait without thought, for you are not ready for thought:  
So the darkness shall be the light, and the stillness the dancing.

—T.S. Eliot

Profound learning requires long stretches of dedicated practice with no seeming progress. Those people we consider masters are generally marked by their willingness not only to endure the plateaus of the learning curve but also to love the process itself, to find satisfaction in diligent, long-term practice offers for its own sake as well as for the gains it brings.

—George Leonard

Finer than the fine, greater than the great, the Self hides in the secret heart of the creature.  
Seated, he journeys far off, laying down, he goes everywhere. Realizing the bodiless in bodies,  
the established in things unsettled, the great and omnipresent Self, the wise and steadfast soul  
grieves no longer.

—Upanishads