

My favourite quotes...

We ourselves are not an illusory part of Reality; rather are we Reality itself illusorily conceived.

Wei Wu Wei

What we appear to be is a fleeting shadow, a distorted and fragmentary reflection of what we all are when we no longer assume that we are that phenomenal appearance.

Wei Wu Wei

One of the most beautiful compensations of this life is that no man can sincerely try to help another without helping himself.

Ralph Waldo Emerson

Reality alone exists - and that we are. All the rest is only a dream, a dream of the One Mind, which is our mind without the 'our'. Is it so hard to accept? Is it so difficult to assimilate and to live?

Wei Wu Wei

**When you give a shilling to a beggar - do you realize that you are giving it to yourself?
When you help a lame dog over a stile - do you realize that you yourself are being helped?
When you kick a man when he is down - do you realize that you are kicking yourself? Give him another kick - if you deserve it!**

Wei Wu Wei

It is impossible to defeat an ignorant man in argument.

William G. McAdoo

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

William James

If the doors of perception were cleansed everything would appear to man as it is, infinite. For man has closed himself up, till he sees all things thro' narrow chinks of his cavern.

William Blake

A person starts to live when he can live outside himself.

Albert Einstein

Life is a process of becoming, a combination of states we have to go through. Where people fail is that they wish to elect a state and remain in it. This is a kind of death.

Anais Nin

People rarely disclose their character so clearly as when they describe someone else's.

Anon

Truth has no special time of its own. Its hour is now - always.

Albert Schweitzer

If words come out of the heart, they will enter the heart, but if they come from the tongue, they will not pass beyond the ears.

Al-Suhrawardi

We are the universe trying to figure itself out.

Babylon 5

To gain that worth having, it may be necessary to lose everything else.

Bernadette Devlin

Consider others as yourself.

Buddha

Our difficulties can be the source of our awakening. The basic principles of spiritual life is that our problems become the very place to discover wisdom and love.

Charlo Joko Beck

Holding onto anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.

Buddha

The man who has begun to live more seriously within begins to live more simply without.

Ernest (Miller) Hemingway

We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves.

Buddha

Peace comes from within. Do not seek it without.

Buddha

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

Carl Jung

Everything has its beauty but not everyone sees it.

Confucius

Respect yourself and others will respect you.

Confucius

When we see men of a contrary character, we should turn inwards and examine ourselves.

Confucius

No matter what one does, whether one's deeds serve virtue or vice, nothing lacks importance. All actions bear a kind of fruit.

Buddha

Despite the appearance of being separate individuals, we are all connected to patterns of intelligence governing the cosmos.

Deepak Chopra

The supernatural is the natural not yet understood.

Elbert Hubbard

Talk sense to a fool and he calls you foolish.

Euripides

If you have an apple and I have an apple and we exchange apples then you and I will still each have one apple. But if you have an idea and I have one idea and we exchange these ideas, then each of us will have two ideas...

George B. Shaw

Those who cannot remember the past are condemned to repeat it.

George Santayana

It is not what one says or does - it is the intent behind it.

Glen S Olah

It is amazing what you can accomplish if you do not care who gets the credit.

Harry S Truman

Against logic there is no armour like ignorance.

Laurence J. Peter

No rain, no rainbows.

Hawaiian proverb

We do not know what we want and yet we are responsible for what we are - that is the fact.

Jean-Paul Sartre

Things fall apart so they can fall back together at a higher level of order.

Jim Gilekson

Speech is conveniently located midway between thought and action, where it often substitutes for both.

John Andrew Holmes

We must travel in the direction of our fear.

John Berryman

It is only imperfection that complains of what is imperfect. The more perfect we are, the more gentle and quiet we become towards the defects of others.

Joseph Addison

Whenever we try to pick out anything by itself, we find it hitched to everything else in the universe.

John Muir

Every increased possession loads us with new weariness.

John Ruskin

When I let go of what I am, I become what I might be.

Lao Tzu

Water is fluid, soft, and yielding. But water will wear away rock, which is rigid and cannot yield. As a rule, whatever is fluid, soft, and yielding will overcome whatever is rigid and hard. This is another paradox: what is soft is strong.

Lao-Tzu

Besides the noble art of getting things done, there is the noble art of leaving things undone. The wisdom of life consists in the elimination of non-essentials.

Lin Yutang

An eye for an eye makes the whole world blind.

Mahatma Gandhi

Love is the strongest force the world possesses, and yet it is the humblest imaginable.

Mahatma Gandhi

Most conversations are simply monologues delivered in the presence of witnesses.

Margaret Millar

One learns people through the heart, not the eyes or the intellect.

Mark Twain

They always talk who never think.

Matthew Prior

The opposite of a correct statement is a false statement. But the opposite of a profound truth may well be another profound truth.

Niels Bohr

A mind that is stretched by a new experience can never go back to its old dimensions.

Oliver Wendell Holmes

Your heart often knows things before your mind does.

Polly Adler

Wise men talk because they have something to say; fools, because they have to say something.

Plato

You are not a human being in search of a spiritual experience. You are a spiritual being immersed in a human experience.

Pierre Teilhard de Chardin

Man is a piece of the universe made alive.

Ralph Waldo Emerson

The human being may be no more real than is a cinematograph film. When the projected light is switched off all that remains is a blank screen. That which has been projected by light was a series of 'stills'. Such also is what is being projected by 'life'. The more you consider the analogy the more perfect it seems to be: it could help us to understand.

Wei Wu Wei

Each one sees his own Self only, always and everywhere. He finds the world and God according to what he is.

Ramana Maharshi

Draw awareness inward, toward the center. When you are elsewhere, you are in one place. When you are the center, you are everyplace.

Satguru Sivaya Subramuniyaswami

He that cannot forgive others breaks the bridge over which he must pass himself; for every man has need to be forgiven.

Thomas Fuller

Beyond the false ego lies the potency of the pure self..the meaning of existence is to evolve..the gift of life is to love.

Ish'arra

Life can only be understood backwards; but it must be lived forwards.

Soren Kierkegaard

Learn to be happy alone. If we do not enjoy our own company, why inflict it on others?

Swami Chinmayananda

Just keeping things simple can be a complicated process.

Anon

Whatever is flexible and flowing will tend to grow, whatever is rigid and blocked will wither and die.

Tao Te Ching

No man remains quite what he was when he recognizes himself.

Thomas Mann

Destiny is not a matter of chance, it is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved.

Unknown

See the perfection underlying appearances and in seeing it, bring it about. You empower that which you focus on.

Almine

One party says thought is caused by matter, and the other says matter is caused by thought. Both statements are wrong; matter and thought are coexistent. There is a third something of which both matter and thought are products.

Swami Vivekananda

A human being is part of the whole called by us universe, a part limited in time and space. We experience ourselves, our thoughts and feelings as something separate from the rest. A kind of optical delusion of 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 the prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty... The true value of a human being is determined primarily by the measure and the sense in which they have obtained liberation from the self. ... We shall require a substantially new manner of thinking if humanity is to survive.

Albert Einstein

The high destiny of the individual is to serve rather than rule.

Albert Einstein

To understand is to forgive, even oneself.

Alexander Chase

"All conditioned things are impermanent" - When one sees this with wisdom, one turns away from suffering. This is the path to purification.

Buddha

I teach that the multitudinousness of objects have no reality in themselves but are only seen of the mind and, therefore, are of the nature of maya and a dream. ...It is true that in one sense they are seen and discriminated by the senses as individualized objects; but in another sense, because of the absence of any characteristic marks of self-nature, they are not seen but are only imagined. In one sense they are graspable, but in another sense, they are not graspable.

Buddha

We can believe what we choose. We are answerable for what we choose to believe.

Cardinal Newman

Tolerance of other opinions builds thy inner peace.

Dalai Lama

Awareness requires a rupture with the world we take for granted.

Shoshana Zuboff

Past and Future are a duality of which Present is the reality. The now-moment alone is eternal and real.

Wei Wu Wei