

A
World Of Wisdom
“Quotations for
Enlightenment”
Personal Development Institute



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A World of Wisdom – Quotations for Enlightenment

Compiled by Donald G. Carty
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"A proverb is a short sentence based on long experience." - Miguel de Cervantes

...like a shapeless pygmy that walks asleep in the mist, searching for its own awakening...

Kahlil Gibran 1st version/ Sept. 2003

This collection of words of wisdom quotes (over 600 quotes) is the result of working through 6 major quote books, books of my personal library, and many comprehensive internet collections from around the world. All together a first harvest, having read some 60,000 Western and Eastern quotes. My only criteria were that the quote had to make me smile, wow or be thoughtful. I avoided those with too much superficial holiness and moral doctrine. Hope you enjoy what I've found. Feel invited to copy your favorite quotes, but please don't republish the whole collection. Donald G. Carty

A

Accordance

"When your intent is in accordance with the Universe, things start happening."

- author unknown

Act

"However many holy words you read, how many you speak, what good will they do you if you do not act upon them?"

- The Buddha

Action

"True strength is the flower of Wisdom, but its seed is action."

- author unknown

Activist

"The activist is not the man who says the river is dirty. The activist is the man who cleans up the river."

- Ross Perot

Admit

"To admit you don't know everything is the first step on the road to wisdom."

- author unknown

Adults

"When childhood dies, its corpses are called adults."

- Brian Aldiss

Adventure

"Adventure is not outside a man, it is within."

- David Grayson

Aging

"I'm not aging. I'm ripening to perfection."

- author unknown

Agreement

"Whenever people agree with me I always feel I must be wrong."

- Oscar Wilde

Alone

"What a lovely surprise to finally discover how unlonely being alone can be."

- Ellen Burstyn

Alone

"When we cannot bear to be alone, it means we do not properly value the only companion we will have from birth to death - ourselves."

- Eda LeShan

Alone

"Spend some time alone every day."

- The Dalai Lama

Anger

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

- The Buddha

Appearances

"Appearances are but a glimpse of what is hidden."

- Anaxagoras

Arriving

"A good traveler has no fixed plans, and is not intent on arriving."

- Lao Tzu

Art

"The true work of art is but a shadow of the divine perfection."

- Michelangelo

Art

"Art is a marriage of the conscious and the unconscious."

- Jean Cocteau

Art

"What strikes me is the fact that in our society, art has become something which is only related to objects, and not to individuals, or to life. That art is something which is specialized or which is done by experts who artists. But couldn't everyone's life become a work of art? Why should the lamp or the house be an art object, but not your life?"

- Michael Foucault

Art

"The high mission of any art is, by its illusions, to foreshadow a higher universe reality, to crystallize the emotions of time into the thought of eternity."

- author unknown

Astrology

"We are born at a given moment, in a given place and, like vintage years of wine, we have the qualities of the year and of the season of which we are born. Astrology does not lay claim to anything more."

- Carl Gustav Jung

Astrology

"The stars incline, but do not impel."

- Robert Heinlein

Atheism

"Atheism is a non-prophet organization."

- author unknown

Attention

"The greatest gift you can give another is the purity of your attention."

- Richard Moss

Awaken

"Your vision will become clear only when you look into your heart ... Who looks outside, dreams. Who looks inside awakens."

- author unknown

Awareness

"Life is so short we must move very slowly."

- Thai saying

B

Backwards

"Don't go backwards, you have already been there."

- Ray Charles

Balance

"All the art of living lies in a fine mingling of letting go and holding on."

- Havelock Ellis

Beauty

"Beauty is not caused. It is."

- Emily Dickinson

Beauty

"Heat cannot be separated from fire, or beauty from The Eternal."

- Dante A.

Beauty

"Everything has beauty, but not everyone sees it."

- Confucius

Beauty

"In every man's heart there is a secret nerve that answers to the vibration of beauty."

- Christopher Morley

Beauty

"Anyone who keeps the ability to see beauty never grows old."

- Franz Kafka

Begin

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

- Chinese Proverb

Being

"A mature mind is one who understands the impossibility of knowing the ultimate, and with this understanding there is a new dimension: the dimension of being."

- Osho

Beliefs

"Beliefs are dangerous. Beliefs allow the mind to stop functioning. A non-functioning mind is clinically dead. Believe in nothing..."

- author unknown

Believe

"Believe nothing merely because you have been told it. Do not believe what your teacher tells you merely out of respect for the teacher. But whatsoever, after due examination and analysis, you find to be kind, conducive to the good, the benefit, the welfare of all beings -- that doctrine believe and cling to, and take it as your guide."

- The Buddha

Believe

"Do not believe in anything simply because you have heard it. Do not believe in anything simply because it is spoken and rumored by many. Do not believe in anything simply because it is found written in your religious books. Do not believe in anything merely on the authority of your teachers and elders. Do not believe in traditions because they have been handed down for many generations. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it."

- The Buddha

Believe

"When you are educated, you'll believe only half of what you hear. When you're intelligent, you know which half."

- Jerome Perryman

Beyond

"If you seek the kernel, then you must break the shell. And likewise, if you would know the reality of Nature, you must destroy the appearance, and the further you go beyond the appearance the nearer you will be to the essence."

- Meister Eckhart

Beyond Polarity

"When there is no more separation between 'this' and 'that,' it is called the still-point of the Tao. At the still point in the center of the circle one can see the infinite in all things."

- Chuang Tzu

Big Song

"One day we'll all find out that all of our songs was just little notes in a great big song!".
- Woody Guthrie

Books

"In the case of good books, the point is not how many of them you can get through, but rather how many can get through to you."
- Mortimer J. Adler

Books

"When I get a little money I buy books; and if any is left I buy food and clothes."
- Erasmus

Bow

"A Master who cannot bow to a disciple cannot bow to Buddha."
- Suzuki Roshi

Brain

"A piece of brain the size of a grain of rice contains 1 million nerve cells, 10 billion synapses and 20 MILES of axons. Each of these nerve cells both 'hears from' and 'talks to' 10,000 other cells."
- Newsletter on Advances in Brain Research, The Salk Institute for Biological Studies

Brainpower

"Do not call for black power or green power. Call for brain power."
- Barbara Jordan

Buddha by Nature

"You are all the Buddha."
- Last words of The Buddha

Buddhism

"If you have no feelings about worldly things, they are all Buddhism; if you have feelings about Buddhism, it is a worldly thing."
- Zen Saying

Buddhist

"Don't be a Buddhist - be a Buddha!"
- author unknown

C

Cause & Effect

"What you are is what you have been, and what you will be is what you do now."
- The Buddha

Cause & Effect

"The future depends on what we do in the present."
- Mahatma Gandhi

Challenge

"Life is a constant challenge to know oneself."

- Sri Rajneesh, AKA Osho

Change

"Change your thoughts and you change your world."

- Norman Vincent Peale

Change

"Change is not merely necessary to life. It is life."

- Alvin Toffler

Change

"Everybody thinks of changing humanity and nobody thinks of changing himself."

- Leo Tolstoy

Change

"Not everything you face in life can be changed, but you can change nothing until you have faced it."

- author unknown

Change

"We are tomorrow's past."

- Mary Webb

Change

"In wisdom we acknowledge that everything changes. What is born will die. What dies nourishes life in its many forms."

- Patricia Lynn Reilly

Check

"When you check your own mind properly, you stop blaming others for your problems."

- Lama Thubten Yeshe

Children

"Some children are wiser than adults."

- Lama Thubten Yeshe

Child Mind

"Great is the man who does not lose his child mind."

- Meng-Tse

Church

"Every day people are straying away from church and going back to God."

- Lenny Bruce

Cleverness

"Cleverness is not wisdom."

- Euripides

Clinging

"Do not cling to anything, to any idea; because clinging is the bondage, even to the idea of enlightenment."

- Osho

Closed Mind

"A closed mind is like a closed book; just a block of wood."

- Chinese Proverb

Cold

"Only when the cold sets in do you notice the pines and cypresses turning green."

- Chinese Saying

Color

"I am color."

- Paul Klee

Comedy

"Comedy is simply a funny way of being serious."

- Peter Ustinov

Common Sense

"Believe nothing, no matter where you read it, or who said it - even if I have said it - unless it agrees with your own reason and your own common sense."

- The Buddha

Compassion

"A human being is a 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, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free from this prison by widening our circle of compassion to embrace all living creatures and the whole nature in its beauty."

- Albert Einstein

Compassion

"Until he extends his circle of compassion to all living things, man will not himself find peace."

- Albert Schweitzer

Compassion

"To grow old is to pass from passion to compassion."

- Albert Camus

Concept

"There is nothing worse than a sharp image of a fuzzy concept."

- Ansel Adams

Conquer

"You never conquer a mountain. You stand on the summit a few moments; then the wind blows your footprints away."

- Arlene Blum

Consciousness

"The mind is an iceberg - it floats with only one-seventh of its bulk above water."
- Sigmund Freud

Conservative

"A conservative is a man with two perfectly good legs who refuses to walk forward."
- Franklin D. Roosevelt

Contemplation

"All things considered, wisdom requires not only the investigation of many things, but contemplation of the mystery."
- Jeremy Narby

Continuity

"Today is yesterday's pupil."
- Benjamin Franklin

Convention

"People only see what they are prepared to see."
- Ralph Waldo Emerson

Convention

"The eye sees only what the mind is prepared to comprehend."
- Henri Bergson

Count

"One should count each day a separate life."
- Seneca

Course

"We need to learn to set our course by the stars, not by the lights of every passing ship."
- Omar N. Bradley

Crazy Wisdom

"There was never a genius without a tincture of madness."
- Aristotle

Creativity

"The best way to predict your future is to create it."
- Peter Drucker

Creativeness

"Most people die before they are fully born. Creativeness means to be born before one dies."
- Erich Fromm

Criticize

"Don't criticize what you can't understand."
- Bob Dylan

Cultivation

"Cultivation to the mind is as necessary as food to the body."

- Cicero

D

Dance

"My life is a my song; I choose to dance to it with Light, Laughter and Love."

- Kathryn~WindWillow

Dance

"Love is the music of the Universe ... just dance."

- author unknown

Dare

"To dare is to lose your "foothold" for a moment. Not to dare is to lose yourself."

- Sören Kierkegaard

Dark

"An age is called Dark, not because the light fails to shine, but because people refuse to see it."

- James A. Michener

Darkness

"You live through the darkness from what you learned in the light."

- Hope MacDonald

Dark/Light

"If we are unwilling to be aware of the dark, we cannot see the light."

- John Cowan

Death

"People sleep, and when they die, they awake."

- Mohammed

Death

"...death is only an horizon, and an horizon is only the limit of our sight. Open our eyes to see more clearly..."

- William Penn

Death

"For those who seek to understand it, death is a highly creative force. The highest spiritual values of life can originate from the thought and study of death."

- E. Kübler-Ross

Death

"Death is the sound of distant thunder at a picnic."

- W H Auden

Death

"There is but one way to be born but a hundred ways to die."

- Chinese proverb

Death/Awakening

"We sometimes congratulate ourselves at the moment of waking from a troubled dream; it may be so the moment after death."

- Nathaniel Hawthorne

Death/Birth

"After your death you will be what you were before your birth."

- Arthur Schopenhauer

Dependent Arising

"All things appear and disappear because of the concurrence of causes and conditions. Nothing ever exists entirely alone; everything is in relation to everything else."

- The Buddha

Dependent Arising

"Because there are no phenomena which are not dependent arisings, there are no phenomena which are not void."

- Nagarjuna

Depth

"It is not length of life, but depth of life."

- Ralph Emerson

Describing

"Just as the mute person has trouble describing the taste of sugar, we have trouble describing the nature of mind."

- Kalu Rinpoche

Desires

"The greatest wealth is a poverty of desires."

- Seneca

Detail

"Excellence is in the details. Give attention to the details and excellence will come."

- Perry Paxton

Different

"People have one thing in common: they are all different."

- Robert Zend

Direction

"The mind's direction is more important than its progress."

- Joseph Joubert

Discover

"Your work is to discover and then with all your heart to give yourself to it."

- The Buddha

Discovery

"The real voyage of discovery lies not in finding new lands, but in seeing with new eyes".
- Marcel Proust

Discrepancy

"Sometimes, indeed, there is such a discrepancy between the genius and his human qualities that one has to ask oneself whether a little less talent might not have been better."
- C. G. Jung

DNA

".....there are approximately 125 billion miles of DNA in a human body -- your personal DNA is long enough to wrap around the earth 5 million times."
- Jeremy Narby

Doing

"To do is to be."

- Socrates

"To be is to do."

- Plato

"The way to do is to be."

- Lao-Tzu

Doubt

"Doubt is the vestibule through which all must pass before they can enter into the temple of wisdom."
- Colton

Doubt

"Doubt isn't the opposite of faith; it is an element of faith."

- Paul Johannes Tillich

Doubt

"Doubt is part of all religion. All the religious thinkers were doubters."

- Isaac Bashevis

Dream

"A Dream Is A Wish That Our Heart Makes."

- author unknown

Dream/Reality

"Reality can destroy the dream; why shouldn't the dream destroy reality?"

- George Moore

E

Earth

"What was most significant about the lunar voyage was not that men set foot on the moon but that they set eye on the earth."

- Norman Cousins

Education

"Education's purpose is to replace an empty mind with an open mind."

- Malcolm S. Forbes

Education

"We are dealing with the best-educated generation in history. But they've got a brain dressed up with nowhere to go." +.

- Timothy Leary

Egg

"A hen is just an egg's way of making another egg."

- Samuel Butler

Ego

"The ego is the ugly troll that lives underneath the bridge between your mind and your heart."

- Dennis Miller

Ego

"Big egos are big shields for lots of empty space."

- Diana Black

Ego

"The hallucination of being a separate ego will not stand up to biological tests."

- Alan Watts

Ego-Transcendence

"What we call 'I' is just a swinging door which moves when we inhale and when we exhale. When your mind is... calm enough to follow this movement, there is nothing, no world, no mind nor body, just a swinging door."

- Pema Chodron

Empty

"The empty vessel makes the greatest sound."

- author unknown

End

"Seeing death as the end of life is like seeing the Horizon as the end of the ocean."

- David Searls

Enlighten

"You cannot enlighten the unconscious."

- Robert Mellott

Enlightenment

"There are many paths to enlightenment. Be sure to take one with a heart."

- Lao Tzu

Enlightenment

"To study the Buddha way is to study the self. To study the self is to forget the self. To forget the self is to be enlightened by the ten thousand things".

- Dogen Lenji

Enlightenment

"Enlightenment cannot be described, only experienced."

- author unknown

Enlightenment

"You may have expected that enlightenment would come Zap! instantaneous and permanent. This is unlikely. After the first "ah ha" experience, it can be thought of as the thinning of a layer of clouds..."

- Ram Dass

Enlightenment/Ego

"The attainment of enlightenment from ego's point of view is extreme death."

- Chögyam Trungpa

Essential

"It is only with the heart that one can see rightly; what is essential is invisible to the eye."

- Antoine de Saint-Exupéry

Establishment

"The danger of psychedelic drugs, the danger of mind-opening, the danger of consciousness expansion, the danger of inner discovery is a danger to the establishment."

- Timothy Leary

Eternity

"Everything is changeable, everything appears and disappears; there is no blissful peace until one passes beyond the agony of life and death."

- The Buddha

Evolution

"The collective unconscious contains the whole spiritual heritage of mankind's evolution born anew in the brain structure of every individual."

- C.G. Jung

Examine

"Examine your own mental attitudes. Become your own therapist."

- Lama Thubten Yeshe

Examination

"The unexamined life is not worth living."

- Plato

Experience

"Religious experiences which are as real as life to some may be incomprehensible to others."

- William O. Douglas

Experience

"What each must seek in his life never was on land or sea. It is something out of his own unique potentiality for experience, something that never has been and never could have been experienced by anyone else."

- Joseph Campbell

Experience

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

- Emily Dickinson

Experience

"Knock on the sky and listen to the sound!"

- Zen Saying

Experience

"By three methods we may learn wisdom: First, by reflection which is noblest; second, by imitation, which is the easiest; and third, by experience, which is the bitterest."

- Confucius

Explore

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

- T. S. Eliot

Exploration

"One does not discover new lands without consenting to lose sight of the shore for a very long time."

- André Gide

Expression

"Every creator painfully experiences the chasm between his inner vision and its ultimate expression."

- Isaac Bashevis Singer

Eye for Eye

"An eye for an eye will only make the whole world blind."

- Mahatma Gandhi

F

Face Yourself

"No matter where you go, there you are."

- Jackie Mason

Failure

"Good people are good because they've come to wisdom through failure. We get very little wisdom from success, you know." +.

- William Saroyan

Faith

"Much knowledge of divine things is lost to us through want of faith."

- Heraclitus

Fantasy

"Fantasy is the ability to think in pictures."

- Mari

Fear

"Who sees all beings in his own Self, and his own Self in all beings, loses all fear."

- The Upanishads

Fear

"Nothing in life is to be feared. It is only to be understood."

- Marie Curie

Fears

"The only way to get rid of my fears is to make films about them."

- Alfred Hitchcock

Fear

"To conquer fear is the beginning of wisdom."

- Bertrand Russell

Fear

"Fear always springs from ignorance."

- Ralph Waldo Emerson

Fear

"Fear is that little darkroom where negatives are developed."

- Michael Pritchard

Fears

"Fear is the process of the mind in the struggle of becoming. In becoming good there is the fear of evil; in becoming complete, there is the fear of loneliness."

- Krishnamurti

Flexibility

"Man cannot change the direction of the wind, but he can adjust the sails."

- author unknown

Flower

"Some say the Buddha's greatest sermon was his silent, wordless one: He simply held up a flower and looked at his followers. Those who smiled, understood."

- author unknown

Flying

"Before you can learn to fly, you must first learn to walk. You cannot fly into flying."

- author unknown

Forget

"Forget injuries, Never forget kindnesses."

- author unknown

Free

"The best things in life are free, but it costs alot to find that out."

- author unknown

Freedom

"Freedom comes from human beings, rather than from laws and institutions."

- Clarence Darrow

Free yourself

"Emancipate yourself from mental slavery. None but ourselves can free our minds."

- Bob Marley

Friends

"There are friendships merely for pleasure, some for the exchange of ideas. Rarest are those friends of one's inmost self."

- Balthasar Gracian

Friends

"Surround yourself with only people who are going to lift you higher."

- Oprah Winfrey

Friendship

"Don't walk behind me, I may not lead. Don't walk in front of me, I may not follow. Just walk beside me and be my friend."

- Albert Camus

G

Generosity

"Real generosity is doing something nice for someone who will never find it out."

- author unknown

Genius

"To believe your own thought, to believe that what is true for you in your heart is true for all men - that is genius."

- Ralph Waldo Emerson

Genius

"Passion holds up the bottom of the universe and genius paints up its roof."

- Chang Ch'ao

Getting

"Remember that not getting what you want is sometimes a wonderful stroke of luck."

- The Dalai Lama (?)

Giving

"Those who give only when asked have already waited too long."

- author unknown

Giving

"To receive everything, one must open one's hands and give."

- Taisen Deshimaru

Good

"Every good thought you think is contributing its share to the ultimate result of your life."

- Grenville Kleiser

Good

"If people are good only because they fear punishment, and hope for reward, then we are a sorry lot indeed."

- Albert Einstein

Goodness

"Do not disregard the accumulation of goodness, saying, 'This will come to nothing.' By the gradual falling of raindrops, a jar is filled."

- The Buddha

Good Ideas

"Good ideas is like mushrooms, where you find one you often find more."

- Hans Carossa

Good Pilot

"The mind is very powerful. Therefore, it requires firm guidance. A powerful jet plane needs a good pilot; the pilot of your mind should be the wisdom that understands its nature."

- Lama Thubten Yeshe

Growth

"Don't go through life, GROW through life."

- Eric Butterworth

Growth

"Growth begins when we start to accept our own weakness."

- Jean Vanier

H

Happiness

"Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared."

- The Buddha

Happiness

"The purpose of our lives is to be happy."

- The Dalai Lama

Happiness

"Remember that happiness is a way of travel - not a destination."

- Roy M. Goodman

Happiness

"Now and then it's good to pause in our pursuit of happiness and just be happy."

- author unknown

Happiness

"Anyone who says sunshine brings happiness has never danced in the rain."

- author unknown

Happiness

"Our happiness depends on wisdom all the way."

- Sophocles

Happiness

"Happiness is not a place - it is a direction."

- Bill Sands

Happiness

"The foolish man seeks happiness in the distance; the wise grows it under his feet."

- James Oppenheim

Happiness

"Perfect happiness is the absence of striving for happiness."

- Chuang-Tse

Hate

"If you hate a person, you hate something in him that is a part of yourself. What isn't part of ourselves doesn't disturb us."

- Herman Hesse

Head

"Use your head, or somebody else might."

- author unknown

Heart

"The head doesn't hear unless the heart desires to listen."

- author unknown

Heart

"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart."

- Helen Keller

Heart

"Have a heart that never hardens, a temper that never tires, and a touch that never hurts."

- Charles Dickens

Heart/Mind

"The heart has its reasons that the mind knows nothing of."

- Blaise Pascal

Heaven

"What power would hell have if those imprisoned there could not dream of heaven?"

- author unknown

Helping

"Our prime purpose in this life is to help others. And if you can't help them, at least don't hurt them."
- The Dalai Lama

Hidden

"Anything visible is a mask, anything hidden is real."
- author unknown

History

"We learn from history that we don't learn anything from history."
- Bernard Shaw

Home

"Home is not where you live, it's where people understands you."
- Chr. Morgenstern

Horoscope

"The horoscope is a field of imagination and reflection not only through which we see ourselves, but by which we see through ourselves to the archetypal ground that has created this dance we call life."
- Charles Ponce

I,J

Ideals

"The ideals which have lighted my way, and time after time have given me new courage to face life cheerfully, have been kindness, beauty and truth."
- Albert Einstein

Ideals

"Ideals are like stars. We never reach them but, like the mariners on the sea, we chart our course by them."
- Carl Schurz

Ideals

"Shoot for the moon. Even if you miss, you'll land among the stars."
- Les Brown

Ideals

"We're all in the gutter, but some of us are looking at the stars."
- Oscar Wilde

Ignorance

"The first step to knowledge is to know that we are ignorant."
- Lord David Cecil

Ignorance

"The only thing that costs more money than education is ignorance."
- author unknown

Ignorance

"If you think education is expensive, try ignorance."

- Derek Bok

Ignorance

"Ignorance is the night of the mind, but a night without moon or star."

- Confucius

Illusion

"We practise illusory practise in an illusory way, in order to reach illusory enlightenment and deliver illusory beings from suffering."

- Khyungpo Naljyor, Foundation for the Preservation of the Mahayana Tradition

Illusion

"All that we see or seen is but a dream within a dream."

- Edgar Allan Poe

Imagination

"Imagination is more important than knowledge; for knowledge is limited while imagination embraces the entire world."

- author unknown

Imagination

"Our imagination flies; we are its shadow on the earth."

- Vladimir Nabokov

Imagination

"The man who has no imagination has no wings."

- Muhammad Ali

Imagination

"You cannot depend on your eyes when your imagination is out of focus."

- Mark Twain

Imagination

"Imagination is the one weapon in the war against reality."

- Jules de Gaultier

Imagination

"The world is but a canvas to the imagination."

- Henry David Thoreau

Impermanence

"We completely deny the existence of a self-existent I, or a permanent, independent soul. Every aspect of your body and mind is impermanent: changing, changing, changing...".

- Lama Thubten Yeshe

Impossible

"The limits of the possible can only be defined by going beyond them into the impossible."

- Arthur C. Clarke

Impossible

"We are an impossibility in an impossible universe."

- Ray Bradbury

Infinite

"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 through narrow chinks of his cavern."

- William Blake

Infinity

"I am home, feeling so far away."

- Enya

Infinite Library

"The infinite library of the universe is in your mind."

- Swami Vivekananda

Inferior

"Nobody can make you feel inferior without your consent."

- Eleanor Roosevelt

Ignorance

"Behind every argument is someone's ignorance."

- Louis D. Brandeis

Innovative

"The problem is never how to get new, innovative thoughts into your mind, but how to get old ones out."

- Dee Hock

Insanity

"Insanity - a perfectly rational adjustment to an insane world."

- R. D. Laing

Inside

"We carry with us the wonders we seek without us."

- Sir Thomas Browne

Insight

"Hindsight is good, foresight is better, but insight is the best of all."

- author unknown

Insight

"A moment's insight is sometimes worth a life's experience."

- Oliver Wendell Holmes

Insignificant

"Who are we? We find that we live on an insignificant planet of a humdrum star lost in a galaxy tucked away in some forgotten corner of a universe in which there are far more galaxies than people."

- Carl Sagan

Inspiration

"Without inspiration the best powers of the mind remain dormant. There is a fuel in us which needs to be ignited with sparks."

- Johann G. von Herder

Instinct

"Instinct is the nose of the mind."

- Madame De Girardin

Integrity

"Nothing is at last sacred but the integrity of your own mind."

- Ralph Waldo Emerson

Intellect

"There's a big difference between being able to explain religion intellectually and transforming that knowledge into spiritual experience."

- Lama Thubten Yeshe

Interdependence

"All phenomena exist interdependently. Their being is dependent on their parts and attributes. A flower, a tree, or a human being all exist interdependently, relying on their causes, circumstances, attributes and parts. Our happiness, suffering, growth and degeneration all exist on the basis of an interdependent relationship of causes and circumstances."

- Geshe Rabten

Internet

"The Internet is like a living window into human consciousness and perhaps even to the divine... if we can attune to it... we might well contribute to a glittering awakening on a cosmic level. We can be on-line with ourselves and the world all the time!"

- John Osborne

Intuition

"The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift."

- Albert Einstein

Intuition

"Intuition is the voice of the spirit within you."

- Morgan Llewellyn

Journey

"The perfect journey is circular - the joy of departure and the joy of return."

- Dino Basili

Judgment

"There is little room left for wisdom when one is full of judgment."

- Malcolm Hein

K

Karma

"One action produces a reaction; that is karma."

- Lama Thubten Yeshe

Karmic Awareness

"All the flowers of all the tomorrows are in the seeds of today."

- author unknown

Keep Moving

"Even if your on the right track, you'll get run over if you just sit there"

- Will Rogers

Kindness

"Kindness is more important than wisdom, and the recognition of this is the beginning of wisdom."

- Theodore I. Rubin

Kindness

"Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love."

- Lao Tzu

Kindness

"Life is too short not to be kind to others."

- author unknown

Kindness

"No act of kindness, no matter how small, is ever wasted."

- author unknown

Kindness

"Kindness gives birth to kindness."

- Sophocles

Kindness

"Kindness is a language the deaf can hear and the dumb can understand."

- Paramahansa Yogananda

Kindness

"Kind words can be short and easy to speak, but their echoes are truly endless."

- author unknown

Kindness

"Kindness is the golden chain by which society is bound together."

- J. W. von Goethe

Kindness

"Wherever there is a human being, there is an opportunity for kindness."
- Seneca

Kindness

"Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind."
- Henry James

Knowing

"A wise man never knows all, only fools know everything."
- African Proverb

Knowledge

"The greater our knowledge increases, the greater our ignorance unfolds."
- John F. Kennedy

Knowledge

"The greatest obstacle to discovery is not ignorance - it is the illusion of knowledge."
- Daniel J. Boorstin

Knowledge/Wisdom

"...Knowledge comes by taking things apart: analysis. But wisdom comes by putting things together..."
- John Morrison

Knowledge/Wisdom

"Never mistake knowledge for wisdom. One helps you make a living; the other helps you make a life."
- Sandra Carey

Knowledge/Wisdom

"It is the province of knowledge to speak, and it is the privilege of wisdom to listen."
- Oliver Wendell Holmes

Knowing

"He who knows not and knows not that he knows not is a fool - Avoid him.
He who knows and knows not that he knows is asleep - Waken him.
He who knows not and knows that he knows not wants beating - Beat him.
He who knows and knows that he knows is a wise man - Know him."
- author unknown

L

Language

"Language is magic: it makes things appear and disappear."
- Nicole Brossard

Laughter

"Laughter is the shortest distance between two people."
- Victor Borge

Learning

"I have learned silence from the talkative, tolerance from the intolerant and kindness from the unkind."

- Kahlil Gibran

Lesson

"When you lose, don't lose the lesson."

- The Dalai Lama

Let go

"Breathe when you breathe. Walk where you walk. Talk when you talk. Cry when you cry. Die when you die. Let go when you let go..."

- Allen Ginsberg

Let go

"Sit quietly, doing nothing, spring comes, and the grass grows by itself."

- Zen saying

Let go

"How could drops of water know themselves to be a river? Yet the river flows on."

- Antoine de Saint-Exupéry

Letting Go

"It is all right letting yourself go, as long as you can get yourself back."

- Mick Jagger

Life

"Life is a bridge. Cross over it, but build no house on it."

- author unknown

Life

"The tragedy of life is not that it ends so soon, but that we wait so long to begin it."

- author unknown

Life

"Life is a mystery to be lived, not a problem to be solved."

- Van Kaam

Life

"Do you believe in life before death?"

- author unknown

Life

"Don't take life too serious. You'll never escape it alive anyway."

- Elbert Hubbard

Life

"Life is not about what you've gained, but what you've done.....".

- Wong Ka Kui

Life

"Thought is the wind, knowledge the sail, and mankind the vessel."

- author unknown

Life

"Life is a Tragedy to those who feel, and a comedy to those who think."

- Jean de la Bryere

Life

"Life is but a journey; death is returning home."

- Chinese proverb

Light

"People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed ONLY if there is a light from within."

- Elizabeth Kübler-Ross

Live!

"All of us have life; few of us have an idea of it."

- J. W. von Goethe

Light/Hope

"When it is dark enough, you can see the stars."

- Charles A. Beard

Limits of Logic

"You can count how many seeds are in the apple, but not how many apples are in the seed."

- Ken Kesey

Listen

"The Universe has many voices. Just listen."

- author unknown

Little Things

"Sometimes when I consider what tremendous consequences come from little things, I am tempted to think, there are no little things."

- Bruce Barton

Living

"Just living is not enough. One must have sunshine, freedom, and a little flower."

- Hans Christian Anderson

Logic

"Pure logic is the ruin of the spirit."

- Antoine de Saint-Exupéry

Long Before

"We choose our joys and sorrows long before we experience them."

- Kahlil Gibran

Lost Self

"At the innermost core of all loneliness is a deep and powerful yearning for union with one's lost self."

- Brendan Francis

Love

"Love looks not with the eyes, but with the mind."

- author unknown

Love

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

- Martin Luther King, Jr.

Love

"Love creates an "us" without destroying a "me."

- author unknown

Love

"Love does not consist in gazing at each other, but in looking outwards together in the same direction."

- Antoine de Saint-Exupéry

Love

"Love lights it's own path. It never get's lost on it's way home."

- author unknown

Love

"A life filled with love must have some thorns, but a life empty of love will have no roses."

- author unknown

Love

"A religious awakening which does not awaken the sleeper to love has roused him in vain."

- Jessamyn West

Love

"With imagination we can capture infinity. With love we can make infinity worth imagining."

- Brian Henke

Love

"Love in its essence is spiritual fire."

- Swedenborg

Love

"Love people and use things, don't love things and use people."

- Art DeMoss

Love

"Perhaps love is the process of my leading you gently back to yourself. - Not to whom I want you to be, but to who you are".

- Leo Buscaglia

Love

"Love is your window to the Infinite. Enjoy the view."

- author unknown

Loving Kindness

"It's not just philosophy, not just words; it's knowing how the mind functions; only then can you develop loving-kindness; only then can you become a spiritual person."

- Lama Thubten Yeshe

M

Magic

"The universe is full of magical things patiently waiting for our wits to grow sharper."

- Eden Phillpots

Magic

"Disbelief in magic can force a poor soul into believing in government and business."

- Tom Robbins

Man

"Man - a being in search of meaning."

- Plato

Man

"A man is a little soul carrying around a corpse."

- M. Aurelius

Master

"Be master OF mind rather than mastered BY mind."

- Zen Saying

Meditation

"Buddhist meditation doesn't necessarily mean sitting cross-legged with your eyes closed. Simply observing how your mind is responding to the sense world as you go about your business - walking, talking, shopping, whatever - can be a really perfect meditation and bring a perfect result."

- Lama Thubten Yeshe

Meeting

"The meeting of two personalities is like the contact of two chemical substances; if there is any reaction, both are transformed."

- C.G. Jung

Mental Workshop

"I visualize things in my mind before I have to do them. It is like having a mental workshop."

- Jack Youngblood

Mind

"Your mind is your religion."

- Lama Thubten Yeshe

Mind

"When we speak of mind, we speak of something that is not a thing in itself. In its most fundamental sense, mind is not something we can limit. We cannot say it has a particular shape, size or location, color or form, or any other limiting characteristic."

- Kalu Rinpoche

Mind-Activity

"Don't mind your make-up, you'd better make your mind up."

- Frank Zappa

Mind-Activity

"The mind has exactly the same power as the hands: not merely to grasp the world, but to change it."

- Colin Wilson

Mind-Control

"It is wrong to think that misfortunes come from the east or from the west; they originate within one's own mind. Therefore, it is foolish to guard against misfortunes from the external world and leave the inner mind uncontrolled."

- The Buddha

Mind-Creativity

"Just as a picture is drawn by an artist, surroundings are created by the activities of the mind."

- The Buddha

Mindmade

"Westerners think that all that is negative and positive is only caused from outside of themselves. They materialize and externalize their experiences, never understanding the connection between outer and inner phenomena or interdependent phenomena, looking for explanations only from objects through nihilist habit instead of from the subjective experience of their own minds."

- Thinley Norbu Rinpoche

Mindrepair

"Many open minds should be closed for repairs."

- Toledo Blade

Miracle

"There are two ways to live your life: One is as though nothing is a miracle. The other is as though everything is a miracle."

- Albert Einstein

Modesty

"No really great man ever thought himself so."

- William Hazlitt

Modesty

"That man is richest whose pleasures are the cheapest."

- Henry David Thoreau

Money

"Too many people spend money they haven't earned, to buy things they don't want, to impress people they don't like."

- Will Rogers

Money

"I cannot afford to waste my time making money."

- Jean Louis Agassiz

Morality

"Two things fill the mind with ever increasing wonder and awe. The more often and the more intensely the mind of thought is drawn to them: the starry heavens above me and the moral law within me. Morality is not properly the doctrine of how we may make ourselves happy, but how we may make ourselves worthy of happiness."

- Immanuel Kant

Motivation/Work

"The more I want to get something done, the less I call it work."

- Richard Bach

Move!

"All suffering is caused by being in the wrong place. If you're unhappy where you are, MOVE."

- Timothy Leary

Music

"Music is mediator between spiritual and sensual life."

- Ludwig von Beethoven

Music

"Any musical innovation is full of danger to the whole State... when modes of music change, the State always changes with them."

- Plato

Mysterious

"The most beautiful experience we can have is the mysterious - the fundamental emotion which stands at the cradle of true art and true science."

- A. Einstein

Mystery

"No mystery is closed to an open mind."

- author unknown

Mysteries/Mind

"Let the mind be enlarged... to the grandeur of the mysteries, and not the mysteries contracted to the narrowness of the mind."

- Francis Bacon

Mystery/Science

"Science cannot solve the ultimate mystery of Nature. And it is because in the last analysis we ourselves are part of the mystery we are trying to solve."

- Max Planck

Mystical

"The mystical is not how the world is, but that it is."

- Ludwig Wittgenstein

Mystics

"I think that people are born mystics - we are all mystics as children, but it's taken away from us as we grow older. It's taken away subtly by education which trains the left brain and ignores the right brain. They take away your crayons right when you need them most - at puberty. When you should be getting to your cosmic soul they give you football and shopping-malls."

- Matthew Fox

Mystical Reality

"Millions of spiritual creatures walk the earth Unseen, both when we wake and when we sleep."

- John Milton

N

Narrow

"The narrow mind rejects; wisdom accepts."

- Lama Thubten Yeshe

Nature

"Nature is a mutual cloud, which is always and never the same."

- Ralph Waldo Emerson

Nature

"All of nature talks to me - if I could just figure out what it's saying - trees are swinging in the breeze. They're talking to me. Insects are rubbing their legs together. They're all talking. They're talking to me."

- Laurie Anderson

Nature

"I believe in God, only I spell it Nature."

- Frank Lloyd Wright

Nature of Mind

"There has always been the pure nature of mind and there has always been fundamental ignorance in the mind."

- Kalu Rinpoche

New Age

"We must come to understand the deep mutual connection or kinship between the various forms of our spirituality. We must recollect our original spiritual and moral substance, which grew out of the same essential experience of humanity. I believe that this is the only way to achieve a genuine renewal of our sense of responsibility for ourselves and for the world. And at the same time, it is the only way to achieve a deeper understanding among cultures that will enable them to work together in a truly ecumenical way to create a new order for the world."

- Václav Havel

New Age

"It is just a wonderful, wonderful time to be alive and to be able to be part of the ever-growing spiritual awareness that is happening around the world."

- Jon Anderson

New Age

"What the world needs more than anything are Bodhisattvas of peace, lawyers, politicians, teachers working tirelessly for the enlightenment of themselves and others."

- Sogyal Rinpoche

New Age

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

- Carol Osborn

New Ideas

"I can't understand why people are frightened of new ideas. I'm frightened of the old ones."

- John Cage

Non-being

"Health is the greatest possession. Contentment is the greatest treasure. Confidence is the greatest friend. Non-being is the greatest joy."

- The Dhammapada

Nonessentials

"The wisdom of life consists in the elimination of nonessentials."

- Lin Yutang

No Limits

"It's kind of fun to do the impossible."

- Walt Disney

Nonsense

"A little nonsense now and then is relished by the wisest men..."

- Roald Dahl

Nothing

"Nothing is more real than nothing."

- Democritus

Nothing Less

"...to learn, to desire, to know, to feel, to think, to act. That is what I want. And nothing less."

- Katherine Mansfield

Now!

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

- Arthur Miller

O

Ocean

"The Emptiness of mind is the ocean; the luminosity of mind is the sunlit ocean; and the unimpeded dynamic quality of mind is the waves of the sunlit ocean."

- Kalu Rinpoche

Old

"In order to be old and wise, you have to be young and naive first."

- author unknown

One in All

"One moon shows in every pool; in every pool, the one moon."

- Zen Saying

Oneself

"Men go abroad to wonder at the heights of mountains, at huge waves of the sea, at the long courses of the rivers, at the vast compass of the ocean, at the circular motions of the stars; and they pass by themselves without wondering."

- St. Augustine

Oneself

"Why not be oneself? That is the whole secret of a successful appearance. If one is a Greyhound, why try to look like a Pekinese?"

- Dame Edith Sitwell

Open Mind

"The mind is like a parachute ... it must be open to work."

- author unknown

Optimism

"Whenever you fall, pick something up."

- Oswald Avery

Optimist

"An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves."

- Bill Vaughan

Order

"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

Order/Chaos

"Without order nothing can exist - without chaos nothing can evolve."

- author unknown

Originality

"Originality does not consist in saying what no one has ever said before, but in saying what you think yourself."

- James Stephens

P,Q

Paid

"All paid jobs absorb and degrade the mind."

- Aristoteles

Paradise

"Paradise is where I am."

- Voltaire

Paradox Truth

"The reverse side also has a reverse side."

- Japanese Proverb

Patience

"Muddy water, let stand, becomes clear."

- Lao-tse

Patience

"Genius is nothing but a greater aptitude for patience."

- Georges Louis Leclerc de Buffon

Patience

"Patience! The windmill never strays in search of the wind."

- Andy J. Sklivis

Patience

"The patient in spirit is better than the proud in spirit."

- Ecclesiastes

Patience

"Patience is the companion of wisdom."

- St. Augustine

Patience

"The most difficult thing in the world is to know how to do a thing and to watch someone else doing it wrong, without comment."

- Theodore H. White

Peace

"We can never obtain peace in the world if we neglect the inner world and don't make peace with ourselves. World peace must develop out of inner peace."

- The Dalai Lama

Peace

"People say 'I want peace'. If you remove I {ego}, and your want {desire}, you are left with peace."

- Sai Baba

Peace

"Peace cannot be kept by force. It can only be achieved by understanding."

- Albert Einstein

Peace

"If there is light in the soul, There will be beauty in the person. If there is beauty in the person, There will be harmony in the house. If there is harmony in the house, There will be order in the nation. If there is order in the nation, There will be peace in the world."

- Chinese Proverb

Perception

"If the doors of perception were cleansed everything would appear to man as it is, infinite."

- William Blake

Perception

"All our knowledge has its origins in our perceptions."

- Leonardo da Vinci

Perfect

"We come to love not by finding a perfect person, but by learning to see an imperfect person perfectly."

- Sam Keen

Perfection

"No snowflake ever falls in the wrong place."

- Zen Saying

Persistence

"Be like a postage stamp - stick to one thing until you get there."

- Josh Billings

Pessimist

"The man who is a pessimist before 48 knows too much; if he is an optimist after it, he knows too little."

- Mark Twain

Philosophy

"Philosophy, rightly defined, is simply the love of wisdom."

- Cicero

Philosophy

"Philosophy is not a theory but an activity."

- Ludwig Wittgenstein

Philosophize

"To philosophize is nothing else than to prepare oneself for death."

- Montaigne

Pictures

"The soul never thinks without a picture."

- Aristotle

Plans

"Life is what happens to you when you're making other plans."

- John Lennon

Play your melody

"A bird doesn't sing because it has an answer, it sings because it has a song."

- Maya Angelou

Possibilities

"In the beginners mind there are many possibilities, but in the expert's mind there are few."

- Suzuki

Prayer

"Seven days without prayer makes one WEAK."

- author unknown

Prejudice

"It's very depressing to live in a time where it's easier to break an atom than a prejudice."

- A. Einstein

Presence

"Do not dwell in the past. Do not dream of the future. Concentrate the mind on the present moment."

- The Buddha

Presence

"Let the clock and the earth do their own thing... Let the comings and goings of life continue... But YOU stay HERE and NOW. This exercise is to bring you to the Eternal Present where it all is."

- Ram Dass

Present

"I have realized that the past and future are real illusions, that they exist in the present, which is what there is and all there is."

- Alan Watts

Progress

"Without deviation from the norm, progress is not possible."

- Frank Zappa

Projections

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

- Ernest Holmes

Proverb

"A proverb is a short sentence based on long experience."

- Miguel de Cervantes

Psychedelics

"Critics have told me I've ruined the lives of 50 million young people. I can't be certain of this, since only about 10 million have ever come back to thank me."

- Timothy Leary

Pure

"Make your mind as pure as the blue sky."

- author unknown

Purity

"If a man's mind becomes pure, his surroundings will also become pure."

- The Buddha

Purity

"Water which is too pure has no fish."

- Ts'ai Ken T'an

Pureness

"Our mind is composed of many factors, both positive and negative, but the essential nature of the mind is pure. It is like a nugget of pure gold covered with many layers of dirt."

- Geshe Rabten

Quantum Mechanics

"If quantum mechanics hasn't profoundly shocked you, you haven't understood it yet."

- Niels Bohr

Quiet

"Only in quiet waters do things mirror themselves undistorted. Only in a quiet mind is adequate perception of the world."

- Hans Margolius

Quote

"The ability to quote is a serviceable substitute for wit."

- W. Somerset Maugham

R

Reading

"To read without reflecting is like eating without digesting."

- author unknown

Reading

"If you believe everything you read, you better not read."

- Japanese proverb

Real

"Everything you can imagine is real."

- Pablo Picasso

Reality

"We don't live in the world of reality, we live in the world of how we perceive reality."

- Bryan Singer

Reality

"Reality is merely an illusion, albeit a very persistent one."

- Albert Einstein

Reality

"HOFUKU (pointing at mountains): Is not this Reality? CHOKEI: It is, but it's a pity to say so."

- Zen story

Realization

"Few are those who see with their own eyes and feel with their own hearts."

- A. Einstein

Rediscover

"I invent nothing; I rediscover."

- Rodin

Reduce

"Manifest plainness - Embrace simplicity - Reduce selfishness - Have few desires."

- Lao-Tzu

Reflection

"There is one art of which man should be master, the art of reflection."

- Samuel Coleridge

Religion

"This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness."

- The Dalai Lama

Religion

"Religion is a defence against a religious experience."

- C.G. Jung

Religious

"Just the idea that you are religious doesn't help at all. It does not help you; it does not help others. In order to really help others, you need to gain knowledge-wisdom."

- Lama Thubten Yeshe

Religious Feeling

"I maintain the cosmic religious feeling is the strongest and noblest motive for scientific research."

- Albert Einstein

Religion/Humor

"It is the test of a good religion whether you can joke about it."

- Gilbert K. Chesterton

Respect

"Follow the three Rs: Respect for self, Respect for others and Responsibility for all your actions."
- The Dalai Lama

Rest

"Take rest; a field that has rested gives a beautiful crop."
- Ovid

Reward

"Meaning is found not in the rewards, for they are only tokens. Seek not to have the gold medal. Instead, seek to be the person who can win the gold medal. It is in the quest that you'll find the fulfillment which the reward represents."
- Ralph Marston

Rising

"Our greatest glory is not in never falling, but in rising every time we fall."
- Confucius

Risks

"Living at risk is jumping off the cliff and building your wings on the way down."
- Ray Bradbury

Rough Idea

"It is better to be roughly right than to be precisely wrong."
- John Maynard Keynes

Rules

"If you obey all the rules, you miss all the fun."
- Katherine Hepburn

S

Safety

"A ship is safe in the harbour but that is not what ships are for."
- Albert J Nimeth

Science

"Science is not only compatible with spirituality; it is a profound source of spirituality."
- Carl Sagan

Science

"Science without religion is lame. Religion without science is blind."
- Albert Einstein

Science

"As long as we do science, some things will always remain unexplained."
- Fritjof Capra

Science/Divine

"The exquisite order displayed by our scientific understanding of the physical world calls for the divine."
- Vera Kistiakowsky

Science/Religion

"When confronted with the order and beauty of the universe and the strange coincidences of nature, it's very tempting to take the leap of faith from science into religion. I am sure many physicists want to. I only wish they would admit it."
- Tony Rothman

Science/Religion

"Religion is science fleeing the investigation of matter. Science is religion that has forgotten its origins."
- T. Kun

Science/Religion

"For the scientist who has lived by his faith in the power of reason, the story ends like a bad dream. He has scaled the mountains of ignorance; he is about to conquer the highest peak; as he pulls himself over the final rock, he is greeted by a band of theologians who have been sitting there for centuries."
- Robert Jastrow

Science/Spirituality

"There is and always was something fundamentally wrong with spirituality that doesn't embrace all aspects of life including and, especially, physical science."
- T. Kun

Seeing

"The eyes are not responsible when the mind does the seeing."
- Publilius Syrus

Seeking

"Believe those who are seeking the truth. Doubt those who find it."
- author unknown

Self

"One may understand the cosmos, but never the self; the self is more distant than any star."
- G.K. Chesterton

Self

"The Self is a circle whose centre is everywhere and whose circumference is nowhere."
- C.G. Jung

Self

"The whole problem is to establish communication with one's self."
- E.B. White

Self

"There's only one corner of the universe you can be certain of improving, and that's your own self."
- Aldous Huxley

Self

"He who knows others is wise. He who knows himself is enlightened."

- Lao Tzu

Self

"The all knowing Self was never born, nor will it die. Beyond cause and effect, this self is eternal and immutable. When the body dies, the Self does not die. If the slayer believes that he can kill, And the slain believes that he can be killed, Neither knows the truth. The eternal Self slays not, nor is ever slain."

- The Upanishads

Self-Acceptance

"The most terrifying thing is to accept oneself completely."

- C. G. Jung

Self-Confidence

"Be a lamp to yourself. Be your own confidence. Hold to the truth within yourself, as to the only truth."

- The Buddha

Self-Confidence

"Our Own Heart, And Not Other Men's Opinion, Form Our True Honor."

- Samuel Coleridge

Self-Education

"Self-education is, I firmly believe, the only kind of education there is."

- Isaac Asimov

Self-Empowerment

"You, yourself, must make the effort. The Buddhas are only teachers."

- Buddhist proverb

Self-Ignorance

"All the powers in the universe are already ours. It is we who have put our hands before our eyes & cry that it is dark."

- Swami Vivekananda

Selfmade

"Most of the shadows of life come from your own self blocking the sun."

- James Pickett

Self-Seeking

"Many of us spend our whole lives trying to find ourselves, forgetting the fact that we ARE ourselves."

- Joe Viscomi

Sense

"The pendulum of the mind alternates between sense and nonsense, not between right and wrong."

- C. G. Jung

Silent

"Let us be silent, that we may hear the whispers of the gods."

- Ralph Waldo Emerson

Simplicity

"Simplicity of all things, is the hardest to be copied."

- Sir Richard Steele

Simplicities

"Out of intense complexities intense simplicities emerge."

- Winston Churchill

Sixties

"Anyone who remembers the 60's wasn't there!"

- Stephen Stills, of Crosby Stills Nash & Young

Sky

"The nature of mind is like empty space, like the sky, which at present is filled with clouds and fog and mist and periodically has all kinds of activity such as hailstorms, snowstorms, rainstorms and thunder and lightning."

- Kalu Rinpoche

Smile

"Beauty is power; a smile is its sword."

- Charles Reade

Smile

"If you're not using your smile, you're like a man with a million dollars in the bank and no checkbook."

- Les Giblin

Smile

"A smile is the light in your window that tells others that there is a caring, sharing person inside."

- Denis Waitley

Society

"A free society is a place where it's safe to be unpopular."

- Adlai Stevenson

Softness

"The grass must bend when the wind blows across it."

- Confucius

Solitude

"Solitude is the beginning of all freedom."

- William O. Douglas

Solution

"Knowing your own mind is the solution to all our problems."

- Lama Thubten Yeshe

Spirits

"We are spirits with clothes on!"

- Amber Jayanti

Spiritual Beings

"We are not Human Beings seeking a Spiritual Experience... We are Spiritual Beings involved in a Human Experience."

- author unknown

Spiritual Variety

"There are many paths to the top of the mountain, but the view is always the same."

- Chinese Proverb

Spreading Light

"There are two ways of spreading light: to be the candle or the mirror that reflects it."

- Edith Wharton

Stars

"A billion stars go spinning through the night, blazing high above your head. But IN you is the presence that will be, when all the stars are dead."

- R. M. Rilke

Stay Tuned

"Gray skies are just clouds passing over."

- Duke Ellington

Stories

"The universe is made of stories, not atoms."

- Muriel Rukeyser

Strangers

"Think of strangers as friends you not met yet."

- Abraham Lincoln

Stream

"It is better to be a small stream, than a deep ditch."

- Chinese Saying

Stupidity

"Only two things are infinite, the universe and human stupidity, and I'm not sure about the former."

- Albert Einstein

Stupidity

"The difference between genius and stupidity is that genius has its limits."

- A. Einstein

Supernatural

"The supernatural is the natural not yet understood."

- Elbert Hubbard

Supernatural Plan

"Astronomy leads us to a unique event, a universe which was created out of nothing, one with the very delicate balance needed to provide exactly the conditions required to permit life, and one which has an underlying (one might say 'supernatural') plan."

- Arno Penzias

Surprised

"When I was born I was so surprised I couldn't talk for a year and a half."

- Gracie Allen

Synchronicity

"When the student is ready... the lesson appears."

- Gene Oliver

T

Talk Wise!

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

- Plato

Teach

"You cannot teach a man anything; you can only help him to find it within himself."

- Galileo

Teacher

"A great teacher never strives to explain his vision - he simply invites you to stand beside him and see for yourself."

- R. Inman

Teacher

"One good teacher outweighs a ton of books."

- Chinese proverb

Telephone of Mind

"I keep the telephone of my mind open to peace, harmony, health, love, and abundance. Then, whenever doubt, anxiety, or fear try to call me, they will keep getting a busy signal - and soon they'll forget my number."

- Edith Armstrong

Think/Act

"Act like a man of thought - Think like a man of action."

- Thomas Mann

Thinking

"A moment's thinking is an hour in words."

- author unknown

Thinking

"We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world."

- The Buddha

Thinking

"When the mind is thinking, it is talking to itself."

- Plato

Thoughts

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

- The Buddha

Time

"If nothing happened, if nothing changed, time would stop. For time is nothing but change. It is change we see occurring all around us, not time. In fact, time doesn't exist."

- Julian Barbour

Time

"Even a stopped clock is right twice a day."

- author unknown

Time

"Time is not a line, but a series of now-points."

- Taisen Deshimaru

Time

"Time is a circus, always packing up and moving away."

- Ben Hecht

Time

"The best way to save some time is to use it."

- Carl Hammarén

Time

"Time is a great teacher, but unfortunately it kills all its pupils."

- Hector Berlioz

Time and Space

"...the unconscious has no time. There is no trouble about time in the unconscious. Part of our psyche is not in time and not in space. They are only an illusion, time and space, and so in a certain part of our psyche time does not exist at all."

- G. Jung

Today

"The past, the present and the future are one; they are your today."

- author unknown

Today

"Yesterday is experience, tomorrow is hope, today is getting from one to the other as best we can."

- author unknown

To Long

"If you think to long on your next step, you will end up in life standing on one leg."

- Chinese Proverb

Tolerance

"People take different roads seeking fulfillment and happiness. Just because they're not on your road doesn't mean they've gotten lost."

- H. Jackson Browne

Touch

"When one is out of touch with oneself, one cannot touch others."

- Anne Morrow Lindbergh

Tranquility

"Like water which can clearly mirror the sky and the trees only so long as its surface is undisturbed, the mind can only reflect the true image of the Self when it is tranquil and wholly relaxed."

- Indra Devi

Transcendence

"True Understanding is Transcendence."

- author unknown

Truth

"There are only two ways of telling the complete truth - anonymously and posthumously."

- Thomas Sowell

Truth

"Truth has no special time of it's own. It's hour is now ... always."

- Albert Schweitzer

Truth

"Love truth but pardon error."

- Voltaire

Truth

"Eternal truth needs a human language that alters with the spirit of the times."

- C.G. Jung

Truth

"What is today accepted as truth will tomorrow prove to be only amusing."

- Louis L'Amour

Truth

"To uncover the truth is not difficult, but to follow the truth is formidable."

- Chinese Saying

U

Uncertainty

"Uncertainty and mystery are energies of life. Don't let them scare you unduly, for they keep boredom at bay and spark creativity."

- R. I. Fitzhenry

Unconsciousness

"The unconscious is the only available source of religious experience. This in certainly not to say that what we call the unconscious is identical with God or is set up in his place. It is simply the medium from which religious experience seems to flow. As to what the further cause of such experience might be, the answer to this lies beyond the range of human knowledge."

- C. G. Jung

Unconsciousness

"The unconscious is not a demoniacal monster, but a natural entity which, as far as moral sense, aesthetic taste, and intellectual judgment go, is completely neutral. It only becomes dangerous when our conscious attitude to it is hopelessly wrong. To the degree that we repress it, its danger increases."

- C. G. Jung

Unconsciousness

"The unconscious is the unwritten history of mankind from time unrecorded."

- C. G. Jung

Understanding

"Understanding is a kind of ecstasy."

- Carl Sagan

Understanding

"Much learning does not teach understanding."

- Heraclitus

Unio Mystica

"Therefore it is said that the whole universe is just an illusion unless you immediately... attain the mystic path... seeing through worldly troubles, forgetting all about subject and object... If you effectively understand thus, it will make you happy for life."

- Hui-Lin

Unio Mystica

"He, knowing all, becomes the All."

- The Upanishads

Unity

"The fundamental delusion of humanity is to suppose that I am here and you are there."

- Yasutani Roshi

Universal Design

"There is for me powerful evidence that there is something going on behind it all.... It seems as though somebody has fine-tuned nature's numbers to make the Universe... The impression of design is overwhelming".

- Paul Davies

Universal Design

"The laws [of physics] ... seem to be the product of exceedingly ingenious design... The universe must have a purpose".

- Paul Davies

Universal Love

"Love is the most universal, the most tremendous and the most mysterious of the cosmic forces."

- Pierre Teilhard de Chardin

Universal Mind

"The idea of a universal mind or Logos would be, I think, a fairly plausible inference from the present state of scientific theory."

- Arthur Eddington

Universal Mind

"Know thyself, and thou shalt know the universe."

- Socrates

Universe

"An infinite universe is at each moment opened to our view. And this universe is the sign and symbol of Infinite Power, Intelligence, Purity, Bliss, and Love."

- William Ellery Channing

Universe

"The universe was born restless and has never since been still."

- Rousseau

Universe

"If you seek to understand the whole universe you will understand nothing at all but seek to understand yourself and you will understand the the whole universe."

- Druidic Axiom

Universe

"The universe is like a safe to which there is a combination but the combination is locked up in the safe."

- Peter DeVries

Universe

"If you tell a man there are 300 billion stars in the universe, he'll believe you. But if you tell him a parkbench has just been painted, he has to touch it to be sure."

- Lynn

Unlimited Mind

"The mind of man is capable of anything -- because everything is in it, all the past as well as the future."

- Joseph Conrad

Unpretentiousness

"My belief is that to have no wants is divine."

- Socrates

Using Others

"Everything that irritates us about others can lead us to a better understanding of ourselves."

- Carl G. Jung

V

Values

"Try not to become a man of success, but rather a man of value."

- Albert Einstein

View

"We think too small. Like the frog at the bottom of the well. He thinks the sky is only as big as the top of the well. If he surfaced, he would have an entirely different view."

- Mao Tse-Tung

Virtue

"Wisdom is knowing what to do next. Virtue is doing it."

- David Starr Jordan

Vision-Activity

"Vision without action is a daydream. Action without vision is a nightmare."

- Japanese proverb

Voidness

"As soon as one's mind is known to be of the Wisdom of the Voidness, concepts like good and evil karma cease to exist. Seek, therefore, thine own Wisdom within thee. It is the Vast Deep."

- Guru Padmasambhava

W

What is

"Whether a Buddha comes into the world or not, the nature of things is still the nature of things. The Buddha is someone who realizes what is true, what actually exists. If we want to become enlightened, we simply have to acknowledge or recognize what is."

- Tsoknyi Rinpoche

Why Not?

"You see things; and you say, 'Why?' But I dream things that never were; and I say, 'Why not?'"

- George Bernard Shaw

Window

"Better keep yourself clean and bright. You are the window through which you must see the world."

- G. B. Shaw

Wisdom

"Wisdom is to the mind what health is to the body."

- La Rochefoucauld

Wisdom

"Wisdom is immortal. She can wait forever, but you cannot."

- Balthasar Gracian

Wisdom

"Where is the wisdom we have lost in knowledge? Where is the knowledge we have lost in information."

- T. S. Eliot

Wisdom

"Wisdom is the supreme part of happiness."

- Sophocles

Wisdom-Activity

"As I grow older, I pay less attention to what men say. I just watch what they do."

- Andrew Carnegie

Wisdom-Activity

"The journey is the reward."

- Chinese Proverb

Wisdom/Activity

"I give myself very good advice But I very seldom follow it."

- Alice, Alice in Wonderland

Wisdom Ears

"It requires wisdom to understand wisdom; the music is nothing if the audience is deaf."

- Walter Lippmann

Wisdom illumination

"As the light of a torch illumines the objects in a dark room, even so the light of wisdom illumines all men, whosoever they may be; if they turn towards it."

- Fo shu-hing-tsan-king

Wisdom Search

"Of all the pursuits open to men, the search for wisdom is most perfect, more sublime, more profitable, and more full of joy."

- Aquinas

Wise

"The wise man knows without traveling."

- Lao-Tsze

Wise

"A wise man hears one word and understands two."

- author unknown

Wise

"A wise mind is a loving mind."

- author unknown

Wise

"The wise man doesn't give the right answers, he poses the right questions."

- author unknown

Wise

"We get old too soon and wise too late."

- author unknown

Wise

"If you find you are not as wise today as you thought you were yesterday, you are wiser today."

- author unknown

Wise

"The art of being wise is the art of knowing what to overlook."

- William James

Wisely

"The value of experience is not in seeing much, but in seeing wisely."

- Sir William Osler

Within

"What lies behind us and what lies before us are tiny matters compared to what lies within us."

- Ralph Waldo Emerson

Wonder

"Wisdom begins in wonder."

- Socrates

Wonder

"The invariable mark of wisdom is to see the miraculous in the common."

- Ralph Waldo Emerson

Wonder

"To wonder is to begin to understand."

- Jose Ortega y Gasset

Wonder

"I would rather have a mind opened by wonder than one closed by belief."

- Gerry Spence

Words

"Words without action are the assassins of idealism."

- Herbert Hoover

Write

"Better to write for yourself and have no public, than to write for the public and have no self."

- Cyril Connolly

X,Y,Z

Your Trip

"Don't think that examining and knowing the nature of your mind is just an Eastern trip. That's a wrong conception. It's your trip."

- Lama Thubten Yeshe

A World of Wisdom – Quotations for Enlightenment

Compiled by Donald G. Carty

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