

Book of Life

Live Life Life Live

Live Love Love Live

Live Long Long Live

Love Long Long Love

Long Life Life Long

Live Well Well Live

Love Well Well Love

Love Content Content Love

That's All There is to it !

Just Do it !

Smile !

Be Happy !

α Have Content, and be Content ! Ω

± Tree of Life ! ℓℓℓ

EDITOR’S NOTE re “Unwinding the Wound”:

This collection of wisdom quotes has come from a diverse range of people and cultures, male and female, black and white, atheistic and religious, famous and infamous, royal and common, leaders and their partners, and so on. You may recognise some whose mirror is indeed dimly lit, like Socrates, Solomon, Jesus, Paul of Tarsus, and some from more recent times, such as President John F. Kennedy, Muhammad Ali, the Dalai Lama, Mother Theresa, novelists etc.

I have deliberately not identified each thought to the person, or highlighted any, as really, these sayings express universal wisdom, which should be available to all, from cradle to the grave, and given equal emphasis. Nor have I slavishly adhered to “exact” wordings, especially if such has fallen out of common useage.

Some of the quotes have come from books, songs, or have been heard on the radio, or T.V., and some I have to admit, come from myself. I challenge you to find one you can absolutely disagree with. All of them hold true, or at least, to a very large extent. I trust you will enjoy this thought provoking challenge.

The great bulk of thinking comes from common folk, and those who have dared to be different, and have lived out their own dream, to be remembered with gratitude by those who follow in their footsteps. These unknown contributors to this universal wisdom deserve no lesser treatment than the others.

I believe that all of the contributors would be pleased to have been able to make a contribution to humanity’s understanding in this combined work.

Finally, a song which has been remembered by my father for approximately 75 years from early schooldays at Williamstown High School, which sums up, in few words, all of the above (it obviously impacted on his life, and I thank him):

Though folks there be who never foresee
That the future holds anything pleasant:
Who grimly cast their eyes on the past
And gaze all aghast on the present.

The golden rule for sage or fool
And prince and poet and peasant:
Is come what may at work or play
To live, just live, for today !

(In the present, with the future in mind*) !

* is my addition

A golden rule indeed ! May all of life’s blessings be yours ! Long may your light shine long !

Unwinding the Wound: Wound Wisdom

Dedicated to the memory of “the disappeared that live”, and to
Amnesty International.

Three Thousand Reasons for Living Well in the Third Millennia
As Collected and Presented by Donald Chalmers, Australia, 2005.

1. “Glory” is being remembered with gratitude.
2. “Man” is free at the moment he/she wishes to be.
3. A “good mine” is often just a hole in the ground, owned by a good liar.
4. A bad habit is a pleasure which has become an obsession.
5. A bad worker always blames his/her tools.
6. A better word for “unforgivable” is “incomprehensible”.
7. A bird in hand is worth two in the bush.
8. A celebrity is someone who is known merely for being well known.
9. A chain is no stronger than its weakest link.
10. A compass rose guides the way. Follow your heart, guided by the facts.
11. A comprehended God is no God.
12. A considerably different angle of vision must needs change the perspective of no little in the picture.
13. A day without laughter is a day wasted.
14. A democratic state is proven by the welfare of the weak.
15. A fair day’s pay for a fair day’s work.
16. A false face must hide what the false heart knows.
17. A few bad apples soon become a culture.
18. A fool and his money are soon parted – for the wrong reason.
19. A foolish consistency is the hobgoblin of small minds.
20. A fortunate life.
21. A free mind can achieve all things.
22. A friend in need is a friend indeed !
23. A good disciple is one who can see and recognize freedom.
24. A good marriage/partnership is therapy, every living day.
25. A happy mother bears a happy child.
26. A haughty heart is the biggest stumbling block in finding happiness.
27. A healthy tree does not bear bad fruit.
28. A heart full of love: no fear, no regret !
29. A highbrow is a person educated beyond his intelligence.
30. A house divided against itself cannot stand.
31. A just nation cannot be forged on theft and murder.

32. A kind face is the solace of wounded hearts and the key of locked up gates.
33. A lie is any communication which has the intention to deceive.
34. A loving atmosphere in your home is the foundation for your life.
35. A man can't hide behind skirts forever.
36. A Man's just a Man, for All That !
37. A Master does not follow patterns, but breaks them.
38. A mind stretched by a new idea never regains its original dimension.
39. A mother's love is unconditional – she expects nothing in return.
40. A necktie is a slave collar.
41. A path has no value once you have arrived.
42. A path with no obstacles probably doesn't go anywhere.
43. A peaceful life comes when ones inner and outer lives are the same.
44. A penis can be a handle to get dragged around by.
45. A phobia is just a phobia – non-productive, and time wasting.
46. A positive outlook will help secure a positive future !
47. A post, or pre-war intellectual desert result in the same thing – more war.
48. A powerful agent is the right word.
49. A problem shared is a problem halved.
50. A prophet is not without honour, except in his/her country and in his/her house.
51. A real friend is one who walks in when the rest of the world walks out.
52. A refugee is forced to wander in the deserts of someone else's manufacture.
53. A religious organization is a religious organization ONLY if it exists to serve the whole community.
54. A remembered tenderness soothes panic and fear.
55. A rolling stone gathers no moss.
56. A room without books is like a body without a soul.
57. A scapegoat is a word we use for putting on others the fault in ourselves.
58. A scientist without the sense of wonder is worse than a snuffed out candle.
59. A self-examined life works toward peaceful wish fulfilment.
60. A slave of the law ?! Now, that is a non-sense !
61. A small leak can soon sink a great ship.
62. A smile, a touch, a kind word, a hug, and sustenance for the journey, will keep illness at bay, and the doctor away.
63. A snake lurks in the grass.
64. A soft answer tuns away anger.
65. A straw best shows how the wind blows.
66. A system built on patronage (favours to mates) bankrupts itself.
67. A true friend arrives as everyone else is leaving.
68. A vote for love is a vote for you.
69. Abandon shallow egotistical dreams; real children are better than any dream.

70. Above us, around us and within us, in perfect balance, peace and harmony, love, AND power, is the force of creation !
71. Accomplishments have no colour.
72. Achievement is a two way street.
73. Achilles' heel let him down at a vital moment. Where is your weak spot ?
74. Acknowledge your talents, and seek to change circumstance.
75. Acquisitiveness (lack of content) can never be satisfied.
76. Acquisitiveness is the biggest barrier to obtaining peace and harmony.
77. Act as if what you do makes a difference. It does.
78. Act, rather than be acted upon ! Act, unless you wish to be acted upon !
79. Action after thinking makes your life felt.
80. Actions are controlled by thoughts.
81. Actions are the proof of words.
82. Actions speak louder than words.
83. Activism is a means, not an end in itself.
84. Acts of kindness turn strangers into friends.
85. Acute sense of touch trains acute sense of balance.
86. Addictions such as sex and gambling can be a tremendous source of joy – but can also expose us to untold risks.
87. Adding insult to injury helps no-one.
88. Administrations driven, not led, by ideology fail to change perspective – ever.
89. Admit when you have made a mistake, and correct and learn from it.
90. Advantage gained at the expense of others' can only be temporary.
91. Adversity is the first path to truth.
92. Affirmation is greater than prayer.
93. Afflictive emotion is the oxygen of conflict.
94. Age is no handicap unless you help make it one.
95. Age shall not weary them, nor the years condemn, as we that are left grow old. At the going down of the sun, and in the morning, we will remember them – those from our past and our future.
96. Aggression in childhood is a mark of emotional and other troubles to come.
97. Alcohol does not enter the happiness equation.
98. Alcohol lets the bastard out, which unfortunately, comes back to us.
99. All actions equally become and equally honour a sage.
100. All and everything to attain the goal are sleeping latent in the human frame.
101. All are loosely connected to each other within six steps.
102. All art, music, religion, and poetry is an attempt to connect to our birthright.
103. All bad flesh smells alike.
104. All children must be cherished; the powerful must care for the weak.
105. All creeds will find their union at last in Living Love.
106. All experiences are useful, all days holy, and all human beings divine.

107. All extremes are dangerous.
108. All for One = One for All = Common Unity = Community ► Peace
109. All good gifts around us are sent from heaven above.
110. All human beings are born free and equal in dignity, and with rights.
111. All human beings need to feel loved.
112. All humans are sexual beings and experience this in a variety of ways.
113. All I have to give has been given to me.
114. All is not gold that glitters.
115. All judgements push love away.
116. All men hate women some of the time, and vice versa.
117. All modern economies are bound together.
118. All of us are beautiful, but none of us are perfect.
119. All of us are spiritual beings having a human experience in the present.
120. All people are born free and equal in dignity and rights.
121. All people want security, prosperity and personal freedom.
122. All personal breakthroughs begin with a change in beliefs.
123. All relationships are gifts, designed to help us find – ourselves !
124. All serious daring starts from within.
125. All so-called truths are relative.
126. All sound springs from silence.
127. All sudden and extreme changes in the human psyche are temporary.
128. All talk of grandeur is inflation, and all crowns are to be left in the dust.
129. All that a disciple of the mind has to do is to enter inside through the heart, and henceforth treat the vehicle of the body as a science laboratory.
130. All that is useful is also just and honest.
131. All the desires of mutual love are virtuous.
132. All the things I had thought treasures seemed mere trifles.
133. All things hold by some similitude.
134. All vices and misdeeds are the very antithesis of truthfulness.
135. All war is based on greed, fear, and ignorance – and people who follow.
136. All wars are stupid, and lead to more of the same heart-burnings.
137. All work and no play makes a child dull.
138. All you need is an open heart – love – and sustenance for the journey.
139. All you need is love, and actually, love is all around.
140. Allowing your own self to remain a victim, guarantees only smouldering discontent and ill health.
141. Allowing yourself to remain a victim guarantees more of the same.
142. Altruism is an essential component of actions leading to happiness.
143. Always be open to things as they are now, but never lose the sense of where you came from, or where you might be headed.

144. Always discount the applause you receive from a self-chosen audience, or from sycophantic others, who may wish to ingratiate themselves with you.
145. Always drink upstream from the herd.
146. Always leave enough space for new growth.
147. Always leave one eye out, like a snail, all the time !
148. Always place principles before personalities.
149. Always remain vigilant.
150. Always remember: The value of Quantity / The Value of Quality ≤ 1
151. Always respect the diversity and worth of all of God's creation.
152. Always share what you can, or trouble awaits.
153. Always think things through from different perspectives.
154. Always wanting the last word is pride, talking.
155. Am I versus I AM ?
156. Amnesty cannot be made a precondition of repentance.
157. Amnesty is a precondition for a peaceful transition of power.
158. Among real men and women, difference is celebrated.
159. Among the blind the one-eyed man is king.
160. An artful critique focuses on what a person has done, and can do.
161. An autobiography is a self-serving obituary with the last instalment missing.
162. An ethical act is a non-harming act revealing truth.
163. An eye for an eye and a tooth for a tooth ? The whole world will soon be blind and toothless !
164. An idea sees a connection between facts.
165. An oak is not felled with a single blow.
166. An occupying people cannot be a just people.
167. An unexamined life is like an unopened letter.
168. An unjust law is a code that a majority inflicts on a minority that is not binding on itself.
169. An unjust law is a code that is out of harmony with the moral law.
170. An unjust law is a human law that is not rooted in eternal and natural law.
171. An unjust law is no law at all.
172. Analyse dreams; reap rewards.
173. Androgyny that is both Father and Mother at once, is the truth of Divine Nature, and so of ours.
174. Anger can only hurt us.
175. Anger is a biochemical brain response to emotion which reduces in time.
176. Anger is a hopefully brief lunacy.
177. Anger is a source of many illnesses.
178. Anger is an indication of weakness, rather than strength.
179. Anger is wounded love.

180. Angry, isolated children, are highly sensitive to injustice, and being treated unfairly.
181. Animals must not be allowed to suffer if we can help it.
182. Annoyance between friends should be impossible.
183. Antagonism doesn't separate us; it draws us more tightly together.
184. Any civil or religious dominant group can create "deviants" by making "rules".
185. Any difference is only skin deep.
186. Any extremely held view always has it's opposite, buried away in us.
187. Any failure to condemn an act of bias is an act of cowardice.
188. Any fool can count the seeds in one apple, but only God can count all the apples in one seed.
189. Any fool can criticise, complain, and condemn.
190. Any fool can make a rule; every fool will mind it.
191. Any law that degrades human personality is unjust.
192. Any law that uplifts human personality is just.
193. Any milk is better than none.
194. Any society which rewards its torturers inevitably pays the price.
195. Any system of belief can go wrong.
196. Any whole is greater than the sum of its parts.
197. Anyone who believes in God should also believe that all people are part of one family. People are people. God created us all. And all people have to work to get along.
198. Anyone who claims to be better, is wrong. We are all the same in the end – dead, part of the living cosmos as we've always been.
199. Anyone who has made a mistake and doesn't correct it is making another one.
200. Anyone who has never made a mistake has never tried anything new.
201. Anything is easy if you can assimilate it into your collection of models.
202. Anything worthwhile is born from constant struggle.
203. Anything worthwhile is gradually built.
204. Appear as you are; be as you appear.
205. Appearance speaks volumes, but not everything.
206. Appearances are just one clue to the truth.
207. Apprehension and tensions underscored by reason uncoil in real performance.
208. Approach love and cooking with reckless abandon.
209. Are we what we have ? Are we who we love ?
210. Are you a victim of upbringing and cultural practice ?
211. Are you just standing, hobbled by convention ?
212. Are you so distracted by the details that you can't see the main plot ?
213. Art is not only for the expression or nurturing of the soul, but is also the breath we are given to both create and fulfil the soul.

214. Art is science made clear.
215. Arts → Voice → Freedom
216. As if one can be brave by merely willing it !
217. As infants, we make the noises that are the sign of intelligence that separate us from the grunting beasts - and the arcane realms where mystics and madmen babble.
218. As long as I know I have love, I know I can make it !
219. As long as the spirit is within matter, matter moves.
220. As mental as anything; as mental as anyone.
221. As surely as day follows night, night follows day.
222. As teams become the work unit rather than the individual, emotional intelligence will be increasingly valued.
223. As we focus the lens through which we see the world, our understanding of unchanging principles will be enhanced.
224. As we pass through the “abyss” or “dark night of the soul”, we realize that life must be lived, not rejected. In spite of everything, we must go resolutely forward.
225. As you think so shall you be.
226. As you walk through a storm, hold your head up high, and don't be afraid of the dark.
227. As you would that others should do to you, do you also to them likewise.
228. Ask not what your country can do for you. Ask what you can do for your world !
229. Ask, and you will receive. Seek, and you will find. Knock, and it will be opened.
230. Assassination invariably makes mountains out of molehills, and vice versa.
231. Assassination is the most extreme form of censorship.
232. At death one has to retract the senses to see the beauty within.
233. At the end of a storm is a golden sky, and the sweet silver song of a lark !
234. At the top of the world there was nothing.
235. At times, the view from the horse's hoof – and from the horse's arse – are more revealing than the view seen by the rider.
236. Atrophy of feeling creates criminals.
237. Attitude determines altitude.
238. Attitudes reflect thinking; change thinking to change bad attitudes.
239. Attitudinal change can only occur through exposure, contact, education, and confrontation with the lived truth.
240. Authoritative regimes show that without choices, humans are dumber than even the sparrows.
241. Authority is not given in favour of the magistrate, but of the people.
242. Autobiographies are self-serving obituaries with the last instalment missing.

243. Automation frees us so that we can pursue other endeavours.
244. Awaken the giant within !
245. Back up every word, every story, and every lesson with the truth.
246. Balance between courage and consideration is the test of maturity.
247. Balance held all alone is too far and too near.
248. Balance is the way forward to a positive, productive, and happy future.
249. Barefoot prophets risk everything.
250. Barriers can easily be reversed, and used against you.
251. Be drunk on Love, for only Love exists.
252. Be encouraged in the presence of the different forms of nature.
253. Be ever grateful for the good health and abilities you do have.
254. Be free from all anxiety from gain and safety, and be established in the Self.
255. Be free. Live your own dream. But remember: every action has a consequence, and YOU must give proper account for them at your end.
256. Be gentle with the earth.
257. Be in the world, but not of the world.
258. Be kind, even to your animals.
259. Be like water; formless yet resolute... soft, yet relentless... clear and still... seeking the lowest to achieve the highest.
260. Be mindful of what you are doing: do no harm if you can help it.
261. Be more concerned with your character than your reputation.
262. Be not simply good; be good for something.
263. Be not so blinded by the abilities of others that you lose sight of your own.
264. Be original, creative, and productive. Dare to be different.
265. Be part of a solution, not part of the problem !
266. Be prepared to admit when you discover you have made a mistake.
267. Be satisfied with nothing other than thoughtful, productive action.
268. Be thankful; make eating a holy experience so that energy from the food may properly enter your body, and be digested by it.
269. Be willing at every stage to be ignorant, so that you can really be taught.
270. Beautiful endeavours can only flourish when properly nurtured and fed.
271. Beautiful falsehoods involve only the tiniest departure from the facts.
272. Beauty is only skin deep.
273. Beauty lies in the eye of the beholder - only.
274. Because we might be wrong, we give people the space to disagree.
275. Become as nothing, and you'll turn into everything (i.e. know the infinite).
276. Become what you are.
277. Before God we are all equally wise - and equally foolish.
278. Begin by understanding yourself and move outwards.
279. Begin each day by saying thank you to Oneness for the day.
280. Begin with the end in mind, put first things first, and think "win/win".

281. Behind every truly productive man or woman is a loving co-partner.
282. Being a mentor and friend can be the most satisfying aspect of any job.
283. Being conscientious, but not an objector, often leaves others in the cold.
284. Being fellow travellers, we should know each other and be friends.
285. Being kind in an unjust system is not enough.
286. Being needed is not the same as being loved.
287. Being useful to each other is the basis of all relationships.
288. Belief in self triggers the power to do.
289. Belief in your-self regulates life's thermostat.
290. Belief not only colours the lens, but also changes the focus of our vision.
291. Belief systems are not tractable to logic.
292. Beliefs have the power to create, and the power to destroy.
293. Believe in the Great "I AM", not in the little "I" which is our ego.
294. Believe that life is worth living and your belief will help create the fact.
295. Believing in yourself involves honest and knowing self-examination.
296. Believing starts by observing.
297. Better late than dead on time.
298. Better late, than never.
299. Between friends, arguments are enjoyed almost as much as agreements.
300. Between heart and heart there is always a gap.
301. Between two stools we soon come to the ground.
302. Beware of ambition's ugly twin, pretentiousness.
303. Beware of long arguments and long beards.
304. Beware of those who are pleasing to the eye, sweet to taste, sing like angels, but who stick to you like glue, because familiarity breeds contempt.
305. Beware of those who grin, wink, nudge, and pinch, for they have thought of something evil already.
306. Beware the clay feet of power.
307. Beware: curiosity killed the cat.
308. Beyond the body there is spirit; the symptom of that spirit is consciousness.
309. Beyond the certainties preached by mainstream lies truth.
310. Big oaks from little acorns grow.
311. Big people listen; small people talk.
312. Birds of a feather flock together.
313. Black: the night that ends at last !
314. Blame only makes a bad situation worse.
315. Blind faith corresponds to intolerance of alternative views.
316. Blind faith is its own obstacle – and will surely stumble.
317. Blind faith is just that – without vision – visionless.
318. Blinding ignorance does mislead us.
319. Blood is thicker than water, but no family is above the law.

320. Boast no more of a bloodless flag that rose from a nation's slime.
321. Body and genital mutilation is not a religious experience, but an assault on the work of the Creator.
322. Bookish learning without experience is not a sufficient foundation.
323. Both sides of every coin still have value, and are part of the total value.
324. Boys and girls need different kinds of help.
325. Boys who succumb excessively to peer-group pressure invariably have weak or absent fathers.
326. Break free from competition over mere human energy, and seek it elsewhere.
327. Break free from the chains of inheritance which constrain you.
328. Brevity and clarity, clear diction, and a full tone hold an audiences attention.
329. Brute force without judgement collapses under it's own weight.
330. Bullies who rely on force and bluster pay a social price – the dislike of peers.
331. Bullying is self-defeating, and exposes weaknesses in the bully.
332. Bureaucratic control results in emotional stagnation, mingling resentment, malice and shame.
333. Burn those armchairs and go out – engage with life, and live !
334. But why be bitter ? The world is cold, to one with a frozen heart !
335. Buy half as many; afford twice the quality.
336. By all means marry; if you get a good partner, you'll be happy. If you get a bad one, you'll become a philosopher.
337. By changing our inner attitudes, we can change the outer aspects of our lives.
338. By giving others space, we allow all of us to grow.
339. By giving you the opportunity to serve, they have favoured you.
340. By holding no one prisoner to guilt, we become free.
341. By putting bias aside to appreciate people from diverse cultures, we turn appreciation into competitive advantage.
342. By their fruits you shall know them.
343. Cannibalistic minds soon become incapable of progressive thought.
344. Capacity to succeed is a state of mind.
345. Care for one another as whole persons.
346. Celebrate diversity through community.
347. Celebrate one for all, and all for one.
348. Censorship is art made tongue-tied by authority.
349. Centres of spheres need no dimension, yet embrace all dimensions.
350. Challenge negative thinking; explore all options.
351. Challenge, rather than rebel.
352. Chance favours the prepared mind.
353. Change is an inevitable part of the natural world.
354. Change is never a loss. It is change only.
355. Change must come from within.

356. Changeless they change upon the curve of night....
357. Character is what you are in the dark.
358. Charisma is the ability of a person to grasp another's attention.
359. Charismatic people have the ability to be themselves, and audaciously speak on an emotional and personal level; they reach out, value and empower people, bearing gifts of the spirit, and often withdraw from, and sometimes succumb to, ordinary less than perfect behaviour.
360. Charity and personal force are our only investments.
361. Charity begins at home....
362. Charity shall cover the multitude of sins.
363. Chastity is the most unnatural of the sexual perversions.
364. Children are the promise of the future, and the blessing of today.
365. Children constitute humanity's most precious resource.
366. Children reflect the attitudes of parents.
367. Children teach us to live when we have almost done living.
368. Choose love over fear.
369. Choose the vulnerable path; meet lovers as equals.
370. Choose to change the way you think to change the way you feel.
371. Choose to live in the present.
372. Chop your own wood and you will be warmed twice.
373. Christian humanism ought to mean the full flowering of each individual's potential to become the human being that is latent within that person and the flowering requires a full lifetime, including a blossoming in old age.
374. Circles are two-dimensional shadows of spheres.
375. Circumcision at any age should be a matter of medical necessity, not irreligious custom, or barbaric ritual.
376. Circumstances alter cases.
377. Circumstances which force you to tell a lie also give you the opportunity, and obligation, to live love and truth another day.
378. Civil rights are the cornerstone of any civil-ization.
379. Civilizations reward original thought.
380. Class is social rank.
381. Climb every mountain, ford every stream, follow every rainbow, til you find YOUR dream !
382. Closets stand for prisons, not privacy.
383. Clothes are not people.
384. Clothes are only attachments.
385. Collaborate, or resist.
386. Come and stand beside us; we can find a better way !
387. Come as you are; why stand alone ?
388. Comfort the afflicted, and afflict the comfortable.

389. Comfortable silence, sanctified accommodation with oppressive structures, and discreet discrimination are not part of the Gospel message of Liberation.
390. Coming events cast their shadow before.
391. Committees are sometimes cul-de-sacs into which ideas are lured and then quietly strangled.
392. Common courtesies pay dividends.
393. Common sense is not the preserve of democracies, mobs, or dictators.
394. Common sense is not the preserve of theologians or an educated class.
395. Commonsense is the level playing field of equilibrium in action.
396. Compassion and love constitute non-violence in action.
397. Compassion, freedom, and truth cannot coexist with authoritarian governments.
398. Compassionate love and kind-heartedness is our wisest course.
399. Compromise is give and take, not give or take, or take and take.
400. Compulsion dooms society to perpetual struggle against it.
401. Compulsory adherence to any belief or behaviour by regulation and proscriptive punishment, is the very opposite of freedom – i.e. enslavement.
402. Concern for others is learned from the example we set in action.
403. Concerned giving, with no thought of reward, is the most valuable.
404. Conditional loving falls short of Loving.
405. Confessions must be freely offered.
406. Confidence can be acquired by practised conscious effort.
407. Confidence comes from some inner sense of what matters.
408. Confident self-examination, makes the possible more probable.
409. Conflict is an opportunity for change.
410. Confront fear to break its spell.
411. Confront fear to see it diminish.
412. Confused anger is anger unexamined.
413. Confusion, or delusion, hatred etc., stem from ignorance, and lack of empathetic perspective or engagement.
414. Congratulations are both the civility, and the servility of envy.
415. Connect with the senses to come into the present.
416. Conquer your heart; then you may become somebody.
417. Conscience is the inner voice which warns us: someone may be looking.
418. Conscience is the most secret core and sanctity of a person.
419. Conscientious objectors heroically object to the unconscionable.
420. Consciousness is a narrative, not a constant.
421. Consciousness is absolutely necessary for the animation of the body.
422. Conservatism makes no poetry, breathes no prayer, has no invention; it is all memory.
423. Conservatives often demand a square deal for the rich.

424. Consider the intention behind an action before judging the action.
425. Consider what you lack in yourself before you condemn others.
426. Considered anger gives focus.
427. Constancy, reason, faith and sincerity, are the basis of true philosophy.
428. Constant dripping wears away stone.
429. Constantly renew yourself, through daily reflection and meditation.
430. Contemplate your own life in those of others.
431. Contempt is one's feeling for an enemy too formidable to be opposed.
432. Content have, content be !
433. Content is a state of mind.
434. Content of character is more important than the colour of skin.
435. Content-based focussed passion creates; the opposite depletes and destroys.
436. Contentment is not only an ethical matter, but also a necessity for peace.
437. Contribute, as well as receive.
438. Control, efficiency < direction, purpose, and empathy.
439. Conversion is the work of a lifetime.
440. Cost is a relative thing.
441. Courage is like love; it must have hope for nourishment.
442. Courage is the ability to take action in the face of fear.
443. Courage is the ladder on which all the other virtues mount.
444. Courage is the thing. All goes if courage goes.
445. Courage taken to excess quickly becomes foolhardiness.
446. Courage without conscience is a wild beast.
447. Courageous, non-violent opposition to regulated or mandated compulsion, is required to attain the liberty of free thought and non-harming action, for all.
448. Covetousness has nothing so properly and so much its own as ingratitude.
449. Cowardice arises when we lose all confidence as a result of fear.
450. Cull out and make useful what we see before us.
451. Cultivate and feed ideas to make them grow.
452. Culture is collective identity, based on inheritance.
453. Cure comes only after much heightening of the conflict and reinforcing of the defences, which only slowly disintegrate, after painful overcoming of resistance.
454. Curiosity is not a crime; freethinking should be applauded.
455. Custom, once established, unmask a furious and tyrannic countenance.
456. Customs principal effect is to seize and ensnare us.
457. Cynicism immobilises and precludes taking strong action.
458. Dance with fear, rather than allowing your-self to be beaten down by it.
459. Darkness cannot drive out darkness; only light can do that.
460. Death always wins in the end.
461. Death can overtake us at any time.

462. Death is one moment, and life is so many of them.
463. Death is the great leveller.
464. Death is the great unknown, but it will be a moment, just like any other.
465. Decency can be a menace if not carried forward with practical living.
466. Decide not to be something, but to be someone.
467. Decrease prejudice and increase understanding.
468. Decreased prejudices increase understanding, and vice versa.
469. Deficits in emotional or social competences lay the foundations for grave problems.
470. Demanded unquestioning obedience, demands the prostitution of the follower (s) for an unworthy leading recipient, for an unexplained purpose, where the risk almost certainly will be born by the follower(s) alone.
471. Democracy demands an educated, informed people.
472. Democracy is the gift to the nation by the people themselves.
473. Denial is inextricably linked to anger, hurt and frustration.
474. Depression is linked to a felt absence of meaning in one's life plan.
475. Depression is unfelt anger.
476. Despair is never a solution, but rather, the ultimate failure.
477. Desperate diseases need desperate cures.
478. Differences between religions are only differences in style and technique.
479. Difficult experiences forge our understanding, and our character.
480. Difficulties are opportunities for better things; the stepping stones of experience.
481. Dig deep to find which power point you are best plugged into.
482. Dignity = Reciprocity = Balance
483. Diplomacy's train must have brakes, also.
484. Direct your mind; master your destiny.
485. Discard yourself and thereby regain yourself.
486. Discipline in private; praise in public.
487. Discipline is only really effective when it comes from within.
488. Discontent breeds acquisitiveness, which can never be satisfied.
489. Discover fulfilment through giving.
490. Discover your own unique talent and honour it as well as honour everyone else.
491. Discretion is the better part of valour.
492. Discussion and argument is the rhetorical broth which feeds us.
493. Dishonesty and violence are inextricably linked to gross inequalities of global wealth, maintained by the non-sharing wealthy elite of all societies.
494. Distinguishing ourselves by a particular garb or fashion proves nothing.
495. Distrust of authority should be our first civic duty.
496. Diversionary tactics are set in play for a reason.

497. Diversity of opinion is a good unto itself.
498. Divide and conquer.
499. Do each simple thing as if you do nothing else.
500. Do everything, but love to do nothing but what is good.
501. Do I stay, or do I dare ?
502. Do it once, do it well; build a better world.
503. Do less of what makes you feel bad, empty or sad.
504. Do more of what makes you feel good, happy and fulfilled.
505. Do more of what you can do, and do it better.
506. Do more of what you love, and less of what you don't.
507. Do not be confined by fear, or lust.
508. Do not be worried and upset; do not be afraid....
509. Do not do to others what you would not want them to do to you.
510. Do not want the peace that passeth understanding; want the understanding which bringeth peace.
511. Do remember the past, but do not be held captive by it.
512. Do the basics better than anything else.
513. Do to others as you would have others treat you.
514. Do we fear what we don't understand ?
515. Do what you can, with what you have, where you are.
516. Do what you want to do with your life.
517. Does misunderstanding breed distrust ?
518. Does obsession with possessions diminish and demean ?
519. Does the chicken come first, or the egg ?
520. Doing nothing sometimes colludes with evil, also.
521. Doing slowly what you usually do fast gives a different perspective.
522. Doing what is right keeps your conscience satisfied.
523. Dollops of disgust, sarcasm, and contempt, give rise to defensiveness, dodging of responsibility, and the passive resistance which comes from being unfairly treated.
524. Domestic abuse is an abuse of rank.
525. Domestic violence has close relatives in financial control and emotional blackmail.
526. Dominating others diminishes and disempowers, and damages both.
527. Don't allow yourself to be constrained by rigid ideology, dogma, or doctrine.
528. Don't allow yourself to be limited by your inheritance.
529. Don't be a mouse and run with mice.
530. Don't be the gander to kill the goose which lays golden eggs.
531. Don't believe in miracles only; believe also in hard work....
532. Don't bite the hand that feeds you.
533. Don't blame, or shame, or humiliate.

534. Don't burn your bridges (you may have to backtrack).
535. Don't count your chickens before they are hatched.
536. Don't cross your bridges until you come to them.
537. Don't expect to play with fire without getting burnt !
538. Don't fence me in !
539. Don't find fault; find a remedy.
540. Don't hold a grudge.
541. Don't judge a book by its cover - the contents are more than the wrapping.
542. Don't let a little dispute ruin a great relationship.
543. Don't let blind faith blinker you to observable truth.
544. Don't let blind faith stop your eyes, ears, or brain !
545. Don't let the hardships of the past rob joy from the present.
546. Don't let your archetypes be stereotypes !
547. Don't lie, and don't do what you hate.
548. Don't limit a child to your own learning, for each is born differently.
549. Don't look for differences; look also for similarities.
550. Don't look for hero's; be one !
551. Don't make mountains out of mole-hills.
552. Don't put all your eggs in the same basket.
553. Don't put off until tomorrow what you can easily do today.
554. Don't run from the past; it is always, eventually, a treasure trove.
555. Don't say "no", or "yes" until you know what you are responding to.
556. Don't sell yourself short.
557. Don't worry; be happy !
558. Don't worry about people stealing your ideas – plough ahead.
559. Dream ahead, not behind.
560. Dream big and sleep well.
561. Dream what you want to dream; go where you want to go; be what you want to be.
562. Dreams are faithful interpreters of our inclinations.
563. Dreams can only be realised by taking enlightened action.
564. Dreams come to tell us something about our lives that are missing.
565. Dreams of fame and fortune must be tempered by conscience.
566. Drugs are not always necessary, but belief in recovery always is.
567. Duplicity (saying one thing, and meaning another), breeds distrust.
568. Each act of suffering can be embraced with no loss of dignity.
569. Each day opens a new account; each night burns the remains of the day.
570. Each day we are given the gift to create memories that will be cherished for a lifetime.
571. Each human being is bred with a unique set of potentials that yearn to be fulfilled as surely as the acorn yearns to become the oak within it.

572. Each loss is counsel.
573. Each member of the human race is born into the world as a trust of the whole.
574. Each moment in space encapsulates a whole range of moments on earth.
575. Each of us carry within us the seeds of our own salvation.
576. Each of us has inside what's required to be free. Be free!
577. Each of us is a spark struck off from the fiery mystery of Creation.
578. Each of us is here as divinely as any is here.
579. Each one of us is, and should feel important.
580. Each person's healer is within.
581. Each player must accept the hand of cards life deals him or her: but once they are in hand, he/she alone must decide how to play the game.
582. Earth is our only home. Therefore, respect, and protect it.
583. Earthly pleasures and things of the world, greed has cunningly prepared.
584. Eating two mouthfuls less than one's hunger is the restraint of self-denial, the aesthetic path.
585. Economics and art are strangers.
586. Education is not indoctrination !
587. Effective interdependence can only be built on true independence.
588. Effective interpersonal leaders think "win/win" rather than "win/lose".
589. Effective people feed opportunities, and starve problems.
590. Ego is the façade we build up to hide behind.
591. Egoism creates narrow, religious orthodoxy instead of love, and insulation instead of integration and participation.
592. Egotism is the anaesthetic that dulls the pains of stupidity.
593. Eloquence prejudices the subject it would advance.
594. Emotional prisons are created when we allow others to control us.
595. Empathetic concern is linked to the level of paternal involvement in childcare.
596. Empathy + Kindly Action = Living Love = Self Interest = Base Motive
597. Empathy is awakened by experience and suffering.
598. Empathy is not sympathy, which is a form of judging agreement.
599. Empathy leads to enlightened self-interest and kindly action.
600. Empty vessels jar and clang the loudest.
601. Engage in life as it is: enjoy the struggle and make something out of it.
602. Enjoy being and doing what is useful, as opposed to profitable.
603. Enjoyment comes from understanding our position as the enjoyed.
604. Enjoyment is our birthright, but it is a mistake to concentrate on it.
605. Enlighten the darkness of my heart, and give me true faith.
606. Enter the dance of love with pride.
607. Enthusiasm is self-confidence in action.
608. Envious persons denigrate what they don't, or cannot have.
609. Envy eats nothing but its own heart.

610. Equal relationships are based on intimacy and negotiation, not on emotional dominance.
611. Equality is the soul of equity.
612. Ethical conduct becomes automatic when we live love.
613. Euphemisms are unpleasant truths wearing diplomatic cologne.
614. Evaluate yourself spiritually, rather than materially.
615. Even atheistic individuals have their own barrow, or interest to push.
616. Even different versions of the same event confirm a shared past.
617. Even Goliath's have a weak spot, which can render them vulnerable.
618. Even in the depths of sadness the sound of joy may be heard.
619. Even noble causes when carried to extremes can cause harm.
620. Even peacocks hide their claws.
621. Even the darkest night will end, and the sun will rise - again.
622. Even the very hairs on your head are numbered....
623. Even when seated upon a throne, we are but seated upon our breech.
624. Even-handed actions lead to balanced equilibrium – and peace.
625. Every action has a consequence.
626. Every awakening spreads its power and light throughout the world.
627. Every beginning is weak.
628. Every breath brings us closer to death. This may come at any time.
629. Every card is a new beginning.
630. Every cloud has a silver lining.
631. Every crisis is a dangerous opportunity.
632. Every discovery of what is false leads us to seek what is true.
633. Every faith has episodes in its past of which it ought to be ashamed.
634. Every foot has its own shoe.
635. Every instance of bullying must be confronted.
636. Every journey must begin with the first, and take one step at a time.
637. Every living being was born to accomplish a certain purpose.
638. Every nature, every form, every creature, exists in and with each other.
639. Every one of us is an inlet to all of the same.
640. Every opportunity has a difficulty; every difficulty has an opportunity.
641. Every piece makes up an entire body.
642. Every piece of knowledge is the lost property of a believer.
643. Every place swarms with commentaries; of authors there is great scarcity.
644. Every profession is great that is greatly pursued.
645. Every seeker of mystical truth must pass through seven valleys: knowledge, repentance, stumbling blocks, tribulation, thunders, the abyss, and finally, the valley of hymns and celebration.
646. Every task requires intelligence.
647. Every worker thinks his/her load is the heaviest.

648. Everybody is somebody else's weirdo.
649. Everyone has a right to an education.
650. Everyone has a right to feel safe at all times; everyone has a responsibility....
651. Everyone has the right to freedom of opinion and expression.
652. Everyone has the right to life, liberty and security.
653. Everyone has to have a secure home base, where the truth can be told.
654. Everyone has value, and must feel valued to function well.
655. Everyone is multitalented.
656. Everyone is trying to live the best they can with the hand that they've been dealt. It's not always easy. Life is not equally kind to us all. Remember to treat everyone with respect and equality, and God will always bless you.
657. Everyone knows something of everything, or everything of something.
658. Everyone leaves this world just as they entered it – with nothing.
659. Everyone prefers a problem solver to a troublemaker.
660. Everyone who crosses our path has a message for us.
661. Everyone, in life's play, is a slut in the wings, waiting to happen.
662. Everything amounts to nothing. Only love by sharing redeems.
663. Everything and everyone gets recycled in the end.
664. Everything exists on this planet for a reason. Everything has a purpose.
665. Everything happens for a reason; there is no such thing as coincidence.
666. Everything is an opportunity for spiritual enrichment.
667. Everything moves swiftly upward and outward.
668. Everything now emerging is no more than a manifestation of what was already there.
669. Everything should be made as simple as possible, but no simpler.
670. Everything we look upon is blessed.
671. Everything will be revealed to those who truly seek; seek until you find.
672. Everything you do for love of the world you do for Me (the "I AM").
673. Everything you do for Me, you do for your true Self.
674. Evil goes backwards, not forwards, as in "live".
675. Evil is never total, its victory never absolute.
676. Evil is that which one believes about others.
677. Evil is the absence of Empathy and Truth, which is the sin.
678. Evils have their life and limits, their diseases and their recovery.
679. Evolution comes from celebration.
680. Evolution is the way GOD the great "I AM" created, and is still creating.
681. Example is better than precept.
682. Excessive worry leads to the fulfilment of the anticipated trouble.
683. Excuses accuse !
684. Executions do not deter violent crime. Only love can.
685. Expend none of your spirit on guilt and shame.

686. Experience gives the test first. The lesson is learned afterwards.
687. Experience is not just what happens, but on what one does with what happens.
688. Experience is properly upon its own dunghill; reason wholly gives it place.
689. Experience is the mother of wisdom.
690. Expose the hypocrisy of lip service to principles; challenge people to make them real, where ever and how ever they serve.
691. Expose yourself to great minds by reading their books, and so on.
692. Exposure of children to the media robs them of their childhood.
693. Express liberation through living.
694. Eye for an eye retribution is as excessive as the original crime it punishes.
695. Face your considered truth and act for yourself.
696. Failing in love is better than not having loved at all.
697. Failing in loving is not the same as not loving.
698. Failing to grieve leads to a loss of passion in the whole of life.
699. Failure is the opportunity to begin again more intelligently.
700. Failure to prepare is preparing to fail.
701. Faith in the present and future draws its strength from the past.
702. Faith, good nature, and goodwill can never be taken away from you; indeed they are all that you truly possess.
703. Fallen blossoms leave their perfume behind.
704. False friends are like autumn leaves, found everywhere.
705. Familiarity and plenty breeds contempt; we learn to appreciate by experiencing both good and bad times.
706. Families – we all have them ! Some are good, some are bad, some accessible, some not. If necessary, choose a family which is good for you.
707. Fanaticism redoubles efforts while forgetting aims.
708. Fast foods = slow digestion; steep profits = shallow relationships;
fancier houses = broken homes
709. Faults are thick where love is thin.
710. Fear and courage are equally contagious.
711. Fear and hatred are rooted in ignorance.
712. Fear and mistrust will replace co-operation if one partner habitually borrows another's strength without appropriate, agreed compensation.
713. Fear gives way to calm joy when you know that your unselfish love is returned unconditionally.
714. Fear is what keeps us conservative, and traps us in our patterns of behaviour.
715. Fear locks the gate; love is its only key.
716. Fear not: for I am with you.
717. Fear reminds us that things can go wrong, but should not chain us.
718. Fear saps and deflates; courage primes and pumps.
719. Feel the wind while you may.

720. Felt pain is amplified by increased stress.
721. Feuds lead to losses, not gains.
722. Few are those who see with their own eyes and feel with their own hearts.
723. Fight for what you want with your head and your heart.
724. Fight hatred with love.
725. Fight if you must, but let your motive be only to help.
726. Find someone whose inspiration blossoms the more you lose.
727. Find work that you can believe in.
728. Fine clothes alone do not make, or change, the person within.
729. Flesh and spirit are one in love....
730. Focus gradually becomes a de-sensitizing preoccupation.
731. Focus on things which make you happy in the present, and let go of those things that don't !
732. Focus on where you want to go, not on what you fear.
733. Focussing on what you don't want, won't get you what you do want.
734. Follow the three R's: Respect for self; Respect for others; Responsibility for all your actions.
735. Foolish men and women live that they may eat and drink, whereas wise people eat and drink that they may live.
736. Fools learn nothing from the wise, but the wise learn much from fools.
737. Fools wander; the wise travel.
738. For anything I have to do before I die, the longest leisure would appear too short.
739. For every success, there are a thousand failures.
740. For one who has no *self*-interest, even Hell is Heaven.
741. For the spirit, there are no rules and regulations.
742. For us to remain centered, we must be non judgmental, and let others follow their own path with our blessing.
743. For want of due proportion we spoil all.
744. For what shall it profit a person, that he/she gain the whole world, but lose his/her soul ?
745. Force (as the first solution) always attracts persons of low morality.
746. Forced compulsion is the last gasp of the desperate, and is doomed to fail.
747. Forced connection makes bad digestion !
748. Forethought to action is what makes the action good or bad.
749. Forewarned is forearmed.
750. Forgive, give, and live !
751. Forgiveness and generosity are the same – LOVE !
752. Forms change to fit the times.
753. Forms may change, yet the essence remains the same.
754. Fortune sides with the one who dares.

755. Free love has its price, also.
756. Freedom and independence allow us to display a relaxed erectness of character.
757. Freedom demands self-discipline to last.
758. Freedom is mine !
759. Freedom is only freedom when it is indivisible.
760. Freedom is rooted in the love of human and living rights; it should be enhanced by religious spirituality – not caged by religious dogma.
761. Freedom must be demanded by the oppressed.
762. Freedom of speech is fundamental in preserving a broad and open society.
763. Freedom relates sexuality to love, not to duty, procreation, violence or guilt.
764. Frequent recounting and regrouping is required to maintain a fine balance.
765. Friends ! We all have had our troubles – we are human, one and all !
766. Friends are people we love in spite of their faults.
767. Friends are the family we choose for ourselves.
768. Friends listen to what you say. Best friends listen to what you don't say.
769. Friends try to help their friends be better people.
770. Friendship is a mutual gift of equals.
771. Friendship is one mind in two bodies.
772. Friendships are maintained by sharing a mutually growing partnership.
773. Friendships rely on kindness and compassion, and eschew bullying.
774. From all the petty conflicts in families and employment, springs war between nations.
775. From day one, we face the prospect of growing old, and hopefully, wise.
776. From love comes service; from service comes peace.
777. From those to whom much is given, much is expected.
778. From times and fields of plenty, save for the times of trial.
779. Full satisfaction cannot arise from gratifying the senses alone.
780. Fun and laughter is good medicine.
781. Gain insight through solitude.
782. Generosity and content, not the performance, lies at the very heart of life's play.
783. Generosity and forgiveness are the same – LOVE !
784. Genius does what it must, talent does what it can.
785. Get the questions right, and the right answers will come.
786. Get tuned into your intuition to find your inner strength, joy, and peace.
787. Give a good word, or none at all.
788. Give credit where it's due.
789. Give place to others, as others have given place to you.
790. Give up smacking and hitting; find better ways of gaining cooperation.
791. Giving is most valuable when there is no expectation of reward.

792. Giving is receiving: both parties benefit from the act of giving.
793. Giving up what is dearest to you brings enlightenment.
794. Go as far as you can see, and when you get there, you will see further.
795. Go beyond superficial trappings to solve entrenched problems.
796. Go on loving the good, simple and ordinary, and keep the balance true.
797. Go placidly amid the noise and haste.
798. Golden words open an iron door.
799. Good and evil wear many disguises.
800. Good doctrine needs no miracle.
801. Good friends are like diamonds, precious and rare.
802. Good humour walks a fine edge.
803. Good news is not reported because there is so much of it.
804. Good opportunities are not lost – they are given to others.
805. Good people are good because they've come to wisdom through failure.
806. Good will stems from grown inward power, self-reliance, and self affirmation.
807. Good, better, best, never let it rest, until your good is better; your better best.
808. Goodness and mercy are everywhere.
809. Gossip concentrates minds on petty things.
810. Gossip is a vice enjoyed vicariously.
811. Government of, by and for the People – ALL people.
812. Governments driven, not led, by ideology fail.
813. Grandeur of soul consists not so much in mounting but in pressing forward.
814. Great armies are nothing but a collection of weakness.
815. Great love and great achievements involve great risk.
816. Great spirits have always encountered violent opposition from mediocre minds.
817. Great things are but a series of small things brought together.
818. Grief is cleansing; despair is just standing still.
819. Grief leads to focussed thought and further possibilities.
820. Grievous is the penalty when we are false unto ourselves.
821. Ground yourself by understanding the control dramas of your parents.
822. Groups are more immoral than individuals.
823. Grow past hate and bitterness; see the world as one.
824. Guard plenty by care of balance.
825. Guidance in all things comes in the still small voice within, and it reveals all.
826. Guided intelligence is worth more than high intelligence alone.
827. Habit is either the best servant, or the worst master.
828. Habitually borrowing another's strength, weakens the relationship as fear replaces co-operation.
829. Half-truths are lies, especially where the intention is to deceive.
830. Happiness is a journey, not a destination.

831. Happiness is not made by what we own: it is what we share.
832. Happiness is not what you have.
833. Happiness, like unhappiness, is a choice we must take responsibility for.
834. Happy is the one who has made a beautiful voyage.
835. Happy people make the most of everything that comes along their way.
836. Hard are the questions, and hard sometimes are the answers.
837. Hard intellectual work not only manages, but also grows emotion.
838. Hard matter is mostly empty space, with energy running through it.
839. Hard times make you appreciate what you've got.
840. Hardship is very necessary to expand our horizons, and consciousness.
841. Haste is the twin of repentance.
842. Hate cannot drive out hate; only love can do that.
843. Hate generalises; love specifies.
844. Hate pays no dividends, so look for profit in the hearts of friends.
845. Hate puts a mean look on every face.
846. Hatred = Sin = Madness.
847. Hatred is blind, and unreasoning.
848. Hatred is by far the longest pleasure because it has to do with one's self, also.
849. Hatred is taught through inculcating fear of difference.
850. Hatred leads to destruction.
851. Have a mind that is open to everything, but attached to nothing.
852. Have attitude, and gratitude.
853. Have content, and be content. Have Respect !
854. Have I told you lately that I love you ?
855. Have you been schooled in all of the social hypocrisies ?
856. Healing comes when we choose to live in the present, let go of ego, and cease to blame, shame or humiliate others, or to make excuses for past errors.
857. Healing is impossible until we go through the process of forgiveness.
858. Healing of the spirit does not take the path of exploitation.
859. Health and fitness must go together.
860. Healthy societies allow healthy people to flourish.
861. Hearing is something we all do. Listening is a choice.
862. Heartfelt apology is the first step towards healing past hurt.
863. Heavenly bodies may influence, but they do not, and cannot compel.
864. Help me to help you help me.
865. Help, encourage, and comfort. This is love in action.
866. Helping others helps self.
867. Here I stand. I can do no other.
868. Here where I stand at the turning of years.
869. Hidden agendas abound, and include our own, so beware.
870. Hidden resentment emerges in a myriad of underground ways.

871. Hide your gold while you are yet young.
872. Histories written by winners glorify their own cause and disparage the conquered.
873. History is a distant mirror, dimly lit.
874. History is always a one sided account.
875. History is not just the evolution of technology; it is the evolution of thought.
876. History repeats itself, unfortunately.
877. Hit straight what is essential, and don't exaggerate praise or blame....
878. Home is where the heart is.
879. Home, sweet home !
880. Homophobia is the reverse side of homosexuality.
881. Homosexual and bisexual feelings and behaviours are just as natural as heterosexual ones.
882. Honed knowledge is the key to understanding and power – within.
883. Hope for the best; prepare for the worst.
884. Hope is central to healthy communities.
885. Hope requires timely action to win.
886. How can I make it better ?
887. How can the soul which misunderstands Itself have a sure idea of others ?
888. How can they live if I am not free ?
889. How can we have education without common sense ?
890. How criticisms are given and received determines satisfaction.
891. How dull it is to pause, to make an end: to rest unburnished, not to shine in use ?
892. How great is often the discrepancy between the ideals of a Master and the practice of those who follow.
893. How many cares one loses when one decides not to be something, but to be someone.
894. How much of our life is spent in artificial, superficial, temporary, decorative and sweetened pursuits ?
895. How real and noble is the act of overcoming.
896. How to ever smile again, if first you won't cry ?
897. How vital it is to accept, to be truthful, and to love yourself, so that you can do the same for others.
898. Human consciousness is like a flower – it can open in the light, or remain closed, wither and die in the dark.
899. Human contact is the ultimate God.
900. Human ignorance is the surest part of the world's school.
901. Human right abuses anywhere are the concern of people everywhere.
902. Human rights are in the hands of all our citizens in all our communities.
903. Human rights begin at home.

904. Humans cannot exist if everything that is unpleasant is eliminated.
905. Humble or no, together we go.
906. Hurt not others with that which pains yourself.
907. Hypocrisy is the homage paid by vice to virtue; prejudice with a halo.
908. Hypocrites combine the appearance of virtue with the satisfaction of vice.
909. I + AM = God/Creator = 1,2,3....∞ (the infinite One, which includes ALL).
910. I AM ! Am I ?
911. I am broken on the wheel of my own feelings.
912. I am not one of those who out of nothing suddenly become perfect.
913. I am not this body only, but spirit soul also.
914. I am of the community of “man” – and – I AM UNIQUE !
915. I am only human, although I regret it.
916. I am that I AM.
917. I am the source of all my emotions.
918. I am what I am – uniquely created ©.
919. I believe in the power which guides me, which is love, not revolution.
920. I believe that a simple and unassuming manner of life is best for everyone, best both for the body and the mind.
921. I can live within my head if necessary.
922. I choose not to collaborate in my own oppression.
923. I couldn't make it without intimacy.
924. I don't have to be what anyone else wants me to be. I am free to be who I want to be.
925. I feel your thought like mine; if they diverge, the balance is the same.
926. I have a dream.
927. I have no other end but to discover myself.
928. I have read and still I read and feed; digestive juices flow, and my mind moves: to find a new balance of reasoned understanding, peace and harmony.
929. I just want to make them happy.
930. I know that I am contradiction inside contradiction.
931. I looked in my heart, and God was there.
932. I may not agree with what you say, but to your death I will defend your right to say it.
933. I owe a duty to respect where I cannot love.
934. I owe my greatest successes to those who gave me real aid when I stood at the crossroads.
935. I perceived everything to be somehow part of me.
936. I raise my eyes to the heavens, but only the moon looks down !
937. I starve in the wilderness for the want of people.
938. I think and feel – therefore, I AM.
939. I want to live, I want to grow, I want to see, I want to know....

940. I want to share what I can give....
941. I want to show you great and marvellous things....
942. I was one instead of two; I wasn't two or one; I was none and everything; I was there and everywhere at once. This is one description of an orgasm.
943. I was raw; I was cooked; I was burned.
944. I wear a thousand faces and none of them are me.
945. I witnessed life at its fullest, empty handed.
946. I would rather die a meaningful death than to live a meaningless life.
947. I'm going to live and breath in love and faith.
948. I'm going to make the most of each given day.
949. I'm not a big person; just a lucky one.
950. I'm not a hater. I'm a fighter.
951. Ideally, sexual experience should be earned, and its power preserved, until one has the maturity to handle it.
952. Ideology, dogma and doctrine change over time.
953. If $11 + 2 = 12 + 1$, does Evangelist = Evil's Agent ? (It can, just as "a decimal point" says "I'm a dot in place", and "eleven plus two" is the same as "twelve plus one", but is *not* necessary so).
954. If "good manners" go further than respectful equality, they go too far, and limit.
955. If a thing is carried to excess, it will prove a source of evil.
956. If all else fails, always switch back to focus on your breathing.
957. If at first you don't succeed, try and try again – but look for alternate ways !
958. If both parties in a partnership are not winning, both are losing.
959. If democratic societies are not protective of their liberties, even they may lose it.
960. If equal affection cannot be, then let the more loving one be me.
961. If factions allow debate and dissent, they are better than cults of personality.
962. If future generations allow prejudice and bigotry to flourish, then they must be prepared for the consequences.
963. If human rights are sacrificed in the search for peace and security, there will be no peace and security.
964. If I am unjust, then who will be just ?
965. If I could change the past for you, I would. But, I can't.
966. If I do not speak out and resist, I am an accomplice.
967. If I hated, I couldn't think, eat, or work. I'd be frustrated. I don't hate.
968. If I have no love, I am nothing !
969. If I'm not loving, or not loved, I'm not alive.
970. If justice is blind, there is no justice.
971. If nature do not help a little, it is very hard for art and industry to perform....
972. If nothing can change a situation, worrying only makes it worse.

973. If people act like swine, we'd be better off living with pigs.
974. If people are brutalized, they will often be brutal themselves.
975. If realization does not give real freedom, then it is not realization.
976. If that happened to me would it change my mind ?
977. If the going is easy, you may be headed downhill.
978. If they only knew me as I am !
979. If we can't live together, we're going to die alone.
980. If we don't change we don't grow, or live.
981. If we don't progress for the better, we stagnate, and then - decay, wither and die - unless we are overtaken by revolution (preferably by those of like mind), to cut out the dead wood. Only the dead wood must be removed.
982. If we escape risks, we are merely lucky.
983. If we live long, life's path will take us through many ups and downs, twists, turns, about turns, crossroads, peaceful and stormy periods, growth and decline, and popularity and prosperity – or lack thereof.
984. If we wish to move we must find a new balance.
985. If you are in the wrong, you have no right to lose your temper.
986. If you are no better than your ancestry, the best part is under ground.
987. If you are not in the wrong you have no need to lose your temper.
988. If you are short on logic, you can't be big on religion or philosophy !
989. If you bring forth what you have within you, what you have will save you.
990. If you can do nothing to help suffering, don't make it worse by indulging your emotions.
991. If you can formulate the question clearly, then you already know the answer.
992. If you can't find the truth right where you are, where else do you expect to find it ?
993. If you cannot be tolerant in age you have never lived.
994. If you choose to lead, prepare well, for a ship without a working crew, no sails or rudder will come to grief, even if you have found a perfect destination.
995. If you concentrate on what is being said, you can feel when it is your turn to speak.
996. If you do a job that lacks heart, it will kill you.
997. If you do what you've always done, you'll get what you've always gotten.
998. If you don't question, you can't understand.
999. If you don't use it, you'll lose it.
1000. If you fail to use the day's deposits, the loss is yours.
1001. If you go through hell, you will smart to keep going.
1002. If you hate one big unknown group you can kill one member of that group without feeling guilty. This is why hate equates to sinning.
1003. If you have no wisdom through reason, then you live in poverty, and you are the poverty.

- 1004.If you have not supped from the same cup, then you cannot know the same taste.
- 1005.If you let the world walk over you, it's your own fault, as well.
- 1006.If you love people, you love freedom.
- 1007.If you love your work, you don't feel like it's work.
- 1008.If you must fight, fight against wars of ambition, greed and corruption.
- 1009.If you must retire, don't retire from life. Become an elder. Above all, stay involved.
- 1010.If you only saw what you think about, you would think differently.
- 1011.If you practice and demand recall, you retain optimum level performances.
- 1012.If you stick around long enough, it not only rains but sometimes pours !
- 1013.If you think you are beaten, you are.
- 1014.If you think you dare not, you don't.
- 1015.If you want a rainbow, you've got to put up with the rain.
- 1016.If you want to make your own bed, you must lie in it, alone.
- 1017.If you're a good person you'll receive God's blessing.
- 1018.If you're down, take your belt off, and look for trouble.
- 1019.If you're going to do something, do it well.
- 1020.Ignorance breeds fear and isolation; isolation breeds more ignorance and fear.
- 1021.Ignorance is not innocence.
- 1022.Ignorance is the night of the mind, a night without moon or star.
- 1023.Ignorance leads to misery.
- 1024.Ill gotten gains will bring an evil response.
- 1025.Ill will arises from lack of inward power, self-reliance, and self affirmation.
- 1026.Illness and death can overtake us at any moment.
- 1027.Illness can often mark a turning point for the better in your life.
- 1028.Imagination is more important than knowledge.
- 1029.Imagination renders the very outside of a jail displeasing.
- 1030.Imagination, not invention, is the supreme master of art, as of life.
- 1031.In a democracy, dissent is an act of faith.
- 1032.In a tiny petal of a tiny flower, that grew from a tiny pod, is the miracle and the mystery of all creation, and God.
- 1033.In adolescence we learn everything, but it takes a long life to express it.
- 1034.In all matters moderation is desirable.
- 1035.In disagreements with loved ones, deal only with the current situation. Don't bring up the past.
- 1036.In fundamentalism of any persuasion, the inexcusable exists.
- 1037.In helping us to recognise your frailty you help us recognise our own.
- 1038.In many ways we are not limited by old age, but liberated by it.
- 1039.In responsibility we find freedom.
- 1040.In silence, all the voices of the world are reconciled.

1041. In the bush security is based on perception of distance in line and time.
1042. In the end, all that will matter is how much you have loved.
1043. In the estimation of God there is no distinction of sex.
1044. In the gang world, there is intense conformity based on fear.
1045. In the middle of difficulty lies opportunity.
1046. In the presence of eternity, the mountains are as transient as the clouds.
1047. In truth, who am I ?
1048. In war, there are no winners, only losers.
1049. In what can we take pride ?
1050. Inaction strengthens fear and destroys confidence.
1051. Inclusion requires moving beyond one's traditional circle.
1052. Inclusive, co-operative decisions avoid adversarial posturing and partisanship.
1053. Indemnity is not sufficient pay to one who does better than not to do amiss.
1054. Independence – that aggressive little spark of unique self – cannot be protected or controlled.
1055. Independence is the first of life's benefits.
1056. Independent Interdependence = Victory
1057. Individual prayer is solo clear thinking.
1058. Individual's can make a difference !
1059. Inequality is a source of trouble for everyone.
1060. Inequality of wealth distribution is a scandal.
1061. Information is not knowledge.
1062. Inheritance is only a small part of what will become "you".
1063. Inherited privilege guarantees nothing.
1064. Initiation comes after great illness, pain, or suffering, and in a moment the world seems transformed. It is not that the world has changed; it is that that person has become tuned to a different pitch and so begins to truly live.
1065. Initiation's intention must be to empower; never to hurt or humiliate.
1066. Initiative thoughtfully acts without instruction.
1067. Injustice anywhere is a threat to justice everywhere.
1068. Inner Peace ► Well-being ► Peace Without (peace around you)
1069. Inner peace is the principal characteristic of happiness.
1070. Inner peace of mind, empathy, compassion, and kindly action, are the keys to life and happiness.
1071. Innocence is slain where blessed cannon host.
1072. Innocence looks directly, and says what it means.
1073. Insist on the right to live and question and hope for the future.
1074. Inspiration, commitment, devotion, love.
1075. Instead of living the truth, do we allow circumstances and conditions to bury the universal law of love, under a mix of materialism and insecurities ?
1076. Integration of the masculine and feminine amplifies and extends the soul.

1077. Integrity includes, but exceeds honesty, because it fulfils promises and exceeds expectations.
1078. Integrity pays, but not in cash.
1079. Intelligent compromise beats litigation every time.
1080. Intemperance is the pest of pleasure; and temperance is not its scourge.
1081. Intimacy makes you kind.
1082. Intimacy, more than sex or sexual orientation, is the universal battleground, and no easier for straight than gay.
1083. Intimate relationships based purely on attraction almost always fail.
1084. Intuition is born of a focussed mind.
1085. Invest in yourself to succeed.
1086. Invest thought and energy into how to play generously at sex.
1087. Invisibility is the Disability.
1088. Irony is bitter truth, wrapped up in a little joke.
1089. Irrational fear clouds your vision.
1090. Is faith an illogical belief in the occurrence of the improbable ?
1091. Is it fact, or the fiction of fantasy ? That should always be our first question.
1092. Is it through other's eyes that we should define ourselves ?
1093. Is knowledge power ? Honed knowledge may lead to power.
1094. Is marriage a monopoly of the worst of monopolies ?
1095. Is religion the opiate of the masses ?
1096. Is spiritual submission cultural capitulation ?
1097. Is the very different rhythm we yearn for fulfilment, rather than achievement ?
1098. Is there another way to go forward ?
1099. Is your life just one more lie ?
1100. It ain't necessarily so !
1101. It aint the things we don't know that cause us all the trouble, but the things we do know, that aint so.
1102. It beggars belief that religious folk whip, stone and decapitate.
1103. It does not really matter whether you call things divine or not: all things are alike.
1104. It doesn't pay to let officers get ahead of themselves.
1105. It is a characteristic of wisdom not to do desperate things.
1106. It is an equal injustice to loathe natural pleasures as to be too much in love with them.
1107. It is better to be fluid than congealing.
1108. It is better to have loved and lost than not to have loved at all.
1109. It is better to light a candle than to curse the darkness.
1110. It is better to put differences on the table, rather than pretend they don't exist.
1111. It is better to stoop and yield a little rather than face a full blow.
1112. It is better to travel hopefully than to arrive.

- 1113.It is better to wear out, than rust out.
- 1114.It is difficult to make sense out of the senselessness of war.
- 1115.It is easier to hate many unknown, than one known, and this is sin.
- 1116.It is easier today to triumph over evil habits than it will be tomorrow.
- 1117.It is easy to be wise after the event.
- 1118.It is essential to keep a broad perspective.
- 1119.It is in learning to die that we learn how to live.
- 1120.It is only with the heart one can see rightly; what is essential is invisible.
- 1121.It is more than a bit much to be too rich.
- 1122.It is necessary to shed old ideas, habits, opinions, and even companions sometimes.
- 1123.It is never too late to mend.
- 1124.It is no disgrace to be defeated by a phenomenon defying emulation.
- 1125.It is not enough to have a good mind; the main thing is to use it well.
- 1126.It is not our colour but our identity that matters....
- 1127.It is not right to seek profits regardless of consequences.
- 1128.It is not *who* we love which defiles us. It is whether, when we “make love”, the attraction is mutual, *and* consent has been given by *both* parties.
- 1129.It is only after experiencing bondage and misery that the true value of freedom and happiness is really appreciated.
- 1130.It is only space that separates us (nothing separates us).
- 1131.It is only with the heart one can see rightly; what is essential is invisible to the eye.
- 1132.It is so easy to be sucked in by honoured structures, and false loyalties.
- 1133.It is the emotion of happiness that is desired, not any object.
- 1134.It is the heart that makes one great or small.
- 1135.It is the mind that makes good of ill, that makes wretch or happy, rich or poor.
- 1136.It is the sinful madness of hatred which leads us to destruction.
- 1137.It is the sneer of man, not conscience, that makes cowards of us all.
- 1138.It is unbecoming to carp at everything that is not agreeable to our own palate.
- 1139.It is violence on the side of the state that causes terrorism.
- 1140.It is wise to ask oneself wherein one has failed before placing even obvious blame on others.
- 1141.It isn't a mistake to have strong views. The mistake is to hold nothing else.
- 1142.It isn't enough just to be successful.
- 1143.It isn't the mountains ahead that wear you out; it's the pebble in your shoe.
- 1144.It requires more courage to suffer than to die.
- 1145.It takes a lifetime to build up possessions, but just a moment to let them go.
- 1146.It takes a Saint to recognize a Saint.
- 1147.It takes a village to raise a child.
- 1148.It takes honest self-examination to really know yourself.

- 1149.It takes strength and courage to show kindness.
- 1150.It takes time to regain the equilibrium from which to make choices.
- 1151.It takes two to tango.
- 1152.It takes years to build trust, and a few seconds to destroy it.
- 1153.It was a reasonable thing to do, given my level of preparation.
- 1154.It was so, it was not, in a time long forgot.
- 1155.It's a small world, after all !
- 1156.It's already the end of things as they were.
- 1157.It's hard for people to talk if you are frightening them.
- 1158.It's never so bad as when it's going so good.
- 1159.It's never sufficient to love ourselves alone.
- 1160.It's nice to be important, but it's more important to be nice !
- 1161.It's no fun being the only adult in the house.
- 1162.It's no use crying over spilt milk.
- 1163.It's not from bread alone that we live.
- 1164.It's not possible to build a new identity on an inferiority complex.
- 1165.It's not the action that makes a thing right or wrong, but the purpose behind the action.
- 1166.It's not what goes into your mouth which defiles you, but what comes out....
- 1167.It's not what we are, but what we can be....
- 1168.It's not what you have, but what you do with what you've got....
- 1169.It's the heart and mind and soul that count. When God makes someone, the most important part is the heart and soul. What's on the outside is only the decoration.
- 1170.It's the independence of our conscience which keeps us free.
- 1171.It's the independence of our Courts which keeps us free.
- 1172.It's time now for all parties to honourably bring their concerns to the table....
- 1173.It's what comes out of your mouth which defiles you, not what goes in !
- 1174.It's when you don't have something that you appreciate it.
- 1175.It's simple to be wise: just think of something stupid to say and say the opposite.
- 1176.Jealousy and envy cross and hinder our pleasures.
- 1177.Jealousy is a corrosive emotion. It inhibits communication until exposed.
- 1178.Jealousy is the dragon that slays love under the pretence of keeping it alive.
- 1179.Jesus wept !
- 1180.Join in the fight which will give you the right to be free.
- 1181.Joy (elation/exhilaration) + Honest Appreciation (happiness)
 ► Inner Peace ► Well Being (Health) ► Peace Without (peace around you).
- 1182.Joy is but the other side of pain, and is only realized in its fullness as one's capacity to endure suffering deepens.
- 1183.Judge no one, and cut off none from communion, for being different.

1184. Judge not, fear not, hate not, waste not, and you will want not.
1185. Judge not, lest you be judged.
1186. Judge only your own performance.
1187. Judge your success by what you had to give up in order to get it.
1188. Just as courage imperils life, fear protects it.
1189. Just as the exterior affects the interior, the inside affects the outside.
1190. Just as there is no real wealth without hard work, there are no real “get rich quick” schemes.
1191. Justice and judgement lie often a world apart.
1192. Justice delayed is Justice denied.
1193. Justice for both.
1194. Justice is at the heart of “rights”, which change with evolution.
1195. Keep only your own fear burning....
1196. Keep the bastards honest.
1197. Keep your eyes on the prize to win it.
1198. Keep your opinions to yourself until you know all of the facts.
1199. Kids with dads are better off.
1200. Kites rise highest against the wind - not with it.
1201. Know that every bureaucracy oppresses the poor in some way, and that every official tries to protect their own position and interests.
1202. Knowing too much hinders knowing at all.
1203. Knowledge is of the past; wisdom is of the future.
1204. Knowledge is power.
1205. Knowledge speaks, but wisdom listens.
1206. Kowtow to none, but the Creator God.
1207. Language encapsulates culture.
1208. Laugh at your own stupidity, and learn from it.
1209. Laugh at yourself before laughing at others; stone yourself similarly.
1210. Lead by good example.
1211. Lead on; debate.
1212. Leadership is a cloak to put on, a job to do, and then to step back from.
1213. Leadership is for those of spiritual maturity. Unfortunately this is rarely the case.
1214. Leadership roles are often taken by power freaks and the egotistically driven – the people with the worst possible reasons for being in charge.
1215. Learn from the master of games that there is no competition, no loser, no winner, only fun for all.
1216. Learn from the past, but look and work for the future in the present.
1217. Learn from the past, savour the present, and anticipate the future !
1218. Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning.

1219. Learn from your time sitting on the fence to safeguard you for when you'll jump into the fray.
1220. Learn the difference between observing what is taking place, and judging it.
1221. Learn the rules so you learn how to break them properly.
1222. Leave fear and ego behind, as you take courage to find truth and substance.
1223. Leave no stone unturned in your search for truth.
1224. Leave the old ways of suffering behind.
1225. Let all things be done decently, and in order.
1226. Let bygones be bygones, and passion acquaintanceship.
1227. Let it be. Lose your dignity if that's what it takes.
1228. Let no one be slow to seek wisdom when young, nor weary in the search of it when grown old.
1229. Let no one ever tell another that they cannot love.
1230. Let not anyone do to another any act that he/she wishes not to be done to him/herselves by others, knowing it to be painful to him/herself.
1231. Let not the sense of wonder die, for in its dying you die too.
1232. Let not your heart be troubled, neither let it be afraid...
1233. Let not your heart be troubled, nor be afraid, for I am with you
1234. Let not your schools be a house of correction of imprisoned youth.
1235. Let not your tongue cut your own throat.
1236. Let others rise to take our place until the earth is free !
1237. Let the beauty of life be your inspiration.
1238. Let the buyer beware !
1239. Let the one who gives say nothing, and the one who receives speak.
1240. Let the wine of friendship never run dry !
1241. Let there be no compulsion in religion.
1242. Let there be peace on earth, and let it begin with me !
1243. Let truthfulness and courtesy be your adorning.
1244. Let us begin with that which makes us free.
1245. Let us never negotiate out of fear; but let us never fear to negotiate.
1246. Let us read and let us dance – these are two amusements that will never do any harm to the world.
1247. Let your conscience and virtue be eminently manifest in your speaking.
1248. Let your heart work begin today for a new beginning.
1249. Let your light shine brightly (long). Long may your light shine long !
1250. Let's sit down, and see how we can work this out (seek a just solution).
1251. Liars are born to speak the truth. Herein the sin lies.
1252. Liars have need of good memories.
1253. Liberality cannot shine in a sovereign hand.
1254. Liberation has no entanglements and involvements.
1255. Liberation theology stretches our moral horizon.

- 1256.Liberty is not licence.
- 1257.Liberty is the one thing we cannot have, unless we grant it to others.
- 1258.Liberty lights the torch; unity keeps it burning.
- 1259.Liberty, and dignified fraternity guarantees equalising democratic action.
- 1260.Lies are the termites in the house of life.
- 1261.Lies eat away at our foundations.
- 1262.Lies keep growing until they are as plain as the nose on your face.
- 1263.Life – the gift of life – is what matters.
- 1264.Life affords no higher pleasures than that of surmounting difficulties, passing from one step of success to another, forming new wishes, and seeing them gratified.
- 1265.Life as one of low stature is as much as a giant.
- 1266.Life can be all toil and trouble, unless we can think ahead....
- 1267.Life has many wonderful things to offer.
- 1268.Life has meaning, but only if we choose to give it some.
- 1269.Life has the meaning that you attach to it.
- 1270.Life in itself is an empty canvas, it becomes whatsoever you paint on it.
- 1271.Life is a gift. Use it wisely.
- 1272.Life is a long lesson in humility.
- 1273.Life is a mighty river, and we must learn to swim well to survive well.
- 1274.Life is a slow bike race; we try to balance, but often fall before the finish.
- 1275.Life is a terminal condition, punctuated by periods of calm, work and play, satisfaction, stress, and test.
- 1276.Life is always a risk, so make the most of the opportunity to really live (love).
- 1277.Life is an exchange of energy.
- 1278.Life is either a daring adventure, or nothing.
- 1279.Life is measured by the moments that take our breath away !
- 1280.Life is not a level, or soft playing field.
- 1281.Life is not about receiving a good hand of cards, but in playing a bad hand well.
- 1282.Life is not an artificial canal to be confirmed within prescribed channels.
- 1283.Life is not predictable; nor is it permanent. There will be times of chaos.
- 1284.Life is too short to do the whole.
- 1285.Life rarely rewards inaction; if you don't think and act with kindly thoughtfulness, you will not progress.
- 1286.Life shrinks or expands in proportion to one's courage.
- 1287.Life's lessons are learned every day that we live; we must be open, honest and generous to find peace within, and without.
- 1288.Life's not a game. We're all the same !
- 1289.Light is the secret presence of the divine.

1290. Like alcohol, religious faith can often dull or deaden pain, but can also weaken one's resolve to find an equitable solution for life's problems.
1291. Like any other, spiritual feats are a matter of faith and practice.
1292. Like the sands through the hour-glass, so are the days of our lives !
1293. Limiting tribal theology equates unity with uniformity.
1294. Lions led by donkeys ? Show that your life matters. Live love !
1295. Listen to your own intuitive direction.
1296. Little boys often just grow into bigger little boys.
1297. Little can be done with the lukewarm (and less with the cold).
1298. Live a good, honourable life. Then, when you get older and think back, you'll be able to enjoy it a second time.
1299. Live and grow a little, before trying to be something you're not.
1300. Live every day as if it is your last – for one day it will be !
1301. Live for the future rather than die for the past.
1302. Live for today with an eye on tomorrow.
1303. Live honestly, harm no one, and render to each their due.
1304. Live in dialogue rather than monologue.
1305. Live love; love live ! Live, and let live !
1306. Live not with the burnt-out wick of tradition, but let your light shine.
1307. Live with each other on the planet, not against each other off the planet.
1308. Live: just live for today in the present !
1309. Lives are ruined when forced over the edge into the parody of pretence.
1310. Living lives of desperation in the fear of letting go....
1311. Living with outward simplicity assists in our search for inner peace.
1312. Logical and emotional intellectual structures enhance learning.
1313. Loneliness blinds you to the same condition in others.
1314. Long life, and short, are by death made all one.
1315. Long the injury, long the detour back.
1316. Look at the face, and don't ask of circumstances.
1317. Look at what you do to determine who you are.
1318. Look before you leap.
1319. Look deep into nature, and then you will understand everything better.
1320. Look for the best in people, and you'll invariably get their best.
1321. Look for the silver lining which lies behind all conflict of energies, and build on that.
1322. Look for what makes you happy, and do lots of that to find fulfilment. You will remain happy and fulfilled even if material riches elude you. But if it's money (power) you need to make you happy, make lots of that, in a way that does not make you feel bad. Remember always that "you can't take it with you", and "from whom much is given, much is expected" – so share, share,

- share – and gain more, more, and much more – True Satisfaction and Fruitfulness. You will then be remembered with gratitude.
1323. Look for what people can do, not what they can't.
1324. Look to see what can be, not just what is.
1325. Look upon pain and pleasure with an eye equally regular; be as careful to extinguish the one, as to extend the other.
1326. Loss teaches you very fast what cannot go without saying.
1327. Love all, by recognising yourself in all others.
1328. Love and justice meet in forgiveness, and a desire to amend past hurts.
1329. Love and let love. Live and let live !
1330. Love and move inwards; discover your will....
1331. Love and take care of those around you, at least as well as you love and take care of yourself.
1332. Love conceives that it may and can do all things.
1333. Love conquers all.
1334. Love converts hearts and gives peace.
1335. Love does not keep a record of wrongs.
1336. Love feels no burden, disdains no labours.
1337. Love gives you the courage to face the secrets you've kept from yourself.
1338. Love is a craft which takes practice.
1339. Love is a net that captures hearts like a fish.
1340. Love is about holding hands, not chaining souls.
1341. Love is best kept by giving it away.
1342. Love is giving, not lending !
1343. Love is God, and God is love.
1344. Love is letting go of fear.
1345. Love is not happy with evil, but is happy with the truth.
1346. Love is not ill mannered, or selfish, or irritable.
1347. Love is not leaning, but lending support.
1348. Love is patient and kind. It is not jealous, conceited or proud.
1349. Love is shy of any kind of force.
1350. Love is the best way forward.
1351. Love is the most difficult and dangerous form of courage.
1352. Love is the only force capable of transforming an enemy into friend.
1353. Love is the universal movement of life.
1354. Love is worship, and the Beloved is the Divine.
1355. Love is, or finds, its own reward.
1356. Love is: Truth, faith, hope, empathy and patience, combined with kindly action – and even letting go, when the time is right.
1357. Love knows no measure, and feels no burden.
1358. Love knows no measure, but is fervent above measure.

1359. Love makes the space inside me full of light.
1360. Love many, trust a few, and learn to paddle your own canoe.
1361. Love moves upwards and securely passes through all opposition.
1362. Love never gives up, and it's faith, hope and patience never fail.
1363. Love of peace, justice and freedom always triumphs over oppression.
1364. Love one another as I have loved you....
1365. Love seems the swiftest, but it is the slowest of all growths.
1366. Love watches, and faints not.
1367. Love watches, and sleeping slumbers not.
1368. Love your friends like your own soul, and protect them....
1369. Loving and energizing others is the best possible thing we can do for ourselves.
1370. Loyalty has to be earned with trust and affection rather than barbaric rituals.
1371. Luck is mostly the application of good sense, and applied hard work.
1372. Luck is the meeting of preparation and opportunity.
1373. Lucky people don't do twice as much as average people; they tend to do what fulfils their dream; do what others are unwilling (not unable) to do!
1374. Macrocosm (the universe) and microcosm (humankind) are one.
1375. Majesty ! Worship God's Majesty ! Worship your Creator - only !
1376. Make changes when necessary, to move forward in a positive direction.
1377. Make gratitude for once having what you have lost your first priority.
1378. Make haste slowly.
1379. Make me a channel of your peace. Where there is hatred let me bring you love...
1380. Make the ordinary extra-ordinary.
1381. Make use of time while it is present with you.
1382. Making successful actions habitual is the logical path to success.
1383. Male = Female = Black = White = Equity = Equality = Justice = Kindness = Letting go of Ego (love of self - only) = Letting go of Fear = Taking Courage = Goodness = Godness = Light = Enlightened Action
1384. Mammon and profit govern (and thus limit) the selfish.
1385. Man did not weave the web of life, he/she is merely a strand in it.
1386. Management strategies are not necessarily signs of care.
1387. Many a flower is born to blush unseen.
1388. Many are the ships that have gone down after they were near to mooring.
1389. Many condemnations are more criminal than the crimes themselves.
1390. Many dreams have been brought to your doorstep.
1391. Many hands make light work; too many, the light hard.
1392. Many of the first shall be last.
1393. Many of the iniquities seen in the world, are the truth of none else but yourself.

1394. Many of the world's greatest ideas, music, prose, poetry, and artworks, have been gifted to us by persons deemed in their own time to have failed.
1395. Many people think they are thinking when they are merely rearranging their prejudices.
1396. Marriage is a relationship of trust that is steeped in the primal ambivalence of love and hate.
1397. Marriage is hard work, not just romance.
1398. Marriage is not an excuse to stop thinking.
1399. Master your mind, or remain a fool's slave.
1400. Master your mind, rather than be mastered by your mind.
1401. Material gain is often accompanied by a very serious loss of character.
1402. Maximum effort leads to maximum result.
1403. Mean what you say, and say what you mean.
1404. Measure your own performance in mission and values.
1405. Mediation and Moderation are vital keys for obtaining peace and harmony.
1406. Meditation is an inner realizing experience, and improves only with practice.
1407. Meditation is not a means to an end. It is both the means and the end.
1408. Meet unmet need and you should prosper.
1409. Meld sword and shield into ploughshares to secure peace.
1410. Members of any group need to feel empowered to speak up.
1411. Memory is a weak slave.
1412. Men have the same insecurities as women.
1413. Men their rights and nothing more; women their rights and nothing less.
1414. Men who would be kings carve up the perks of power by patronage.
1415. Men's Liberation is about more confronting and supportive male friendship.
1416. Mental difference makes genius; genius maps mental difference.
1417. Militant methods gain favour when other methods fail.
1418. Minds under the influence of anger, hatred, greed, pride and selfishness, are the source of most of our troubles.
1419. Minefields are an invitation for the enemy to use them against you.
1420. Miracles are impossible things that happen anyway.
1421. Mischiefs come by the kilo, but go away by the gram.
1422. Missing a step leads to a fall.
1423. Moderate measures are the most perfect.
1424. Modes of conformity change over time; no one mode rules a society completely.
1425. Monarchy uses religious trappings to "justify" its inexcusable rule.
1426. Money can't be eaten.
1427. Money in itself is neither good nor bad; it is but one's attitude toward it that makes it so.
1428. Money is a good servant but a poor master.

1429. Money is a means of exchange, not an end and goal in itself.
1430. Money is like muck, not good except it be spread around.
1431. Money, Ideology, Compromise, Ego – are the things which can trap us.
1432. Monopolies preclude healthy competitive trading.
1433. Moral crusaders are vulnerable to charges of hypocrisy.
1434. Moral example bridges the divides of race, language, culture, class and religion.
1435. Moral indignation is jealousy with a self imposed halo.
1436. Moral responsibility must accompany innovation.
1437. Moral superiority is as empty as fantasy lives are full.
1438. Moral tests require great effort to discern, and an even greater effort to meet.
1439. Morality challenges tyranny, has faith in the individual and the power of reason, and courage in the face of denunciation.
1440. Morality is like a politeness of the soul, an etiquette of the inner life.
1441. Morality is of the highest importance - but for us, not for God.
1442. More than blood passes through the human heart.
1443. More thought; talk.
1444. Most murders happen as an explosion of passion; not a cold, calculated, premeditated act.
1445. Motivation follows action.
1446. Motivation is what gets you started. Habit is what keeps you going.
1447. Motivations can and do change over time.
1448. Motives are never pure.
1449. Move from where you were to where you can be.
1450. Move with dignity into your own splendour.
1451. Moving from “absolute” values to case judgements requires much prudence.
1452. Much power begins with an embrace.
1453. Murder is self-defeating: revenge, a two edged sword.
1454. Music has charm to soothe the savage breast.
1455. My heart is an eye; my eye is the force of the universe.
1456. My squarish ordinary stoical visage marked me as one of the good students; morally upright, conservative, and obedient – but was I ?
1457. Myths develop when fantasy surpasses fact.
1458. Myths provide multiple points of attachment, which can take a long time to unravel – even in the bright light of knowledge and reasoned science.
1459. Naked ambition cares nothing for the lives of others.
1460. Naked self-interest is both amoral and immoral, consciously breaks rules, and savours perverse reflection.
1461. Nationalism is an infantile disease. It is the measles of mankind.
1462. Natural areas of the Earth have to be nurtured and protected for the source of incredible power that they are.

1463. Natural rhythms bring out our real talents.
1464. Nature bestows benefits, but also contains the seeds of destruction.
1465. Nature deprives us of the light and sense of our bodily decay.
1466. Necessity is the mother of invention.
1467. Necessity knows no law.
1468. Need and experience teaches the lesson; empathy and action gives courage, wisdom, stamina, fulfilment and fruitfulness.
1469. Need and greed control our base responses, unless governed by educated and principled reason.
1470. Need teaches a plan.
1471. Needs often shape human creeds.
1472. Negative actions also harm the one who indulges them.
1473. Neither accept nor reject, but put into practice, and observe the truth or lack of truth, of ideas.
1474. Nettles are the sign of blood-rich soil.
1475. Neurotic behaviour is past trauma, transforming itself into aches and pains, and compulsions and phobias.
1476. Never confuse elegance with snobbery.
1477. Never confuse your successes with your self worth.
1478. Never did two persons make the same judgement of the same thing.
1479. Never forget the understandings learned from past mistakes and failures.
1480. Never forget where you have come from, or where you may be headed.
1481. Never judge by appearance alone.
1482. Never let an object become an obsession.
1483. Never lose a holy curiosity.
1484. Never lose sight of faith, and never lose sight of love.
1485. Never overlook our interdependence on others.
1486. Never put off until tomorrow what can be done today.
1487. Never relinquish control of your own destiny to another person, regime, or organization, religious or otherwise.
1488. Never say “never”.
1489. Never say never until you have exhausted all possibilities.
1490. New ideas require new words.
1491. New lives brought into the world are meant to be welcomed, loved, and planned.
1492. New things cannot come where there is no room.
1493. Newly emerging powers take over existing symbols to degrade them.
1494. Nigger whitey, low and mighty, yin and yang = Conscientious Objector.
1495. No “man” is an island.
1496. No “you” or “I”; only “you” *and* “I”.
1497. No art can arrive at perfect similitude.

- 1498.No generous mind can stop in itself; it will tend further, and beyond its power.
- 1499.No human enterprise is exempt from evil.
- 1500.No imperium is absolute, no victory complete.
- 1501.No judge they need, who forward march, and inly bleed.
- 1502.No lies at all; nothing to hide.
- 1503.No matter where we go, we take a little of each other everywhere.
- 1504.No need to fear, Love sets no limits; No need to fear, Love never ends.
- 1505.No one can terrorize a whole nation, unless we are all accomplices.
- 1506.No one has the power to teach another the truth.
- 1507.No one is a true believer unless he/she desires for others that which he/she desires for him/her self.
- 1508.No one likes the feeling of being swamped.
- 1509.No one person can interpret beauty for you.
- 1510.No one worth possessing can be quite possessed.
- 1511.No part of any spectrum is greater than another, and is less than the whole.
- 1512.No respect, no progress.
- 1513.No single religion satisfies all humanity; bad apples blight all.
- 1514.No state is ever justified in killing its own citizens.
- 1515.No taxation without representation.
- 1516.No Vietcong ever called me a nigger. I am not going to war.
- 1517.Nobody can make you feel inferior without your permission.
- 1518.Nobody is more indoctrinated than the indoctrinator.
- 1519.Nobody learns to swim in the shallows: experience gives the lesson best.
- 1520.Nobody should have to be beaten, or taken to with a leather belt.
- 1521.Non-violence is not a garment to be put on and off at will.
- 1522.Non-violence is the weapon of the strong.
- 1523.Non-violent reasoning resistance is the key for peace and harmony.
- 1524.No-one ever gets more than what they want.
- 1525.No-one gets to adulthood without a wound that goes to the core.
- 1526.No-one shall be held in slavery or servitude.
- 1527.No-one shall be subjected to arbitrary arrest, detention or exile.
- 1528.No-one's mouth is big enough to say the whole thing.
- 1529.Normalcy is a spectrum, not just one point of view.
- 1530.Not everyone has the gift of finding their own way in the forest.
- 1531.Not everything works out in this life.
- 1532.Not getting what you want is sometimes a wonderful stroke of luck.
- 1533.Not life, but good life, is to be chiefly valued.
- 1534.Not listening is as bad as not looking – disaster awaits.
- 1535.Nothing about us without us !
- 1536.Nothing affects a complete cure; there is always a price to pay.
- 1537.Nothing can be sole or whole that has not been rent.

- 1538.Nothing continually and totally satisfies.
- 1539.Nothing endures but change.
- 1540.Nothing happens without due cause.
- 1541.Nothing in life is to be feared, it is only to be understood.
- 1542.Nothing is as it seems.
- 1543.Nothing is forever; no cure is complete.
- 1544.Nothing is inexplicable; it is merely as yet unexplained.
- 1545.Nothing is perfect from every point of view.
- 1546.Nothing more dulls and degenerates a well-descended nature than violence.
- 1547.Nothing separates us.
- 1548.Nothing ventured, nothing gained.
- 1549.Nothing we experience is permanent.
- 1550.Nothing works unless you do.
- 1551.No-thought is the Absolute Reality.
- 1552.Nurse no long grief, lest thy heart flower no more....
- 1553.Nurture your mind with great thoughts; to believe in the heroic makes heroes.
- 1554.Objects provide intimate insights into our past.
- 1555.Observing culture with a 1000 year perspective reveals our preoccupation,
and so lifts us above it.
- 1556.Obsessions oppress.
- 1557.Obstinacy and contention are common qualities, most appearing in mean
souls.
- 1558.Occupation and peace cannot occur simultaneously.
- 1559.Of all the infirmities we have, 'tis the most savage to despise our being.
- 1560.Old age is the price we pay for maturity.
- 1561.Old habits die hard.
- 1562.Older men can activate the emotional body of a man.
- 1563.On the "Will of God" callous men and women rest.
- 1564.Once a year, go someplace you've never been before.
- 1565.Once upon a time, it was and it was not so, it happened and it never did.
- 1566.Once we've wept we can breath freely, see clearly, feel the love of others, and
face the world again.
- 1567.Once you have made love, then just having sex will never do.
- 1568.One can never consent to creep when one feels an impulse to soar.
- 1569.One cannot get blood from a stone.
- 1570.One cannot reasonably complain of diseases that fairly divide the time with
health.
- 1571.One day at a time....
- 1572.One earthly thing, truly experienced, even once, is enough for a lifetime.
- 1573.One fish provides one meal. How to fish is the key to a lifetimes supply.
- 1574.One generation plants the trees; another gets the shade.

1575. One good turn deserves another.
1576. One is insensible to prosperity until one has tasted adversity.
1577. One learns the art of dying by learning the art of living: how to become master of the present moment.
1578. One lie leads to another.
1579. One man, or one woman with courage makes a majority.
1580. One man's terrorist is another's freedom fighter.
1581. One may not reach the dawn save by the path of the night.
1582. One must be frank to be relevant.
1583. One must never, even by mistake, increase another person's disbelief.
1584. One needs to be free to find reason.
1585. One of the most effective techniques to fight fear is to organize large, silent processions of the courageous of both sides, through the troubled areas.
1586. One only knows one's own action, and one does not see the point aimed at.
1587. One original good idea should spawn many more. This is how we make progress happen.
1588. One person's meat is another's poison.
1589. One person's trash is another person's treasure.
1590. One rotten apple can spoil a whole barrel of apples.
1591. One sees great things from the valley, but only small things from the peak.
1592. One should neither pursue nor avoid pleasures, but receive them.
1593. One who breaks an unjust law must do it openly, lovingly, and with a willingness to accept the penalty.
1594. One who is really initiated, studies "self" before studying others.
1595. One who plays God must be above reproach.
1596. One who strikes first admits defeat.
1597. One whose imagination is full and wide, embraces the whole world for country.
1598. One's own, individual, private, personal, developing persona is one's person – uniquely created, complete and indestructible.
1599. One's soul enters through the hole of defeat.
1600. Only fools rush in (where angels fear to tread).
1601. Only some numbers (perfect squares) can be rooted exactly – the rest of us (and we are infinite !) are in-between.
1602. Only strong ones take on the wisdom of the wise
1603. Only the awakened should be the guides to awaken others.
1604. Only the crude disgorge what they eat without due process.
1605. Only the heart that has burned empty is capable of love.
1606. Only the journey is written; not the destination.
1607. Only the spirit and things of the spirit remain....

1608. Only those who cry out against the oppression of others, and actively work for justice and peace, will sing at the last supper.
1609. Only when our unspoken fears and insecurities are recognised and our unnamed ignorance and biases erased, can we work collaboratively in realizing the fullness of the exciting human project upon the earth.
1610. Only you can unlock the doors of limiting, mean-spirited, unreasoning ignorance and prejudice !
1611. Open your arms and you open the door !
1612. Open your arms to change, but don't let go of your values.
1613. Open-mindedness to change your way of thinking in the face of new information is the best way forward for a positive future.
1614. Opinion is only true when confirmed and not contradicted by evidence.
1615. Opportunities multiply when seized.
1616. Opportunity for all is essential.
1617. Oppressed people of the past finally became oppressors themselves.
1618. Order imposed by force is only ever short-lived.
1619. Our biggest challenge is not to manage time, but to manage ourselves.
1620. Our body and mind are not two and not one; our body and mind are both two and one.
1621. Our choice of audience can be our own, and this is not a healthy choice.
1622. Our convictions should lead to affirmations...
1623. Our duty is to be useful, not according to our desires but according to our powers.
1624. Our every thought, word, deed and action has an effect – on all.
1625. Our fall is not so great from an uneasy being to none at all.
1626. Our fears do make us traitors.
1627. Our fears lead towards their own negative fulfilment.
1628. Our greatest battles are fought within the confines of our heart.
1629. Our greatest joys and satisfactions spring from empathetic action.
1630. Our greatest vices derive their first propensity from our most tender infancy.
1631. Our health and well-being relies on our loving and sustainable relationship with the earth, which many consider to be our loving Mother.
1632. Our inner strength is the spirit of Creation within the heart, which speaks to us through our gut feelings, also known as our “intuition”, or “third eye”.
1633. Our knowledge is a wretched foundation whereon to ground our rules.
1634. Our knowledge of times past is less than nothing, to what is unknown.
1635. Our life is nothing but movement, activity and vigilance.
1636. Our life is the creation of our mind.
1637. Our lives begin to end the day we become silent about things that matter.
1638. Our love was both a result of and a cure for love's neglect.
1639. Our mirror reveals a typical person suffering from a terminal condition.

1640. Our need to control others leads to psychological violence.
1641. Our only duty is to correct injustices.
1642. Our opinions are grafted upon one another.
1643. Our principal education depends upon the nurse.
1644. Our sexuality, as it is, is wholesome and good.
1645. Our universal global neighbourhood.
1646. Our whole life is examined at the time of death.
1647. Our words, our actions, must consciously set the stage for the life we wish to lead.
1648. Out of clutter find simplicity. From discord find harmony. In the middle of difficulty, lies opportunity.
1649. Out of clutter, find simplicity; from discord, find harmony.
1650. Out of the mouths of babes and sucklings comes both wisdom and babbling.
1651. Out of you are all things being born eternally.
1652. Out where the sun is hottest, the stars are at their brightest.
1653. Outward appearances always differ from the inner reality.
1654. Outward things can be easily manipulated, but the inner spirit gives life.
1655. Over indulgence in any of life's pleasures will soon show on your face.
1656. Over, under, through or around doesn't matter, but getting stuck does.
1657. Overcome rankism, racism, and sexism with recognition and democracy.
1658. Overcoming difficulties is the stuff which sometimes creates genius.
1659. Pain and pleasure are linked together by a necessary connection.
1660. Pain, grief, sadness, weakness or failure, enrich our humanness.
1661. Paradise lies under the feet of mothers.
1662. Paring down to essentials liberates the spirit.
1663. Part of something is something; part of nothing is zero.
1664. PASSPORT TO FREEDOM:
My Dear Son, I am not a good letter writer. But I want you to know I think of you each day. It was a sad day you leaving home. My boy who we loved as our own. But a proud day for a father to see his son off on his chosen life. Strong and with principles to get through all trials. I pray every night for you. Love Jack (Dad)
1665. Patience is the source of forgiveness.
1666. Patient forbearance safeguards our peace of mind in adversity.
1667. Pay forward rather than paying back.
1668. Paying too much notice to the opinions of others, pays them too much honour.
1669. Peace begins with ourselves, in our homes.
1670. Peace comes where truth and justice prevail.
1671. Peace is Religious. War is not.
1672. Peace is the child of Justice, whether it be individual, national or world-wide.
1673. Peace is the fruit of love, and good health, within and without.
1674. Peaceful living requires respectful independent interdependence.

1675. People are more important than any system.
1676. People denied respect will not acquiesce forever.
1677. People getting close will inevitably overstep the other's boundaries.
1678. People should come to religion and philosophy out of love, not out of fear.
1679. People who grow up in safety have self-worth, and have no need to hurt others.
1680. People who realize that what has been done cannot be undone, can be changed.
1681. Persist, without being a pest.
1682. Personal victories always precede public victories.
1683. Philanthropic giving is the responsibility of wealth, for rich and poor alike.
1684. Philosophy is the light which contains the full spectrum of colours, while religion concentrates and narrows its focus on just one part of the rainbow.
1685. Philosophy is the love of Wisdom.
1686. Philosophy values communal unity above individual practice.
1687. Phobias and "isms" wax and wane, and interact complexly on one another, and the only way to counteract such irrational fear, is for the denigrated to be "out", and a visible part of mainstream society.
1688. Picture puzzles created by words challenge us to think, and remember.
1689. Pipe dreams are better than no dreams, and can be the key to the future.
1690. Places of honour are commonly seized upon by those that have least in them.
1691. Plague and panic are inseparable.
1692. Play on the dance floor of infinite moves.
1693. Polarised lines will always meet up if you travel far enough.
1694. Politeness is the most acceptable hypocrisy.
1695. Political responses are man made, and so can and will be changed.
1696. Politicisation of National Security makes us less secure, not more.
1697. Popularity and patriotism are the beaten road to power and tyranny.
1698. Positive words can project colourful, three-dimensional, wide-screen images, which are easily understood and remembered.
1699. Possessing a hungry mind is not in itself a guarantee of success.
1700. Possessions often hinder our progress, and can become a millstone.
1701. Power and integrity are latent inside us.
1702. Power is given to those who know who they are, where they have come from, and where they are headed. But beware: unbridled power corrupts !
1703. Power is the ability to do good things for others.
1704. Practice what you preach and you may earn respect.
1705. Praise God from whom ALL blessings (benefits) flow.
1706. Pray for the strength to refuse to meet hate with hate, and violence with violence.
1707. Pray not for gain, but for joy at the opening of flowers in spring.

1708. Preaching is not teaching !
1709. Preaching to the converted is a waste of time.
1710. Prejudice involves faulty generalizations.
1711. Prejudice is a vagrant opinion with no visible means of support.
1712. Prevention is better than cure.
1713. Pride and prejudice are different sides of the same worthless coin.
1714. Pride goes before destruction, a haughty spirit before a fall.
1715. Princes feed their eyes with what they have need of to fill their bellies.
1716. Principled Philosophy before Principal Persons.
1717. Private acts between consenting adults are matters of private morality, and are not properly the concern of the state, or of anyone else, excepting partners.
1718. Privileged groups seldom give up their privileges voluntarily.
1719. Problems of life cannot be solved through inebriation; the solution lies within.
1720. Procrastination is the thief of time.
1721. Productivity depends on how workers are told about emerging problems.
1722. Progress is a good, steady, sustainable progression.
1723. Progress is made one step at a time.
1724. Progress is the transformation of “honour” into dignity.
1725. Promote dignity through achievement and community enterprise.
1726. Propaganda is a monologue which seeks not a response, but an echo.
1727. Prophets are usually reviled by their own generation.
1728. Psychological violence is passed down from one generation to another. This chain must be broken for peace to emerge.
1729. Public opinion is usually anything but informed.
1730. Public power is what keeps governments on a leash.
1731. Public society has nothing to do with our thoughts.
1732. Pull together for goals we believe in.
1733. Pure and spotless let us be – lost in wonder, love and praise.
1734. Pursuit of happiness precludes the use of drugs and alcohol.
1735. Put people first before action.
1736. Put thoughts into practice for testing, after you pose the question “what would a wise person do here”, and view the results from different perspectives.
1737. Putting Kings, Rulers, Presidents, Prime Ministers, Popes and/or Religious Leaders of ANY faith etc. on an unassailable pedestal is not wise!
1738. Putting yourself on the line for others is in the highest good.
1739. Pyrrhic victories are losses.
1740. Queen Ann fronts, and Mary-Ann backsides.
1741. Quick fixes don't exist.
1742. Racism and sexism are phobia's – non-productive, and time wasting.
1743. Racism is racism, wherever it is practised.
1744. Rage against freedom of expression is a sign of weakness, not of strength.

1745. Rage cannot be hidden; it can only be dissembled.
1746. Rank does not bestow privilege, but entails responsibility.
1747. Rapid is the slaughter before interest is awakened.
1748. Reach for the Moon and at the very least, you will land amongst the Stars.
1749. Real change can only come from within.
1750. Realise yourself, turning the mind inward.
1751. Realised dreams are dreams that have been aimed at and worked for.
1752. Realization does not mean the end of desire, but the beginning of desire for ever deeper Union.
1753. Realization is always something outside and beyond normal control.
1754. Realization of self is not just selfish ego, but recognises independent others.
1755. Really, great art is inspired by really great pain, or a broken heart.
1756. Reason has many forms; we know not to which to take; experience has no fewer.
1757. Reassurance is often the food of anxiety.
1758. Reckless youth make rueful age.
1759. Recognise problems; create opportunities.
1760. Recognise yourself in all others.
1761. Recognition is just as important for a healthy psyche as food to sustain the body.
1762. Reconciliation following amnesty, though limited, is the best way forward.
1763. Red: the blood of angry “men” !
1764. Reflect strength rather than weakness, unity rather than separation, and love rather than fear.
1765. Regain control; take the helm of your own ship as you steer through turbulent waters.
1766. Regulate demands by reason, and by example.
1767. Regulative principles may differ according to time and place.
1768. Rejection of “be-but-don’t-do” so called “theology” rests simply on justice.
1769. Relationships between big Government and Religion soon become big business.
1770. Relaxation and facility, honour and best become a strong and generous soul.
1771. Religion against humanity is not religion.
1772. Religion and art spring from the same root.
1773. Religion is no substitute for the religious experience
1774. Religion is only true when minds and hearts are good.
1775. Religion is the way we conduct ourselves (well) towards others.
1776. Religions are like languages. No one language is better, or suits all.
1777. Religions are many and diverse, but reason and goodness are one.
1778. Religions need to unite if we are to brave the future.

1779. Religious “practice” which mutilates, desecrates and cripples, is *not* a religious experience, or practice.
1780. Religious belief is no guarantee of moral integrity.
1781. Religious faith should only demand that spiritual practice, which will promote growth and happiness, and a concern for others.
1782. Religious lighted candles remind us of the Divine Light – within.
1783. Religious organizations are religious only when they serve ALL.
1784. Religious zealots hate and fear the array of personal liberties that modern, secular, liberal democracies have given their citizens.
1785. Religious, or spirit filled people, are not immune from the difficulties in life. which come to us all, but are merely better equipped to deal with them.
1786. Reluctant saints; sinners all.
1787. Remember who you are. Remember where you came from.
1788. Remorse feels the pain of others, and requires repentance.
1789. Repel evil with good.
1790. Repentance proves harder up the chain of command.
1791. Replace old addictions with new alternatives.
1792. Repressed feelings debilitate.
1793. Repressed feelings, which we consider unacceptable, invariably erupt in unhealthy ways, destructive of self and others.
1794. Repulsion and revulsion are learned attitudes.
1795. Resemblance does not so much make one, as difference makes another.
1796. Resilience is the regenerative stuff of life.
1797. Resist; do not collaborate in any way with a deed which you believe is evil.
1798. Respect other peoples need for privacy in the same way each of us requires some time alone.
1799. Respect the diversity and worth of all of God’s creation, always.
1800. Responsibility must be mutual.
1801. Results are often directly proportional to enthusiasm.
1802. Retribution violates rather than affirms the law.
1803. Revenge has no place in religion, which is a soft thing. No retaliation !
1804. Reward responsibility, compassion and community.
1805. Right attitude (+ve) beats wrong (-ve) attitude every time.
1806. Righteousness knows no racial or religious boundaries.
1807. Rights are temporary. Justice is eternal.
1808. Rights can create war, but Justice maintains peace.
1809. Rights rigidly held become fetters, but Justice never.
1810. Rigidity is a brittle and fractious tyranny.
1811. Rise above time and space, pass by the world, and be to yourself your own world.

1812. Rise from the bondage of myths and half-truths to the unfettered realm of creative analysis and objective appraisal.
1813. Rise to be your best; disregard unfounded poor opinions of competitors.
1814. Rising in the class hierarchy does not make you freer. In fact, the reverse.
1815. Ritual acts of barbarism are not a religious experience, and degrade all.
1816. Roads are different, but the goal is one....
1817. Rome was not built in a day.
1818. Rote learning \neq understanding.
1819. Rote learning does not equal understanding.
1820. Rumour is seldom at a loss for answers.
1821. Rumour is the favourite weapon of the assassins of character.
1822. S.I. (Social Intelligence – the ability to get on with other people) is often much more important than I.Q. (Intelligence Quotient – a token measure of same).
1823. Safe behind bars ?
1824. Saints are dead sinners, revised and edited.
1825. Saints live their salvation during their lives, and don't have to worry about salvation after death.
1826. Salvage something from each change of tide.
1827. Salvage something from every setback.
1828. Salvation rests in responsibly resisting tribal arrogance.
1829. Satisfy the hunger of others and your hunger will be appeased.
1830. Save it for a rainy day.
1831. Say it loud, day it clear; you can listen as well as you hear !
1832. Scandal is usually just gossip made tedious by morality.
1833. Schooling was introduced – not so much for humanitarian reasons, but because it was found to prepare children better to be placid factory workers, when they were nine or ten years old.
1834. Science and technology offer the prospect of satisfaction, whereas hope and prayer without good intention and kindly action offer nothing.
1835. Science dispels the darkness of the night, and illumines the wondrous works of God, while art, music, song, and dance, give thanks for our Creation.
1836. Science does not care whether there is consensus, but whether opinions are supported by measurable observation and accurate past/future predictability.
1837. Science is art made clear.
1838. Science is inseparable from conscience.
1839. Science is organized knowledge. Wisdom is organized life.
1840. Science is the art of reason, often tongue-tied by authority.
1841. Science shines a sharp beam of rationality into our befuddled picture of this incredibly created universe, and enables us to banish old fears away.
1842. Second-class attitudes usually produce second-class results.

1843. Secrecy can have no place in a religion available to all.
1844. Security and affection are the commodities we all require most.
1845. See the light in others; not just the shade.
1846. See yourself in all others.
1847. Seeing into the nature of one's being points the way from bondage to freedom.
1848. Seeing oneself as whole in another's eyes is deeper than any mirror.
1849. Seek first to understand, rather than to be understood.
1850. Seek higher stars, rather than being confined to religious dogmas.
1851. Seek out meaning and purpose in all situations.
1852. Seek people who know what you want to learn.
1853. Seek the truth by reason, rather than fear, by compassion rather than condemnation, and by love rather than hate.
1854. Seeming perfection is as ephemeral as a drop of dew on a leaf.
1855. Segregation and apartheid are slavery's two bastard stepchildren.
1856. Segregation distorts the soul and damages the personality.
1857. Self-awareness through self-examination, and freedom to choose the right (good) path is, with life itself, our most precious gift.
1858. Self-hatred and abuse occur when one loses all sense of perspective.
1859. Selfishness, greed, hatred, and deception have negative consequences.
1860. Self-pleasuring masturbation is an important source of self-awareness.
1861. Self-realization includes the recognition of self as part of the creating whole.
1862. Self-serving rules are a dangerous obligation and an intolerable inequality.
1863. Sell your life dear to any one who should attempt to take it from you.
1864. Sense makes few martyrs.
1865. Sense of humour springs from, and is, the expression of freedom.
1866. Serve human existence with your heart and soul.
1867. Service above self is the key to living truly.
1868. Service to others is the rent we pay for our room here on earth.
1869. Set goals to get things done.
1870. Severity breeds fear; roughness breeds hate.
1871. Sex education includes valuing people.
1872. Sex is a spiritual practice where we own our sexual energy.
1873. Sex is about going back to nature, giving way to wildness.
1874. Sexual acts are the language of relationship.
1875. Sexual attraction lies not in the way a person looks, but in how we choose to look.
1876. Sexual identity is central to our being.
1877. Sexual information has made a happier, more sane and honest world.
1878. Sexuality is a basic capacity for relatedness.
1879. Sexuality is a fundamental dimension of every human being.

1880. Sexuality is a part of one's life work on oneself.
1881. Shake off the dust of history to see the full picture.
1882. Shamed people often speak of "duty", to explain their inexplicable participation in acts of barbarism which always happen in the stupidity of war.
1883. Share your knowledge. It is a way to achieve immortality.
1884. Sheep flock together; eagles fly by themselves. Always respect the diversity and worth of all of God's creation.
1885. Shifting our focus from ourselves to others will reduce anxiety.
1886. Should we value people or possessions most ?
1887. Silence and modesty are advantageous qualities in conversation.
1888. Silence can (also) indicate acknowledgement, acquiescence and consent.
1889. Silence is sometimes the best answer.
1890. Silence starts nothing much, but can also land you in as much hot water as lies.
1891. Simple observations open the door to knowledge.
1892. Simple solutions are usually the best.
1893. Simplistic stereotyping does not reveal truth.
1894. Sin is separation.
1895. Sincere praise appreciates – both parties benefit.
1896. Sincerity does not excuse a shut mind.
1897. Singing or glad, weeping or sad, these are the gifts we inherit from earth and from heaven.
1898. Single-handed there is no full accomplishment.
1899. Sins are to be forgiven. Not forgotten, but let go.
1900. Slow down the body to look around and analyze the really important wounds we need to mend.
1901. Small decisions and small actions, consistently made, have far-reaching consequences.
1902. So that truth can live another day, extreme circumstances may demand a pure lie.
1903. So what if I'm called a bastard ? What difference does that make to anything ?
1904. So, you are calm and sensible *all* of the time ? That's insane !
1905. Social groups create deviance by making the rules whose infraction constitutes deviance, and by applying those rules to particular people and labelling them as outsiders.
1906. Societies which compel disperse and sow the seeds of anarchy.
1907. Sociopathic people speak or act in whatever manner is required, in order to get what they want – regardless of the consequences to others – and feel no guilt.
1908. Sole travellers are solitary heroes.

1909. Solutions to problems only become clear when we take the time to truthfully examine each problem – and ourselves.
1910. Some are, for a moment, more than others.
1911. Some things are better left unsaid, but too many will become a burden.
1912. Someday we'll all be together once more....
1913. Something is natural if it has existed and continues to exist over time and place.
1914. Sometimes it is necessary to lie. This is a great shame, but a fact.
1915. Sometimes long shots pay off big.
1916. Sometimes we must put the cart before the horse.
1917. Sometimes we must reach downward, not upward, for support.
1918. Sometimes we need confirmation even more than forgiveness or understanding.
1919. Sometimes, even the gentle must feel savage, and the savage must weep.
1920. Sometimes, the key to our future lies in our past.
1921. Sometimes, you can't see the wood for the trees !
1922. Somewhere, over the rainbow, way up high, there's a land that I dreamed of....
1923. Sorrow does not become disabling grief unless we hold on to it.
1924. Sorrows are only for a time.
1925. Sow the seeds of kindness in order to reap its fruit.
1926. Sowing = Reaping = Balance = Taking out only as much as you put in.
1927. Space to be still and silent makes space for meditation and personal growth.
1928. Speak only the truth – unless under threat or pain of torture.
1929. Speak only the truth, and smile and compliment only when you mean it.
1930. Speak the truth, but only of the good in others.
1931. Speak up when it is your moment.
1932. Speak up when you have something to say.
1933. Speaking is half who speaks, and half who hears.
1934. Specialists know a lot about something, but not much about anything else.
1935. Specificity is just as important for praise as for criticism.
1936. Speech informed by knowledge and wisdom is a precious thing.
1937. Speech is silver; silence is golden.
1938. Spend some time alone every day.
1939. Spheres are an ultimate expression of unity, completeness, and integrity.
1940. Spiritual capital (content of mind) is the basis of real growth and profit.
1941. Spiritual conduct recognises others' interests alongside our own.
1942. Spiritual growth makes optimum the dances of life.
1943. Spiritual liberation is not conditioned by nor dependant upon environment or heredity, but rather, on soul-maturity.

- 1944.Spiritual persons mould themselves ethically and morally to the climax of love, sincerity and humility, which produces a honed state of receptivity.
- 1945.Spiritual poverty flourishes in affluent communities, also.
- 1946.Spiritual practice acts out of concern for others.
- 1947.Spirituality cannot be bought or taught, but can be caught by contact with other like-minded and kind spiritual people.
- 1948.Spirituality is an inner experience of the soul, and its alphabet begins where all religion, philosophy and yoga practices end.
- 1949.Spirituality is in living a remarkable life.
- 1950.Spirituality is in the knowing of our own sense of unique self.
- 1951.Spirituality is like the oil of gladness, or springs of living water.
- 1952.Spread the trap of humility and ensnare love.
- 1953.Stand on the side of the poor.
- 1954.Stand tall; be who you are; be strong.
- 1955.Starved is the one who never felt too much.
- 1956.Statements of grievance must say what the problem is, how it makes you feel, and what can be changed.
- 1957.Stay centred. Remember who you are.
- 1958.Stepping-stones are just that; not destinations in themselves.
- 1959.Stigma = Injustice = Unbalanced = Blame/Shame ► Destruction
- 1960.Still waters run deep.
- 1961.Stop grieving and start living again.
- 1962.Stored up anger and resentment will eventually rise to burst openly.
- 1963.Strangers are just friends waiting to happen.
- 1964.Strength is to celebrate the just and change the unjust.
- 1965.Strength, and peace of inner simplicity, helps us to act in the same way.
- 1966.Strive not to be a success, but rather to be of value.
- 1967.Strong and tender, brave and compassionate.
- 1968.Struggle against tyranny, but do not substitute another.
- 1969.Study both failure and success, and learn from both.
- 1970.Success builds on the support of other people.
- 1971.Success is the ongoing process of striving to become more, while contributing in some way to others.
- 1972.Success lies in the eye of the beholder, and is often a double edged sword for the beheld.
- 1973.Success, defeat, shame and humiliation are states of mind.
- 1974.Sudden friendships, sure repentance.
- 1975.Suffering comes from desiring things that cannot be had.
- 1976.Suffering is the natural result of breaking the laws of right living.
- 1977.Suffering produces perseverance, and perseverance, character.

1978. Superior intelligence creates serious personal and social problems, when balanced outlets, recognition, and respect are not provided to allow growth.
1979. Superstition is misdirected reverence for irrational explanations.
1980. Superstition is the religion of feeble minds.
1981. Supporting one another against hate crimes is the best way to love.
1982. Supporting others is an achievement, which supports the continuation of the life of the generations that follow.
1983. Surmounting difficulty is the crucible that forms character.
1984. Surrender is definitely the correct answer in certain circumstances.
1985. Surrounding yourself with losers to gain praise will expose you.
1986. Suspicion makes cables out of spiders' webs.
1987. Sustained reconciliation must involve victims, perpetrators, and beneficiaries.
1988. Swallow pride; let friends help.
1989. Sweet are the uses of adversity.
1990. Sweets grown common lose their dear delight.
1991. Take advantage of the creative and entrepreneurial possibilities that a diverse, and unified workforce can offer.
1992. Take an ugly situation, and cultivate it, to grow something beautiful.
1993. Take away the cause, and the effect ceases.
1994. Take care; no one can turn back the clock, or undo what has been done.
1995. Take control over your own mind's content.
1996. Take courage: let go of fear, and leave ego, and blame and shame behind.
1997. Take hold of the present and known.
1998. Take my hand and comfort me, reconcile and guide me, in justice and faith.
1999. Take my hand, and we're half way there....
2000. Take one day at a time.
2001. Take out only as much as you put in, and you will have found balance.
2002. Take the sword of doubt from the ego's hand and cut down the ego with it.
2003. Take time out when necessary.
2004. Take time to hear and see that which is close at hand.
2005. Taking is only one side of the medal of love. Giving proves the true minting.
2006. Taking on the struggle of the poor invariably means challenging the wealthy – and those who serve their interests.
2007. Taking the position of an observer helps us release our need to control everything.
2008. Tarred with the same brush ?
2009. Teach the mind its place. Then you'll have a good servant.
2010. Teachers can open the door, but you must wish to enter by yourself.
2011. Temperament is no substitute for good talent.
2012. Temperate natures begin as instinct, and end as character.

2013. Terrorists emerge when negotiations fail and the powerful use violence to silence opponents.
2014. Test for yourself the truth of great teachings in the light of your own experience.
2015. That which is like unto itself is drawn (but that is less than half of the feeling !).
2016. That which remains when there is no more grasping is the Self.
2017. That's life (and it's all up to you !):
 Love, warm, rising, long, big, wide, deep, full, dense, high, broad, good, rich, diverse, and/or Hate, cold, falling, short, small, narrow, shallow, empty, loose, low, thin, bad, poor, uniform. And the er's, or's, ums, etc. That's Life!
2018. The "I AM" in me has infinite potential.
2019. The actions of a wise man or woman are governed by lasting principles.
2020. The adherence to religious dogma is the fundamental problem in recovering from great traumas. You must think for yourself to be truly free.
2021. The ancestor of every action is thought.
2022. The applause of silence is the only kind that counts.
2023. The basis of all virtue is ethical discipline.
2024. The beautiful minds of mental health.
2025. The beginning of thought is in disagreement.
2026. The benefits of the addictive and sensual intellectual pleasures found in prose, poetry, theatre, music and all the arts, are immense compared to the minor pleasures of drugs, alcohol and nicotine, which also limit, harm and damage.
2027. The best form of spirituality is to follow none but your heart, and commonsense.
2028. The best relationships are forged when love exceeds need.
2029. The best truth about what is going on in a conversation always prevails. Speak truthfully without malice, look beyond the current drama, see the real person before you, and speak with love. This is always the best way forward.
2030. The best way to fight rumours is to give correct, unbiased information.
2031. The best way to overcome ignorance is through dialogue.
2032. The best-laid plans of mice and men, often go astray.
2033. The Bible did not arrive by fax from heaven.
2034. The body is the temple of the soul-spirit, which lives within it.
2035. The body of humankind is one and indivisible.
2036. The bond of all companionship is conversation.
2037. The bonds that unite another person to ourselves exist only in our mind.
2038. The breath of life will go back to God who gave it to us.
2039. The burden of leadership and "rule" is as heavy as the responsibility.
2040. The catalyst for success is right attitude.
2041. The centre of a bouncing rubber ball is only temporarily displaced.
2042. The centres of deformed spheres are displaced, but remain the centre.

2043. The chaos of the world has an underlying order.
2044. The Church is (should be!) Christ living in the community.
2045. The closet is all about compartments.
2046. The colour bar ! It shows the meaner mind of moron kind.
2047. The community benefits when both sexes are educated.
2048. The concept of “sin” is man made, used to enhance control by others, who make a business of religion, to gain power for them-selves, rather than spiritually serving others.
2049. The conduct of our lives is the true mirror of our doctrine.
2050. The contemplation of our own death helps us sort our priorities in life.
2051. The courageous of the minority always oppose the compulsion of the majority.
2052. The cover is not the best guide to the book.
2053. The Creator/Cosmic Soul is the One Supreme Reality.
2054. The cure of a sick member is a function of the whole organism.
2055. The current system so favours wealthy nations that democracy cannot flourish.
2056. The custom of use veils from us the true aspect of things.
2057. The dawn does not come twice to awaken you.
2058. The degree to which suffering affects us is largely up to us.
2059. The difference between a flower and a weed is a judgement.
2060. The difference between greatness and mediocrity is in how mistakes are viewed.
2061. The difference between sympathy and empathy is innate, and we feel it.
2062. The Divine is within, without, and around us.
2063. The drowning clutch at straws.
2064. The drunkard and the glutton shall soon come to know poverty.
2065. The early bird catches the worm.
2066. The earth is but one country, and mankind its citizens.
2067. The earth is our mother.
2068. The eclipses of the sun and moon were computed long before Abraham.
2069. The ego has to die so that awareness can be born.
2070. The emotional health of groups depends on how well they air their grievances.
2071. The end is where the beginning is – in your own hands.
2072. The end of each species is a step closer to the end, for humans, too.
2073. The end of our race is death; 'tis the necessary object of our aim.
2074. The erection is less a sword than a wand.
2075. The example of great and pure individuals is the only thing that can lead us to noble thoughts and deeds.
2076. The exercise of force by a person of power is not always wrong.

2077. The experience of suffering can open our eyes to reality – and growth.
2078. The extraordinary find love in the immediate, and delight in the ordinary.
2079. The eye with which I see God, sees me; my eye and God's eye is one eye; one seeing, one realizing, and one love.
2080. The eyes are the mirror of the person within; especially the left, which sees the naked truth (the right sees what it wants to see).
2081. The fastest spreading six letter word is "Rumour" – ignore it !
2082. The fierceness with which you hold a belief is a measure of your fear.
2083. The first of life's benefits is independence.
2084. The first step towards leading a fulfilling, productive and fruitful life, is to identify what you don't want, and concentrate on what you do want.
2085. The forgotten casualties of war are the women and children raped and diminished.
2086. The fruit is never the tree, nor the singer the song.
2087. The fruit of the upright is a "tree of life": the sage captivates souls.
2088. The function of love is to unite all things unto itself.
2089. The further backward you look, the further forward you are likely to see.
2090. The future is a happy prospect only for as long as our needs are met.
2091. The gap between reason and emotion is filled by spirituality.
2092. The God of Adam, Eve, Abraham and Isaac is a God of love, not war; forgiveness, not revenge; humility, not arrogance; hospitality, not hostility.
2093. The grass always appears to be greener on the other side of the fence. Is it ?
2094. The great end of life is not knowledge, but action.
2095. The great enemy of spiritual progress is the belief you know already.
2096. The greater the sacrifice, the greater the gain.
2097. The greatest gift a parent can ever give to a child, my father gave to us time and time again – himself.
2098. The greatest prize of all is the awareness and acceptance of one's self.
2099. The greed of one makes the poverty of another.
2100. The hand of liberality is stronger than the arm of power.
2101. The hard road from inspiration to remuneration is almost never smooth.
2102. The hard work required to maintain flexibility and health of the body, also maintains the flexibility and health of the mind. This is "Yoga" in action.
2103. The hardest stroke is when our youth dies in us.
2104. The hardest working seven letter word is "Success" – achieve it !
2105. The health of each of the parts impacts on the health of the whole.
2106. The health of the people is really the foundation upon which all their happiness, and all their powers as a state depend.
2107. The heart is forever inexperienced.
2108. The here and now is all we have, and if we play it right it's all we'll need.
2109. The heresy of one age becomes the orthodoxy of the next.

2110. The heroism of continuing example against the odds, of debts repaid and causes sustained, is far more than the unthought instant action kind.
2111. The highest reward for human toil is not what we get, but what we become....
2112. The idle gravitate to the radical.
2113. The illusion of separateness is the root of all human generated suffering.
2114. The impossible “quick fix” of drugs work only to dull on-going pain.
2115. The inclusion of women in the narratives of history undermines Patriarchy.
2116. The infinite can never be fully comprehended by the finite.
2117. The initiated prove their initiations not by their claims, but in their works.
2118. The interests of ourselves and others are indivisible.
2119. The isolation of socio-economic classes and races is malady.
2120. The Jew is the most Christian of peoples.
2121. The job of initiation should never be left to the immature.
2122. The just person lives by faith.
2123. The key to dealing with immense problems, is to access people on the ground.
2124. The last bite of life is the hardest to chew.
2125. The last part of the climb is the hardest.
2126. The last straw breaks the camel’s back.
2127. The left eye in particular is the window to your soul, for the right eye sees only what it’s not afraid of, or wants to see.
2128. The living world is a continuum in each and every one of its aspects.
2129. The longer you put off decisions the harder they become.
2130. The love of money is the root of all evil; the want of money so quite as truly.
2131. The love we give to others strengthens the love we have for ourselves.
2132. The lowest ebb is the turn of the tide.
2133. The lucky person surrounded by encouragement, praise, fairness, security, approval, acceptance and love, learns to “live love” – i.e. give and receive love.
2134. The maintenance of difference within the mainstream is critical to the health of the race.
2135. The majority has no monopoly of ethical standards.
2136. The making of a hero comes from a moment’s calculation of expediency.
2137. The meaning of life is your life.
2138. The midlife passage itself is an interior journey into the core of one’s being, a retreat into oneself.
2139. The mill cannot grind where the water is past.
2140. The mind has grown short-sighted or weary when it is satisfied.
2141. The mind is at the heart of things.
2142. The mind is like a parachute; it works best when opened.
2143. The minor pleasures of drugs and alcohol also permanently damage us.
2144. The miracle of life, and death, is within us, and surrounds us.

2145. The moment we cease to hold each other, the sea engulfs us and the light goes out.
2146. The moral good is not a goal but an inner force which lights up one's life from within.
2147. The morality of acts can only be judged bearing in mind the time, the place, circumstances, the past, the future, and the interests of all concerned.
2148. The morally outraged are unprepared when "it" happens to them.
2149. The more beauty we see, the more we evolve.
2150. The more haste the less speed.
2151. The more we can love and appreciate others, the more energy flows into us.
2152. The more we indulge our senses the more our desire and thirst grow.
2153. The more you get, the more you have to lose.
2154. The more you know the less you understand.
2155. The most complete one letter word is "I" – own it !
2156. The most dangerous moment comes with victory.
2157. The most disadvantageous peace is better than the most just war.
2158. The most enviable eight letter word is "Jealousy" – distance it !
2159. The most essential ten letter word is "Confidence" – trust it !
2160. The most important thing a father can do for his children is to Love their mother.
2161. The most insignificant one letter word is "I" – nurture it !
2162. The most lonely one letter word is "I" – unless you combine it with "AM" !
2163. The most pathetic person in the world has sight but no vision.
2164. The most personable one letter word is "I" – expand it !
2165. The most pleasing five letter word is "Smile" – keep it !
2166. The most poisonous three letter word is "Ego" – control it !
2167. The most powerful nine letter word is "Knowledge" – acquire it !
2168. The most satisfying two letter word is "We" – use it !
2169. The most selfish one letter word can be "I" – avoid the arrogant "I !" !
2170. The most used four letter word is "Love" – value it !
2171. The most valuable asset in life – other than life itself – is health.
2172. The mouth speaks what the heart is full of.
2173. The need to make a living motivates new thinking.
2174. The negative behaviour children learn from parents is hard to undo.
2175. The noblest works and foundations have proceeded from the childless.
2176. The notion of inherent hostility or inherent evil is false.
2177. The old methods of diplomacy and sanctions are worth absolutely nothing.
2178. The one mounted highest got up but an inch upon the shoulders of the last but one.
2179. The one under is also the one over....
2180. The one who asks not, lives not.

2181. The one who bites the hand that feeds it cannot expect the other to be less than twice shy.
2182. The one who fears shall suffer, and already suffers what is feared.
2183. The one who has sinned is ever the truest mate.
2184. The one who hates is a fool.
2185. The one who makes no mistakes makes nothing.
2186. The one who would eat the nut must first crack the kernel.
2187. The only appropriate use of wealth is in philanthropic giving.
2188. The only cure for stage fright is action.
2189. The only difference between a hero and a coward is a moment.
2190. The only difference between madness and imagination is the dogged relentless power of human will.
2191. The only good is knowledge, and the only evil is ignorance.
2192. The only object of education is to improve one's thinking ability.
2193. The only reason that any conflict cannot be immediately settled is that one side is holding on to an irrational position, for energy purposes.
2194. The only risk in bondage is breaking free.
2195. The only thing that is constant is change.
2196. The only way evil flourishes, is for good people to do nothing.
2197. The only way to have friends is to be one.
2198. The only way to pass any test is to take the test. It is inevitable.
2199. The only way to pass any test is to take the test. It is inevitable.
2200. The only way to stop a war is with real civil disobedience.
2201. The ostriches of homophobia and sexism masquerade sometimes as EMU's while hiding behind selected verses of holy scripture.
2202. The painting is more important than the sitter.
2203. The past and the future depend on the present.
2204. The past is an over upholstered cocoon.
2205. The past is dead; the future imaginary; happiness is a choice in the present.
2206. The path is smooth that leads to danger.
2207. The path is the service of others, not prayer beads and religious robes.
2208. The path of history is stained with the blood of those who have fallen victim of "God's avengers".
2209. The path of initiation is also a path of tests.
2210. The path of true love never runs smooth.
2211. The people, for the most part, have reason on their side.
2212. The person that loses their conscience has nothing left worth keeping.
2213. The philosophy of one century is the common sense of the next.
2214. The pioneers of a warless world are young people who refuse military service.
2215. The possibility of success comes from managed thinking.
2216. The power to reason has greater value than the ability to memorise.

2217. The practice of specific practical actions must come from principles.
2218. The price of anything is the amount of life you exchange for it.
2219. The price of freedom is eternal vigilance, and enlightened, empathetic action.
2220. The price of lies is immobilized nostalgia for tyranny.
2221. The primary purpose of the animal is not to feed humans, but it agrees to that when necessary. It is to balance the atmosphere, and to be a companion and teacher by example.
2222. The principal characteristic of genuine happiness is peace: inner peace.
2223. The printed word is the first step towards coherent civilization; literature its ladder.
2224. The privation of life is no evil: to know how to die, delivers us....
2225. The problem in life isn't in receiving answers, but in formulating relevant questions.
2226. The prostitution industry relies on the emotional impoverishment of men.
2227. The psyche throws nothing away.
2228. The puritanical unrealism found in religions is an absurd expectation.
2229. The quest for liberty and individual dignity are inviolable and universal.
2230. The quest for mind enlightenment has no end.
2231. The question of whether or not religion was invented as wish fulfilment, or a punishment, has been, and will be debated until the end of time.
2232. The real miracle is not to walk on water, or in thin air, but to walk on earth.
2233. The real test is not in the teaching, but in the living.
2234. The reason you see further is because you are standing on the shoulders of the giants who have gone before....
2235. The recognition that kindness is more important than wisdom is the beginning of wisdom.
2236. The religious become specialists in only one aspect of the light.
2237. The reward for conformity is that everyone likes you, except yourself.
2238. The rich 'I earned it' idea is among the most stupid, and ridiculous I've heard.
2239. The rich can't help being inevitably wrong; the poor being inevitably right.
2240. The right way is not always the popular and easy way.
2241. The rise of Corporations is the demise of human rights.
2242. The risk of succumbing to egotistical tyranny is ever present.
2243. The Roman problem is political, not religious.
2244. The roots of comedy are embedded in pain.
2245. The Science of the Soul is a way of life – within and without.
2246. The seat of non-violence is in the heart; an inseparable part of our being.
2247. The secret of living well is to live and love truth independently.
2248. The seeds and roots of cruelty, tyranny, and treason grow cultivated by custom.

2249. The self says “I am”, the heart says “I am less”, the spirit says “you are nothing, but mine, and worthy, if you let Me”.
2250. The senses on which the mind focuses can carry away one’s intelligence.
2251. The shamed are made to feel inadequate, while the guilty try to atone for what they sense they have done wrong.
2252. The sick soothe the well, more often than not.
2253. The simplest surgery can go wrong.
2254. The sorrows of others are the consolation of fools.
2255. The soul-spirits constitutional position is that of happiness with the Creator.
2256. The source is within you.
2257. The story of oneself is all that we have, and it is worth a life to get it right.
2258. The strangler fig and the clinging vine both kill the host.
2259. The strength we have is the strength we take.
2260. The struggle for recognition is the motor that drives human history.
2261. The struggle to control our own “ego” is sometimes referred to as “jihad”.
2262. The superior fighter succeeds without violence.
2263. The sword of upright conduct and goodly character is sharper than steel.
2264. The things that you’re liable to read in the Bible, ain’t necessarily so !
2265. The thinking of leaders percolates down to followers.
2266. The third eye, the heart, encapsulates divine wisdom.
2267. The thread doesn’t care if the hands are hairy.
2268. The ties that bind, are the same ties that unwind.
2269. The time is always ripe to do right.
2270. The total ecosystem is one living system, one organism.
2271. The trouble with being good at something is: people expect it of you all the time.
2272. The true centre of self is revealed when ego no longer needs to be fed by the good opinions of friends.
2273. The true lover withholds nothing from him/herself; he/she neither bargains nor doubts.
2274. The true mission of the spiritually illumined is to work for the advancement of others.
2275. The true needs and structures of society cannot be discussed without an understanding of Humanity itself.
2276. The truth arrives disguised; therein the sorrow lies.
2277. The truth can be stated in many ways.
2278. The truth shall set you free.
2279. The understanding which brings peace is more important than the peace that passes understanding !
2280. The unexamined life is not worth living.

2281. The universal language of love and silence can pierce all dogmas, all cultural differences, all laws.
2282. The utility of living consists not in the length of days, but in the use of time.
2283. The utmost fruit of health is pleasure.
2284. The value of Quantity \leq The value of Quality.
2285. The values we live by are worth more when we pass them on....
2286. The venerated are worshipped, vilified, or ignored, but never understood.
2287. The very concept of “sin” is rooted in the fear of taking control for yourself.
2288. The very secret of life is to accomplish something worthwhile.
2289. The want of humour cripples the mind.
2290. The way forward lies in fighting ancient stupidities.
2291. The way to dissipate hate is through pity.
2292. The way to miss pleasure is to seek it first.
2293. The way we identify anyone is by their actions.
2294. The wealth of the rich is maintained through the neglect of the poor.
2295. The web which nature spins comes from God.
2296. The wise always seek checks and balances.
2297. The wise overcome hatred, envy, and contempt by reason.
2298. The world is a dangerous place to live; not because of the people who are evil, but because of the people who don't do anything about it.
2299. The world of reality has its limits; the world of imagination is boundless
2300. The world only spins forward.
2301. The wound of a lie may heal, but the scar of it will remain.
2302. The wounding of a soul is no less a crime than the killing of a body.
2303. The youngest should not refuse philosophy, nor the oldest grow weary of it.
2304. There are always alternatives !
2305. There are as many paths as there are creative minds.
2306. There are different rules for different situations; telling lies, for example, is at times absolutely necessary, so that truth can live again another day.
2307. There are forces in you untried. They are yours to be used, as you find them.
2308. There are just and there are unjust laws, but - an unjust law is no law at all.
2309. There are many languages, colours, proportions and perspectives.
2310. There are no menial jobs; only menial attitudes.
2311. There are no physicians like true friends.
2312. There are none so blind as those who will not see.
2313. There are none so deaf who will not hear.
2314. There are some upon whom their rich clothes weep.
2315. There are storms we cannot weather.
2316. There are things we must move through, things to cast aside....
2317. There are two sides to every coin, opinion, discussion, or argument.
2318. There can be no peace or security without justice for all.

2319. There can be no transforming darkness into light, and of apathy into movement, without emotion.
2320. There cannot be peace without justice, nor justice without resistance.
2321. There comes a time when the cup of endurance runs over.
2322. There is a direct connection between suffering and greatness.
2323. There is a fine line between destiny and fate.
2324. There is a price to be paid for every attainment.
2325. There is a price to pay for land and title.
2326. There is a type of constructive non-violent tension that is necessary for growth.
2327. There is always light at the end of the tunnel.
2328. There is always more. Always.
2329. There is an infinite diversity of human actions.
2330. There is as much latitude in the interpretation of laws, as in their form.
2331. There is heroism in doing anything at all in the light of mortal dilemma.
2332. There is many a slip 'twixt cup and lip.
2333. There is more than one way to crack an egg.
2334. There is more to be learned from wearing a dress for a day, than from wearing a suit for life.
2335. There is much to use of nature's way. It is with you always.
2336. There is neither morality nor sentiment in the inflexible justice of nature.
2337. There is no "divine" right, favour, or succession.
2338. There is no better way to deflate the ego than the business of peddling.
2339. There is no course of life so weak as that which is carried by rule and discipline.
2340. There is no cure for birth and death save to enjoy the interval.
2341. There is no death though eyes grow dim....
2342. There is no division when it comes to enjoyment.
2343. There is no document of civilization that does not contain the documentation of barbarism.
2344. There is no easy road to learning.
2345. There is no end to learning what you can do without.
2346. There is no greatness where there is no simplicity and truth.
2347. There is no hate in love.
2348. There is no hunted one with which I do not run.
2349. There is no monopoly of morality.
2350. There is no morality in war.
2351. There is no need for complicated philosophy, dogma, or doctrine: our own heart and mind is the temple; the only doctrine of love is compassion.
2352. There is no need to panic. Just work at things steadily.
2353. There is no progress without friction.

2354. There is no pure rationality, disinterested inquiry, universal truth etc.
2355. There is no rose without a thorn.
2356. There is no secret of humanity which, from a wrong angle, orthodoxy has not viewed, or tasted.
2357. There is no sense in being angry with fire if we are burned.
2358. There is no sin but ignorance.
2359. There is no smoke without fire, but sometimes there is fire without smoke.
2360. There is no strength without unity.
2361. There is no substitute for experience.
2362. There is no such thing as a free lunch.
2363. There is no such thing as a good habit, except as it may be a stepping stone to a better one.
2364. There is no such thing as selective compassion.
2365. There is no suffering from which good cannot come.
2366. There is no true wealth but life itself.
2367. There is no waste. Everything is recycled back into nature, and into the earth.
2368. There is nothing good or bad but thinking makes it so.
2369. There is nothing new under the sun.
2370. There is nothing single and rare in respect of nature.
2371. There is nothing so fine and legitimate as to know how to live this life.
2372. There is nothing that has unchanging self.
2373. There is nothing unworthy of our care; we stand accountable, even to a hair.
2374. There is nourishment in “ashes”. You have to go down to go up.
2375. There is often a difference between Truth and “public opinion”.
2376. There is often a discrepancy between perception and reality.
2377. There is risk in having the courage to change the face of reality.
2378. There is silence behind all words, and light behind all appearances.
2379. There was a time when weapons were manufactured in order to fight wars.
Now wars are manufactured to sell weapons.
2380. There’s a place for us, a time and place for us....
2381. There’s no place like home !
2382. There’s no time to be angry when there’s work to be done.
2383. They also serve who stand and wait.
2384. They but fool themselves, who think to lessen or stop our disputes by recalling us to the express words of revered books.
2385. They can because they think they can.
2386. They destroy themselves, who submit to enforced and superstitious rules.
2387. They lose least who have least to lose.
2388. They stumble that run fast.
2389. They were either smart, fast or wicked, according to who considered them.
2390. They who are defective in matter, endeavour to make amends with words.

2391. Things do not really die; things just change.
2392. Things often appear greater to us at a distance than near at hand.
2393. Things we perceive to be beautiful may be different, but the actual characteristics we ascribe to beautiful objects is similar.
2394. Think about your thoughts and correct them.
2395. Think doubt and fail; think victory and succeed.
2396. Think for yourself to find yourself.
2397. Think more of being remembered with gratitude, than of profit.
2398. Think not what your country can do for you. Ask what you can do for your world !
2399. Think well, think pure, think big, think mental.
2400. Thinking a different thought from the majority is not wrong in itself.
2401. Thinking is the hardest work there is, which is the probable reason why so few engage in it.
2402. Thinking which stimulates action makes it happen.
2403. This above all: to thine own self be true. And it must follow, as the night follows day: thou canst not then be false to any one.
2404. This land is your land, this land is my land, this land was made for you and me.
2405. Those who are filled with the love of God know their Creator lives within them.
2406. Those who can make you believe absurdities can make you commit atrocities.
2407. Those who do not remember the past are condemned to repeat it.
2408. Those who dream the most do the most.
2409. Those who fight justly for their lives, their homes, their human dignity, will fight until death, even against tanks. And they will win.
2410. Those who gain the benefits of power and prestige fear losing it.
2411. Those who give have all things; those who withhold have nothing.
2412. Those who know all, but know not themselves are utterly lacking.
2413. Those who know often don't speak; those who speak often don't know.
2414. Those who live in glass houses shouldn't throw stones.
2415. Those who look only to the past or the present are certain to miss the future.
2416. Those who love the word serve it.
2417. Those who resist the inevitable march of time are fools unto themselves.
2418. Those who rightly act without hope of reward attain peace.
2419. Those who would harm us give us unparalleled opportunities to practice disciplined, loving behaviour.
2420. Thoughtful gestures count.
2421. Thoughts held in our minds will produce after their own kind.
2422. Through pride we are ever deceiving ourselves.
2423. Time and tide await for no-one.

2424. Time cannot be purchased, saved or borrowed. It can only be spent.
2425. Time goes only one way – forward.
2426. Time is a spiral within eternity.
2427. Time is on the side of the outcast.
2428. Time is the great healer.
2429. Time reveals all.
2430. Time waits for no-one.
2431. Times will only change if we break the code of silence.
2432. 'Tis the sneer of man, not conscience, that makes cowards of us all.
2433. To “arrive” as one in harmony with the outer world requires a long journey.
2434. To achieve balance, all people should be treated equitably, which means equally, as equals !
2435. To act is to be committed, and to be committed is to be in danger.
2436. To affirm is know that it has already been given.
2437. To avoid the ultimate humiliation (when we least expect it), we must validate life’s ticket every day that we live.
2438. To be able to talk to a friend without being judged, can help sweep away piles of accumulated bitterness, and so unblock our drains.
2439. To be above yourself is to also be below yourself.
2440. To be born again, first you have to die.
2441. To be called a woman, and to be limited by it, really hurts.
2442. To be different does not mean to be “evil”.
2443. To be successful as a lover, one must first see oneself as lovable.
2444. To be upset over what you don’t have is to waste what you do have.
2445. To bring an unwanted child into the world is as antisocial an act as murder.
2446. To claim to be apolitical or neutral in the face of injustice upholds the oppressive status quo.
2447. To condemn what one does not understand is immature.
2448. To confront and overcome fear is an act of justice.
2449. To constantly look backward of forward is to forfeit the joys of today.
2450. To delight in war is a positive crime in a leader.
2451. To discover the heart is the greatest initiation.
2452. To err is human; to forgive divine.
2453. To experience only one’s own emotion is a sorry limitation.
2454. To find yourself, think for yourself.
2455. To focus on moneymaking, or power, will bring about your undoing.
2456. To forget the pain, focus your attention elsewhere.
2457. To forgive does not mean to forget, but does mean to “let go”.
2458. To get a different result, you must do things differently.
2459. To hate another is to hate yourself.
2460. To hate the “sin”, and “love” the sinner, hates the person. That is sin !

2461. To have standards is all right, unless you impose yours on others.
2462. To help, encourage and comfort, is to LOVE.
2463. To hurt the land is to hurt the people.
2464. To lead, you must first blaze the path with your own shining example.
2465. To look beneath appearances to the underlying motive requires spiritual maturity.
2466. To love another person is to see the face of God.
2467. To love, revere and feel grateful for creation is to love and revere God.
2468. To maintain oneself on this earth is not a labour, but a pastime, if one lives simply.
2469. To pardon the oppressor is to deal harshly with the oppressed.
2470. To pray is to ask for what is needed.
2471. To press horses without need is not only folly, but a fool's crime.
2472. To realize how much we manipulate each other, we must re-evaluate our motivations.
2473. To recognize the significant in the factual is wisdom.
2474. To reduce pain, correct the defect, and/or reduce the stress.
2475. To regard oneself as an instrument of the Divine is not a perfect remedy.
2476. To regret deeply is to live afresh.
2477. To retort without first listening, is both foolish and embarrassing.
2478. To right the wrongs and comfort the suffering are the jobs God entrusts to us.
2479. To save one person's life saves humanity.
2480. To see what is right and not to do it is want of courage.
2481. To show your front, you must be your best.
2482. To the monstrous leviathans of States and Sovereigns - we yield our liberty.
2483. To think and feel and do is to be.
2484. To understand requires consideration; to be understood, courage.
2485. To unwind the wound is wound wisdom.
2486. To wait for perfection is to wait forever.
2487. Today a reader, tomorrow a leader ?
2488. Today is the tomorrow you worried about yesterday.
2489. Too far east is west.
2490. Too many "must" rules make life unliveable.
2491. Too many cooks spoil the broth.
2492. Too much of something is as bad as too little. The only exception to this is love.
2493. Too often we give our children answers to remember rather than problems to solve.
2494. Too vigorous a pruning will kill the tree.
2495. Torture is an extreme physical and mental assault on a person who has been rendered defenceless.

2496. Traditions paralyse and stifle new growth.
2497. Transcend tribal myopia with communal responsibility.
2498. Transcend tribal to global communal responsibility.
2499. Translate faith into social action.
2500. Treat others as you would like them to treat you.
2501. Treat people with respect, and they will become what they can be.
2502. Treating any one person as a second class citizen forces on them conditions of life that undermines their dignity as individuals.
2503. True acceptance comes without demand or expectation.
2504. True art is characterized by an irresistible urge in the creative artist.
2505. True effectiveness requires balance in all areas of life – in and out !
2506. True friends share the load, and shorten the road.
2507. True friendship is like sound health; the value of it is seldom known until it be lost.
2508. True greatness consists in the use of a powerful understanding to enlighten oneself and others.
2509. True happiness is not in the achieving, but in the hard work of striving.
2510. True leaders transcend boundaries.
2511. True leaders view themselves as servants, yet when the need arises, they can muster fierce intelligence and purpose, driven by their hearts.
2512. True leadership is always based on philosophy, and self-examination.
2513. True love cannot be found where it does not exist, nor can it be hidden where it truly does.
2514. True religion is about sharing.
2515. True spiritual growth begins when we realize the next moment could be our last.
2516. True status does not lie where society traditionally allows and places it.
2517. True vision requires frequent change of perspective.
2518. Truly international literature must be rooted in its own soil.
2519. Trust in good government and good government don't go hand in hand.
2520. Trust in yourself to find your way through.
2521. Trust is greater than love; the trusted will find true love.
2522. Trusted friend.
2523. Trustworthiness is the bedrock of Faith and the foundation of all virtues.
2524. Trustworthiness is the greatest portal leading unto the tranquillity and security.
2525. Truth and reason are common to every one.
2526. Truth and reconciliation rest with those who refuse to live in silence.
2527. Truth builds; lies destroy.
2528. Truth cannot be expressed by words alone.
2529. Truth cannot be preached.

2530. Truth has no method beyond the spontaneity of natural people.
2531. Truth is first ridiculed, then violently opposed, before finally, accepted as self-evident.
2532. Truth is something that is never pure, and rarely simple.
2533. Truth is the first casualty in the prelude to war, and not told in war.
2534. Truth is truth to the end of reckoning.
2535. Truth lies outside one's own troubles, also.
2536. Truth needs no robes.
2537. Truthful, honest, peaceful people never doubt their connection with the universe.
2538. Truthfulness is the foundation of all human virtues.
2539. Turn terror into blessing, doubt into progress.
2540. Turning a blind eye to acts of bias allows the disruptive roots of prejudice to thrive.
2541. Twice the pride, twice the fall.
2542. Two closets are like a pair of adjoining tombs.
2543. Two wrongs do not make a right.
2544. Ultimately, the only real wealth is life itself.
2545. Ultimatums are often the last demand, before concessions are sought.
2546. Unacknowledged knowledge depresses; acknowledged fears raise.
2547. Unbridled lust devalues; unbridled power corrupts; unbridled passion hates.
2548. Unbridled Power Corrupts !
2549. Unconditional self-acceptance is the core of a peaceful mind.
2550. Unconscious competition underlies all human conflict in the world.
2551. Under all that we think, lives all that we believe, like the ultimate veil of spirit.
2552. Undergraduate theology students are squeaky clean and squeaky voiced – and practice on captive congregations.
2553. Understand the power of symbols to unite and inspire and give purpose.
2554. Unfathomable, Limitless, Without Depth, Height, Width, Time or Parallel.
This is our Creator which cannot be qualified, or quantified, but just “is”.
2555. Unfinished business has to be finished.
2556. Unfortunate events can lead to spiritual growth; suffering can awaken us.
2557. Unfortunately, most religious zealots cannot understand the difference between dogma and truth.
2558. Unfortunately, success can be measured by the size of your thinking.
2559. Unhealthy preoccupation with one’s illness leads to more of the same.
2560. United we stand, divided we fall !
2561. Universally applied compassion is the only path to peace.
2562. Unkind religious persons are always found wanting when put to the test.
2563. Unkindness almost always stands for the displeasure one has in oneself.

2564. Unless they are shared, multiple possessions lead to reduced personal values, and opportunities for have-nots.
2565. Unlike the dogma proclaimed by religions, spirituality is concerned only with those things – such as love, compassion, patience, forgiveness, honesty, contentment etc. – which bring happiness to all.
2566. Unnecessary use of unusual words springs from puerile and scholastic ambition.
2567. Unopened or unexamined emotional baggage is a weighty millstone.
2568. Unquestioning obedience is prostitution of self.
2569. Unsatisfied needs motivate.
2570. Unscrupulous intellects do not pay antiquity due reverence.
2571. Unseen forces carry us as we try to swim our own journey.
2572. Unsung, the noblest deed will die.
2573. Until mankind embraces compassion for all living things, he will not find peace.
2574. Until we acknowledge problems, we cannot begin to overcome them.
2575. Unto the pure, all things are pure.
2576. Unwind the wound: free Amnesty's international candle, the beacon of hope.
2577. Uphill battles do not resolve quickly.
2578. Use the dross of life as a spur to creative inspiration.
2579. Use your buying power to interrupt destructive patterns.
2580. Value differences, and build on strengths to compensate for weaknesses.
2581. Value not length of life, but depth of life.
2582. Vanquish fear through action.
2583. Variety is the spice of life.
2584. Vengeance is not justice.
2585. Vested interests will jealously oppose new ideas.
2586. Vested interests, with religion and politics, have the power to make ordinary people do both extraordinary, and extraordinarily repugnant things.
2587. Vice responds to pain, pleasure, love and hatred without reason.
2588. Village life minds everyone else's business
2589. Violence against women affects everyone: seek solidarity: men with women.
2590. Violence comes from the urge humans feel to control and dominate each other.
2591. Violence is a symptom of impotence.
2592. Violence is the repartee of the illiterate.
2593. Violence may be overcome by respectful dialogue.
2594. Violence only achieves short-term objectives; never long-lasting ends.
2595. Violence will give way to dialogue.
2596. Violent malice in speech and action demands condemnation wherever it occurs.

2597. Violent rape wounds and diminishes both the victim and the perpetrator.
2598. Virtue is the self-application of reason to issues of pain, pleasure, love and hatred.
2599. Virtue without joy is a contradiction in terms.
2600. Vision is the art of seeing the invisible.
2601. Vision without action is merely a dream.
2602. Walk away from a bad situation while you have a chance.
2603. Walls may protect, but they also limit.
2604. War begins at home, when we allow a group who has committed no crime, to be used - as an entire nation's scapegoat - for the evil in its own breast.
2605. War is a luxury only small nations can afford.
2606. War is not the heroic marching of proud soldiers. It is only endless hunger and pain, and merciless death and torture of the innocent.
2607. War is the profit maker's opportunity....
2608. War's fuel is living people.
2609. Wars and their aftermath are merely the projection of individual conflict, magnified to national and world proportions.
2610. Wars of nations are fought to change maps. But wars of poverty are fought to map change.
2611. Waste not, want not, fear not, hate not – and you will gain – love.
2612. We all have a responsibility to the people around us.
2613. We are a single people, rich in diversity, living in a common homeland.
2614. We are all both male and female inside; the outside is only a veneer.
2615. We are all connected to each other through the Creator.
2616. We are all equal in the end; dead, part of the living cosmos.
2617. We are all more blind to what we have than to what we have not.
2618. We are all of the same blood, family, irrespective of any difference.
2619. We are all one; learning to build strength from weakness.
2620. We are all responsible for creating safety within our lives and communities.
2621. We are all subject to the same rules of life.
2622. We are all the same under the skin.
2623. We are all uniquely created ©, and both male and female “inside”.
2624. We are beggars: this is true.
2625. We are born to make manifest the glory of the Light that is within us.
2626. We are destroying the soul of the earth by ignorance that only reverence for nature can reverse.
2627. We are guided inwardly towards the mission only we can do.
2628. We are here on this planet to evolve.
2629. We are here to love, and our connections with others give us this opportunity.
2630. We are honest when our actions are what they seem to be.
2631. We are in God and God is in us—thus, if we love, it is divine.

2632. We are not bound, inevitably, by circumstance alone.
2633. We are not our bodies. Neither are we our past, nor our behaviours in the moment.
2634. We are often driven by the stomach, and led by the nose.
2635. We are one; we are many; we are ONE !
2636. We are prone to judge others in terms of our own limitations.
2637. We are self-compassionate when we mourn. But don't just mourn. Celebrate movement forward.
2638. We are spirit soul, and as such we are eternal.
2639. We are spiritual beings having an earthly experience.
2640. We are the creatures of the cruelties we witness.
2641. We are the curators of life here on earth.
2642. We are the product of our own thoughts.
2643. We are truly free to become more than the unconscious act we play.
2644. We are what and where we are because we first imagined it.
2645. We are what we believe.
2646. We are what we eat, drink, feel, see, hear, smell, think and do.
2647. We are who we are, and it's our job to make the best and most of life.
2648. We are who we were born to be.
2649. We are worth what we are willing to share with others.
2650. We build our identity by borrowing that of others.
2651. We can find a higher meaning for our lives.
2652. We can make a positive difference by giving a kind word, a smile, a hug, at the right time, for the right reason.
2653. We can never be free until we know about ourselves.
2654. We can only be truly passionate, when boundaries have been laid. Trust has to be there.
2655. We can only take one step at a time, one day at a time.
2656. We can quite often get what we focus on.
2657. We can't change our inheritance, but we can decide to use it well.
2658. We cannot always change our situation, but we can change our attitude.
2659. We cannot direct the wind, but we can adjust the sails.
2660. We cannot discover new oceans until we have the courage to lose sight of the shore.
2661. We cannot solve our problems with the same thinking we used to create them.
2662. We continually re-invent ourselves, as we respond and react to our environment from our inherited cultural and personal starting point, from birth to death.
2663. We defend old habits and beliefs with swords of vested interest.
2664. We desired nothing more....

2665. We do not inherit the earth from our ancestors: we borrow it from our children.
2666. We do not stand at all. We move.
2667. We draw on the Bank of Youth; someday there'll be an overdraft.
2668. We enter the garden of love at unexpected moments.
2669. We feel beautiful when people accept us as we are.
2670. We first make our habits, and then our habits make us.
2671. We fulfil our purpose by creating in love.
2672. We grow older from the day we are born, and will soon lose our youth.
2673. We hate what we fear.
2674. We have a duty of care for each member of our society.
2675. We have no hope of achieving a lasting solution, unless we share.
2676. We have no need for divisive, greedy creed.
2677. We have no room for suspicion when our hearts are filled with love.
2678. We have one life; it soon will be past; what we do for God is all that will last.
2679. We have to learn over and over again what it is to be human.
2680. We illustrate with our lives how we think humans are supposed to live.
2681. We judge no one, and we cut off none from communion for differing from us.
2682. We leave this world just as we entered it – with nothing.
2683. We love only what we do not completely possess.
2684. We make a living by what we get, but we make a life by what we give.
2685. We mostly learn nothing by telling, but learn most when listening.
2686. We must all return to the dust of the earth.
2687. We must alter our lives in order to alter our hearts, for it is impossible to live one way and pray another.
2688. We must cultivate our own garden.
2689. We must do that which we think we cannot.
2690. We must fall before we can rise.
2691. We must fight, debate and be true to ourselves; otherwise our closeness is just an act.
2692. We must learn to live together as brothers or we are going to perish together as fools.
2693. We must move beyond our comfort zone to obtain true fulfilment.
2694. We must push against a door to know whether it be bolted against us or no.
2695. We must respond as a collective whole to establish peace.
2696. We must take responsibility for our own behaviour.
2697. We must will, if God is to will.
2698. We need each other. Alone, we are nothing !
2699. We need heroes until flesh and blood friends and mentors come along.
2700. We need to change perspective when we get too close to an issue.
2701. We never know the worth of water until the well runs dry.

2702. We often don't appreciate what we've got 'til it's gone....
2703. We often only begin to see the big picture when our time has run out.
2704. We often see things as we are, not as they are.
2705. We only hurt ourselves by hiding in our own dishonesty.
2706. We owe all to each other, just as we all owe each other.
2707. We owe almost all knowledge to selfless thinkers who dare to differ.
2708. We provide for our own happiness when we are compassionate.
2709. We reap what we sow, either now in real life, or later.
2710. We reflect to others what we see in ourselves.
2711. We remember not only the words of our enemies but the silence of our friends.
2712. We rise with the help of friends, but must go down alone.
2713. We ruin ourselves by impatience.
2714. We seek to outwit and control each other to get a lift psychologically.
2715. We shall have our own release in time.
2716. We shall never do to them what they did to us.
2717. We shall overcome....
2718. We shape clay into a pot, but it is the emptiness inside that holds whatever we want.
2719. We should give up adolescent notions of good, better, best.
2720. We soon believe what we desire.
2721. We spend a lot of time and energy trying not to know what we already know.
2722. We suffer when our actions conflict with our spiritual selves.
2723. We try to avoid anxiety by using drugs, alcohol and cigarettes, and fail.
2724. We usually learn nothing by telling, but often learn all by listening.
2725. We were, briefly and delightfully, the chosen ones.
2726. We're all up against the ultimate.
2727. We're not going to live in silence, we're not going to live in fear !
2728. We're working together to help one another.
2729. Weak people lay an exaggerated stress on not changing mind.
2730. Wealth and children are the adornment of life.
2731. Wealth and power only last for as long as our status holds.
2732. Wealth is enjoying what we already have, not getting more of what we think will make us happy.
2733. Wealth isn't re-created, but redistributed.
2734. Weeds soon choke unused paths.
2735. Well begun is half done.
2736. What a hell of a heaven we'll get when we get all those hypocrites there.
2737. What a person sees in a picture is a sure clue to that person's personality.
2738. What can I do ?
2739. What doesn't kill you often makes you stronger.

2740. What goes up must come down.
2741. What good is prayer, if it does not centre the mind ?
2742. What had seemed bitter to me was turned to sweetness....
2743. What is hateful to yourself do not do to others. This is the whole law.
2744. What is history, but a fable agreed upon ?
2745. What is left out is as important as what has been left in.
2746. What is right for one may be wrong for another.
2747. What is wrong is never right.
2748. What nature has enjoined us for our necessity should be also pleasant to us.
2749. What spirit comes to move my life ?
2750. What takes a lifetime to build up only takes a moment to let go....
2751. What the eye does not see the heart does not grieve.
2752. What though the field is lost, all is not lost.
2753. What we believe and say about others is only about our self.
2754. What we need is more people who can simply carry their own weight.
2755. What we see depends on where we are standing (and where we are looking).
2756. What would a wise person do in this situation ?
2757. What you are today is dependant on past experiences and choices.
2758. What you get high status for today may be different tomorrow.
2759. What you really want is within yourself; you will find it only there.
2760. What; where; when; who; description; why; how; by; cost; from; to, if, so ?
2761. What's good for the gander is as good for the goose.
2762. Whatever affects one directly affects all indirectly.
2763. Whatever happens, life will go on – and so must we, until death comes.
2764. Whatever I do, for good or for ill, to that I will fall heir.
2765. Whatever makes an impression on the heart seems lovely to the eye.
2766. Whatever you can do, or dream that you can do, begin it.
2767. Whatever you do, see that you're a piper too, and sing to your Good God of
Love, and Love Only !
2768. When “they” become “we”, “we” become “us”.
2769. When a boy acts tough, sure enough, it's a sign he's soft inside.
2770. When a leader weakens, sharks circle.
2771. When a possession becomes an obsession, you have a problem.
2772. When a strong ego meddles with the Divine, it falsifies the spiritual relation.
2773. When and where equity rules, the truth becomes plain.
2774. When anger and fear and such like tyrannize the soul – I call this “injustice”.
2775. When another gathers for you, you pay for both.
2776. When are you forced over the edge into parody ?
2777. When bigots come it is time to fight.
2778. When bound to follow the lead of other's, our own vigor and liberty die.
2779. When boys' development is ignored, everyone reaps the harm.

2780. When democracy selects those with empathetic hearts to rule, peace will be ours !
2781. When drugs and alcohol are inside, sense is outside.
2782. When ego retreats, character blossoms.
2783. When hearts, minds and actions are peacefully fused by each and every soul, then one light will flame and shine brightly to displace the darkness, so that we can all enter Heaven, illuminated.
2784. When love and affection are no longer a matter life or death, then it all comes to you !
2785. When nature has a job to be done, she creates a genius to do it.
2786. When one door closes, another door opens – and life goes on.
2787. When people are afraid, they tend to believe almost anything they hear.
2788. When people laugh at us, they are the joke, not us.
2789. When service becomes a business, service suffers. And so it is with religion.
2790. When something occurs beyond chance to lead us forward, we become more actualized (aware and fulfilled) people.
2791. When the blind lead the blind, all will fall in a hole.
2792. When the going gets tough, the tough get going.
2793. When the mind is pure, joy follows like a shadow that never leaves.
2794. When the opinion of the best has dominion in the soul, and acts accordingly – that I call “just”.
2795. When the State uses terror against terrorists, it itself becomes a terrorist.
2796. When times get tough, even the most outward looking societies can turn into themselves.
2797. When we accept beneficial rights, we must also accept responsibilities.
2798. When we achieve the state of love, the energy flowing out of us creates a current that pulls energy into us at the same rate. We can then never run out.
2799. When we are lost, another story must begin.
2800. When we are open to the “I AM”, the Divine Mind acts through us *as* us.
2801. When we can’t respond rationally to irrationality, craziness escalates.
2802. When we control another, we receive their energy at the others expense; this is what motivates us.
2803. When we do not understand, agree, or accept your ways, we do not judge. We honour your position. This is the best way forward, for understanding will come.
2804. When we join others seeking the same wholesome balance, the fulcrum is moved, creating positive leverage, and this benefits all.
2805. When we magnify differences we hinder our own progress as a result.
2806. When we oppress anyone, we oppress ourselves, as well.
2807. When we relate with respect there is no need to use power and control over another.

2808. When we shift our focus from ourselves to others, we become more free.
2809. When we speak with the voice of authority, we begin to think we are “the authority”.
2810. When we throw common sense out the window, and sense of self out the door, only poverty and oppression remain.
2811. When we too easily believe a story which contradicts previously observed and held opinion, we must examine our own motives for doing so – and keep our mind open for independent, factual confirmation.
2812. When you appreciate the beauty and uniqueness of things, you receive energy.
2813. When you are confronted by ignorance, rise to be your best.
2814. When you are no longer the only one, the tide of history turns.
2815. When you can trust yourself, you don't have to rely on others.
2816. When you can't find a way forward, forge a new path.
2817. When you defend absent persons, you gain the trust of those present.
2818. When you find what it is that you want to do, you will take up the challenge, and have an opportunity to succeed.
2819. When you increase your understanding, you will decrease your prejudices.
2820. When you know yourself there is peace.
2821. When you lose yourself, you find the Beloved.
2822. When you lose, don't lose the lesson.
2823. When you realize that your cup is at least part full, NOT part empty, your spirit of wisdom will find content within. You will then experience contentment (inner peace), fulfilment and fruitfulness, AND the courage, vision, and stamina, to make all good things happen. This is true fruitfulness.
2824. When you realize you've made a mistake, take immediate steps to correct it.
2825. When you retire you have your whole life in front of you ! Live it to the full !
2826. When you smile the world is brighter.
2827. When your dreams come true, pray that your integrity won't fail you.
2828. Where all are self-seekers, all are oppressors and oppressed.
2829. Where do we come from ? What are we ? Where are we going ?
2830. Where do we come from; what are we; where are we going ?
2831. Where one's wound is, that is where one's genius will be.
2832. Where the mind is, there is the treasure.
2833. Where the weight of the backside is greater than the force of the intellect, bottoms bulge.
2834. Where there is fear, rumours and violence multiply.
2835. Where there is kindness, there is greatness.
2836. Where there is no belief there is no blasphemy.
2837. Where there is no script, decimation is intense.
2838. Where there is no vision, the people perish....
2839. Where there's a will there's a way.

2840. Where water does not flow it remains at the same level.
2841. Where you are, let me be !
2842. Whether it's s-mothering or s-fathering, all children must be free to grow up to become balanced, undivided individuals.
2843. Whether you live simply or not depends on learned expectations.
2844. Whether you think that you can, or that you can't, you are usually right.
2845. Which should we value most – people or possessions ?
2846. While it rains, fill the jar.
2847. While we work for others, human endeavour is potentially great/noble.
2848. Whistleblowers heroically protest the protection of rank.
2849. Who am I ? (24601) Who am I ? I AM !
2850. Who among you have eyes only for the skin, the gender, or the clothes, but cannot see the potential of the soul who resides within ?
2851. Who can I turn to if you turn away ?
2852. Who can say "I am blameless" ? Who can cast the first stone ?
2853. Who is rich ? The one who rejoices in his/her portion.
2854. Who knows all and unveils all, is infinite in compassion.
2855. Who may be considered wise if they don't know themselves?
2856. Who we are is who we were....
2857. Who will be strong and stand with me ?
2858. Who worships at the shrine of irony betrays the "I AM" in he/she.
2859. Whoever degrades another degrades themselves.
2860. Whoever joins the outer and inner has realization.
2861. Whoever knows essentially his/her own nature, can know also that of others.
2862. Whoever knows him/her self knows God.
2863. Wholesome actions fed by generous hearts lead to peace.
2864. Why ? , Because ∴ , Therefore ∴ , I AM ! ❤
2865. Why buy things you don't need, in order to impress people you don't like ?
2866. Why do we fear the unknown when we don't know it ?
2867. Why does everyone attack me for being righteous? It boils down to fear.
2868. Why go through life with one hand tied ?
2869. Why let the opinions of others govern what we make of ourselves ?
2870. Why mutilate what has been perfectly and successfully grown by creation ?
2871. Wide ears and a short tongue.
2872. Wild does not mean savage.
2873. Will our differences divide us; must we always live in fear....
2874. Will you be strong and stand with me ?
2875. Will you stand up and take your chance ?
2876. Willingness implies only readiness to take the first step.
2877. Winds and currents change many times before any turbulence subsides.

2878. Wine loosens the tongue and divulges truth.
2879. Winning starts with beginning.
2880. Winning, when others feel the loss, is losing.
2881. Wisdom consists of the anticipation of consequences.
2882. Wisdom has many homes, is non denominational, and bridges any difference between all cultures, peoples, colours, religions, and forms of governance – atheistic, or otherwise.
2883. Wisdom implies a seasoned ability to filter the inessential from the essential.
2884. Wisdom is a solid and entire building; every piece keeps its place and bears its mark.
2885. Wisdom is always appreciated, and is based on common sense.
2886. Wisdom is found only in those with empathetic hearts.
2887. Wisdom is knowing when you can't be wise.
2888. Wisdom is the knowledge to enable life to be true and happy.
2889. Wise ones are never less alone than when alone.
2890. Wise people speak because they have something to say; fools speak because they have to say something.
2891. With great power comes great responsibility.
2892. With the exception of love, too much is as bad as too little.
2893. Without a concept of whole, there can be no concept of parts.
2894. Without a moral code, freedom is too fragile to survive.
2895. Without a sense of connectedness and loving, life becomes fragile.
2896. Without confidence there can be no friendship.
2897. Without confidence to put your case, nothing can be resolved.
2898. Without courage you cannot practice any of the other virtues.
2899. Without courage, wisdom bears no fruit.
2900. Without culture we have no power, strength, growth, well-being or happiness.
2901. Without dialogue, there is only meandering, or strident monologue.
2902. Without dialogue, there is only murdering monologue.
2903. Without faith we cannot take one step forward.
2904. Without malice, name any control dramas occurring in conversation to break through them to a solution.
2905. Without pain, there can be no gain.
2906. Without truth, there can be no lasting peace.
2907. Women are only human, too.
2908. Wonder is the beginning of Wisdom.
2909. Wonder is the feeling of a philosopher and philosophy begins in wonder.
2910. Words form the thread on which we string our experiences.
2911. Words must be accompanied by thoughtful action to obtain fruitfulness.
2912. Words without corresponding action, and reaction, amount to nothing.
2913. Work is love made visible.

2914. Work starts within; outside it takes such space....
2915. Work with human rights groups to promote the human rights of everyone.
2916. Worries are bound up in petty concerns.
2917. Wounds must be carefully tended to prevent re-infection.
2918. Wounds to the soul make us ill.
2919. X-rays reveal our frame, but only one person can find the soul within.
2920. Xylophones, violins, bugles, pipes and voice can all sing of love.
2921. Yesterday is but today's memory, and tomorrow is today's dream.
2922. Yesterday is history, tomorrow is a mystery, and today is a gift – that's why it's called the "present".
2923. Yoga is the realisation of the unity of all things.
2924. You alone can break down that wall behind which I tremble.
2925. You and I are not separate; we are ONE.
2926. You are all the people you've already been....
2927. You are dead after life, but dying all the while you live.
2928. You are fearfully and wonderfully made....
2929. You are full of your own opinions and speculations. How can I show you Zen unless you first empty your cup ?
2930. You are in my heart and living there.
2931. You are individual only to the extent that you've built on what has been given.
2932. You are not all powerful, and your dreams may well not come true.
2933. You are only as old as you feel.
2934. You are the best of all who show mercy.
2935. You are the one who creates your emotions.
2936. You are the window through which you must see the world.
2937. You are welcome; this day is good !
2938. You are worth what you give not what you own.
2939. You are, or will become, what you think.
2940. You can always hear the scandal, but you don't know what's behind.
2941. You can assist life, rather than fighting it.
2942. You can buy labour, but you have to work to gain love and devotion.
2943. You can fool some of the people all of the time, and all of the people some of the time. But you can't fool all of the people all of the time !
2944. You can lead a horse to water, but you can't make it drink.
2945. You can never harvest a crop before you plant it, and nurture it.
2946. You can never own another person !
2947. You can only go so far as your heart has loved.
2948. You can only go so fast as you can take the people with you.
2949. You can only make others better by being good yourself.
2950. You can't always get what you want.
2951. You can't change what you don't acknowledge.

2952. You can't discover the truth by colouring between the lines – yourself.
2953. You can't fit a square peg into a round hole.
2954. You can't go forward in life until you let go of your past failures and heartaches.
2955. You can't put an old head on young shoulders....
2956. You can't solve a problem until you understand its roots.
2957. You can't take it with you when you die !
2958. You can't think “thin” when you're feeling fat.
2959. You cannot enter any world for which you do not have the language.
2960. You cannot go any higher than your own self-image.
2961. You cannot make a silk purse out of a sow's ear.
2962. You cannot test courage cautiously.
2963. You can't sit on two chairs at once.
2964. You evolve not by seeking to go elsewhere, but by paying to and embracing what's in front of you.
2965. You get what you give.
2966. You give me hope and consolation – you give me strength to carry on !
2967. You have a choice, and a responsibility.
2968. You have to be open to connect.
2969. You have to kiss lots of frogs before you find a prince.
2970. You may not know me, but I know everything about you....
2971. You must create good systems, and good people, to get good results.
2972. You must live with a person to better know a person.
2973. You must reverse evil to really “live”.
2974. You must use this precious silver to become an honest man !
2975. You often see in others what most bothers you about yourself.
2976. You should know the truth; the truth alone shall make you free.
2977. You stand to gain the richness and fullness of life, when you cease to tread only the conservative path – though you also expose yourself to risk doing so.
2978. You try to show your love for me, in everything that you do....
2979. You won't get to the right place if your ladder is wrongly positioned.
2980. You yourself are your own obstacle – rise above yourself.
2981. You're always there to lend a hand, in all I try to do....
2982. You're ready for love when you can say “I love you”, and mean it.
2983. You've got to be carefully taught to hate and fear.
2984. You've got to burn with passion to shine.
2985. You've got to pay your way at the end of the day.
2986. Your final face is the face of love which accepts.
2987. Your interest is also my interest; your pain is also my pain.
2988. Your kiss to me is worth a fortune – your love for me is everything !
2989. Your love in my life is like heaven to me.

2990. Your own unquestioning obedience amounts to prostitution of self.
2991. Your pain is another's power.
2992. Your real work is the contact you make with people.
2993. Your reality becomes what you concentrate, or focus on.
2994. Your world is as big as your heart.
2995. Your wounds are my wounds.
2996. Youth condemns; maturity condones.
2997. Youth does not mind where it sets its foot.
2998. Youth sheds many a skin, before it matures.
2999. You've got to do your own growing – within and without, no matter your education, or who your parents are.
3000. Zebras have stripes; leopards have spots. How do you define yourself ?



PASSPORT TO FREEDOM:

My Dear Son, I am not a good letter writer. But I want you to know I think of you each day. It was a sad day you leaving home. My boy who we loved as our own. But a proud day for a father to see his son off on his chosen life. Strong and with principles to get through all trials. I pray every night for you. Love Jack (Dad)

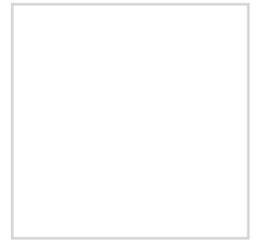
3001: Please feel free to add to this collection of Life Lessons....

- Use this precious silver....
- If you have not already started, your life work awaits....
- Let your light shine....
- Look always for balance....
- And always remember.... “Lies are the termites in the house of life”.
- May all of life's benefits and blessings be yours !
- AMEN – ACTION !





LIFE



Life is a Challenge

Meet it !

Life is a Struggle

Accept it !

Life is an Adventure

Dare it !

Life is Sorrow !



Overcome it !

Life is Tragedy

Face it !

Life is Duty

Perform it !

Life is a Game

Play it !



Life is a Mystery

Unfold it !

Life is a Song

Sing it !

Life is Bliss

Taste it !

Life is Opportunity

Utilise it !

Life is a Dream

Realise it !

Life is a Journey

Complete it !

Life is a Promise

Fulfil it !

Life is Love

Enjoy it !

Life is Beauty

Worship it !

