



Related States & Conditions: Actualization/Fulfillment, Choice/Volition, Dreams/Dreaming, Enjoyment/Pleasure, Expectation/Hope, Feeling/Emotion, Goal/Ideal/Purpose, Happiness/Contentment, Having/Possessing, Indulgence/Temptation, Love-Eros, Passion, Seeking, Sex/Sexuality, Wealth/Prosperity, Zeal/Zest

Syntonik: Autonomy/Control, Balance, Confidence, Daring/Challenge, Determination/Persistence/Resolve, Faith, Focus/Intention, Impermanence, Initiative, Moderation, Optimism/Positivism, Prudence, Sensibility/Sensuality, Release, Responsibility, Vision/Visualization, Wisdom, Wonder/Mystery

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Complacency, Conformity, Criticism/Judgment, Delusion, Dependence, Fault, Fear, Guilt, Habit, Jealousy/Envy, Limitation, Regret, Revenge, Suffering, War/Aggression/Violence, Worry

Ever desireless,
One can see the mystery.
Ever desiring,
One can see the manifestations.
These two spring
From the same source
But differ in name.
~ Laozi, 570-490 BCE ~

There is no satisfaction of desires, even by a
shower of money. One is wise to know that desires
are painful, bringing little enjoyment.
~ Buddha, c. 563-483 BCE ~
The Dhammapada, Thomas Cleary, tr., 1994

We would often be sorry if our wishes were
gratified.
~ Aesop, fl. c. 550 BCE ~

My belief is that to have no wants is divine.
~ Socrates, 469-399 BCE ~

Desires are only the lack of something: and those
who have the greatest desires are in a worse condi-
tion than those who have none, or very slight ones.
~ Plato, c. 427-347 BCE ~

He who likes cherries soon learns to climb.
~ German Saying ~

A person who is not disturbed by the incessant
flow of desires – that enter like rivers into the
ocean, which is ever being filled but is always still –
can alone achieve peace, and not the man who
strives to satisfy such desires.
~ *Bhagavad Gita*, c. 400 BCE ~
II:70

As a fire is obscured by smoke,
As a mirror is covered by dust,
as a fetus is wrapped in its membrane,
so wisdom is obscured by desire.
~ *Ibid.*, 3:38, Stephen Mitchell, tr., 2000

Desire dwells in the senses,
the mind, and the understanding;
in all these it obscures wisdom
and perplexes the embodied Self.
~ *Ibid.*, 3:40

I count him braver who overcomes his desires than
him who conquers his enemies; for the hardest
victory is the victory over self.
~ Aristotle, 384-322 BCE ~

Desires are insatiable. They keep growing as we try
to satisfy them just as the fire becomes more
inflamed when oil is poured into it.
~ *Manu Smriti*, c. 200 BCE ~

Keep a tight rein on desire,
but do not give up desire altogether.
~ Vishnu Sharma, c. 200 BCE ~
Panchatantra, II.58, Chandra Rajan, tr., 1993

Freedom is not procured by a full enjoyment of
what is desired, but by controlling the desire.
~ Epictetus, 50-120 ~

All that we desire is sure to perish,
And afterwards we fall to hellish torment.
The constant, minor troubles we endure
Are all for what amounts to very little.
~ Shantideva, 7th C. ~
The Way of the Bodhisattva, Padmakara, tr., 1997

True study of the Way
Does not rely on
Knowledge and genius
Or cleverness and brilliance.
It is an easy thing,
Just cultivate a
Keen and sincere desire
To seek the Way.
~ Eihei Dogen, 1200-1253 ~

People are distracted by objects of desire,
and afterwards repent of the lust they've indulged,
because they have indulged with a phantom
and are left even farther from Reality than before.
Your desire for the illusory is a wing,
by means of which a seeker might ascend to
Reality.
When you have indulged a lust, your wing drops
off;
you become lame and that fantasy flees.
Preserve the wing and don't indulge such lust,
so that the wing of desire may bear you to Paradise.
People fancy they are enjoying themselves,
but they are really tearing out their wings
for the sake of an illusion.
~ Jalaluddin Rumi, 1207-1273 ~
"Wings of Desire," Mathnawi III, 2133-38
The Pocket Rumi Reader, Kabir Helminski, ed., 2001

If you imagine that once you have accomplished
your ambitions you will have time to turn to the
Way, you will discover that your ambitions never
come to an end.
~ Yoshida Kenko, 1283-1350 ~

Before we set our hearts too much upon anything,
let us examine how happy those are who already
possess it.
~ François de La Rochefoucauld, 1613-1680 ~

Sooner murder an infant in its cradle than nurse
unacted desires.
~ William Blake, 1757-1827 ~
"Proverbs of Hell," *The Marriage of Heaven and Hell*, 1793

He who desires, but acts not, breeds pestilence.
~ Ibid.

Beware what you set your heart upon, for it shall
surely be yours.
~ Ralph Waldo Emerson, 1803-1882 ~

The want of a thing is more than its worth.
~ Jamaican Saying ~

It seems to me we can never give up longing and
wishing while we are thoroughly alive. There are
certain things we feel to be beautiful and good, and
we must hunger after them.
~ George Eliot, 1819-1880 ~

The delight that consumes the desire,
The desire that outruns the delight.
~ A. C. Swinburne, 1837-1909 ~
Dolores, 1866

Man is the only animal whose desires increase as
they are fed; the only animal that is never satisfied.
~ Henry George, 1839-1897 ~

The central fire is desire, and all the powers of our
being are given us to see, to fight for, and to win
the object of our desire. Quench that fire and man
turns to ashes.
~ Basil W. Maturin, 1847-1915 ~
Laws of the Spiritual Life

In this world there are only two tragedies. One is
not getting what one wants, and the other is
getting it.
~ Oscar Wilde, 1856-1900 ~

There are two tragedies in life. One is to lose your
heart's desire. The other is to gain it.
~ George Bernard Shaw, 1856-1950 ~
Man and Superman, 1903

Have the courage of your desire.
~ George Gissing, 1857-1903 ~
The Private Papers of Henry Ryecroft

So long as there is desire or want, it is a sure sign
that there is imperfection. A perfect, free being
cannot have any desire.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 2:261,
1926

Plunge into the world, and then, after a time, when
you have suffered and enjoyed all that is in it, will
renunciation come; then will calmness come. So
fulfill your desire for power and everything else,
and after you have fulfilled the desire, will come
the time when you will know that they are all very
little things; but until you have fulfilled this desire,
until you have passed through that activity, it is
impossible for you to come to the state of calmness,
serenity, and self-surrender.
~ Ibid., 1:40

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I can tell you at any rate how to get what you want. You've just got to keep a thing in view and go for it and never let your eyes wander to right or left or up or down. And looking back is fatal – the truest thing in Scripture is about Lot's wife.

~ William John Locke, 1863-1930 ~
Septimus, 1909

Long only for what you have.

~ André Gide, 1869-1951 ~
The Fruits of the Earth, Dorothy Bussy, tr., 1949

Desire makes everything blossom; possession makes everything wither and fade.

~ Marcel Proust, 1871-1922 ~
Les Plaisirs et les Jours, 1896

The strongest of all psychic forces in the world is unsatisfied desire.

~ John Cowper Powys, 1872-1963 ~
A Glastonbury Romance, 1932

Plant the seed of desire in your mind and it forms a nucleus with power to attract to itself everything needed for its fulfillment.

~ Robert J. Collier, 1876-1918 ~

Nothing is more human than for man to desire naturally things impossible to his nature. It is, indeed, the property of a nature which is not closed up in matter like the nature of physical things, but which is intellectual or infinitized by the spirit. It is the property of a metaphysical nature. Such desires reach for the infinite, because the intellect thirsts for being and being is infinite.

~ Jacques Maritain, 1882-1973 ~
Approaches to God, 1954

The starting point of all achievement is desire. Keep this constantly in mind. Weak desires bring weak results, just as a small amount of fire makes a small amount of heat.

~ Napoleon Hill, 1883-1970 ~

To drink is a small matter. To be thirsty is everything.

~ Georges Duhamel, 1884-1966 ~
The Heart's Domain, Eleanor Stimson Brooks, tr., 1919

We can only know that from the unknown, profound desires enter in upon us, and that the fulfilling of those desires is the fulfilling of creation. We know that the rose comes to blossom. We know that we are incipient with blossom. It is our business to go as we are impelled, with faith and

pure spontaneous morality, knowing that the rose blossoms, and taking that knowledge for sufficient.

~ D. H. Lawrence, 1885-1930 ~
Selected Essays, 1950

For whereas the mind works in possibilities, the intuitions work in actualities, and what you *intuitively* desire, that is possible to you. Whereas what you mentally or “consciously” desire is nine times out of ten impossible: hitch your wagon to a star, and you'll just stay where you are.

~ Ibid.

If men could regard the events of their lives with more open minds, they would frequently discover that they did not really desire the things they failed to obtain.

~ André Maurois, 1885-1967 ~
The Art of Living, 1939

It's rather nice to think of oneself as a sailor bending over the map of one's mind and deciding where to go and how to go. The great thing to remember is we can do whatever we wish to do provided our wish is strong enough. But the tremendous effort needed – one doesn't always want to make it – does one? And all that cutting down the jungle and bush clearing even after one has landed anywhere – it's tiring. Yes I agree. But what else can be done? What's the alternative? What do you want *most* to do? That's what I have to keep asking myself, in face of difficulties.

~ Katherine Mansfield, 1888-1923 ~
in *Katherine Mansfield Memories of LM*

The very urge to get rid of desire is still desire, is it not? ... Recognizing that desire brings conflict, you ask, “How can I be free of desire?” So what you really want is not freedom from desire, but freedom from the worry, the anxiety, the pain which desire causes ... As long as there is the desire to gain, to achieve, to become, at whatever level (including the urge to get rid of desire), there is inevitably anxiety, sorrow, fear.

~ Jiddu Krishnamurti, 1895-1986 ~
Think on These Things, 1970

Your desire is your prayer. Picture the fulfillment of your desire now and *feel* its reality and you will experience the joy of the answered prayer.

~ Joseph Murphy, 1898-1981 ~

It is the thing that is most remote from the world in which we ourselves live that attracts us most. We are under the spell of what is distant from us.

It is not in our nature to desire passionately what is near at hand.

~ Alec Waugh, 1898-1981 ~
On Doing What One Likes

We are told that talent creates its own opportunities. But it sometimes seems that intense desire creates not only its own opportunities, but its own talents.

~ Eric Hoffer, 1902-1983 ~

If we go down into ourselves we find that we possess exactly what we desire.

~ Simone Weil, 1909-1943 ~
Gravity and Grace, 1947

Man's many desires are like the small metal coins he carries about in his pocket. The more he has the more they weight him down.

~ Satya Sai Baba, 1926- ~

Decide that you want it more than you are afraid of it.

~ Bill Cosby, 1937- ~

It is important not to overlook longings or dismiss them for practical reasons, and not to rely exclusively in our decision-making on reason or common sense, thereby excluding the more mysterious turns of eros. An erotic life is not the same as a rational one. Living erotically, we understand that desires are central to the soul's unfolding and should not be dismissed before giving them careful attention.

~ Thomas Moore, 1940- ~
Soul Mates: Honoring the Mysteries of Love and Relationship, 1994

Desire is what leads you through life until the time comes when you desire a higher life. So do not be ashamed that you want so much, yet at the same time do not fool yourself into thinking that what you want today will be enough tomorrow.

~ Deepak Chopra, 1947- ~
The Way Of The Wizard, 1995

All cravings are the mind seeking salvation or fulfillment in external things and in the future as a substitute for the joy of Being. As long as I am my mind, I am those cravings, those needs, those wants, attachments, and aversions, and apart from them there is no "I" except as a mere possibility, an unfulfilled potential, a seed that has not yet

sprouted. In that state, even my desire to become free or enlightened is just another craving for fulfillment or completion in the future. So don't seek to become free of desire or "achieve" enlightenment. Become present.

~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

To the extent that I want and desire, I am unlike God.

~ Larry Chang, 1949- ~

To become fascinated, to feel allurements, is to step into a wild love affair on any level of life. Then we discover not only that we are interested, but that our interests are entirely our own. We awake to our own unique set of attractions ... Each person discovers a field of allurements, the totality of which bears the unique stamp of that person's personality. Destiny unfolds in the pursuit of individual fascinations and interests ... By pursuing your allurements, you help bind the universe together. The unity of the world rests on the pursuit of passion.

~ Brian Swimme, 1950- ~
The Universe Is A Green Dragon, 1984

Repression of your will and desire are the cornerstones of stress. When you believe, or are led to believe, you are unable to act upon the greatest desires of the soul, the result is mental and spiritual enslavement.

~ Iyanla Vanzant, 1953- ~
Acts of Faith: Daily Meditations for People of Color, 1993

Again and again I have been shown that this is the essence of what we call magic: the paradoxical focus of desire or intent while at the same time letting go of the outcome. It isn't easy to desire and let go of the desire simultaneously, but when we achieve it, it works!

~ Elisabet Sahtouris ~
"Lessons in Learning How to Live in the Flow: A Personal Account"

Very much like people, desires need to be noticed. Under scrutiny, a lot of desires will just fizzle, whether it's things ... or people. When we actually pay attention to them, we begin to notice that so many of our cravings just don't hold water.

~ Angel Kyodo Williams ~
Being Black: Zen and the Art of Living with Fearlessness and Grace, 2000



DETACHMENT

Related States & Conditions: Composure/Peace/Tranquility, Enlightenment/Realization/Transcendence, Equanimity, Love-Agape, Meditation, Release, Restraint, Retreat/Withdrawal, Silence/Stillness, Solitude

Syntonik: Autonomy/Control, Balance, Discipline, Flexibility/Flow/Flux, Moderation, Prudence, Responsibility, Understanding, Wisdom

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Criticism/Judgment, Delusion, Dependence, Desire, Differentiation/Division/Separation, Distraction/Diversion, Fault, Fear, Guilt, Habit, Hate, Indulgence/Temptation, Jealousy/Envy, Passion, Regret, Revenge, War/Aggression/Violence, Worry

Do your work, then step back.

The only path to serenity.

~ Laozi, 570-490 BCE ~

Tao Te Ching: A New English Version, Stephen Mitchell, tr., 1988

The Master sees things as they are, without trying to control them.

He lets them go their own way, and resides at the center of the circle.

~ Laozi ~

Daode Jing

Whatever feelings arise – whether pleasant, unpleasant, or neutral – abide contemplating impermanence in those feelings, contemplate fading away, relinquishment, letting go of all those feelings. Contemplating this one does not cling to anything in this world. When not clinging, there is no agitation. When not agitated one personally attains Nibbana.

~ Buddha, c. 563-483 BCE ~

One who has finally learned that it is in the nature of objects to come and go without ceasing, rests in detachment and is no longer subject to suffering.

~ *Ashtavakra Gita* ~

You are only to perform your duty without an eye on their fruits.

~ *Bhagavad-Gita*, c. 400 BCE ~

Non-attachment is self-mastery: it is freedom from desire for what is seen or heard.

~ Patanjali, c. 200-150 BCE ~

How to Know God: The Yoga Aphorisms of Patanjali, 15, Swami Prabhavananda and Christopher Isherwood, trs., 1953, 1981

How to live the good life? The ability is in your soul, as long as it remains unattached to things that are morally neutral to it. And the soul will remain unattached if it carefully scrutinizes each of these neutral things both as a whole, and by separation into the elements that compose them.

Remember that none of these things are responsible for creating our conception about them; these things are motionless and so can't even approach us. It is we ourselves who create ideas about things, and, as we might say, drag them inside ourselves. It is in our power not to include them, and even if these conceptions have unconsciously gained admission to our minds, to erase them.

~ Marcus Aurelius, 121-180 ~

The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

The six supernormal faculties of the enlightened are the ability to enter the realm of form without being confused by form, to enter the realm of sound without being confused by sound, to enter the realm of scent without being confused by scent, to enter the realm of flavor without being confused by flavor, to enter the realm of feeling without being confused by feeling, to enter the realm of phenomena without being confused by phenomena.

~ Linji Yixuan, d. 867 ~

in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

Once you realize universal emptiness, all situations are naturally mastered. You have perfect communion with what is beyond the world, while

embracing what is within all realms of being.

~ Fenyang Shanzhao, 947-1024 ~

in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

Just detach from thoughts and cut off sentiments and transcend the ordinary conventions. Use your own inherent power and take up its great capacity and great wisdom right where you are.

~ Yuanwu Kekin, 1063-1135 ~

Zen Letters: Teachings of Yuanwu, J. C. Cleary & Thomas Cleary, trs., 1994

Live in the nowhere that you come from,
Even though you have an address here.

~ Jalaluddin Rumi, 1207-1273 ~

Many times the mountains
Have turned from green to yellow.
So much for the capricious earth!
Dust in your eyes,
The triple world is narrow;
Nothing on the mind,
Your chair is wide enough.

~ Muso Kokushi, 1275-1351 ~

Desire nothing, and you're content with everything
Pursue things, and you're thwarted at every turn.

~ Ryokan, 1758-1831 ~

Detachment is not indifference. It is the prerequisite for effective involvement. Often what we think is best for others is distorted by our attachment to our opinions: we want others to be happy in the way we think they should be happy. It is only when we want nothing for ourselves that we are able to see clearly into others' needs and understand how to serve them.

~ Mahatma Gandhi, 1869-1948 ~

By detachment I mean that you must not worry whether the desired result follows from your action or not, so long as your motive is pure, your means correct.

~ Gandhi ~

in Eknath Easwaran, *Gandhi, The Man*, 1997

To renounce things is not to give them up. It is to acknowledge that all things go away.

~ Shunryu Suzuki, 1905-1971 ~

To desire in the void, to desire without any wishes.
To detach our desire from all good things and to wait. Experience proves that this waiting is

satisfied. It is then that we touch the absolute good.

~ Simone Weil, 1909-1943 ~

in *The Enlightened Mind: An Anthology of Sacred Prose*, Stephen Mitchell, ed., 1991

My soul does not find itself unless it acts.

Therefore it must act. Stagnation and inactivity bring spiritual death. But my soul must not project itself entirely into the outward effects of its activity. I do not need to see myself, I merely need to be myself. I must think and act like a living being, but I must not plunge my whole self into what I think and do, or seek always to find myself in the work I have done.

~ Thomas Merton, 1915-1968 ~

No Man Is an Island, 1955, 1983

From the moment that a man no longer responds in the slightest to the motives that regulate the material world, that world appears to be at complete repose.

~ Yukio Mishima, 1935-1970 ~

"The Priest of Shiga Temple and His Love," *Death in Midsummer and Other Stories*, 1966

To become free of attachment means to break the link identifying you with your desires. The desires continue: They are part of the dance of nature. But a renunciate no longer thinks that he is his desires.

~ Ram Dass, 1931- ~

Be Here Now, 1971

Looking at life's situations from a distance is the first step toward finding a solution and preventing them from happening again. By separating yourself from your experiences, you are able to move on with your life. If you don't, you're stuck in the puddle of the past without a paddle.

~ Famous Amos, 1937- ~

Watermelon Magic, 1996

Much of our inner turbulence reflects the fear of loss: our dependence on people, circumstances, and things not really under our control. On some level we know that death, indifference, rejection, repossession, or high tide may leave us bereft in the morning. Still, we clutch desperately at things we cannot finally hold. Nonattachment is the most realistic of attitudes. It is freedom from wishful thinking, from always wanting things to be otherwise.

~ Marilyn Ferguson, 1938- ~

The Aquarian Conspiracy, 1980



DETERMINATION / PERSISTENCE / RESOLVE

Related States & Conditions: Action/Effort, Choice/Volition, Commitment/Dedication, Confidence, Conviction/Principle, Daring/Challenge, Engagement/Involvement/Integration, Exploration, Focus/Intention, Initiative, Patience, Power, Self-Reliance, Strength

Syntonic: Attention/Awareness, Autonomy/Control, Courage, Desire, Diligence, Discipline, Faith, Flexibility/Flow/Flux, Ingenuity, Inspiration, Optimism/Positivism, Passion, Vision/Visualization, Zeal/Zest

Dystonic: Anger, Avoidance/Denial/Refusal, Complacency, Criticism/Judgment, Defeat, Delusion, Dependence, Distraction/Diversion, Fault, Fear, Habit, Insecurity/Risk, Limitation, Regret, Worry

As a camel beareth labor, and heat, and hunger, and thirst, through deserts of sand, and fainteth not; so the fortitude of a man shall sustain him through all perils.

~ Akhenaton, c. 1385-c. 1355 BCE ~

Perseverance alone does not assure success. No amount of stalking will lead to game in a field that has none.

~ *Yi Jing*, c. 1150 BCE ~

To endure is the disposition of the sage.

~ *Ibid.*

Endurance is one of the most difficult disciplines, but it is to the one who endures that the final victory comes.

~ Buddha, c. 563-483 BCE ~

In the battle between the river and the rock, the river will always win. Not through strength but by persistence.

~ Kongfuzi, c. 551-c. 479 BCE ~

Analects

Perseverance is more prevailing than violence, and many things which cannot be overcome when they are together, yield themselves up when taken little by little.

~ Plutarch, c. 46-c. 120 ~

We will either find a way, or make one.

~ Hannibal, 247-183 BCE ~

Summon forth great energy in your efforts, great courage and determination; wielding the sword of wisdom, go directly ahead, going beyond all, beyond seeing that mountains are mountains, rivers are rivers, the whole body comes thus, the

whole body goes thus – there are no complications around at all.

~ Shoitsu, 1202-1280 ~

in *The Original Face: An Anthology of Rinzai Zen*, Thomas Cleary, tr., 1978

To be resolute in the way means from the beginning never to lose sight of it, whether in a place of calm or in a place of strife; to not cling to quiet places nor shun places where there is disturbance.

~ Daikaku, 1213-1279 ~

Obstacles cannot crush me. Every obstacle yields to stern resolve. He who is fixed to a star does not change his mind.

~ Leonardo da Vinci, 1452-1519 ~

Human life suffers steep inclines on the way through the world. If you don't keep "endurance" as your watchword as you go along, how will you tolerate the thorny undergrowth and the pits and ditches?

~ Hong Zicheng, fl. 1596 ~

Caigentan: Vegetable Roots Discourse, I.182, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

An invincible determination can accomplish almost anything and in this lies the great distinction between great men and little men.

~ Thomas Fuller, 1608-1661 ~

If your determination is fixed, I do not counsel you to despair. Few things are impossible to diligence and skill. Great works are performed not by strength, but perseverance.

~ Samuel Johnson, 1709-1784 ~

The History of Rasselas, Prince of Abissinia, 1759

Composition is, for the most part, an effort of slow diligence and steady perseverance, to which the mind is dragged by necessity or resolution, and from which the attention is every moment starting to more delightful amusements.

~ Johnson ~

Climbing from lowliness to the heights, penetrating from the shallows to the depths, gradually applying effort in an orderly manner, not counting the months and years, not losing heart, eventually one will reach fulfillment. It is most important not to waste time vacillating, and not to give up halfway, as this will only leave you with unhappiness ... If you start out diligently but end up slacking off, or indulge in idle imagination and hope thereby to keep essence and life whole and accomplish that which is rare in the world, you have no chance whatsoever of success.

~ Liu Yiming, b. c. 1737 ~

Awakening to the Tao, Thomas Cleary, tr., 1988

I love the man that can smile in trouble, that can gather strength from distress, and grow brave by reflection. 'Tis the business of little minds to shrink, but he whose heart is firm, and whose conscience approves his conduct, will pursue his principles unto death.

~ Thomas Paine, 1737-1809 ~

There are two ways of attaining an important end: force and perseverance. Force falls to the lot only of the privileged few, but austere and sustained perseverance can be practiced by the most insignificant. Its silent power grows irresistible with time.

~ Madame Swetchine, 1782-1857 ~

Some minds seem almost to create themselves, springing up under every disadvantage and working their solitary but irresistible way through a thousand obstacles.

~ Washington Irving, 1783-1859 ~

There is no such thing as a great talent without great willpower.

~ Honoré de Balzac, 1799-1850 ~

The secret of success is constancy of purpose.

~ Benjamin Disraeli, 1804-1881 ~

Always bear in mind that your own resolution to succeed is more important than any one thing.

~ Abraham Lincoln, 1809-1865 ~

When you get in a tight place and everything goes against you, 'til it seems as though you could not hold on a minute longer, never give up then, for that is just the place and time that the tide will turn.

~ Harriet Beecher Stowe, 1811-1896 ~

“Where there is a will there is a way” is an old true saying. He who resolves upon doing a thing, by that very resolution often scales the barriers to it, and secures its achievement. To think we are able, is almost to be so – to determine upon attainment is frequently attainment itself.

~ Samuel Smiles, 1812-1904 ~

The difference between perseverance and obstinacy is that one comes from a strong will, and the other from a strong won't.

~ Henry Ward Beecher, 1813-1887 ~

Consider the postage stamp. It secures success through its ability to stick to one thing until it gets there.

~ Josh Billings, 1818-1885 ~

Let me tell you the secret that has led me to my goal. My strength lies solely in my tenacity.

~ Louis Pasteur, 1822-1895 ~

Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.

~ Thomas Edison, 1847-1931 ~

The most essential factor is persistence – the determination never to allow your energy or enthusiasm to be dampened by the discouragement that must inevitably come.

~ James Whitcomb Riley, 1849-1916 ~

There is no chance, no destiny, no fate, that can circumvent or hinder or control the firm resolve of a determined soul.

~ Ella Wheeler Wilcox, 1850-1919 ~

The line between failure and success is so fine that we ... are often on the line and don't know it. How many a man has thrown up his hands at a time when a little more effort, a little more patience ... a little more persistence ... and what seemed hopeless failure may turn to glorious success.

~ Elbert Hubbard, 1856-1915 ~

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The great thing, and the hard thing, is to stick to things when you have outlived the first interest, and not yet got the second, which comes with a sort of mastery.

~ Janet Erskine Stuart, 1857-1914 ~

Great work requires great and persistent effort for a long time ... Character has to be established through a thousand stumbles.

~ Vivekananda, 1863-1902 ~

The Complete Works of Swami Vivekananda, 1984-1987, 8:383, 1926

Having once decided to achieve a certain task, achieve it at all costs of tedium and distaste. The gain in self-confidence of having accomplished a tiresome labor is immense.

~ Arnold Bennett, 1867-1931 ~

Life is not easy for any of us, but what of that? We must have perseverance and, above all, confidence in ourselves.

~ Marie Curie, 1867-1934 ~

To be able to stand in the midst of darkness and live as though all about you was light is the final test of the human spirit.

~ Edward H Griggs, 1868-1951 ~

Press on: Nothing in this world can take the place of perseverance. Talent will not; nothing is more common than unsuccessful people with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan "press on" has solved and always will solve the problems of the human race.

~ Calvin Coolidge, 1872-1933 ~

I do not think there is any other quality so essential to success of any kind as the quality of perseverance. It overcomes almost everything, even nature.

~ John D. Rockefeller, Jr., 1874-1960 ~

The best way out is always through.

~ Robert Frost, 1874-1963 ~

Never give in! Never give in! Never, never, never. Never – in anything great or small, large or petty – never give in except to convictions of honor and good sense.

~ Winston Churchill, 1874-1965 ~

Address to Harrow School, 1941 October 29

Continuous effort, not strength or intelligence, is the key to unlocking our potential.

~ Churchill ~

I am not more gifted than anybody else. I am just more curious than the average person and will not give up on a problem until I have found the proper solution.

~ Albert Einstein, 1879-1955 ~

I think and think for months and years. Ninety-nine times, the conclusion is false. The hundredth time, I am right.

~ Einstein ~

We can do anything we want to if we stick to it long enough.

~ Helen Keller, 1880-1968 ~

When you come to the end of your rope, tie a knot and hang on.

~ Franklin D. Roosevelt, 1882-1945 ~

Lose not courage, lose not faith, go forward.

~ Marcus Garvey, 1887-1940 ~

Philosophy and Opinions of Marcus Garvey, Vol. I, Amy Jacques Garvey, ed., 1923

Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.

~ Dale Carnegie, 1888-1955 ~

Big shots are only little shots who keep shooting.

~ Carnegie ~

When the going gets tough, the tough get going.

~ Joseph P. Kennedy, 1888-1969 ~

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

~ William Feather, 1889-1981 ~

Nothing great will ever be achieved without great men, and men are great only if they are determined to be so.

~ Charles de Gaulle, 1890-1970 ~

Vitality shows in not only the ability to persist but the ability to start over.

~ F. Scott Fitzgerald, 1896-1940 ~

I can honestly say that I was never affected by the question of the success of an undertaking. If I felt it was the right thing to do, I was for it regardless of the possible outcome.

~ Golda Meir, 1898-1978 ~

Get a good idea and stay with it. Dog it, and work at it until it's done right.

~ Walt Disney, 1901-1966 ~

No one ever did anything worth doing unless he was prepared to go on with it long after it became something of a bore.

~ Douglas V. Steere, 1901-1995 ~

Character consists of what you do on the third and fourth tries.

~ James A. Michener, 1907-1997 ~

There comes a time in a man's life when, to get where he has to go – if there are no doors or windows, he walks through a wall.

~ Bernard Malamud, 1914-1986 ~

Such is life, falling over seven times and getting up eight.

~ Roland Barthes, 1915-1980 ~

A Lover's Discourse: Fragments, Richard Howard, tr., 1978

Nothing stops the man who desires to achieve. Every obstacle is simply a course to develop his achievement muscle. It's a strengthening of his powers of accomplishment.

~ Eric Butterworth, 1916-2003 ~

Don't give up. Keep going. There is always a chance that you stumble onto something terrific. I have never heard of anyone stumbling over anything while he was sitting down.

~ Ann Landers, 1918-2002 ~

The habit of persistence is the habit of victory.

~ Herbert Kaufman, 1922- ~

It's not over until it's over.

~ Yogi Berra, 1925- ~

Tough times never last, but tough people do!

~ Robert H. Schuller, 1926- ~

The difference between the impossible and the possible lies in a person's determination.

~ Tommy Lasorda, 1927- ~

As long as I can stand it, God, I'll keep on keeping on.

~ Ray Charles, 1930-2004 ~

When I look back, the greatest thing that ever happened to me is that when I first picked up a basketball, I was terrible. If things come naturally, you may not bother to work at improving them and you can fall short of your potential.

~ Bob Pettit, 1932- ~

People who soar are those who refuse to sit back, sigh and wish things would change. They neither complain of their lot nor passively dream of some distant ship coming in. Rather, they visualize in their minds that they are not quitters; they will not allow life's circumstances to push them down and hold them under.

~ Charles Swindoll, 1934- ~

Wherever you are tonight, you can make it. Hold your head high; stick your chest out. You can make it. It gets dark sometimes, but the morning comes.

Don't you surrender.

~ Jesse Jackson, 1941- ~

The "driven" believe the impossible is possible, and are determined to prove it.

~ Tom Peters, 1942- ~

The Pursuit of WOW!, 1994

Most people who succeed in the face of seemingly impossible conditions are people who simply don't know how to quit.

~ Marilyn vos Savant, 1946- ~

Bear in mind, if you are going to amount to anything, that your success does not depend upon the brilliancy and the impetuosity with which you take hold, but upon the everlasting and sanctified bull-doggedness with which you hang on after you have taken hold.

~ A. B. Meldrum, Jr., 1951- ~

Even with a dull ax you can blaze a trail.

~ Robert Powers ~

As long as we are persistent in our pursuit of our deepest destiny, we will continue to grow. We cannot choose the day or time when we will fully bloom. It happens in its own time.

~ Denis Waitley ~

The Winner's Edge, 1980



DIFFERENTIATION / DIVISION / SEPARATION

Related States & Conditions: Appearance/Form, Belief/Religion, Choice/Volition, Comparison/Competition, Conflict/Opposition, Criticism/Judgment, Diversity/Multiplicity, Focus/Intention, Identity, Individuality, Initiative, Polarity/Contrast, Relativity, Solitude, Value/Worth

Syntonik: Acceptance, Attention/Awareness, Collaboration/Synergy, Communication, Compassion/Empathy/Kindness, Connection/Interbeing/Interdependence, Equanimity, Exploration, Flexibility/Flow/Flux, Forgiveness, Friendship, Humor/Laughter, Listening, Love-Agape, Oneness/Unity/Wholeness, Openness/Receptivity, Respect, Tact/Discretion, Tolerance

Dystonic: Avoidance/Denial/Refusal, Complacency, Conformity, Delusion, Distraction/Diversion, Fault, Fear, Habit, Jealousy/Envy, Limitation, Oppression, Revenge, War/Aggression/Violence

Gender is in everything; everything has its masculine and feminine principles; gender manifests on all planes.

~ Hermes Trismegistus ~

in *The Kybalion: A Study of the Hermetic Philosophy*, 1908

In the sky there is no distinction of east and west; people create distinctions out of their own minds and then believe them to be true.

~ Buddha, c. 563-483 BCE ~

The narrow-minded man thinks and says: "This man is one of us; this one is not, he is a stranger." To the man of noble soul the whole of mankind is but one family.

~ Vishnu Sharma, c. 200 BCE ~

"Hitopadesa," *Panchatantra*

The Perfect Way is only difficult for those who pick and choose. Do not like, do not dislike; all will then be clear. Make a hairbreadth difference, and Heaven and Earth are set apart.

~ Jianzhi Sengcan, 526-606 ~

"On Believing in Mind"

The perfect Way's like boundless space

Nothing lacking, nothing extra

It is because of choice

That its absolute truth is lost.

Don't pursue externals;

Don't dally in the interior void.

When the spirit remains serene

In the unity of things

Dualism vanishes by itself;

When that unity is not clear

There is loss in both directions.

~ Sengcan ~

If you want to get the plain truth,
Be not concerned with right and wrong.
The conflict between right and wrong
Is the sickness of the mind.

~ Sengcan ~

The truth of Brahman may be understood intellectually. But (even in those who so understand) the desire for personal separateness is deep-rooted and powerful, for it exists from beginningless time. It creates the notion, "I am the actor, I am he who experiences." This notion is the cause of bondage to conditional existence, birth and death. It can be removed only by the earnest effort to live constantly in union with Brahman.

~ Shankara, 686-718 ~

Viveka-Chudamani

If you want to avoid experiencing reversal, just cut off dualism; then measurements cannot govern you. You are neither Buddha nor sentient being; you are not near or far, not high or low, not equal or even, not going or coming. Just do not cling to written letters that obstruct It, and neither side can hold you. You will escape both pain and pleasure, and escape the opposition of light and dark.

~ Baizhang Huaihai, 749-814 ~

in *The Pocket Zen Reader*, Thomas Cleary, ed., 1999

The minute you fixate on the recognition that "This is 'it,'" you are immediately bound hand and foot and cannot move around anymore. So as soon as it is given this recognition, nothing is right, whatever it may be. If you don't fixate on recognition, you can still be saved.

~ Fuyan Qingyuan, 1067-1120 ~in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

When light and dark are merged without division,
 who distinguishes relative and absolute herein?
 Thus it is said, "Although the absolute is absolute,
 it is relative as well, although the relative is
 relative, it is complete as well." At this precise
 moment, how do you discern? How clear – twin
 shining eyes before any impulse! How stately – the
 eternal body outside forms!

~ Hongzhi Zhengjue, 1091-1157 ~

"I" and "you" focus light
 like decorative holes cut
 in a lamp shade.
 But there is only One Light.

"I" and "you" throw a
 thin veil between
 heaven and earth.
 Lift the veil and all
 creeds and theologies disappear.

When "I" and "you" vanish,
 how can I tell whether I am
 in a mosque, a synagogue,
 a church, or an observatory?
 ~ Sa'd Ud Din Shabistari, 13th C. ~
 "The Secret Rose Garden," in *Desert Wisdom: Sacred Middle
 Eastern Writings from the Goddess through the Sufis*, Neil Douglas-
 Klotz, tr., 1995

When is a man in mere understanding? I answer,
 "When a man sees one thing separated from
 another." And when is a man above mere
 understanding? That I can tell you: "When a man
 sees All in all, then a man stands beyond mere
 understanding."

~ Meister Eckhart, 1260-1327 ~

The small mind contains only illusions of
 separateness, of division. It imagines myriad objects
 and defines truth in terms of relative opposites. Big
 is defined by small, good by evil, pure by defiled,
 hidden by revealed, full by empty.

~ Hanshan Deqing, 1546-1623 ~
Journey to Dreamland, Jy Din Shakya, tr., 1998

If you rely on the differences in teachers and see
 the differences in persons, you are misled by blind
 teachers into reifying Buddha, Dharma, Zen, Tao,
 mysteries, marvels, functions, and states. One way
 and another this glues your tongue down, nails
 your eyes shut, and constricts your heart.

~ Yuansou, 1578-1657 ~
 in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. &
 ed., 1989

Abominating hell
 Longing for heaven
 You make yourself suffer
 In a joyful world.
 You think that good
 Means hating what is bad
 What's bad is
 The hating mind itself.

~ Bankei, 1622-1693 ~

Bankei Zen: Translations from the Record of Bankei, Yoshito
 Hakeda, ed., Peter Haskel, tr., 1984

Having a mind means having an ego, which means
 seeing others as others and self as self. When you
 view yourself as separate from others, you seek
 advantage for yourself without regard for loss to
 others. You become crafty and wily, your personal
 desires multiply at random. Your natural goodness
 is lost.

~ Liu Yiming, b. c. 1737 ~

Awakening to the Tao, Thomas Cleary, tr., 1988

Where there is beauty, there is ugliness.
 When something is right, something else is wrong.
 Knowledge and ignorance depend on each other.
 It has been like this since the beginning.
 How could it be otherwise now?
 Wanting to toss out one and hold onto the other
 makes for a ridiculous comedy.

You must still deal with everything ever-changing,
 even when you say it's wonderful.

~ Ryokan, 1758-1831 ~

There are no differences but differences of degree
 between different degrees of difference and no
 difference.

~ William James, 1842-1910 ~

"Subjective Effects of Nitrous Oxide," *Mind*, Vol. 7, 1882

The earth has one surface ... Man has set up and
 established these imaginary lines, giving to each
 restricted area a name and the limitation of a
 native land or nationhood. By this division and
 separation into groups and branches of mankind,
 prejudice is engendered which becomes a fruitful
 source of war and strife.

~ 'Abdu'l-Bahá, 1844-1921 ~

The Promulgation of Universal Peace, 1982

As manifested beings we appear to be separate, but
 our reality is one, and the less we think of
 ourselves as separate from that One, the better for
 us. The more we think of ourselves as separate

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from the Whole, the more miserable we become.

~ Vivekananda, 1863-1902 ~

The Complete Works of Swami Vivekananda, 1984-1987, 2:334

We, as personalized, differentiated beings, forget our reality, and ... not that we shall give up these differentiations, but we must learn to understand what they are. We are in reality that Infinite Being, and our personalities represent so many channels through which this Infinite Reality is manifesting Itself; and the whole mass of changes which we call evolution is brought about by the soul trying to manifest more and more of its infinite energy.

~ Ibid., 2:339

I am thoroughly convinced that no individual or nation can live by holding itself apart from the community of others, and whenever such an attempt has been made under false ideas of greatness, policy, or holiness – the result has always been disastrous to the secluding one.

~ Ibid., 4:365

Honest differences are often a healthy sign of progress.

~ Mahatma Gandhi, 1869-1948 ~

Once the realization is accepted that even between the closest human beings infinite distances continue to exist, a wonderful living side by side can grow up, if they succeed in loving the distance between them which makes it possible for each to see each other whole against the sky.

~ Rainer Maria Rilke, 1875-1926 ~

When we go deep enough or high enough, we meet. It is only on the surface that we differ and sometimes clash. True, we do not always find our way to the depth or the height, or we do not take the trouble to do so.

~ Ameen Rihani, 1876-1940 ~

Man makes himself miserable by separating himself from others. Separation is death. Unity is life.

~ Sivananda, 1887-1963 ~

The way of salvation cannot lie in melting people down into a mass, but on the contrary in their separation and individuation.

~ Theodor Haecker, 1879-1945 ~

Journal in the Night, Alexander Dru, tr., 1950

Objects and names and forms are but the expression of vibrations in different aspects. Even all that we call matter or substance, and all that

does not seem to speak or sound – it is all in reality vibration.

~ Hazrat Khan, 1882-1927 ~

The Mysticism of Sound and Music, 1991

You cannot separate the just from the unjust and the good from the wicked;

For they stand together before the face of the sun even as the black thread and the white are woven together.

And when the black thread breaks, the weaver shall look into the whole cloth, and he shall examine the loom also.

~ Khalil Gibran, 1883-1931 ~

The Prophet, 1923

I know the dark delight of being strange,
The penalty of difference in the crowd,
The loneliness of wisdom among fools.

~ Claude McKay, 1889-1948 ~

“My House”

Assuredly, all the disciplines of the mind and all the sciences of man are equally precious and their discoveries mutually so, but this solidarity does not mean confusion. What is important is to integrate the results of the diverse applications of the mind without confounding them. The surest method ... is still that of studying a phenomenon in its own frame of reference, with freedom afterwards to integrate the results of this procedure in a wider perspective.

~ Mircea Eliade, 1907-1986 ~

Associations formed on this earth are not necessarily for the duration of the lifespan. Separation takes place constantly, and as long as it takes place lovingly, not only is there no spiritual injury, but spiritual progress may actually be helped.

~ Peace Pilgrim, 1908-1981 ~

Peace Pilgrim: Her Life and Work in Her Own Words, 1982

The greatest tragic factor in history is man's apparent need to mark the intensity of his reaction to life by joining a band; for a band, to give itself definition must find a rival or an enemy.

~ Peter Shaffer, 1926- ~

in Contemporary Dramatists, 1977

We go on believing we are separate. We are not – not even for a single moment. Drop the idea of separation – and the fear of death disappears. If you become one with the whole you will live forever. You will go beyond birth and death.

~ “Osho” Rajneesh, 1931-1990 ~

Nature is intricately and infinitely connected. The minute I name something and begin to regard it as a separate entity, I break this unbreakable unity. So that which makes it possible for us to seek truths about the universe and about ourselves has within itself the guarantee that we will never be able to find the Truth. Our knowledge must be forever fragmented, because that is the nature of systematic knowledge.

~ Katherine Paterson, 1932- ~

The sharing of joy, whether physical, emotional, psychic, or intellectual, forms a bridge between the sharers which can be the basis for understanding much of what is not shared between them, and lessens the threat of their difference.

~ Audre Lorde, 1934-1992 ~

In community, instead of being ignored, denied, hidden, or changed, human differences are celebrated as gifts.

~ M. Scott Peck, 1936-2005 ~

The Different Drum: Community Making and Peace, 1987

Your intellect feels discontent
With having and not labelling ...
To fix in one quick-drying definition.
You must not try to cram us all
Into your little box;
Your definition must perforce be false
Or we are dead.

~ Mervyn Morris, 1937- ~

"To a West Indian Definer"

The effort to separate ourselves whether by race, creed, color, religion, or status is as costly to the separator as to those who would be separated ... The task that remains is to cope with our interdependence – to see ourselves reflected in every other human being and to respect and honor our differences.

~ Melba Beals, 1943- ~

Warriors Don't Cry, 1994

What is actually experienced is already a seamless Whole. Consciousness divides it. And, of course, the most basic division is "me" and "everything else," self and other. Consciousness not only divides the world spatially, it also divides it temporally. We thus imagine past, present, and future, and the persistence of separate objects.

~ Steve Hagen, 1945- ~

Buddhism Plain & Simple, 1997

The realization that you are "different" from others may force you to disidentify from socially conditioned patterns of thought and behavior. This will automatically raise your level of consciousness above that of the unconscious majority, whose members unquestioningly take on board all inherited patterns ... Being an outsider to some extent, someone who does not "fit in" with others or is rejected by them for whatever reason, makes life difficult, but it also places you at an advantage as far as enlightenment is concerned. It takes you out of unconsciousness almost by force.

~ Eckhard Tolle, 1948- ~

The Power of Now: A Guide to Spiritual Enlightenment, 1999

For most ... the stark visibility of the seen world affects their perception of the unseen world. Discrimination begins when you say that you can touch this and that, and therefore the tangible begins to supercede the reality of the intangible.

~ Malidoma Somé, 1956- ~

The Healing Wisdom of Africa, 1999

We actually live in a sea of energy – a vast, seamless, unbroken landscape, broken up into separate, disconnected objects by our sense-perception. We ourselves (our bodies) are simply "patches" and specific patterns of energy within this vast energy landscape.

~ Ali Ansari, 1969- ~

Sufism and Beyond: Sufi Thought in the Light of Late 20th Century Science, 1999

How do you expect to change the world
If your love extends only to those who belong to
you,

If your love creates camps:

We on one side, they on the other,

Friends on one side, enemies on the other.

You have no faith if that's how you divide the
world.

~ Ljiljana Matković-Vlašić ~

"A Cry from Croatia," *For a Change*, 12.1

The root of everything is only one. I will tell you where the first separation takes place: in the real and deep sense, there is only "I." "I" knows that "It" is: "I am." That's the first separation. "It" knows that "It" exists. The next separation is "I" and "you," and so it goes on.

~ Tara Vasanti ~

in Derek Biermann, *Samadhi: Personal Journeys to Spiritual Truth*, 2000



Related States & Conditions: Accomplishment/Achievement/Excellence, Action/Effort, Commitment/Dedication, Determination/Persistence/Resolve, Direction, Dispatch, Focus/Intention, Goal/Ideal/Purpose, Initiative, Responsibility, Work

Syntonics: Attention/Awareness, Confidence, Conviction/Principle, Discipline, Exploration, Faith, Flexibility/Flow/Flux, Learning, Openness/Receptivity, Presence, Questioning/Doubt, Self-Reliance, Zeal/Zest

Dystonic: Avoidance/Denial/Refusal, Complacency, Conformity, Deferment/Delay, Delusion, Distraction/Diversion, Fault, Fear, Habit, Haste/Impatience, Inaction, Laziness, Limitation

If you are a man who leads, a man who controls the affairs of many, then seek the most perfect way of performing your responsibility so that your conduct will be blameless.

~ Ptahotep, c. 2350 BCE ~

in *The Teachings of Ptahhotep: The Oldest Book in the World*, Asa Hilliard, Larry Williams & Nia Damali, eds., 1987

Do not speak falsely for you are great; do not act lightly for you have weight; be not untrue for you are the balance and do not swerve, for you are the standard.

~ *Book of Khun-Anup (The Eloquent Peasant)* ~

in *Kemet and the African Worldview*, Maulana Karenga & Jacob Carruthers, eds., 1986

Be industrious, let thine eyes be open, lest thou become a beggar, for the man that is idle cometh not to honor.

~ Khemetic Saying ~

Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest.

~ Solomon, 10th C. BCE ~

in *The Bible*, Ecclesiastes 9:10

The wise man who just goes on doing what presents itself for him to do, encounters no difficulty in either activity or inactivity.

~ *Ashavakra Gita* ~

18.20, John Richards, tr., 1994

If you can work sincerely and correctly on what is at hand, and do so with energy and calm, not allowing distractions but keeping your inner spirit pure, as if you had only borrowed it and had to return it intact; if you can act in this way, hoping

for nothing, fearing nothing, but satisfied with modulating your actions to the way of nature, and with fearless truth in every word you utter, you will live contentedly.

~ Marcus Aurelius, 121-180 ~

The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

Do every act of your life as if it were your last.

~ Marcus Aurelius ~

Meditations, 170-180

People, in their rashness and ignorance, like to condemn things that are difficult and obscure, rather than ... learn their meaning by diligent painstaking.

~ Origen, c. 185-255 ~

De Principiis, Book 3

Arouse yourself, gird your loins, put aside idleness, grasp the nettle, and do some hard work.

~ Bernard de Clairvaux, 1091-1153 ~

Letters

Until the juice ferments a while in the cask, it isn't wine. If you wish your heart to be bright, you must do a little work.

~ Jalaluddin Rumi, 1207-1273 ~

"Be Lost in the Call"

To know how to live is my trade and my art.

~ Michel de Montaigne, 1533-1592 ~

Essais, 1580

Diligence is the mother of good fortune.

~ Miguel de Cervantes, 1547-1616 ~

Resolve to perform what you ought. Perform without fail what you resolve.

~ Benjamin Franklin, 1706-1790 ~

Determine never to be idle ... It is wonderful how much may be done if we are always doing.

~ Thomas Jefferson, 1743-1826 ~

Don't waste your life in doubts and fears; spend yourself on the work before you, well assured that the right performance of this hour's duties will be the best preparation for the hours or ages that follow it.

~ Ralph Waldo Emerson, 1803-1882 ~

Whatever you do, do it with all your might. Work at it, early and late, in season and out of season, not leaving a stone unturned, and never deferring for a single hour that which can be done just as well now.

~ P. T. Barnum, 1810-1891 ~

Life consists not in holding good cards; but in playing those you hold well.

~ Josh Billings, 1818-1885 ~

Always do right. This will gratify some people and astonish the rest.

~ Mark Twain, 1835-1910 ~

Speech, Brooklyn, NY, 1901

The artistic sense of perfection in work is another much-to-be-desired quality to be cultivated. No matter how trifling the matter on hand, do it with a feeling that it demands the best that is in you, and when done look it over with a critical eye, not sparing a strict judgment of yourself.

~ William Osler, 1849-1919 ~

Aphorisms from His Bedside Teachings and Writings

Do your work with your whole heart and you will succeed; there's so little competition.

~ Elbert Hubbard, 1856-1915 ~

Know what you want to do, hold the thought firmly, and do every day what should be done, and every sunset will see you that much nearer the goal.

~ Hubbard ~

He who grumbles at the little thing that has fallen to his lot to do will grumble at everything. Always grumbling, he will lead a miserable life, and everything will be a failure. But that man who does his duty as he goes, putting his shoulder to the wheel, will see the light, and higher and higher duties will fall to his share.

~ Vivekananda, 1863-1902 ~

The Complete Works of Swami Vivekananda, 1984-1987, 5:242

When we do the best that we can, we never know what miracle is wrought in our life, or in the life of another.

~ Helen Keller, 1880-1968 ~

As for accomplishments, I just did what I had to do as things came along.

~ Eleanor Roosevelt, 1884-1962 ~

I always remember an epitaph which is in the cemetery at Tombstone, Arizona. It says: "Here lies Jack Williams. He has done his damndest." I think that is the greatest epitaph a man can have – when he gives everything that is in him to do the job he has before him. That is all you can ask of him and that is what I have tried to do ... I studied the lives of great men and famous women; and I found that the men and women who got to the top were those who did the jobs they had in hand, with everything they had of energy, enthusiasm and hard work.

~ Harry S. Truman, 1884-1972 ~

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

~ Sivananda, 1887-1963 ~

Nothing succeeds in this world without taking the trouble.

~ Lin Yutang, 1895-1976 ~

The Pleasures of Nonconformist, 1962

The only place success comes before work is in the dictionary.

~ Satchel Paige, 1900-1982 ~

If you want to be the best, Baby, you've got to work harder than anybody else.

~ Sammy Davis, Jr., 1925-1990 ~

Look at a day when you are supremely satisfied at the end. It's not a day when you lounge around doing nothing; it's when you've had everything to do, and you've done it.

~ Margaret Thatcher, 1925- ~

When a job is once begun, never stop until it's done.

Be the job large or small, do it right or not at all.

~ Carol Moseley-Braun, 1947- ~

My philosophy is that not only are you responsible for your life, but doing the best at this moment puts you in the best place for the next moment.

~ Oprah Winfrey, 1954- ~



Related States & Conditions: Action/Effort, Beginning, Cause, Commitment/Dedication, Determination/Persistence/Resolve, Expectation/Hope, Exploration, Focus/Intention, Goal/Ideal/Purpose, Initiative, Journey/Path, Passion, Possibility/Potential, Retreat/Withdrawal, Value/Worth

Syntonik: Attention/Awareness, Confidence, Conviction/Principle, Courage, Daring/Challenge, Decision/Decisiveness, Diligence, Discipline, Dispatch, Faith, Flexibility/Flow/Flux, Learning, Openness/Receptivity, Questioning/Doubt, Self-Reliance, Zeal/Zest

Dystonic: Avoidance/Denial/Refusal, Complacency, Conformity, Deferment/Delay, Delusion, Distraction/Diversion, Fault, Fear, Habit, Haste/Impatience, Inaction, Laziness, Limitation

Radiance is still there, as before,
but we don't face the right direction.

~ *Prophecies of Nefer-Rohu* ~

Khemetic Text, 2000 BCE

in *Desert Wisdom: Sacred Middle Eastern Writings from the Goddess Through the Sufis*, Neil Douglas-Klotz, tr., 1995

Even when walking with others, do not hesitate to
change direction if necessary to follow your inner
truth.

~ *Yi Jing*, c. 1150 BCE ~

"Fu: Returning" in *The Photographic I Ching*, Dhiresha
McCarver, tr., 1997

If you do not change direction, you may end up
where you are heading.

~ Laozi, 570-490 BCE ~

The wisest men follow their own direction.

~ Euripides, c. 485-406 BCE ~

In order to seek one's own direction, one must
simplify the mechanics of ordinary, everyday life.

~ Plato, c. 427-347 BCE ~

I follow nature as the surest guide, and resign
myself, with implicit obedience, to her sacred
ordinances.

~ Cicero, 106-43 BCE ~

If one does not know to which port he is sailing, no
wind is favorable.

~ Seneca, c. 4 BCE-65 CE ~

The mind flows along the course of wisdom or of
ignorance, in whatever direction you make it flow.

~ *Yoga Vasistha* ~

And thine ears shall hear a word behind thee,
saying, this is the way; walk ye in it, when ye turn
to the right hand, and when ye turn to the left.

~ *The Bible*, c. 367 CE ~

Isaiah 30:21

A wise man guides his own course of action;
The fool follows another's direction,
When an old dog barks, the others run,
And this for no reason at all.

~ Saskya Pandita, 1182-1251 ~

The direction of the mind is more important than
its progress.

~ Joseph Joubert, 1754-1824 ~

Pensées, 1842

Each man has his own vocation. The talent is the
call. There is one direction in which all space is
open to him. He has faculties silently inviting him
thither to endless exertion. He is like a ship in a
river; he runs against obstructions on every side
but one; on that side all obstruction is taken away,
and he sweeps serenely over a deepening channel
into an infinite sea.

~ Ralph Waldo Emerson, 1803-1882 ~

Spiritual Laws

The greatest thing in this world is not so much
where we are, but in what direction we are moving.

~ Oliver Wendell Holmes, 1809-1894 ~

Happiness and misery depend not on how high up
or low down you are but on the direction in which
you are tending.

~ Samuel Butler, 1835-1902 ~

It is the direction and not the magnitude which is to be taken into consideration.

~ Thomas Troward, 1847-1916 ~

Thought needs direction to be effective, and ... will is the directing power. Thought is the force. Will gives direction. Thought scattered gives the weak, the uncertain, the vacillating, the aspiring, but the never-doing, the I-would-like-to, but the get-nowhere, the attain-to-nothing man or woman. Thought steadily directed by the will gives the strong, the firm, the never-yielding, the never-know-defeat man or woman ... who uses the very difficulties and hindrances that would dishearten the ordinary person as stones with which he paves a way over which he triumphantly walks.

~ Ralph Waldo Trine, 1866-1958 ~

What All the World's A-Seeking, 1896

He who chooses the beginning of a road chooses the place it leads to. It is the means that determine the end.

~ Henry Emerson Fosdick, 1878-1969 ~

Let everyone follow his inclinations – provided he go upward.

~ Jean Cocteau, 1889-1963 ~

Letters to André Gide, 1971

The desire to change the direction of your life is one of the surest signs of grace ... For a while you may not know the direction in which to go. But you will know without doubt that the direction you have been going in is wrong.

~ Eknath Easwaran, 1911-1999 ~

We must travel in the direction of our fear.

~ John Berryman, 1914-1972 ~

It isn't where you came from; it's where you're going that counts.

~ Ella Fitzgerald, 1917-1996 ~

in Stuart Nicholson, *Ella Fitzgerald*, 1994

A sailor without a destination cannot hope for a favorable wind.

~ Leon Tec, 1919- ~

A mountain can never be climbed looking down. The direction should always be onward and upward, and with faith, focus, discipline, dedication and hard work, our dreams will be realized.

~ Leontyne Price, 1927- ~

No man can know where he is going unless he knows exactly where he has been and exactly how he arrived at his present place ... Each of us has the right and the responsibility to assess the roads which lie ahead, and those over which we have travelled, and if the future road looms ominous or unpromising, and the roads back uninviting, then we need to gather our resolve and, carrying only the necessary baggage, step off that road into another direction.

~ Maya Angelou, 1928- ~

The line of progress is never straight. For a period of movement may follow a straight line and then it encounters obstacles and the path bends.

~ Martin Luther King, Jr., 1929-1968 ~

We find our individual freedom by choosing not a destination but a direction. You do not choose the transformative journey because you know where it will take you but because it is the only journey that makes sense.

~ Marilyn Ferguson, 1938- ~

The Aquarian Conspiracy, 1980

Look inside to find out where you're going, and it's better to do it before you get out of high school.

~ Prince, 1958- ~

The smallest step in a positive direction is considerably better than sliding helplessly backwards. And you can take that step forward right now.

~ Ralph Marston, 1961- ~

If there ever comes a time when you feel like you have to go someplace to find a better you and you're going any farther than the mirror, don't take another step. As long as you are looking toward anything but yourself, you'll always be headed in the wrong direction.

~ Angel Kyodo Williams ~

Being Black: Zen and the Art of Living with Fearlessness and Grace, 2000

We have been used to thinking linearly, but ... it's not in one line any more but many lines, in different directions, and those directions each have many more directions. It has nothing to do with space. If you hold your fist tightly, that little space contains all the dimensions.

~ Tara Vasanti ~

in Derek Biermann, *Samadhi: Personal Journeys to Spiritual Truth*, 2000



DISCIPLINE

Related States & Conditions: Action/Effort, Autonomy/Control, Belief/Religion, Commitment/Dedication, Conviction/Principle, Determination/Persistence/Resolve, Focus/Intention, Goal/Ideal/Purpose, Learning, Moderation, Partnership/Marriage, Practice, Responsibility, Restraint, Struggle, Surrender

Syntonik: Confidence, Courage, Daring/Challenge, Decision/Decisiveness, Detachment, Diligence, Dispatch, Expectation/Hope, Faith, Flexibility/Flow/Flux, Openness/Receptivity, Patience, Self-Reliance, Tolerance

Dystonic: Attachment, Avoidance/Denial/Refusal, Complacency, Conformity, Defeat, Deferment/Delay, Delusion, Dependence, Distraction/Diversion, Fault, Fear, Habit, Haste/Impatience, Hate, Inaction, Indulgence/Temptation, Jealousy/Envy, Laziness, Limitation, Regret

The Self cannot be known by anyone who desists not from unrighteous ways, controls not his senses, stills not his mind, and practices not meditation.
~ *Upanishads*, c. 1400-c. 800 BCE ~

He who has conquered the feelings of pleasure, wrath, avarice, attachment, vanity and aversion, this one is peace itself, and free from all pride.
~ Mahatma Dattatreya, c. 1100 BCE ~
Avadhut Gita, VII.4, Hari Prasad Shastri, tr., 1934

For the very true beginning of wisdom is the desire of discipline.
~ Solomon, 10th C. BCE ~
in *Apocrypha*

Men may block your path, but never let them obstruct you from right action; never let them destroy the feeling of charity you have toward them. You must be firm in both: steadfast in judgment and action; kind to those who do you harm. To lose your temper with them is no less a sign of weakness than one cowed into abandoning his proper course of action. In both cases, the post of duty has been deserted.
~ Marcus Aurelius, 121-180 ~
Meditations, Book 11:9 in *Two Suns Rising*, Jonathan Star, ed., 1991

Those who wish to keep a rule of life
Must guard their minds in perfect self-possession.
Without this guard upon the mind,
No discipline can ever be maintained.
~ Shantideva, 7th C. ~
The Way of the Bodhisattva, Padmakara, tr., 1997

The mouth is the portal of the mind. If not carefully guarded, it leaks true intents and motives.

Feelings are the feet of the mind. If not carefully watched, they will take you onto all kinds of wayward paths.
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, I.220, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

The nature of the monkey is wild and uncertain, but if you leash it, it will follow human direction, unable to do whatever it wants. The nature of the horse is stubborn and intractable, but with a bridle and headstall on, it will follow human direction, unable to gallop off ... If learners can actually control their stubborn mind and return it to rectitude, transform their errant intent and restore it to sincerity, then half the Tao of essence and life can be comprehended.
~ Liu Yiming, b. c. 1737 ~
Awakening to the Tao, Thomas Cleary, tr., 1988

The highest possible stage in moral culture is when we recognize we ought to control our thoughts.
~ Charles Darwin, 1809-1882 ~

I never could have done what I have done without the habits of punctuality, order, and diligence, without the determination to concentrate myself on one subject at a time.
~ Charles Dickens, 1812-1870 ~

There is no man that lives who does not need to be drilled, disciplined, and developed into something higher and nobler than he is by nature.
~ Henry Ward Beecher, 1813-1887 ~

Thank God every morning when you get up that you have something to do which must be done, whether you like it or not. Being forced to work,

and forced to do your best, will breed in you temperance, self-control, diligence, strength of will, content and a hundred other virtues which the idle never know.

~ Charles Kingsley, 1819-1875 ~

We cannot kindle when we will
The fire which in the heart resides,
The spirit bloweth and is still,
In mystery our soul abides:
But tasks in hours of insight will'd
Can be through hours of gloom fulfill'd.

~ Matthew Arnold, 1822-1888 ~

Perhaps the most valuable result of all education is the ability to make yourself to do the thing you have to do when it ought to be done whether you like it or not. It is the first lesson that ought to be learned and however early a person's training begins, it is probably the last lesson a person learns thoroughly.

~ Thomas Huxley, 1825-1895 ~

Collected Essays, Vol. 3, 1896

Discipline must come through liberty ... We do not consider an individual disciplined when he has been rendered as artificially silent as a mute and as immovable as a paralytic. He is an individual annihilated, not disciplined.

~ Maria Montessori, 1870-1952 ~

Nothing of importance is ever achieved without discipline ... But the discipline you have in your life should be one determined by your own desires and your own needs, not put upon you by society or authority.

~ Bertrand Russell, 1872-1970 ~

No steam or gas drives anything until it is confined. No life ever grows great until it is focused, dedicated, disciplined.

~ Henry Emerson Fosdick, 1878-1969 ~

Common-sense is the fundamental factor in all spiritual disciplines. No rule is an eternal rule. Rules change from place to place, time to time and from one condition to another condition.

~ Sivananda, 1887-1963 ~

You cannot make yourself feel something you do not feel, but you can make yourself do right in spite of your feelings.

~ Pearl S. Buck, 1892-1973 ~

"My Neighbor's Son," *To My Daughters With Love*, 1967

We must practice separating ourselves from our negative moods and thoughts in the midst of all the troubles and disasters of daily life. No one can be different from what he is now unless he begins to separate himself from his present reactions and to identify himself with his aim. Detachment from negative states and assumption of the wish fulfilled must be practiced in the midst of all the blessings and cursings of life. The way of true metaphysics lies in the midst of all that is going on in life. We must constantly practice self-observation, thinking from our aim, and detachment from negative moods and thoughts if we would be doers of truth instead of mere hearers.

~ Neville, 1905-1972 ~

"Fundamentals," *New Thought*, Summer 1953

Without discipline, there is no life at all.

~ Katharine Hepburn, 1909-2003 ~

Though discipline and freedom seem antithetical, each without the other destroys itself.

~ Donald Barr, 1921- ~

Who Pushed Humpty Dumpty?, 1971

The successful person has the habit of doing the things failures don't like to do. They don't like doing them either necessarily. But their disliking is subordinated to the strength of their purpose ... mission, a clear sense of direction and value, a burning "yes!" inside that makes it possible to say "no" to other things. It also requires independent will, the power to do something when you don't want to do it, to be a function of your values rather than a function of the impulse or desire of any given moment.

~ Stephen Covey, 1932- ~

The 7 Habits of Highly Effective People, 1989

Without discipline we can solve nothing. With only some discipline we can solve only some problems. With total discipline we can solve all problems.

~ M. Scott Peck, 1936-2005 ~

The Road Less Travelled, 1978

I become something different when I don't attend to the little things ... I feel that especially when it's chores I don't want to do, like taking out the garbage or doing my laundry. It's in the act of having to do things that you don't want to that you learn something about moving past the self. Past the ego.

~ bell hooks, 1952- ~

Interview by John Perry Barlow, *Shambhala Sun*



DISCLOSURE / VERACITY

Related States & Conditions: Communication, Engagement/Integration/Involvement, Expression, Idea/Opinion, Meaning, Release, Sincerity/Authenticity, Truth

Syntonie: Appreciation, Attention/Awareness, Balance, Compassion/Empathy/Kindness, Confidence, Courage, Decision/Decisiveness, Detachment, Diligence, Eloquence/Poetry, Expedience, Exploration, Faith, Flexibility/Flow/Flux, Integrity, Listening, Openness/Receptivity, Patience, Respect, Tact/Discretion, Teaching, Tolerance, Trust

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Complacency, Conformity, Criticism/Judgment, Deferment/Delay, Delusion, Distraction/Diversion, Fault, Fear, Hate, Jealousy/Envy, Laziness, Limitation, Loquacity, Regret

Words cannot give wisdom if they stray from the truth.

~ Khemetic Saying ~

Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Say not unto thyself, Behold, truth breedeth hatred, and I will avoid it; dissimulation raiseth friends, and I will follow it. Are not the enemies made by truth, better than the friends obtained by flattery?

~ Akhenaton, c. 1385-c. 1355 BCE ~

For he who speaks untruth withers like a tree to the roots.

~ *Upanishads*, c. 1400-c. 800 BCE ~

If one sneaks around like a rat, rather than exposing oneself to the light of truth, there will be cause for regret.

~ *Yi Jing*, c. 1150 BCE ~

"Chin: Advance" in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

Do not bear witness with false words,

So as to brush aside a man by your tongue.

~ Amenemope, c. 11th C. BCE ~

The Instruction of Amenemope, Ch. 1, Miriam Lichtheim, tr.

For there is nothing covered, that shall not be revealed; neither hid, that shall not be known.

~ Jesus of Nazareth, c. 5-c. 38 CE ~

in *The Bible*, Luke 12:2

The face is the mirror of the mind, and eyes without speaking confess the secrets of the heart.

~ Jerome, 345-420 ~

One who loves you does not spare you the truth.

~ Kigezi (Southwest Uganda) Saying

in *Black Woman's Gumbo Ya-Ya*, Terri L. Jewell, ed., 1993

Often your utterances and expressions of your face leak out the secrets of your hidden thoughts.

~ Hazrat Ali, 599-661 ~

in *Peak of Eloquence - Nahjul Balagha: Sermons and Letters of Imam Ali Ibn Abi Talib*, Sayed Ali Reza, tr., 1984

The man who speaks the truth is always at ease.

~ Persian Saying ~

The well-informed, but dishonest in their hostility and malice, often succeed in passing off lies as truth and in clothing deception in the guise of wisdom.

~ Abu 'Uthman Amr Ibn Bahr Al-Jahiz, c. 788-869 ~
The Exploits of the Turks and the Army of the Khalifate in General

A man must not always tell all, for that were folly: but what a man says should be what he thinks.

~ Michel de Montaigne, 1533-1592 ~

I speak the truth, not so much as I would, but as much as I dare; and I dare a little the more, as I grow older.

~ Montaigne ~

The weight of this sad time we must obey;

Speak what we feel, not what we ought to say.

~ William Shakespeare, 1564-1616 ~

King Lear, 1606

Tell the truth, and so confound your adversaries.

~ Henry Wotton, 1568-1639 ~

Better a refusal than deception.

~ Malinke (Mali/Senegal) Saying ~

Dare to be true; nothing can need a lie.

~ George Herbert, 1593-1633 ~

It is a very trying task for deceitful people, always to have to cover up their lack of sincerity and to repair the breaking of their word.

~ Madame de Sable, 1599-1678 ~

The Maxims of Madame de Sable, Arthur Chandler, tr.

It requires as much caution to tell the truth as to conceal it.

~ Baltasar Gracián y Morales, 1601-1685 ~

Truth keeps the hands cleaner than soap.

~ West African Proverb ~

When thou art obliged to speak, be sure to speak the truth, for equivocation is halfway to lying, and lying is the whole way to hell.

~ William Penn, 1644-1718 ~

A man should never be ashamed to own he has been in the wrong, which is but saying, in other words, that he is wiser today than he was yesterday.

~ Alexander Pope, 1688-1744 ~

Miscellanies, 1727

Prudent people are very happy; 'tis an exceeding fine thing, that's certain, but I was born without it, and shall retain to my day of Death the Humour of saying what I think.

~ Mary Wortley Montagu, 1689-1762 ~

The Complete Letters of Lady Mary Wortley Montagu

The secret of being tiresome is to tell everything.

~ François-Marie Voltaire, 1694-1778 ~

"Cinquième discours: sur la nature de plaisir," *Sept discours en vers sur l'homme*, 1737

It is not our wrong actions which it requires courage to confess, so much as those which are ridiculous and foolish.

~ Jean-Jacques Rousseau, 1712-1778 ~

Real subtlety consists in telling the truth, sometimes forcefully but always gracefully.

~ Étienne-François de Choiseul, 1719-1785 ~

For my part, whatever anguish of spirit it may cost, I am willing to know the whole truth – to know the worst and provide for it.

~ Patrick Henry, 1736-1799 ~

The man who fears no truth has nothing to fear from lies.

~ Thomas Jefferson, 1743-1826 ~

Bitter truth is better than sweet falsehood.

~ Swahili (East Africa) Saying

Always be ready to speak your mind, and a base man will avoid you.

~ William Blake, 1757-1827 ~

"Proverbs of Hell," *The Marriage of Heaven and Hell*, 1793

Seldom, very seldom does complete truth belong to any human disclosure; seldom can it happen that something is not a little disguised, or a little mistaken.

~ Jane Austen, 1775-1817 ~

To be wiser than other men is to be honestest than they; and strength of mind is only courage to see and speak the truth.

~ William Hazlitt, 1778-1830 ~

Life is short, but truth works far and lives long; let us speak the truth.

~ Arthur Schopenhauer, 1788-1860 ~

The World as Will and Idea

Say what you have to say, not what you ought.

Any truth is better than make-believe.

~ Henry David Thoreau, 1817-1862 ~

Beautify your tongues, O people, with truthfulness, and adorn your souls with the ornament of honesty. Beware, O people, that ye deal not treacherously with anyone.

~ Baha'u'llah, 1817-1892 ~

Gleanings from the Writings of Baha'u'llah, No. 136, 1976

A man who lies to himself, and believes his own lies, becomes unable to recognize truth, either in himself or in anyone else, and he ends up losing respect for himself and for others. When he has no respect for anyone, he can no longer love, and in him, he yields to his impulses, indulges in the lowest form of pleasure, and behaves in the end like an animal in satisfying his vices. And it all comes from lying to others and to yourself.

~ Fyodor Dostoevsky, 1821-1881 ~

There is no alleviation for the sufferings of mankind except veracity of thought and of action, and the resolute facing of the world as it is when the garment of make-believe by which pious hands have hidden its uglier features is stripped off.

~ Thomas Huxley, 1825-1895 ~

Collected Essays, Vol. 1, 1896

A man who speaks out honestly and fearlessly that which he knows, and that which he believes, will always enlist the good-will and the respect, however much he may fail in winning the assent, of his fellow men.

~ Ibid.

If people would dare to speak to one another unreservedly, there would be a great deal less sorrow in the world a hundred years hence.

~ Samuel Butler, 1835-1902 ~

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

~ Mark Twain, 1835-1910 ~

While I do not believe that whatever is right, I do believe that whatever is ought to be known.

~ John Wesley Edward Bowen, 1855-1933 ~

Man is least himself when he talks in his own person. Give him a mask, and he will tell you the truth.

~ Oscar Wilde, 1856-1900, ~

If one tells the truth, one is sure, sooner or later, to be found out.

~ Wilde ~

The Chameleon, 1894

Tell the truth and shame the devil.

~ African-American Saying ~

Be yourself and speak your mind today, though it contradict all you have said before.

~ Elbert Hubbard, 1856-1915 ~

Tell the truth boldly, whether it hurts or not.

Never pander to weakness. If truth is too much for intelligent people and sweeps them away, let them go; the sooner, the better.

~ Vivekananda, 1863-1902 ~

The Complete Works of Swami Vivekananda, 1984-1987, 7:79, 1926

To say what you think will certainly damage you in society; but a free tongue is worth more than a thousand invitations.

~ Logan Pearsall Smith, 1865-1946 ~

The art of life is to show your hand. There is no diplomacy like candor. You may lose by it now and then, but it will be a loss well gained if you do. Nothing is so boring as having to keep up a

deception.

~ E. V. Lucas, 1868-1938 ~

365 Days and One More

Candor is always a double-edged sword; it may heal or it may separate.

~ Wilhelm Stekel, 1868-1940 ~

Truth is not always the best basis for happiness. There are people who perish when their eyes are opened.

~ Stekel ~

A "No" uttered from deepest conviction is better and greater than a "Yes" merely uttered to please, or what is worse, to avoid trouble.

~ Mahatma Gandhi, 1869-1948 ~

Truthful dealing even in the little things of life is the only secret to a pure life.

~ Gandhi ~

Speech to Students, *Young India*, 1925 December 10

The truth is often a terrible weapon of aggression. It is possible to lie, and even to murder, with the truth.

~ Alfred F. Adler, 1870-1937 ~

If you do not tell the truth about yourself, you cannot tell it about other people.

~ Virginia Woolf, 1882-1941 ~

The Moment and Other Essays, 1947

And there are those who talk, and without knowledge or forethought reveal a truth which they themselves do not understand.

~ Khalil Gibran, 1883-1931 ~

The Prophet, 1923

The truth can be spoken only by someone who already lives inside it; not by someone who still lives in untruth and only sometimes reaches out from untruth toward it.

~ Ludwig Wittgenstein, 1889-1951 ~

Philosophical Investigations, G. E. M. Anscombe, tr., 1968

Truth is always exciting. Speak it, then. Life is dull without it.

~ Pearl S. Buck, 1892-1973 ~

To My Daughters, With Love, 1967

When anyone announces that he is going to speak his mind freely, every one is frightened. This shows that there is no such thing as freedom of speech. No one can afford to let his neighbors know what he is thinking about them. Society can exist only

on the basis that there is some amount of polished lying and that no one says exactly what he thinks.

~ Lin Yutang, 1895-1976 ~

The Little Critic: Essays, Satires and Sketches on China (Second Series: 1933-1935), 1935

Many people today don't want honest answers insofar as honest means unpleasant or disturbing.

They want a soft answer that turneth away anxiety.

~ Louis Kronenberger, 1904-1980 ~

Fear is perhaps the greatest enemy of candor. How many men fear to follow their consciences because they would rather conform to the opinion of other men than to the truth they know in their souls? How can I be sincere if I am constantly changing my mind to conform with the shadow of what I think others expect of me? Others have no right to demand that I be anything other than what I ought to be.

~ Thomas Merton, 1915-1968 ~

No Man Is an Island, 1955, 1983

The person who is frightened of speaking the truth, for example, might say, "All right – I know that my whole castle will break down if I say this. But I will say it anyway. Whatever happens, I'll say it – it's better if my house falls down than if it were built on something unsteady. Then I can build a better house on a solid foundation."

~ Vilayat Khan, 1916-2004 ~

Awakening: A Sufi Experience, 1999

To state the facts frankly is not to despair for the future nor indict the past.

~ John F. Kennedy, 1917-1963 ~

Whenever truth is spoken there is somewhere an increase of understanding and faith.

~ Pearl Bailey, 1918-1990 ~

What we hunger for, perhaps more than anything else, is to be known in our full humanness and yet that is often just what we also fear more than anything else ... It is important to tell, at least from time to time, the secret of who we truly and fully are because otherwise we run the risk of losing track, and little by little come to accept instead the highly edited version which we put forth in hope that the world will find it more acceptable than the real thing.

~ Frederick Buechner, 1926- ~

Confrontation takes considerable courage, and many people would prefer to take the course of least resistance, belittling and criticizing, betraying confidences, or participating in gossip about others behind their backs. But in the long run, people will trust and respect you if you are honest and open and kind with them. You care enough to confront.

~ Stephen Covey, 1932- ~

The 7 Habits of Highly Effective People, 1989

One must be frank to be relevant.

~ Corazon Aquino, 1933- ~

Once you speak against the popular version of the truth, then you must be willing to pay the price for doing so.

~ Louis Farrakhan, 1934- ~

Speech at The Kennedy Center, 1985 July 22

Courageous people must continually push themselves to be completely honest, yet must also possess the capacity to withhold the whole truth when appropriate.

~ M. Scott Peck, 1936-2005 ~

The Road Less Travelled, 1978

People who have suffered from the wanton cruelty of others prefer the truth at all times, no matter what it might cost them.

~ Bessie Head, 1937-1986 ~

A Question of Power, 1973

Speak truth to power.

~ Marion Wright Edelman, 1939- ~

The Measure of Our Success, 1992

When nobody speaks your name, or even knows it, you, knowing it, must be the first to speak it.

~ Marlon Riggs, 1957-1994 ~

Only one thing is more frightening than speaking your truth, and that is not speaking.

~ Naomi Wolf, 1962- ~

"A Woman's Place," Address to Scripps College, 1992 May 17

It is better to be hurt by the truth, than to be made a fool of by a lie.

~ Karen Cedrone ~

Be not ashamed to confess that you have been in the wrong. It is but owning what you need not be ashamed of – that you now have more sense than you had before, to see your error; more humility to acknowledge it, more grace to correct it.

~ Jeremiah Seed ~



Related States & Conditions: Accomplishment/Achievement/Excellence, Action/Effort, Decision/Decisiveness, Diligence, Expedience, Initiative, Preparation/Readiness, Presence, Release, Today

Syntonic: Attention/Awareness, Balance, Collaboration/Synergy, Confidence, Courage, Detachment, Determination/Persistence/Resolve, Engagement/Integration/Involvement, Flexibility/Flow/Flux, Openness/Receptivity, Possibility/Potential, Responsibility, Tact/Discretion

Dystonic: Anger, Attachment, Complacency, Deferment/Delay, Distraction/Diversion, Fault, Fear, Habit, Haste/Impatience, Inaction, Laziness, Limitation, Regret, Worry

Time sucks the marrow out of any enterprise planned but not done with promptitude, especially one about to bear fruit.

~ Vishnu Sharma, c. 200 BCE ~
Panchatantra, III.206, Chandra Rajan, tr., 1993

Before you begin, get good counsel;
 Then, having decided, act promptly.

~ Sallust, 86-c. 34 BCE ~

First say to yourself what you would be; and then do what you have to do.

~ Epictetus, 50-120 ~

Time is passing every moment;
 How can you be complacent and waste it,
 Seeing death is but a breath away?

~ Guishan Lingyuan, 771-854 ~

The worthies of old all had means of emancipating people.
 What I teach people just requires you not to take on the confusion of others.
 If you need to act, then act, without any further hesitation or doubt.

~ Linji Yixuan, d. 867 ~

Know the true value of time; snatch, seize, and enjoy every moment of it. No idleness; no laziness; no procrastination; never put off till tomorrow what you can do today.

~ Lord Chesterfield, 1694-1773 ~

Take time to deliberate, but when the time for action has arrived, stop thinking and go in.

~ Napoléon Bonaparte, 1769-1821 ~

To do anything in this 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.

~ Sydney Smith, 1771-1845 ~

When once a decision is reached and execution is the order of the day, dismiss absolutely all responsibility and care about the outcome.

~ William James, 1842-1910 ~

To know what has to be done, then do it, comprises the whole philosophy of practical life.

~ William Osler, 1849-1919 ~

He travels fastest who travels alone.

~ Rudyard Kipling, 1865-1936 ~

The Winners

We cannot do everything at once, but we can do something at once.

~ Calvin Coolidge, 1872-1933 ~

You will never stub your toe standing still. The faster you go, the more chance there is of stubbing your toe, but the more chance you have of getting somewhere.

~ Charles Kettering, 1876-1958 ~

It is no good hearing an inner voice or getting an inner prompting if you do not immediately act on that inner prompting.

~ David Spangler, 1945- ~

Begin doing what you want to do *now*. We are not living in eternity. We have only this moment, sparkling like a star in our hand – and melting like a snowflake.

~ Marie Beyon Ray ~



DISTRACTION / DIVERSION

Related States & Conditions: Appearance/Form, Attachment, Deferment/Delay, Delusion, Desire, Exploration, Flexibility/Flow/Flux, Indulgence/Temptation, Lila/Leisure, Love-Eros

Syntonik: Attention/Awareness, Balance, Centering, Commitment/Dedication, Composure/Peace/Tranquility, Decision/Decisiveness, Diligence, Detachment, Determination/Persistence/Resolve, Equanimity, Focus/Intention, Meditation, Presence, Release, Responsibility, Restraint, Retreat/Withdrawal, Solitude, Tact/Discretion

Dystonic: Anger, Avoidance/Denial/Refusal, Complacency, Depression/Despair/Distress, Fault, Fear, Habit, Laziness, Limitation, Regret, Worry

The effect of living within a society oftentimes confuses and complicates our stream of thought. It makes people forget who they really are by causing them to be obsessed with what they are not.

~ Laozi, 570-490 BCE ~

Looking at small advantages prevents great affairs from being accomplished.

~ Kongfuzi, c. 551-c. 479 BCE ~

If you direct your whole thought to work itself, none of the things which invade eyes or ears will reach the mind.

~ Quintillian, c. 35-c. 100 CE ~

Are you distracted by the things of the world? Give yourself some quiet time to discover something new, and learn how to stop this restlessness. And beware you don't fall into another kind of error: the folly of those who wear out their lives in ceaseless business, but have no aim on which their every action or thought is focused.

~ Marcus Aurelius, 121-180 ~

The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

Words and speech, fine concepts

If pursued, will lead us astray.

Let us leave these behind

And nothing is closed to us.

The moment we are illumined within

We bypass all barriers.

~ Jianzhi Sengcan, 526-606 ~

If your mind races, return to the place you were before the thought. Return to the site of oneness.

~ Kabbalah ~

Don't search for truth with your intellect. Don't search at all. The nature of the mind is intrinsically pure ... If you don't run after sounds and sights, or let appearances give rise to conceptual thinking, you will become men unattached to all things.

~ Huihai Dazhu, 8th C. ~

The Zen Teaching of Hui Hai, John Blofeld, tr., 1962

If the mind tends to run off, then unify it by means of the breath; if the breath tends to become rough, then use the mind to make it fine. If you do this, how can the mind fail to stabilize?

~ Lu Dong Bin, c. 798 ~

The Secret of the Golden Flower: The Classic Chinese Book of Life, IV.15, Thomas Cleary, tr., 1991

The Way is present before our eyes, yet what is before our eyes is hard to understand. People like the unusual and enjoy the new; they miss what is right in front of their eyes and do not know where the Way is.

~ Ibid.

All this talk and turmoil and noise and movement and desire is outside the veil; inside the veil is silence and calm and peace.

~ Abu Yazid Al-Bistami, d. c. 874 ~

Early Islamic Mysticism: Sufi, Qur'an, Mi'raj, Poetic and Theological Writings, Michael A. Sells, tr. & ed., 1996

Don't think.

Don't get lost in your thoughts.

Your thoughts are a veil on the face of the Moon.

That Moon is your heart,

and those thoughts cover your heart.

So let them go,

just let them fall into the water.

~ Jalaluddin Rumi, 1207-1273 ~

in *Two Suns Rising*, Shahram Shiva & Jonathan Star, trs., 1991

244 DISTRACTION / DIVERSION

Often I am not where I am, but where my thoughts lead me.

~ Thomas à Kempis, c. 1380-1471 ~
De Imitatione Christi, c. 1418

It is a thorny undertaking ... to follow a movement so wandering as that of our mind, to penetrate the opaque depths of its innumerable folds, to pick out and immobilize the innumerable flutterings that agitate it.

~ Michel de Montaigne, 1533-1592 ~
Essais, 1580

The fly that touches honey cannot use its wings; so the soul that clings to spiritual sweetness ruins its freedom and hinders contemplation.

~ John of the Cross, 1542-1591 ~

Let any man examine his thoughts, and he will find them ever occupied with the past or the future. We scarcely think at all of the present; or if we do, it is only to borrow the light which it gives for regulating the future. The present is never our object; the past and the present we use as means; the future only is our end. Thus, we never live, we only hope to live.

~ Blaise Pascal, 1623-1662 ~

I know not what I may appear to the world, but to myself I seem to have been only like a boy playing on the seashore, and diverting myself in now and then finding a smoother pebble or a prettier shell than ordinary, whilst the great ocean of truth lay all undiscovered before me.

~ Isaac Newton, 1642-1727 ~
in David Brewster, *Memoirs of Newton*

What need of so much news from abroad, when all that concerns life or death is at work within us?

~ William Law, 1686-1761 ~
in Aldous Huxley, *The Perennial Philosophy*, 1944

No mind is much employed upon the present; recollection and anticipation fill up all our moments.

~ Samuel Johnson, 1709-1784 ~

Keep your heart clear and transparent and you will never be bound.

A single disturbed thought, though, creates ten thousand distractions.

Let myriad things captivate you and you will go further and further astray. How painful to see people

all wrapped up in themselves.

~ Ryokan, 1758-1831 ~

Sit in reverie and watch the changing colors Of the waves that break upon the idle seashore of the mind.

~ Henry Wadsworth Longfellow, 1807-1882 ~

The great danger facing all of us is ... that some day we may wake up and find that always we have been busy with the husks and trappings of life – and have really missed life itself.

~ Phillips Brooks, 1835-1893 ~

To busy oneself with what is futile when one can do something useful, to attend to what is simple when one has the mettle to attempt what is difficult, is to strip talent of its dignity. It is a sin not to do what one is capable of doing.

~ José Martí, 1853-1895 ~
Martí Pensamientos, Carlos Ripoll, ed.

The trouble with organizing a thing is that pretty soon folks get to paying more attention to the organization than to what they're organized for.

~ Laura Ingalls Wilder, 1867-1957 ~

The mind is like a strolling street dog. You are eating out of garbage cans. You who are heir to immortal glory, divine blessedness – why are you picking up these little droppings and trying to fill yourself?

~ Sivananda, 1887-1963 ~

Our minds are like crows. They pick up everything that glitters, no matter how uncomfortable our nests get with all that metal in them.

~ Thomas Merton, 1915-1968 ~

Breath is the bridge which connects life to consciousness, which unites your body to your thoughts. Whenever your mind becomes scattered, use your breath as a means to take hold of your mind again.

~ Thich Nhat Hanh, 1926- ~

I never learned to stop at the skin. If I looked at a man or a woman, I wanted to see inside. Being distracted by shading or coloring is stupid. It gets in the way. It's something I just can't see.

~ Ray Charles, 1930-2004 ~

Science has beauty, power, and majesty that can provide spiritual as well as practical fulfilment. But superstition and pseudoscience keep getting in the

way, providing easy answers, casually pressing our awe buttons, and cheapening the experience.

~ Carl Sagan, 1934-1996 ~

Love and compassion predominate in the world. And this is why unpleasant events are “news”; compassion activities are so much a part of daily life that they are taken for granted and, therefore, largely ignored.

~ Dalai Lama, 1935- ~

These stories we make up about ourselves distance us from the rawness of our immediate experience ... There's nothing wrong with our thoughts and emotions except that we identify with them and make them seem solid. But if you don't identify with them, you begin to see life as a sort of movie in which you are the main character. It still has plot and conflict – there's no other way it could be – but you don't have this tight grip on it all. We need to let the story line go and have an immediate experience of what's actually happening, without blaming ourselves or anyone else.

~ Pema Chödrön, 1936- ~

“Turning Toward Pain,” Interview by James Kullander

Spending is an opiate to many people, a balm to disappointments, frustrations, emptiness. If the individual transforms that inner distress, there is less need for drugs and distractions. Inner listening makes clearer to us what we really want, as distinct from what we have been talked into, and it may not have a price tag.

~ Marilyn Ferguson, 1938- ~

The Aquarian Conspiracy, 1980

Passion and compassion are related. A passionate response to injustice is what gives you energy to do something about it. If you can keep that energy down, then those who are running things are safe. In our culture, television and consumerism are the opium of the people. They keep people from getting in touch with their deep passions. People keep getting fed more and more TV and more and more things to shop for so that they don't ask the deeper questions.

~ Matthew Fox, 1940- ~

“Counting Our Original Blessings,” Interview with David Jay Brown & Rebecca McClen Novick, *Voices from the Edge*, 1994

If we're not careful, we make our lives busy, complicated, and unnecessary. We fill ourselves with a sense of vacancy and meaninglessness. Our minds become complicated by petty details and wants, and we become ever more confused. But in

our quiet moments, we sense that no freedom lies in maximizing petty choices. It's the wrong game plan ... and we know it.

~ Steve Hagen, 1945- ~

Buddhism Plain & Simple, 1997

Only by making time to step back can we spot the clutter in our lives. In the process we may come to realize how welcome a distraction that clutter can be. And how addictive it is to be rushed and busy. Thinking about such matters doesn't just take time; it takes courage. Bigger things in life are more frightening to deal with than smaller things. There's more at stake; more to lose. Yet another reason to keep our calendars filled with little tasks is that it's easier to get a grip on little tasks. Busyness can keep us from having to reflect, risk intimacy, or face the void. We haven't got the time ... We're never forced to ask ourselves what really matters.

~ Ralph Keyes, 1945- ~

Timelock, 1991

Not to be able to stop thinking is a dreadful affliction, but we don't realize this because almost everybody is suffering from it, so it is considered normal. This incessant mental noise prevents you from finding that realm of inner stillness that is inseparable from Being.

~ Eckhard Tolle, 1948- ~

Practicing the Power of Now, 1999

We all have innate awareness. It's always there. Where else would it go? Unfortunately this awareness is rarely operating at full efficiency. It's buried, covered over, obscured by temporary distractions, veiled by our illusions and confusions, submerged under layers of habit and learned behavior.

~ Lama Surya Das, 1950- ~

Awakening to the Sacred: Creating a Spiritual Life from Scratch

Fill your mind with the meaningless stimuli of a world preoccupied with meaningless things, and it will not be easy to feel peace in your heart.

~ Marianne Williamson, 1952- ~

The mind that is not always caught up in detail is your only treasure. Stop chasing details and become still to feel it. The mind that sees details clearly but is not caught by them is like a vast borderless mirror. That mind does not oppose itself.

~ G. BlueStone ~

Journeys on Mind Mountain, 1990



DIVERSITY / MULTIPLICITY

Related States & Conditions: Appearance/Form, Art, Change, Choice/Volition, Connection/Interbeing/Interdependence, Dreams/Dreaming, Exploration, Expression, Flexibility/Flow/Flux, Individuality, Indulgence/Temptation, Legacy, Love-Eros, Music, Possibility/Potential, Skill/Talent/Resources, Wealth/Prosperity, Wonder/Mystery

Syntonie: Acceptance, Appreciation, Attention/Awareness, Balance, Decision/Decisiveness, Detachment, Differentiation/Division/Separation, Equanimity, Focus/Intention, Openness/Receptivity, Release, Restraint, Tolerance

Dystonic: Attachment, Avoidance/Denial/Refusal, Conformity, Delusion, Fear, Habit, Laziness, Limitation, Regret

The tongues are diverse in speech,
Their forms likewise and their skins are
distinguished.

~ Akhenaton, c. 1385-c. 1355 BCE ~

in James H. Breasted, *Development of Religion and Thought in Ancient Egypt*

Sour, sweet, bitter, pungent, all must be tasted.
~ Chinese Saying ~

Men who love wisdom should acquaint themselves
with a great many particulars.
~ Heraclitus, c. 540-c. 480 BCE ~

There are as many opinions as there are people:
each has his own point of view.
~ Terence, c. 190-159 BCE ~

No pleasure lasts long unless there is variety in it.
~ Publilius Syrus, c. 42 BCE ~
Moral Sayings

Our minds are like our stomachs; they are whetted
by the change of their food, and variety supplies
both with fresh appetite.
~ Quintillian, c. 35-c. 100 CE ~

In consequence of possessing diverse attributes, the
Supreme Existence appears manifold, but when the
attributes are annihilated, unity is restored. In
consequence of those diverse attributes, a variety
of names and conditions are supposed proper to
the spirit, just as a variety of tastes and colors are
attributed to water.
~ Shankara, 686-718 ~

Heaven is man and man is heaven, and all men
together are one heaven, and heaven is nothing
but one man. You must know this to understand

why one place is this way and the other that way,
this is new and that is old, and why there are
everywhere so many diverse things.

~ Paracelsus, 1493-1541 ~

Selected Writings, Jacobi, ed., 1951

Don't maintain yourself as excessively pure. You
need a little disgrace and contamination as part of
your mix. Don't be too scrupulous about your
association with others. You need to keep a little
tolerance for the good and bad, the intelligent and
dull.

~ Hong Zicheng, fl. 1596 ~

Caigentan: Vegetable Roots Discourse, I.188, Robert Aitken &
Daniel W. Y. Kwok, trs., 2006

Variety is the spice of life,
That gives all its flavor.
~ William Cowper, 1731-1800 ~
The Task, 1785

Our days are a kaleidoscope. Every instant a
change takes place in the contents. New
harmonies, new contrasts, new combinations of
every sort. Nothing ever happens twice alike. The
most familiar people stand each moment in some
new relation to each other, to their work, to
surrounding objects. The most tranquil house, with
the most serene inhabitants, living upon the
utmost regularity of system, is yet exemplifying
infinite diversities.

~ Henry Ward Beecher, 1813-1887 ~
Eyes and Ears

Sunshine is delicious, rain is refreshing, wind
braces up, snow is exhilarating; there is no such
thing as bad weather, just different kinds of good
weather.

~ John Ruskin, 1819-1900 ~

If so many men, so many minds, certainly so many hearts, so many kinds of love.

~ Leo Tolstoy, 1828-1910 ~

It were not best that we should all think alike; it is difference of opinion that makes horse races.

~ Mark Twain, 1835-1910 ~

Pudd'nhead Wilson, 1894

We live in a rainbow of chaos.

~ Paul Cézanne, 1839-1906 ~

If all the flowers in a garden were of the same color, the effect would be monotonous and wearying to the eye ... Let all associate, therefore, in this great human garden even as flowers grow and blend together side by side without discord or disagreement between them.

~ 'Abdu'l-Bahá, 1844-1921 ~

The Promulgation of Universal Peace, 1982

Diversity of hues, form and shape enricheth and adorneth the garden, and heighteneth the effect thereof. In like manner, when divers shades of thought, temperament and character, are brought together under the power and influence of one central agency, the beauty and glory of human perfection will be revealed and made manifest.

~ 'Abdu'l-Bahá ~

in Shoghi Effendi, *The World Order of Baha'u'llah: Selected Letters*, 1974

Let there be many windows to your soul,

... Not the narrow pane

Of one poor creed can catch the radiant rays

That shine from countless sources.

~ Ella Wheeler Wilcox, 1850-1919 ~

Different strokes for different folks.

~ African-American Saying ~

Variety is the very soul of life. When it dies out entirely, creation will die. When this variation in thought is kept up, we must exist; and we need not quarrel because of that variety. Your way is very good for you, but not for me. My way is good for me but not for you.

~ Vivekananda, 1863-1902 ~

The Complete Works of Swami Vivekananda, 1984-1987, 3:131, 1926

We are all traveling the same way, toward the same goal, but by different paths made by the necessities of the case to suit diverse minds. We must become many-sided, indeed we must become

protean in character.

~Ibid., 6:138

The longer one lives, the more one realizes that nothing is a dish for every day.

~ Norman Douglas, 1868-1952 ~

An Almanac

You must learn day by day, year by year, to broaden your horizon. The more things you love, the more you are interested in, the more you enjoy, the more you are indignant about – the more you have left when anything happens.

~ Ethel Barrymore, 1879-1959 ~

If one studies human nature one finds that even a piano of a thousand octaves cannot produce the variety that human nature represents: how people agree with one another, how they disagree; some become friends after a contact of one moment, and some in a thousand years cannot become friends. If one could only see to what pitch the different souls are tuned, in what octave different people speak, what standard different people have!

~ Hazrat Khan, 1882-1927 ~

The Mysticism of Sound and Music, 1991

But reality happens to be, like a landscape, possessed of an infinite number of perspectives, all equally veracious and authentic. The sole false perspective is that which claims to be the only one there is.

~ José Ortega y Gasset, 1883-1955 ~

Each and every master, regardless of the era or place, heard the call and attained harmony with heaven and earth. There are many paths leading to the top of Mount Fuji, but there is only one summit – love.

~ Morihei Ueshiba, 1883-1969 ~

The Art of Peace, John Stevens, tr., 1992

In our daily living we encounter infinite variety in all things. But behind the expression there is a pattern or form which is the foundation. There is a unity, but not a uniformity, that exists between all similar expressions, a unity that resides in the ultimate creative nature of the Universe, a unity that allows freedom of individual expression ... behind every person, every race, there is the basic pattern, a pattern that is individually expressed. If there were not the possibility of variation of expression, life could never have developed its infinite variety. And if there had not been a basic pattern behind the development of humankind,

there never would have been any way for it to develop.

~ Ernest Holmes, 1887-1960 ~
 "Change Is Necessary"

No one asks you to throw Mozart out of the window. Keep Mozart. Cherish him. Keep Moses too, and Buddha and Lao-tse and Christ. Keep them in your heart. But make room for the others, the coming ones, the ones who are already scratching on the window-panes.

~ Henry Miller, 1891-1980 ~
The Air-Conditioned Nightmare, 1945

All that is gold does not glitter; not all those that wander are lost.

~ J. R. R. Tolkien, 1892-1973 ~

How can people say one skin is colored when each has its own coloration? What should it matter that one bowl is dark and the other pale, if each is of good design and serves its purpose well? We who are clay blended by the Master Potter come from the kiln of Creation in many hues.

~ Polingaysi Qoyawayma, 1892- ~

Letting a hundred flowers blossom and a hundred schools of thought contend is the policy for promoting the progress of the arts and sciences.

~ Mao Zedong, 1893-1976 ~
 Speech, 1956 May 2

If we are to achieve a richer culture – one rich in contrasting values – we must recognize the whole gamut of human potentialities, and so weave a less arbitrary social fabric, one in which each diverse human gift will find a fitting place.

~ Margaret Mead, 1901-1978 ~

If nature puts a burden on man by making him different, it also gives him a power.

~ John "Fire" Lame Deer, 1903-1976 ~
Lame Deer: Seeker of Visions, 1972

Diversity of opinion is the essence of freedom.

~ Lord Devlin, 1905-1992 ~

Assuredly, all the disciplines of the mind and all the sciences of man are equally precious and their discoveries mutually so, but this solidarity does not mean confusion. What is important is to integrate the results of the diverse applications of the mind without confounding them. The surest method ... is still that of studying a phenomenon in its own frame of reference, with freedom afterwards to

integrate the results of this procedure in a wider perspective.

~ Mircea Eliade, 1907-1986 ~

Life may be seen through many windows, none of them necessarily clear or opaque, less or more distorting than any of the others.

~ Isaiah Berlin, 1909-1997 ~
Personal Impressions, 1980

Creative culture is infinitely porous – it absorbs influences from all over the world.

~ Northrop Frye, 1912-1991 ~
Maclean's, 1991

Cultural pluralism: it's the air we breathe; it's the ground we stand on.

~ Ralph Ellison, 1914-1994 ~

The plague of mankind is the fear and rejection of diversity: monotheism, monarchy, monogamy – and, in our age, monomedicine. The belief that there is only one right way to live – only one right way to regulate religious, political, sexual, medical affairs – is the root cause of the greatest threat to man: members of his own species, bent on ensuring his salvation, security, and sanity.

~ Thomas Szasz, 1920- ~

"Politics," *The Untamed Tongue: A Dissenting Dictionary*, 1990

Color makes a difference. Gender makes a difference. Ethnicity makes a difference. Acting as if they don't will create more problems than it will solve.

~ James R. Jones, 1921-1977 ~

Diversity is not an abnormality but the very reality of our planet. The human world manifests the same reality and will not seek our permission to celebrate itself in the magnificence of its endless varieties. Civility is a sensible attribute in this kind of world we have; narrowness of heart and mind is not.

~ Chinua Achebe, 1930- ~

Bates College Commencement Address, 1996 May 27

I have Dutch, nigger and English in me, and either I'm nobody, or I'm a nation.

~ Derek Walcott, 1930- ~
 "The Schooner *Flight*"

My work is about difference, my work is about how we learn to lie down with the different parts of ourselves, so that we can in fact learn to respect and honor the different parts of each other, so that

we in fact can learn to use them moving toward something that needs being done, that has never been done before.

~ Audre Lorde, 1934-1992 ~
Radio Interview, 1988

The key to community is the acceptance – in fact, the celebration – of our individual and cultural differences. It is also the key to world peace.

~ M. Scott Peck, 1936-2005 ~
The Different Drum: Community Making and Peace, 1987

Incorporating the dark and the light, the sacred and the profane, the sorrow and the joy, the glory and the mud, the conclusions of a community are more well rounded than those of an individual, couple, or ordinary group.

~ Ibid.

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

~ H. Jackson Brown, Jr., 1940- ~

The variations of gender are infinite, and so it is absurd to reduce gender to two categories and insist that everyone fit into one or the other.

~ Thomas Moore, 1940- ~
Original Self, 2000

Some people march to a different drummer, ignoring the rest of the world. A few dance to the piccolo.

~ Paul Chance, 1941- ~

Because the future depends on the breaking down of paradigms, it depends on the straddling of two or more cultures.

~ Gloria Anzaldúa, 1942-2004 ~
"La conciencia de la mestiza: Towards a New Consciousness,"
Borderlands/La Frontera: The New Mestiza, 1987

Nobody's ordinary. Each one of us is special and it's the coming together of all that that makes the world so fine.

~ Ntozake Shange, 1948- ~
Betsey Brown, 1985

We now have a much wider choice; it does not have to be black or white. There is an indeterminate number of gradations of gray in between, not to mention colors in all their tints and shades.

~ Larry Chang, 1949- ~
"Either/Or – Both/And: The Widening of Choices," Talk,
Temple of Light, 1996 May 19

Culture isn't something that comes with one's race or sex. It comes only through experience; there isn't any other way to acquire it. And in the end everyone's culture is different, because everyone's experience is different.

~ Louis Menand, 1952- ~

We have much wisdom to gain by learning to understand other people's cultures and permitting ourselves to accept that there is more than one version of reality.

~ Malidoma Somé, 1956- ~

In terms of my growth as a human being ... I want to present a whole and complete picture – the yin, the yang; the black, the white; the boy, the girl; the sane, the insane. Because we are all Everyman – a rainbow of different roles and different people. Exploring the colors in myself and in others is my life's passion. There is no such thing as normality – each and every one of us, if we dare to be whole, is a gorgeous peacock. Whether you believe you have one life to live or hundreds, there is no reason not to spread your wings and fly!

~ RuPaul, 1960- ~
Lettin It All Hang Out, 1995

There are many realities. We should remember this when we get too caught in being concerned about the way the rest of the world lives or how we think they live.

~ Natalie Goldberg ~
Writing Down the Bones, 1986

It is in the unique qualities of this and that, their particular individuality and properties – in their eachness and suchness, if you will – that all poetry and art, science and life, wonder, grace, and richness reside ... So there can be no one practice, no one way to learn, no one way to love, no one way to grow or to heal, no one way to live, no one way to feel, no one way to know or be known. The particulars count.

~ Jon Kabat-Zinn ~
Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life, 1994

We have the power to choose not to let our beautiful diversity be a source of division amongst us. We have to see ourselves as having enormous strength because of the wealth of our resources. That wealth lies in our differences.

~ Angel Kyodo Williams ~
Being Black: Zen and the Art of Living with Fearlessness and Grace, 2000