Pause
and
Reflect

Inspiring Insights
for the
Weary, Frustrated, Bewildered,
Curious and Somewhat Skeptical

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Special thanks and appreciation go to:

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Robert B. James—who sees only the best in everyone, for his re-assuring spirit and infectious laugh.

All those whose works are included in this collection—your thoughts have touched my soul and pointed the way, and

John Harricharan—who unfailingly offered inspiration, encouragement and support—your faith and vision could always see around corners.
For Scott and his big brother—

This book is dedicated with love, respect and gratitude.
To know the road ahead, ask those coming back.
— Chinese Proverb

Mother Nature continually demonstrates that an organism’s survival clearly depends on its ability to adapt and adjust to the changing conditions of its environment. ‘The Survival of the Fittest’—those who have mastered the art of adaptation—is the primary law of the jungle. And in this day and age, we are well aware that it is, literally, a jungle out there! As we approach a new millennium, the changes in our lives and environment continue to appear at an ever-increasing speed. We are called upon to adjust, adapt, accept and modify ourselves more frequently and with greater speed than ever before in the history of humankind. It’s no small wonder that, at times, we may find ourselves unable to cope—totally overwhelmed by change—in capable of adjusting.

As you may have observed, our journey through life may not always be a comfortable one. Along our path, there may have been times when
we experienced the threat of the loss of our livelihood, our health or, worse yet, the ones we hold most dear. After relatively few encounters with ‘reality’, we may find ourselves experiencing alternating cycles of frustration and confusion, perhaps, even progressing through stages of disappointment, despair, or skepticism.

At times we feel haunted by burning questions such as: “Why does life always seem so difficult? Does every day have to be such an uphill struggle?” Following lengthy consideration, we are faced with this simple truth: *In life, there really is no security.* Everything is subject to change, and change—regardless of its inconvenience or discomfort—is inevitable.

As we are inclined to become quite cozy in our preferred habits, some find it more comfortable to resist change. Yet, despite the pain and discomfort it creates, change forces us to stretch and grow far beyond the limits of our comfort zone. A painful procedure this growth process—one that leaves us never the same. All of this stretching and growing are outward signs that change is taking place within—a cleverly disguised internal metamorphosis of sorts—more evolutionary than revolutionary in nature.

Eventually, however, we become aware of a single, consoling detail—the fact that our own struggle, while extremely personal, is not at all unique. We, alone, have not been singled out. There were others who traveled similar paths, doing battle
with many of the same dragons. A few of these travelers were fortunate; they found a way to persevere. Some managed to survive and, in the end, gained extensive insight, which allowed them to overcome crippling obstacles. No matter how overwhelming our problems may appear or how frantic our desperation to resolve them, rest assured that someone else has trekked this same path before.

Personally speaking, it has long been a source of great comfort to stumble upon the inspiring reflections of someone who has endured, survived or, perhaps, even conquered a common challenge. What a fantastic find—a kindred spirit—someone who’s been there, done that, or better yet, survived, even prospered and somehow managed to put it all down in writing, exclusively for us! Why, this is like discovering a lost part of our soul. And to top it off, they have presented us with a precious prize—the gift of their wisdom and experience. What better legacy could one desire?

While it offers us tremendous comfort, it is somewhat of an over-simplification to assume that merely reading about someone else’s experiences will solve our own problems. Of course, there is much more to it than that. We grow to learn that most of our problems stem from our deep-seated thoughts and beliefs. Setting this situation right often requires considerable self-examination followed by an equal amount of corrective action. The challenges, however, never cease to appear; they simply show up in different forms. Nevertheless, over
time, we learn to develop greater patience, tolerance and stronger spiritual muscles.

Plainly speaking, we don’t need to ‘re-invent the wheel.’ In order to find a bit of solace while working toward the solution, it helps to reflect on someone else’s experience. Following this, we merely need to ask for help from a higher source and to wait in quiet expectation, pausing silently to listen for the reply.

Taking some time to pause is extremely important. When I was offered the opportunity to review the manuscript of John Harricharan’s marvelous book, *The Power Pause*, I was completely overwhelmed by its contents. It is a profound tale of one man’s personal search for solutions to life’s difficult problems. Ultimately, he learns that much of the solution lies in taking time to pause—in breaking away from the problem.

The elegance and simplicity of this story utterly amazed me. It was John’s reassuring and thought-provoking message that motivated me to begin work on this collection of spiritual, inspirational and motivational quotations. For, in the midst of all our troubles, we need to take time to pause and also to reflect. There is enormous healing power in allowing ourselves to break away. As we take time to pause and reflect, we may discover that the solutions are no farther than a whisper.

There are times during our most difficult personal conflicts and tragedies when life seems to lose all meaning. Often, we lose our way when we
most need to hear the few inspiring words that will arouse us to go on. This collection of quotations is gathered from the great spiritual teachers of all religious traditions, ancient and modern, both Eastern and Western, playwrights, poets, authors, philosophers, psychologists, athletes, entertainers and heads of state, both past and present.

It is my sincere hope that these selections may serve one purpose: to inspire and renew your spirit, to give you the courage and confidence you need, to furnish some light and insight on the paradox that we experience as life.

Anita Bergen

*Life is change. Growth is optional. Choose wisely.*

— Karen Kaiser Clark
Faith

If it can be verified, we don’t need faith... . Faith is for that which lies on the other side of reason. Faith is what makes life bearable, with all its tragedies and ambiguities and sudden, startling joys.

— Madeleine L’Engle
Listen to what you know, not what you fear.
— Richard Bach

Faith... is nothing at all tangible. It is simply believing God; and, like sight, it is nothing apart from its object. You might as well shut your eyes and look inside, and see whether you have sight, as to look inside to discover whether you have faith.
— Hannah Whitall Smith

Faith is believing in things when common sense tells you not to.
— George Seaton
What I admire in Columbus is not his having discovered a world but his having gone to search for it on the faith of an opinion.

— A. Robert Turgot

And I said to the man who stood at the gate of the year, “Give me a light that I may tread safely into the unknown.” And he replied, “Go out into the darkness and put your hand into the hand of God. That shall be to you better than light and safer than a known way.”

— Louise Haskins

Trust in God. She will provide.

— Emmeline Pankhurst
Faith makes: the uplook good, the outlook bright, the future glorious.
— Anonymous

Attempt something so impossible that unless God is in it, it is doomed to failure.
— John Haggai

Faith makes all things possible . . . love makes all things easy.
— D.L. Moody

The first duty of man is that of subduing fear.
— Thomas Carlyle
I believe . . . that living on the edge, living in and through your fear, is the summit of life, and that people who refuse to take that dare condemn themselves to a life of living death.
— John H. Johnson

I know the path: it is strait and narrow.
It is like the edge of a sword. I rejoice to walk on it. I weep when I slip. God’s word is: “He who strives never perishes.” I have implicit faith in that promise. Though, therefore, from my weakness I fail a thousand times, I shall not lose faith.
— Mahatma Gandhi

Our faith comes in moments; our vices are habitual.
— Ralph Waldo Emerson
There is not enough darkness in all the universe to put out the light of a single candle.
— Anonymous

Faith is not being sure. It is not being sure, but betting with your last cent.
— Mary Jean Irion

The only way to meet affliction is to pass through it solemnly, slowly, with humility and faith, as the Israelites passed through the sea. Then its very waves of misery will divide, and become to us a wall, on the right side and on the left, until the gulf narrows before our eyes, and we land safe on the opposite shore.
— Dinah Maria Mulock
Another Day

It’s night again and daylight’s gone,
All covered up with Earth,
As death of dreams of yesterday
Precede the dawning birth
Of newfound life and newfelt hope,
And newly-opened eyes,
To once again continue on
The search for living’s prize.

— Gary Lawley
You do not need to leave your room. Remain sitting at your table and listen. Do not even listen, simply wait. Do not even wait, be quite still and solitary. The world will freely offer itself to you to be unmasked, it has no choice, it will roll in ecstasy at your feet.

— Franz Kafka
Teach us to care and not to care.
Teach us to sit still.
— T. S. Eliot

Quiet minds cannot be perplexed or frightened but go on in fortune or misfortune at their own private pace, like a clock during a thunderstorm.
— Robert Louis Stevenson

To have a quiet mind is to possess one’s mind wholly; to have a calm spirit is to possess one’s self.
— Hamilton Mabie

The greatest revelation is stillness.
— Lao-tse
The more faithfully you listen to the voice within you, the better you will hear what is sounding outside. And only he who listens can speak.
— Dag Hammerskjöld

Jesus can expound nothing until we get through all the noisy questions of the head and are alone with him.
— Oswald Chambers

We stand, every day and every night, in the presence of a power so incomparable as to make the senses reel. And yet, happily, this power—the intelligence behind all the marvels of the summer sky—is a benevolent one. The man who pays attention will hear, deep within his soul, a quiet and friendly voice saying: “This and so much more also, is yours to share.”
— Vernon B. Harris
There is nobody else like you. The more you can quiet your own thoughts, fears, doubts, and suspicions, the more will be revealed to you from the higher realms of imagination, intuition, and inspiration.

— Kenneth Wydro

Let us then labour for an inward stillness,
An inward stillness and an inward healing,
That perfect silence where the lips and heart are still,
And we no longer entertain our own imperfect thought and vain opinions,
But God above speaks in us,
And we wait in singleness of heart,
That we may know His will,
And in the silence of our spirit
That we may do His will,
And do that only...

— Henry Wadsworth Longfellow
It is not necessary to go off on a tour of great cathedrals in order to find the Deity. Look within. You have to sit still to do it.

— Albert Schweitzer

Be still, and know that I am God.

— Psalm 46:10

Joy [my wife] tells me that once, years ago, she was haunted one morning by a feeling that God wanted something of her, a persistent pressure like the nag of a neglected duty. And till midmorning she kept on wondering what it was. But the moment she stopped worrying, the answer came through as plain as a spoken voice. It was “I don’t want you to do anything. I want to give you something,” and immediately her heart was peace and delight.

— C. S. Lewis
Silence

Silence is when the wholeness of God embraces the wholeness of man.

— Fr. Peter Ball CGA
Folks who think they must always speak the truth overlook another good choice . . . silence.
— C. Hull

We listen too much to the telephone and we listen too little to nature. The wind is one of my sounds. A lonely sound, perhaps, but soothing. Everybody should have his personal sounds to listen for—sounds that will make him exhilarated and alive, or quiet and calm . . . . As a matter of fact, one of the greatest sounds of them all—and to me it is a sound—is utter, complete silence.
— Andre Kostelanetz
The right word may be effective, but no word was ever as effective as a rightly timed pause.
— Mark Twain

Under all speech that is good for anything there lies a silence that is better. Silence is deep as Eternity; speech is shallow as Time.
— Thomas Carlyle

A wise old owl sat on an oak; The more he saw the less he spoke; The less he spoke the more he heard; Why aren’t we like that wise old bird?
— Edward H. Richards
Silence is the ultimate weapon of power.
— Charles De Gaulle

All the masters tell us that the reality of life—which our noisy waking consciousness prevents us from hearing—speaks to us chiefly in silence.
— Karlfried Graf Dürckheim

The quieter you become, the more you can hear.
— Ram Dass

O golden Silence, bid our souls be still, And on the foolish fretting of our care Lay thy soft touch of healing unaware.
— Julia Dorr
There is hardly ever a complete silence in our soul. God is whispering to us well nigh incessantly. Whenever the sounds of the world die out in the soul, or sink low, then we hear these whisperings of God. He is always whispering to us, only we do not always hear, because of the noise, hurry, and distraction which life causes as it rushes on.

— Frederick William Faber

Practice silence and you will acquire silent knowledge. In the silent knowledge is a computing system that is far more precise and far more accurate and far more powerful than anything that is contained in the boundaries of rational thought.

— Deepak Chopra
Even a fool who keeps silent is considered wise...
— Proverbs 17:28

There is something greater than what the mouth utters. Silence illuminates our souls, whispers to our hearts, and brings them together.
— Kahlil Gibran

What a strange power there is in silence! How many resolutions are formed, how many sublime conquests effected, during that pause when lips are closed and the soul secretly feels the eye of her Maker upon her! They are the strong ones who know how to keep silence when it is a pain and grief unto them, and who give time to their own souls to wax strong against temptation.
— Ralph Waldo Emerson
Silence is unceasing eloquence. It is the best language.
— Ramana Maharshi

Silence does not depend on being alone. Whether you are in a streetcar, or in a church, teaching a class, or working as a typist, you can still be immersed in the Silence of God. If you are immersed in this silence, the little things you do—scrub floors, wash carrots, work on a farm or in an office—will be a thunder that spans the divide between sun and moon.
— Catherine De Hueck Doherty

You will find that deep place of silence right in your room, your garden, or even your bathtub.
— Elisabeth Kübler Ross
Silence is the great teacher, and to learn its lessons you must pay attention to it. There is no substitute for the creative inspiration, knowledge, and stability that comes from knowing how to contact your core of inner silence.

— Deepak Chopra

You can nurture silence in your noisy heart if you value it, cherish it, and are eager to nourish it.

— Wayne Oates

The highest of all human experiences will be ours when we retire into the Great Empire of Silence and meet with the Eternal Spirit.

— Robert Merrill Bartlett
Silence is precious, for it is of God. In silence all God’s acts are done; in silence alone can his voice be heard and his word be spoken.
— Mother Mary Madelena

Silence is a friend who will never betray.
— Confucius

We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence. See how nature—trees, flowers, grass—grow in silence; see the stars, the moon and sun, how they move in Silence... The more we receive in silent prayer, the more we can give in our active life. We need silence to be able to touch souls.
— Mother Teresa
Silence

... that in this profound silence of the whole soul, we may hearken to the ineffable voice of the Divine Teacher. We must listen with an attentive ear; for it is a still small voice.

— Guyon Fenelon

Only in the oasis of silence can we drink deeply from our inner cup of wisdom.

— Sue Patton Thoele

Silence is the ultimate weapon of power; it is also one of the hardest arguments to dispute.

— Anonymous
... the universe gives to those who plug in. Mediocrity is self-inflicted and genius is self-bestowed. We should cultivate the silence, and when we are alone, the universe will talk to us in flashes of inspiration.

— Eric Butterworth
When you have closed your doors, and darkened your room, remember never to say that you are alone, for you are not alone; God is within, and your genius is within—and what need have they of light to see what you are doing?

— Epictetus
Be able to be alone. Lose not the advantage of solitude.
— Sir Thomas Browne

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

There are many people who fear solitude, confusing it no doubt with loneliness. But in solitude, as nowhere else, there always is, or there may be divine companionship.
— Archibald Rutledge
Unfortunately the world today does not seem to understand, in either man or woman, the need to be alone. Anything else will be accepted as a better excuse. If one sets time aside for a shopping expedition, the time is accepted as inviolable; but if one says, “I cannot come because it is my hour to be alone,” one is considered rude, egotistical, or strange.

— Anne Morrow Lindbergh

All man’s miseries derive from not being able to sit quiet in a room alone.

— Blaise Pascal

The power to stand alone is worth acquiring at the expense of much sorrowful solitude.

— George Bernard Shaw
Solitude is wondrous because of what it contains, not what it lacks. Solitude is a place of stillness and joy that is found in the heart and once found, becomes all-encompassing. It is a window from the soul that looks upon everything and sees unity. Because it resides in our hearts, and not simply in circumstances, solitude need never be delayed until a more convenient time. We can, and probably should, schedule moments in which to practice solitude. But our lives inevitably conspire against us. Eventually, we learn to quickly find that place of quietness within us, regardless of the events swirling around us.

— Hugh Prather

What a lovely surprise to discover how un-lonely being alone can be.

— Ellen Burstyn
What is necessary, after all, is only this: solitude, vast inner solitude. To walk inside yourself and meet no one for hours—that is what you must be able to attain.

— Rainer Maria Rilke

It is easy in the world to live after the world’s opinions; it is easy in solitude to live after your own; but the great man is he who in the midst of the crowd keeps with perfect sweetness the independence of solitude.

— Ralph Waldo Emerson

Solitude is the nurse of enthusiasm; enthusiasm is the true part of genius.

— Isaac D’Israeli
Because solitude is a presence, not an absence, it is already here, already a potential. To find it, we must merely give it our full attention. We must watch where we place our interest and attention, not where we place our bodies.

— Hugh Prather

Whether for reasons of preparation, study, creation, penitence, self-examination, reflection, purification, or prayer—solitude is the most fundamental of all the spiritual disciplines, and we must return to it again and again if we hope to hear the soft voice of inspiration, if we want to live fully realized lives.

— Dale Salwak
Within you there is a stillness and a sanctuary to which you can retreat at any time and be yourself.
— Hermann Hesse

When I need solitude, I turn off the phone and fax and sit until my breath comes slow and gentle, and I am able to enter into the sanctuary that always awaits me at the center of my being.
— Sam Keen

The best remedy for those who are afraid, lonely, or unhappy is to go outside, somewhere where they can be quite alone with the heavens, nature, and God.
— Anne Frank
I, a city dweller, have a summer place on a cedar-crested bluff overlooking a lovely bay down by the sea. The salt breezes off the mighty ocean sweep cares away; the soft sunlight falling on the grass teaches me the quiet repose of earth; the unhurried sounds of the natural world, so different in quality from strident city noises, quiet me as a mother soothes her troubled child; and at night when the stars come out, blossoming one by one in the infinite meadows of heaven, and a hush falls over the land and sea, I can hear the friendly voice of Mother Nature, which is the voice of God, saying: “My child, this is life. Take time to live it.”

— Norman Vincent Peale

Without great solitude no serious work is possible.

— Pablo Picasso
I simply remind myself that within every person lies a place of quietness and peace exactly like mine. In fact, they are the same place. Perhaps cultivating an awareness of the stillness we all share reveals the basic nature of solitude better than anything else: Our small, unconnected thoughts are very busy, but when we are still, we know love.

— Hugh Prather

In solitude we may find a new beginning, an opportunity to break old habits. In solitude, we may find increased sensitivity, compassion, and empathy. In solitude, we may find the truth of ourselves, restore our dulled senses, and clarify and reorder our priorities. Above all, in solitude, we may find God, and come to hear that voice.

— Dale Salwak
Solitude can become your most meaningful companion and it can assist you in being a more giving person in your spiritual partnerships. Rather than regarding your partner’s need for time alone as a threat, see it as a time of renewal that you celebrate. Make every effort to help each other have that space. Treat that space as sacred.
— Wayne Dyer

Talent is nurtured in solitude; character is formed on the stormy billows of the world.
— Johann Wolfgang von Goethe

Obviously, if we are to experience insights from our consciousness, we need to be able to give ourselves to solitude.
— Rollo May
Why do you suppose those moments of solitude offer us such relief? ... Because they give us a chance to simply be ourselves, to enjoy what and where we are, to savor just being. Alone with God, we feel no need to perform, to do.
— Frank Bianco

I find it wholesome to be alone the greater part of the time. To be in the company, even the best, is soon wearisome and dissipating. I love to be alone. I never found the companion that was so companionable as solitude.
— Henry David Thoreau

Settle yourself in solitude, and you will come upon Him in yourself.
— St. Teresa
The most valuable thing we can do for the psyche, occasionally, is to let it rest, wander, live in the changing light of a room, not try to be or do anything whatever.

— May Sarton

At one time or another all of us, I believe, hear the call to solitude. It can come upon us at any moment, under any circumstances—during times of good health or the trials of infirmity, after abandonment or the death of a loved one, in childhood or later in life, in crowds, voluntarily or imposed. Sometimes, it sneaks up on us, much like the persistent ache of a hunger that no sustenance from our fellow human beings can satisfy. Or it beckons as a still, quiet voice from within—the voice of God.

— Dale Salwak
[In seclusion] the troubled waters of the mind grow still and clear, and much that is hidden away and all that clouds it floats to the surface and can be skimmed away; and after a time one reaches a state of peace that is unthought of in the ordinary world.

— Patrick Leigh Fermor

For solitude is an attitude of gratitude. It is a state of mind, a state of heart, a whole universe unto itself. The early contemplatives in all traditions knew this secret of happiness

— Francine Schiff

Solitude is when you discover God first-hand. You don’t need an intermediary.

— Buckminster Fuller
In what concerns you much, do not think that you have companions: know that you are alone in the world.
— Henry David Thoreau

To restore color to our faded personalities and vitality to our languid minds, we must learn to do things, to think things, to become someone, alone. If we are to gain from the world of experience and of people what that world has to offer us, we must frequently withdraw from it and find new experiences within ourselves. We need that confidence in ourselves and strength from some Power greater than ourselves which can come to us only from occasional solitude.
— Mary Ellen Chase
If you wish to grow in your spiritual life, you must not allow yourself to be caught up in the workings of the world; you must find time alone, away from the noise and confusion, away from the allure of power and wealth.

— Thomas à Kempis

Devote six years to your work but in the seventh go into solitude or among strangers so that your friends, by remembering what you were, do not prevent you from being what you have become.

— Leo Szilard

Solitude—walking alone, doing things alone—is the most blessed thing in the world. The mind relaxes and thoughts begin to flow and I think that I am beginning to find myself a little bit.

— Helen Hayes
By all means use sometimes to be alone. Salute thyself: see what thy soul doth wear...

— George Herbert

I find there is a quality to being alone that is incredibly precious. Life rushes back into the void, richer, more vivid, fuller than before. It is as if in parting one did actually lose an arm. And then, like a starfish, one grows it anew; one is whole again, complete and round—more whole, even, than before, when the other people had pieces of one.

— Anne Morrow Lindbergh

The most important education you get is your own—the one you learn in solitude.

— Erica Jong
Only those who learn how to live with solitude can come to know themselves and life. I go out there and walk and look at the trees and sky. I listen. I sit on a rock or a stump and say to myself, “Who are you, Sandburg? Where have you been, and where are you going?”

— Carl Sandburg

Solitude is simply spending time connecting with ourselves. Solitude means we do it alone, spending time in reflection—perhaps talking to ourselves, writing a journal, meditating. When we practice solitude regularly over a period of time, we develop a deep and abiding connection with our self.

— Jan Johnson Drantell
Being alone gives us the space to listen again to our inner rhythms, to embrace our inner selves.
— Patricia Hoolihan

Whatever those unacquainted with it may think, solitude and utter loneliness are far from being devoid of charm. Words cannot convey the almost voluptuous sweetness of the feelings experienced.... Mind and senses develop their sensibility in this contemplative life made up of continual observations and reflections. Does one become a visionary or, rather, is it not that one has been blind until then?
— Alexandra David-Neel

In solitude one can achieve a good relationship with oneself.
— May Sarton
In order to get to know yourself, a person needs to be alone with his thoughts now and then.
—Richard Triumpho

The goal of a healthy solitude is love: love and acceptance of ourselves as we are, and love and compassion for others.
— Dorothy Payne

Nowadays most men live lives of noisy desperation.
— James Thurber

The insight we gain from solitude has very little to do with the amount of time we spend alone. It has a lot more to do with the quality of time we spend with ourselves.
— Jan Johnson Drantell
Challenges

One of the most important truths we can know when facing life’s challenges is the following: this experience came to give me soul-growth and to bless me. If we seek to avoid the experience, we deprive ourself of the blessing contained therein... . If we didn’t need the experience for our growth, it would be unlikely to come to us.

— Sir John Templeton
Life’s challenges are not supposed to paralyze you, they’re supposed to help you discover who you are.
— Bernice Johnson Reagon

I am convinced that many times, in the course of our lives, God challenges us with a golden opportunity, a seemingly impossible hurdle, or a terrible tragedy . . . and how we react—or fail to react—determines the course of our future, almost as if we were involved in some sort of heavenly chess game . . . with our destiny always in the balance.
— Og Mandino
You came not to live in the valley but to walk through the valley, and there is light at both ends.
— Eric Butterworth

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

Challenges make you discover things about yourself that you never really knew. They’re what make the instrument stretch—what make you go beyond the norm.
— Cicely Tyson
Challenges

God gave burdens, also shoulders.
— Yiddish Proverb

I am not afraid of storms for I am learning how to sail my ship.
— Louisa May Alcott

Accept the challenges so that you may feel the exhilaration of victory.
— Anonymous

The lowest ebb is the turn of the tide.
— Henry Wadsworth Longfellow
I have always grown from my problems and challenges, from the things that don’t work out, that’s when I’ve really learned.

— Carol Burnett

One of the nicest things about problems is that a good many of them do not exist except in our imaginations.

— Steve Allen

When things are bad we take comfort in the thought that they could always be worse. And when they are, we find hope in the thought that things are so bad they have to get better.

— Malcolm S. Forbes
Some people are strengthened by failure, and others are defeated by it. Who survives and who does not has little to do with money or advantage; it depends more on inner strength of character, a primitive toughness that protects the self and will not let mere external events destroy it. This kernel of survival is a precious possession, and discovering it is one of the very real rewards of failure.

— Linda Gottlieb, Carole Hyatt

There is no such thing as a problem without a gift for you in its hands. You seek problems because you need their gifts.

— Richard Bach
It is not God who sends us dark times, but we ourselves who bring them to us, for purposes even we do not know. Whenever there are shadows in front of us, it must be that we have our backs to the light. To make the shadows disappear, we have but to turn and face the light.

— John Harricharan

Circumstances do not make the man; it reveals him to himself... The soul... attracts those combinations of conditions which reveal itself, which are the reflections of its own purity and impurity, its strength and weakness. Men do not attract that which they want, but that which they are.

— James Allen
Challenge

Sometimes we have to walk 'close to the edge'.
Sometimes our dreams demand it.
Whether that walk speaks of courage or foolishness —
Something inside
Just commands it!

Living in fear is
NOT where I am.
There’s so much to do
In this life.

I’ll stand to be counted
Among those who care;
And not consciously figure the price.
— Jeni Prigmore
Life is difficult.

This is a great truth, one of the greatest truths. It is a great truth because once we truly see this truth, we transcend it. Once we truly know that life is difficult—once we truly understand and accept it—then life is no longer difficult. Because once it is accepted, the fact that life is difficult no longer matters.

— M. Scott Peck

I gain strength, courage and confidence by every experience in which I must stop and look fear in the face... . I say to myself, I've lived through this and can take the next thing that comes along... . We must do the things we think we cannot do.

— Eleanor Roosevelt
Having the world’s best idea will do you no good unless you act on it. People who want milk shouldn’t sit on a stool in the middle of a field in hopes that a cow will back up to them.

— Curtis Grant
Just go out there and do what you’ve got to do.
— Martina Navratilova

You must get involved to have an impact. No one is impressed with the won-lost record of the referee.
— John H. Holcomb

The best way to make your dreams come true is to wake up.
— Paul Valéry
Do not wait for leaders; do it alone, person to person.
— Mother Teresa

Everything looks impossible for the people who never try anything.
— Jean Louis Etienne

The secret of getting action:
What the mind attends to, it considers.
What it does not attend to, it dismisses.
What the mind attends to continually, it believes.
And what the mind believes, it eventually does.
— Earl Nightingale
The best place to find a good helping hand is at the end of your arm.
— Martin Vanbee

I learned this, that if you advance confidently in the direction of your dreams, and endeavor to live the life which you have imagined, you will meet with a success unexpected in common hours. You will put some things behind, you will pass an invisible boundary, new, universal, and more liberal laws will begin to establish themselves around and within you; or the old laws will be expanded, and interpreted in your favor in a more liberal sense, and you will live with the license of a higher order of beings.
— Henry David Thoreau
Go put your creed into your deed.
— Ralph Waldo Emerson

We’re not in this to test the waters; we are in this to make waves.
— Anonymous

Action is the antidote to despair.
— Joan Baez

No pessimist ever discovered the secrets of the stars, or sailed to an uncharted land, or opened a new heaven to the human spirit.
— Helen Keller
It is never too late to be what you might have been.
— George Eliot

I say if it’s going to be done, let’s do it. Let’s not put it in the hands of fate. Let’s not put it in the hands of someone who doesn’t know me. I know me best. Then take a breath and go ahead.
— Anita Baker

I do not know anyone who has got to the top without hard work. That is the recipe. It will not always get you to the top, but should get you pretty near.
— Margaret Thatcher
No one can arrive from being talented alone. God gives talent, work transforms talent into genius.
— Anna Pavlova

You can’t fill your belly painting pictures of bread.
— Chinese Proverb

Cause something to happen.
— Bear Bryant

Actions are our epochs.
— Lord Byron
Many of us have the right aim in life. We just never get around to pulling the trigger.
— Anonymous

People may doubt what you say, but they will always believe what you do.
— Anonymous

Call on God, but row away from the rocks.
— Amish Proverb

There are risks and costs to a program of action. But they are far less than the long range risks and costs of comfortable inaction.
— John F. Kennedy
Take Action

The keen Spirit
Seizes the prompt occasion, makes the thought
Start into instant action, and at once
Plans and performs, resolves and executes.
— Hannah More

The doer is better than the critic, and
the man who strives stands far above
the man who stands aloof.
— Theodore Roosevelt

Should you desire the great tranquility, prepare to sweat white beads.
— Hakuin
We have to understand that the world can only be grasped by action, not by contemplation. The hand is more important than the eye... The hand is the cutting edge of the mind.

— Jacob Bronowski

Nothing is worth doing unless the consequences may be serious.

— George Bernard Shaw

The best part of one's life is the working part, the creative part. Believe me, I love to succeed... However, the real spiritual and emotional excitement is in the doing.

— Garson Kanin
Our grand business is not to see what lies dimly at a distance, but to do what lies clearly at hand.
— Thomas Carlyle

Good actions ennoble us, and we are the sons of our own deeds.
— Miguel de Cervantes

Give me the ready hand rather than the ready tongue.
— Giuseppe Garibaldi

Action to be effective must be directed to clearly conceived ends.
— Jawaharlal Nehru
Things won are done, joy’s soul lies in the doing.
— William Shakespeare

We are face to face with our destiny and we must meet it with a high and resolute courage. For us is the life of action, of strenuous performance of duty; let us live in the harness, striving mightily; let us rather run the risk of wearing out than rusting out.
— Theodore Roosevelt

Get up and do something useful, the work is part of the koan!
— Hakuin
It is from numberless diverse acts of courage and belief that human history is shaped. Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and crossing each other from a million different centers of energy and daring those ripples build a current which can sweep down the mightiest walls of oppression and resistance.

— Robert F. Kennedy

Think like a man of action and act like a man of thought.

— Henri Bergson

Thought is the blossom; language the bud; action the fruit behind it.

— Ralph Waldo Emerson
I do not believe in a fate that falls on men however they act; but I do believe in a fate that falls on them unless they act.

— Gilbert K. Chesterton

It is by acts and not by ideas that people live.

— Anatole France

I find the great thing in this world is not so much where we stand, as in what direction we are moving. To reach the port of heaven, we must sail sometimes with the wind and sometimes against it—but we must sail, and not drift, nor lie at anchor.

— Oliver Wendell Holmes
The best way out is always through.
— Robert Frost

Thought and theory must precede all salutary action; yet action is nobler in itself than either thought or theory.
— William Wordsworth

Put your heart, mind, intellect and soul even to your smallest acts. This is the secret of success.
— Swami Sivananda

Positive anything is better than negative nothing.
— Elbert Hubbard
Action should culminate in wisdom.
— Anonymous

The great end of life is not knowledge but action.
— Thomas Henry Huxley

We are so anxious to achieve some particular end that we never pay attention to the psycho-physical means whereby that end is to be gained. So far as we are concerned, any old means is good enough. But the nature of the universe is such that ends can never justify the means. On the contrary, the means always determine the end.
— Aldous Huxley
Action is the only reality; not only reality but morality as well.
— Abbie Hoffman

Learning is finding out what you already know.
Doing is demonstrating that you know it.
Teaching is reminding others that they know just as well as you.
You are all learners, doers, teachers.
— Richard Bach

Take time to deliberate, but when the time for action has arrived, stop thinking and go in.
— Napoleon Bonaparte
Deliberation is the work of many men. Action, of one alone.
— Charles de Gaulle

The key to whatever success I enjoy today is: Don’t ask. Do.
— Vicki Carr

The fact is that to do anything in the world worth doing, we must not stand back shivering and thinking of the cold and danger, but jump in and scramble through as well as we can.
— Robert Cushing

You, yourself, must make the effort. The buddhas are only teachers.
— Buddhist Proverb
God doesn’t make orange juice; God makes oranges.
— Jesse Jackson

If faith without work is dead, willingness without action is fantasy.
— Anonymous

The prayer of the chicken hawk does not get him the chicken.
— Swahili Proverb

An ounce of action is worth a ton of theory.
— Freidrich Engels
Life happens at the level of events, not words.
— Alfred Adler

Dreams, visions, ideas can play significant roles in our lives. They can entice, entertain, or inspire us to greatness. To bring them into reality, however, we must act! Cowardice and lack of faith can keep one from a chosen goal, but if the heart is strong and brave, you can add action to your dreams and make them real.
— Sir John Templeton

God gives the nuts, but he does not crack them.
— German Proverb

Ask God’s blessing on your work, but don’t ask Him to do it for you.
— Dame Flora Robson
Even if you’re on the right track, you’ll get run over if you just sit there.
— Will Rogers

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

Ideas have a short shelf life—that’s why we must act before the expiration date.
— Anonymous

You are never given a wish without also being given the power to make it true. You may have to work for it, however.
— Richard Bach
Perseverance

To strive, to seek, to find, and not to yield.
— Alfred Lord Tennyson
Press on: Nothing in the world can take the place of perseverance. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education alone will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent.

— Calvin Coolidge

By perseverance the snail reached the ark.

— Charles Haddon Spurgeon

In the confrontation between the stream and the rock, the stream always wins—not through strength, but through perseverance.

— Anonymous
Keep on going and the chances are you will stumble on something, perhaps when you are least expecting it. I have never heard of anyone stumbling on something sitting down.
— Charles F. Kettering

'Tis a lesson you should heed,
Try, try again;
If at first you don’t succeed
Try, try again;
Then your courage should appear,
For, if you will persevere,
You will conquer, never fear;
Try, try again.
— W. E. Hickson

You may have to fight a battle more than once to win it.
— Margaret Thatcher
Courage and perseverance have a magical talisman, before which difficulties disappear and obstacles vanish into thin air.

— John Quincy Adams

We conquer by continuing.

— George Matheson

Don’t be discouraged. It’s often the last key in the bunch that opens the lock.

— Anonymous

Success seems to be largely a matter of hanging on after others have let go.

— William Feather
The heights by great men reached and kept
Were not attained by sudden flight,
But they, while their companions slept
Were toiling upward in the night.
— Henry Wadsworth Longfellow

I’m not there yet, but I’m closer than I was yesterday.
— Anonymous

If we are facing in the right direction, all we have to do is keep on walking.
— Buddhist Proverb
As long as a person doesn’t admit he is defeated—he’s just a little behind, and isn’t through fighting.
— Darrell Royal

God helps those who persevere.
— Koran

Men do not fail, they stop trying.
— Elihu Root

Success consists of getting up just one more time than you fall.
— Oliver Goldsmith
Giving up is the ultimate tragedy.
— Robert J. Donovan

He that can't endure the bad will not live to see the good.
— Yiddish Proverb

He never knew when he was whipped ... so he never was.
— Louis L'Amour

The first and final thing you have to do in this world is to last in it, and not to be smashed by it.
— Ernest Hemingway
Gratitude

Gratitude, praise and thanksgiving activate the divine laws of abundance. When the universe can see we are conscious of and grateful for what we have, it is activated to shower us with more.

— Iyanla Vanzant
There is no quality I would rather have, or be thought to have, than gratitude. It is not only the greatest virtue; it is the mother of all the rest.
— Cicero

When you drink the water, remember the spring.
— Jewish Proverb

One can never pay in gratitude. One can only pay “in kind” somewhere else in life.
— Ann Morrow Lindbergh
Thanksgiving is based on the premise that living a life of appreciation and gratefulness leads to having more to be thankful for. We have the ability to create blessings in our lives through the power of our minds and the choices we make.

— Sir John Templeton

The best way to be thankful is to use the goods the gods provide you.

— Anthony Trollope

Thanksgiving comes to us out of the prehistoric dimness, universal to all ages and all faiths. At whatever straws we must grasp, there is always a time for gratitude and new beginnings.

— J. Robert Moskin
Ingratitude is sooner or later fatal to its author.
— Twi (West African) Proverb

When we learn to give thanks, we are learning to concentrate, not on the bad things, but on the good things in our lives.
— Amy Vanderbilt

Whoever willingly thanks God becomes rich himself.
— Albert Schweitzer
Gratitude is not something monetary; it is sustained, it is enduring. At its foundation it is ‘remembering’ and not a mere conservation: it must be regarded as a ‘wakefulness, as a watchfulness of the soul.’

— Gabriel Marcel

For solitude is an attitude of gratitude. It is a state of mind, a state of heart, a whole universe unto itself. The early contemplatives in all traditions knew this secret of happiness.

— Francine Schiff

Gratitude is a fruit of great cultivation; you do not find it among gross people.

— Samuel Johnson
Be thankful for the smallest thing, and you will be worthy to receive something greater.
— Thomas à Kempis

I am grateful for all my problems. As each of them was overcome, I became stronger and more able to meet those yet to come. I grew in all my difficulties.
— J. C. Penney

When we are grateful for the blessings we already have, our very gratitude attracts extra good to us. Gratitude nurtures within us a positive, joy-filled consciousness and unifies us with life’s flow, which gives birth to inner fulfillment.
— Sir John Templeton
Praise the bridge that carried you over.
— George Colman, The Younger

To educate yourself for the feeling of gratitude means to take nothing for granted, whatever it may be, but always to seek out and value the kind will that stands behind the action.
— Albert Schweitzer

When something does not insist on being noticed, when we aren’t grabbed by the collar or struck on the skull by a presence or an event, we take for granted the very things that most deserve our gratitude.
— Cynthia Ozick
The virtue of gratitude . . . directly touches the ultimate foundations of human existence, for there is hardly another quality of man that is so suited to reveal the state of his inner spiritual and moral health as his capacity to be grateful.

— Otto Freidrich Bollnow

Gratitude originates in spiritual vitality and is its expression.

— Ferdinand Ebner
Intuition is a spiritual faculty and does not explain, but simply points the way.
— Florence Scovel Shinn
Intuition

Heed the still, small voice that so seldom leads us wrong and never into folly.
— Madame du Deffand

Trust your hunches. They’re usually based on facts filed away just below the conscious level.
— Dr. Joyce Brothers

The intellect has little to do on the road to discovery. There comes a leap in consciousness, call it intuition or what you will, and the solution comes to you and you don’t know how or why.
— Albert Einstein
If you’re truly serious about preparing your child for the future, don’t teach him to subtract—teach him to deduct.
— Fran Lebowitz

Follow your instincts. That’s where true wisdom manifests itself.
— Oprah Winfrey

... the universe gives to those who plug in. Mediocrity is self-inflicted and genius is self-bestowed. We should cultivate the silence, and when we are alone, the universe will talk to us in flashes of inspiration.
— Eric Butterworth
Thoughts

and

Beliefs

Be not afraid of life. Believe
that life is worth living, and
your belief will help create the fact.

— William James
Belief consists in accepting the affirmations of the soul, unbelief in denying them.
— Ralph Waldo Emerson

There are no atheists on turbulent airplanes.
— Erica Jong

You may believe that you are responsible for what you do, but not for what you think. The truth is that you are responsible for what you think, because it is only at this level that you can exercise choice. What you do comes from what you think.
— A Course in Miracles
Man is what he believes.

— Anton Chekov

All that we are is the result of what we have thought: all that we are is founded on our thoughts and formed of our thoughts. If a man speaks or acts with an evil thought, pain pursues him, as the wheel of the wagon follows the hoof of the ox that draws it.

All that we are is the result of what we have thought: all that we are is founded on our thoughts and formed of our thoughts. If a man speaks or acts with a pure thought, happiness pursues him like his own shadow that never leaves him.

— The Dhammapada
In your hands will be placed the exact results of your thoughts; you will receive that which you earn, no more, no less. Whatever your present environment may be, you will fail, remain, or rise with your thoughts, your wisdom, desire, as great as your dominant aspiration.

— James Allen

Life does not consist mainly—or even largely—of facts and happenings. It consists mainly of the storm of thoughts that are forever blowing through one’s mind.

— Mark Twain

... that this world is not remotely what it seems, that whatever we hold in our thought comes true in our lives, that miracles aren’t miraculous.

— Richard Bach
It’s not the situation that’s causing your stress, it’s your thoughts, and you can change that right here and now. You can choose to be peaceful right here and now. Peace is a choice, and it has nothing to do with what other people do or think.

— Gerald G. Jampolsky MD

As you think you travel; and as you love, you attract. You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you. You cannot escape the result of your thoughts, but you can endure and learn, can accept and be glad.

— James Allen
The actions of men are the best interpreters of their thoughts.
— John Locke

Everything that we are, everything that we do, everything that we say is immortal in the sense that it has its effect somewhere in the world, and that effect in turn will have its results somewhere else, and the thing goes on in infinite time and space. A man is what he thinks, and every one who has influenced him—from Socrates, Plato, and Confucius down to his parish preacher and his nursery governess—lives in him.
— HuShih
If you wish to know what most occupies a man’s thoughts, you have only to listen to his conversation.

— Chinese Proverb

Many a time I have wanted to stop talking and find out what I really believed.

— Walter Lippmann

Suffering is always the effect of wrong thought in some direction. It is an indication that the individual is out of harmony with himself... . Blessedness, not material possessions, is the measure of right thought; wretchedness, not lack of material possessions, is the measure of wrong thought.

— James Allen
Life is like a cash register, in that every account, every thought, every deed, like every sale, is registered and recorded.

— Fulton J. Sheen

Argue for your limitations, and sure enough, they’re yours.

— Richard Bach

Let a man radically alter his thoughts, and he will be astonished at the rapid transformation it will effect in the material conditions of his life. Men imagine that thought can be kept secret, but it cannot; it rapidly crystalizes into habit, and habit solidifies into circumstance.

— James Allen
Just when we think nothing is working there is a glimmer of light. If we could believe in our hearts that what looks impossible can work out, we could bear more easily with hardships. Living is like the weather. It has its surprises, its storms, its dry spells. But if we can hold on, it all changes. The changes come the way we change our minds—unexpectedly and sometimes for no apparent reason. But the reason, the ‘uyelvdv,’ real purpose is there. Every word we speak, everything we believe, builds our consciousness and makes us who we are. If we expect nothing good, it will oblige us. We are as unlimited as we say we are, and it is in our power to make the difference.

— Joyce Sequichie Hifler
Affirmations

Affirmation of life is the spiritual act by which man ceases to live unreflectively and begins to devote himself to his life with reverence in order to raise it to its true value.

— Albert Schweitzer
A Quiet Place

Whenever the world seems to get the best of me, whenever I feel it closing in on me, I go to a quiet place that lies somewhere in my soul. I do not reason, analyze or think. Those will come later. I simply go. And as a frightened child finds comfort and strength in a loving parent, I find my God and a band of loving Invisibles. From this place of power, I garner strength to stand firm in the face of fire, to be calm in the midst of thunder. When I emerge from this sanctuary, the world has not changed but I have. And in my changing a whole new world is born.

— John Harricharan

God, in His love, pours out His abundant good upon me, and my life and world show forth His perfect order.
Opportunity is wherever I am! I am in the flow, and every day I expect new things to happen that will open the way to success. I put my whole self into everything that I do and pour myself out as a blessing wherever I go.

— Eric Butterworth

I am calm and confident in the knowledge that God is where He is needed, a loving, active, strengthening power.

I turn within to the limitless resources of Spirit and I am filled with light, wisdom, and peace. Success is mine.
Daily Prayer

Thank you, Holy Spirit within,
For encouragement and light,
For forbearance,
For the wisdom of silence,
For allowing me to see
The needs of my brothers when they
strike out,
Instead of responding with personal
pain.

Thank you,
For eyes,
Which sometimes can see Thy vision—
And ears,
Which still, on occasion,
Unmistakably recognize Thy voice.
— Jeni Prigmore
"Tis not in seeking,
'Tis not in endless striving
Thy quest is found.
Be still and listen.
Be still, and drink the silence
Of all around.
Not for the crying,
Not for thy loud beseeching
Will peace draw near.
Rest, with palms folded,
Rest with thine eyelids fallen—
Lo, peace is here.
— Edward Rowland Sill

This is a new day and I will accept its blessings and its challenges; I will enjoy it and find fulfillment in it, even though it, too, will pass.
— Eric Butterworth
I Am One

I Am Absolute Peace, Harmony and Fulfillment,
I can be no other for I Am One
Omnipotent, All Knowing Presence.

There is no power to oppose That I Am,
for
I Am One,
So there can be no discord or limitation.

There is nothing outside of That I Am,
for
I Am One,
So there can be no lack.

— Robert B. James
I Believe

I believe in an ever present, omnipotent, omniscient FORCE
which is constant at all levels of expression, known and unknown.

I believe this FORCE, in static state is LAW,
in dynamic state is LOVE.

I believe this FORCE transcends time, space and magnitude.

I believe this FORCE is known as LIFE, at all levels, in all facets.

continued
I believe in MYSELF as a personalization of FORCE, a multidimensional, spiritual being, with the potential to draw on every attribute of FORCE.

Therefore, insofar as I can accept it and can embrace it, I AM FORCE.

— Rick Prigmore

I know that the presence of God is with me every moment of this day, and I have no fear.
Trusting

... I trust Thee.
_Help me to trust Thee_ to show me the Way.
_Even an inch or a moment._
_That is enough._
_I cannot chart my path,_ for I have not come this way before.
_You, O God, have been here._
_You have made the path._
_Indeed, You are the Path._

_And so, in trust_ I walk every step with Thee.

— Verle Bell
I am keenly responsive to God’s Spirit within me. I listen for His guidance. I behold His good at work. I am quickened and healed and my life is transformed.

In quietness and confidence I affirm the drawing power of divine love as my magnet of constantly increasing supply. Father, I thank Thee for unlimited increase in mind, money, and affairs.

In faith, I praise and give thanks for the good that is everywhere present. My faith makes that good substantial and real to me, and I rejoice in it.

— J. Sig Paulson
A Positive Attitude

Good morning, Father-God!
Thank You for the dawn
of this new day.
Make my mind
open and receptive
to the good that
each experience,
each challenge,
holds for me.
My positive attitude
will make this day
one of accomplishment and joy.
Thank You, Father-God,
for the beginning
of a beautiful day!

— Elma N. Forshey
I am secure in the light of God, my mind and body are restored to health and wholeness and I am directed to my highest good.

The presence of God fills my life; I am confident that all is well.

I am inspired to successful living by the prospering power of God within.

I am secure in the power and love of God. I live fully and freely, ever aware of the constant flow of abundant good that surrounds me.