

Perhaps wisdom can be regarded as an understanding of what to do, of what's helpful and what isn't. I'd love to have more wisdom so I've been collecting quotes for many years. These are the "stars" from my collection, specially & carefully selected for their power to light the way to your true underlying goals of health, peace, love and happiness. No matter how clever or funny a quote was, if it didn't seem helpful then it wasn't included in this collection.

So what's your goal today? What do you wish to achieve or learn about? Just follow the stars of the given colour.

*World peace (guidance on how we can achieve world peace)

*Mental peace (mental health, equanimity, forgiveness)

*Happiness

*Moral guidance

*Spiritual wisdom (insights into mind, spirit & the force behind it all)

*Success in work or study

*Success in relationships

W.I.S.E

Wisdom In Studying English

"Quotes" 'Expressions & sayings' Advice & ideas

Quotes, Expressions & advice

ART

*"Art is a collaboration between God and the artist, and the less the artist does the better." (Andre Gide)

*"The business of an artist is to find where God is hiding!" (Pablo Picasso)

*"It takes a long time to become young." (Pablo Picasso)

*"Art is a step from what is obvious and well-known toward what is arcane and concealed." (Kahlil Gibran)

BUDDHISM

*****"What kind of a person you want to become depends on what your mind wants to make of itself." (The venerable Shang Longrik Gyatso Rinpoche)

*****"White clouds that drift through blue sky,

changing shape constantly,
have no root, no foundation, no dwelling;
nor do changing patterns of thought
that float through the sky of mind.
When the formless expanse of awareness
comes clearly into view,
obsession with thought forms
ceases easily and naturally.

Allow the mind to be at peace
in brilliant wakefulness.

Trust only the approach
that is utterly vast and profound.

Transcend boundaries of kinship
by embracing all living beings
as one family of consciousness.

Supreme knowing knows
no separate subject or object."
(Translated extracts from a song by the revered
Buddhist Sage Tilopa for his student Naropa)
<http://www.heartspace.org/writings/traditional/Tilopa.html>

Tibetan Buddhism Wisdom

★★★★"When a strong wind blows, the clouds vanish and
blue sky appears. Similarly, when the powerful wisdom

that understands the nature of the mind arises, the dark clouds of ego disappear. Beyond the ego – the agitated, uncontrolled mind – lie everlasting peace and satisfaction."

(Lama Thubten Yeshe)

****"Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned." (Buddha Shakyamuni)

WISDOM

****"The greatest wisdom is seeing through appearances." (Atisha 11th Century Buddhist Sage who lived in Tibet)

*"The words that enlighten the soul are more precious than jewels." (Hazrat Khan)

**Wisdom is valuable.

**Knowledge and wisdom are with you as long as you remember and they weigh nothing.

***"Our scientific evolution has outrun our spiritual evolution. We have guided missiles and misguided men." (Martin Luther King)

OPENNESS

****“When we open our heart with no judgment, we will see the beauty of every soul.” (Ping, organizer of ‘The Red Room’ events in Taipei)

****"Minds are like parachutes; they work best when open." (Lord Thomas Dewar)

****'Keep an open mind.'

**'Never judge a person until you've walked a mile in their moccasins.'
(Native American Proverb)

**"It's worse to doubt your friend than to be cheated by him." (Anon)

*Blessings often come in disguise. 'A blessing in disguise'

*"The heart has reasons the mind could never understand." (Blaise Pascal)
(*Alternative translation: "The heart has its reasons, of which reason knows nothing."*)

KNOWLEDGE, CLEVERNESS & WISDOM

***"Cleverness is not wisdom." (Euripides)

****"Knowledge speaks, but wisdom listens."(Jimi

Hendrix)

*“In the attitude of silence the soul finds the path in a clearer light, and what is elusive and deceptive resolves itself into crystal clearness. Our life is a long and arduous quest after Truth.” (Mahatma Gandhi -1869 to 1948)

*“We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time.” (T.S Elliot)

*'Knowledge is power.'

POTENTIAL

**“Some things have to be believed to be seen.” (Ralph Hodgson)

**"Excellence is habit not virtue." (Plato)

*Your ability is largely a decision.

*"Do all that you can, with all that you have, in the time that you have, in the place where you are." (Nkosi Johnson)

CONSISTENCY

*Consistency is the key.

*Every day take a baby step towards a giant dream.

*'Slow but sure wins the race.'

*'Rome wasn't built in a day.'

*Come to every class and one day you will be in a class of your own.

ATTITUDE

**"The only disability in life is a bad attitude." (Scott Harrington)

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The one thing we can do is play on the one string we have, and that is our attitude. I am

convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...we are in charge of our attitudes." (Charles Swindoll)

LEARNING

**"Learning is a matter of attitude not aptitude." (Georgi Lozanov, pioneer of Accelerated Learning)

*"**Learning is the greatest game in life** and the most fun. All children are born believing this and will continue to believe this until we convince them that learning is hard work and unpleasant. Some kids never really learn this lesson and go through life believing that learning is fun and the only game worth playing. We have a name for such people. We call them geniuses." (Glenn Doman)

*Love learning. Make learning your hobby.

*How can you learn to your maximum? Free yourself from thoughts about the outcome (future) and your abilities (past) - be fully in the moment, focus on what you're doing, and love the journey of learning.

*"Reading is to the mind, what exercise is to the body." (Richard Steele)

WORK

*'Quality over quantity.'

*'A stitch in time saves nine.'

**'If a job is worth doing it's worth doing well.'

**"Work like you don't need the money, dance like nobody's watching, and love like you've never been hurt." (Satchel Paige)

***"**Work is love made visible.** And if you cannot work with love but only with distaste, it is better that you should leave your work and sit at the gate of the temple and take alms of those who work with joy." (Khalil Gibran)

Work and play

**"Choose a job you love and you won't have to work a day in your life." (Confucius)

*** Delayed gratification

Work well, rest well. Eat your spinach, then your dessert. Desert your spinach and you'll get your just desserts.

*"It's not the hours you put in your work that counts, it's the work you put in the hours." (Sam Ewing)

*“Maximum meaning minimum means.” (Abram Games)

SUCCESS

***"To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty, to find the best in others; to leave the world a little better; whether by a healthy child, a garden patch or a redeemed social condition; to know even one life has breathed easier because you have lived. This is the meaning of success."

(Bessie Anderson Stanley; frequently misattributed to Ralph Waldo Emerson)

***"An iceberg is a good analogy of our character and personality. The tip of the iceberg is what is seen first by other people; our personality. The part that lies underneath the water is our character, which lays unseen and hidden. Our personality is our image, techniques and skills that influence our outward success, but our true success will come from the goodness of our character that lies beneath the surface."

(Submitted to Wisdomtips.com by Mary Hatfield)

SUCCESS & WORK

***"There's only one place where success comes before work, that's in a dictionary." (Vince Lombardi)

**"Do more than is required. What is the distance between someone who achieves their goals consistently and those who spend their lives and careers merely following? The extra mile."
(Gary Ryan Blair)

*"It takes twenty years of hard work to become an overnight success." (Diana Rakin)

*"Success usually comes to those who are too busy to be looking for it." (Henry David Thoreau - 1817 to 1862)

*"No bird soars too high if he soars with his own wings." (Albert Einstein)

SUCCESS & PERSISTENCE

*"Success is having the courage to meet failure without being defeated." (Wilfred A. Peterson)

**"Nothing in this world can take the place of persistence. 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)

****The Road to Success**

"The road to success is not straight
There is a curve called failure
A loop called confusion
Speed bumps called friends
Red lights called enemies
Caution lights called family
you'll have flats called jobs
But if you have determination
An engine called perseverance
Insurance called faith
A driver called GOD
You'll make it to a place called SUCCESS!"
(Anon)

******"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)

SUCCESS & BELIEF

*****"If you want to achieve greatness then stop asking for

permission" (Eddie Colla)

*Success goes to "the mug" who has "the bottle" to say "I can."

*'The eye of the tiger.'

***"There is no shame when you try and fail; there is only shame when you fail to try." (Anon)

***"If you think you're too small to make a difference try sleeping in a room with a mosquito." (The Dalai Lama)

JUST DO IT

*"If you worry about winning you won't, if you focus on doing your very best you will." (Submitted to Wisdomtips.com by Lauren from Chicago, USA)

"Over analysis leads to paralysis." (Rebecca Jane)

**"Vision is not enough, it must be combined with venture. It is not enough to stare up the steps, we must step up the stairs." (Václav Havel)

**'Carpe Diem,' (Seize the day).

*"An optimistic person sees the glass of water as half-full, the pessimistic person sees it as half-empty, the

blessed person will just drink it."

(Submitted to Wisdomtips.com by Matthew L. from Anaheim USA)

FOCUS

*The more you focus the more magic what you're doing becomes. Focus Now. Be devoted to what you're doing now. Your focus is like a path, unrelated thoughts like a forest either side. To do well stay on the path. When you catch yourself wandering (wondering) into the forest it's OK, just come straight back to the path.

*"Nothing interferes with my concentration. You could put on an orgy in my office and I wouldn't look up. Well, maybe once." (Isaac Asimov)

AWARENESS

***Awareness without mental slavery**

Many things aren't just "good" or "bad". Their quantity determines their quality. With awareness you can keep a healthy balance. If something becomes too much or too little, it's OK, you don't need to feel bad about it, just steer yourself back to the balance.

**Don't feel bad for not being aware before, just be aware the moment you're aware of the need to be aware.

***Being aware means being clear about what's happening now.

*'Keep a healthy balance.'

*"All things in moderation, including moderation."
(Oscar Wilde)

***A simple guiding principle to live by: 'Be clear about what you're doing and do meaningful things.'

**Take away unnecessary rules and keep the LAW:
Love, **A**wareness & **W**isdom.

***Four A's to learn:

Awareness

Acceptance

Appreciation

Altruism

(+ Ability)

***It's easy to be natural or aware. The challenge is to be natural and aware. Like a child and adult at the same time.

**"Awareness is always the first step towards recovery." (Wendy Churchill)

ACCEPTANCE

****"True acceptance is when you feel there's nothing to accept." (Most likely from a lecture by the venerable Shang Longrik Gyatso Rinpoche)

***Emotional control = awareness and acceptance.

ANGER

**"Smoke gets in your eyes." (Oscar Hammerstein)

****"Nobody can make you angry. How you choose to act and react is completely up to you." (Leonard Coldwell)

****Don't Blow Out The Light That Guides You
"Anger is a wind which blows out the lamp of the mind." (Robert Ingersoll)

****"How much more grievous are the consequences of anger than the causes of it." (Marcus Aurelius)

****"He who establishes his argument by noise and command, shows that his reason is weak." (Michel De Montaigne, 1533 to 1592)

****"It is easier to put on slippers than to carpet the whole world." (Al Franken)

You can't change the outside world but you can change your reactions to it.

SOLVING PROBLEMS

***"You must be the change you wish to see in the world." (Mahatma Gandhi)

***"If you can solve your problem, then what is the need of worrying? If you cannot solve it, then what is the use of worrying?" (Shantideva)

**"May I have grace to accept the things I cannot change, the courage to change what I can, and the wisdom to know the difference." (Reinhold Niebuhr)

**"Problems cannot be solved at the same level of consciousness that created them." (Albert Einstein)

*'Prevention is better than cure.'

KINDNESS

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

***The more kind and polite you can be with others the

more kind and polite you can be with yourself.

HELPING OTHERS

***If you hurt another you hurt yourself. If you help another you help yourself.

***"When you dig another out of their troubles, you find a place to bury your own." (Anon)

***"If you don't like the way life is treating you, then look at the way you are treating life."
(Sonja D. Shelledy)

***'Life is what you make it.'

**'One good turn deserves another.'

***'What goes around comes around.'

***"It is more of a blessing to serve others than to be served." (Master Cheng Yen)

**"Hands that help are holier than lips that pray." (Sai Baba)

*The helping hand is given strength.

**"A business that makes nothing but money is a poor

business." (Henry Ford)

**"It's easy to make a buck. It's a lot tougher to make a difference." (Tom Brokaw)

***"The work an unknown good man has done is like a vein of water flowing hidden underground, secretly making the ground green." (Thomas Carlyle)

LOVE

*****"Love All, Serve All
Help Ever, Hurt Never" (Sai Baba)

*****"All you need is love" (Beatles song)

CARE

**The Golden Rule of Politeness
Everyone wants to feel valuable and special, and they are. So value others and make them feel special.

***"People don't care how much you know until they know how much you care."
(John C. Maxwell)

**"A real friend is somebody who walks in when the rest of the world walks out." (Walter Winchell)

BEING HUMBLE

***How to have great ability but stay humble? Don't compare yourself with others. Don't proudly think that the ability is from 'you'. See yourself as lucky and be grateful for your gifts - cherish them. You're like a cup, and your blessings and abilities are like ambrosia, just there in that cup for a while.

***'The ocean is so huge because it stays low.'

***Wisdom is like water: it flows to the lowest point. So be humble.

SPEAKING

*'He who asks is a fool for five minutes but he who does not ask remains a fool forever.' (Chinese proverb)

**"Make sure you have finished speaking before your audience has finished listening." (Dorothy Sarnoff)

*"Talk is cheap because supply exceeds demand." (Anon)

**'Practice what you preach.'

**"A lie can travel half the world while the truth is still putting on its shoes." (Mark Twain)

***"If you hear that someone is speaking ill of you

instead of defending yourself you should say he obviously doesn't know me very well because there are so many other faults he could have mentioned." (Epictetus)

**"Live without pretending, Love without depending, Listen without defending, Speak without offending." (Drake - Rapper & Songwriter)

***"Keep your words, soft and sweet, just in case you have to eat them." (Andy Rooney)

**"Really look at the person to whom you are speaking. Observe the face, the expression, the body language. Wish him or her well silently. Sincerely." (Srikumar Rao quoted by Wendy Churchill)

*"There is only one thing in life worse than being talked about, and that is not being talked about." (Oscar Wilde)

COURAGE

****"Courage is not the absence of fear, but the triumph over it." (Nelson Mandela)

*Courage is an important part of genius.

***The cure is in courage.

*It takes courage to be yourself.

SINCERITY & BEING TRUE TO YOUR CHARACTER

**"Care about what other people think and you will always be their prisoner. Free yourself from this prison and fly free like a bird." (Laozi)

***"You wouldn't worry so much about what others think of you if you realised how seldom they do." (Eleanor Roosevelt)

***"Be yourself, everyone else is taken." (Oscar Wilde)

****"No need to compare yourself with others. Everyone is unique and special. Just do your best. True focus is without thought of "self" or "other."

*"No one can make you feel inferior without your consent." (Wendy Churchill)

***"No need to try to look cool or good. Don't worry about looking good, focus on doing good.

****"Live authentically. Be the person you truly are, and the sincerity of your efforts will bring a wonderful richness to your life." (Ralph Marston)

*"The people who matter don't mind
And the people that mind don't matter." (Frequently
attributed to either Bernard Baruch or Dr. Seuss)

CHILDREN & YOUTH

*See art (Picasso)

*"Age is an issue of mind over matter. If you don't
mind, it doesn't matter." (Mark Twain)

*"If you're a singer you lose your voice. A baseball
player loses his arm. A writer gets more knowledge,
and if he's good, the older he gets, the better he
writes." (Mickey Spillane)

**"You can only be young once. But you can always be
immature." (Dave Barry)

****"If I had my child**

If I had my child to raise again

I'd build self esteem first and the house later

I'd finger paint more and finger point less

I'd do less correcting and more connecting

I'd take my eyes off my watch and watch more with my
eyes

I would care to know less and know to care more

I'd take hikes and fly more kites

I'd stop playing seriously and seriously play

I would run through more fields and gaze at more stars
I'd do more hugging and less tugging."
(Diana Loomans)

LAUGHTER

***"If I were given the opportunity to present a gift to
the next generation, it would be the ability for each
individual to learn to laugh at himself."
(Charles Schultz)

***"Laughter is an instant vacation!" (Mark Twain)

***"Laughter is part of the human survival kit." (Milton
Berle)

APPRECIATION

***"Develop interest in life as you see it; in people,
things, literature, music - the world is so rich, simply
throbbing with rich treasures, beautiful souls and
interesting people. Forget yourself." (Henry Miller)

*"In the end, it's not going to matter how many breaths
you took, but how many moments took your breath
away." (Shing xiong)

*"I have always believed that if we have one duty to
fulfil during our time on this earth then it is to enjoy our
life and the world as fully and deeply as we can... to

relish its overwhelming magnificence and its colours...
to drink eagerly from it... and to give a little something
back. That is our meaning in life. That is our job. That
is our prime duty and concern."
(Wendy Churchill)

*"Life is a mixed bag of revels." (Wendy Churchill)

**Recipes for the Soul

"The best and most beautiful things in the world
cannot be seen, nor touched but are felt in the
heart." (Helen Keller)

Live Fully

***"Most people hold onto the past, look forward to
the future, and do not embrace the present. Only those
who can appreciate what they have now live
fully." (Tsai Chih)

HAPPINESS

***What we call a "good deed" is an act that increases
health, peace, love or happiness. These experiences
of the mind are the deeper underlying motivations for
all that we do. Paradoxically, they are achieved not by
pursuing them directly and selfishly, but by helping
others to achieve them.

***For us to achieve happiness we should be selfless

and aim to help others achieve happiness.

***"Happiness is a journey, not a destination; happiness is to be found along the way not at the end of the road, for then the journey is over and it's too late. The time for happiness is today not tomorrow."
(Paul H. Dunn)

***"Happiness is like a butterfly. The more you chase it, the more it eludes you. But if you turn your attention to other things, it comes and sits softly on your shoulder."
(Henry David Thoreau)

*"The pursuit of happiness is the chase of a lifetime." (Wendy Churchill)

***"To be without some of the things you want is an indispensable part of happiness." (Bertrand Russell)

***"We are happy in proportion to the things we can do without." (Henry David Thoreau)

****"If one's life is simple, contentment has to come. Simplicity is extremely important for happiness. Having few desires, feeling satisfied with what you have, is very vital: satisfaction with just enough food, clothing, and shelter to protect yourself from the elements." (The Dalai Lama)

*****Put others first

*****Be less greedy and you will be more happy.

*'Less is more.'

LETTING GO

*****"It is because of our attachment to things that we suffer. By letting go we find that we have not lost anything except our attachment."
(Sogyal Rinpoche)

*****'Let go (of attachments).'

***"Life is not about waiting for the storm to pass, it's about learning to dance in the rain." (Vivian Greene)

*****"Life is too important to take seriously." (Corky Siegel)

***'Remember the bigger picture.' 'Keep things in perspective.'

***"If you love something, set it free. If it comes back to you, it's yours. If it doesn't, it never was." (Frank H.)

**"P'u is about just being. Stripping your mind of all the

baggage you have become. All the niggles and gripes and preconceived ideas. Just pure experience. Pure awareness." (Wendy Churchill)

***'The map is not the mountain.'

PLANS

Life: "It's like driving a car at night you never see further than your own headlights but you make the whole trip that way." (E.L Doctorow)

"Man makes plans and God changes them."

*"If one does not know to which port one is sailing, no wind is favorable." (Lucius Annaeus Seneca)

FLEXIBILITY & CHANGE

*"Progress never stops"

**'Go with the flow.'

*Everything changes.

*"The only thing that is constant is change."
(Heraclitus)

***"When one door closes another door opens; but we so often look so long and so regretfully upon the

closed door, that we do not see the ones which open for us." (Alexander Graham Bell)

PRESENCE

**The present moment is the only thing that will definitely always be with you. There was never a time that was not now. (Paraphrasing Eckhart Tolle)

*****Your presence is often the greatest of presents to the people around you.

*****"The ability to be in the present moment is a major component of mental wellness." (Abraham Maslow)

*****"Past and future are in the mind only – I am now." (Sri Nisargadatta Maharaj)

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

PRESENCE & COPING WITH MISTAKES

*****'There's no use crying over spilled milk.'

*****You can make up for a mistake in the last moment by doing well in this moment.

*****"Though no one can go back and make a brand

new start, anyone can start from now and make a brand new ending." (Carl Bard)

PRESENCE & POSITIVITY

*****"Turn your face toward the sun and let the shadows fall behind you." (Maori Proverb)

***"Obstacles are those frightful things you see when you take your eyes off your goal." (Henry Ford)

**"So "always look on the bright side of life," (Monty Python song)

POSITIVITY + INNER & OUTER WORLDS

***"We don't see things as they are, we see them as we are." (Anais Nin)

***"Change your thoughts and you change your world." (Norman Vincent Peale)

WORLD PEACE

*****Peace in the World

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

If there is order in the nation,
There will be peace in the world."
(Chinese Proverb)

*“One is left with the horrible feeling now that war settles nothing; that to win a war is as disastrous as to lose one.” (Agatha Christie - 1890 to 1976)

*“You can no more win a war than you can win an earthquake.” (Jeannette Rankin - 1880 to 1973)

**“War does not determine who is right, war determines who is left.” (Bertrand Russell)

*Q: “What do you think about western civilisation?”
A: “I think it would be a good idea.” (Mahatma Gandhi’s remark)

***“You can’t shake hands with a clenched fist.” (Indira Gandhi)

**Breaking down Hate

"Take it as a reminder: The enemy is not Arab people or the Muslim religion. The enemy is fanaticism, extremism, intolerance, hate. The madmen who commandeered those planes don't represent the followers of Islam any more than the madmen who blow up abortion clinics represent the followers of

Christ." (Leonard Pitts, Jr., Miami Herald columnist)

**"I hope that our wisdom will grow with our power, and teach us that the less we use our power the greater it will be." (Thomas Jefferson)

DREAMS

*Believe in yourself.

*"Be devoted to your dream." (Davie, teacher Luc's former student).

*"The future belongs to those who believe in the beauty of their dreams." (Eleanor Roosevelt)

*"If you can dream it you can do it." (Walt Disney)

*"Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it!" (Johann Wolfgang von Goethe)

*'The sky's the limit.'

*"If you did all the things you are capable of doing you would literally amaze yourself." (Isabel Goetz).

*"You can do anything, but not everything." (David Allen)

**"We must all suffer one of two things: the pain of discipline or the pain of regret or disappointment." (Jim Rohn)

ADVENTUROUSNESS & INITIATIVE

***"The more you participate in life the more you get out of it. Stop whining and complaining and start doing and taking action. You will find that the more action you take the more life will give you. It is really simple. Participating in life at the fullest possible level will create a life that is exciting and full of opportunity." (Anon)

*"No man is an island." (John Donne)

'Broaden your horizons.'

TRIALS & CHALLENGES

Wisdom Of Ages: Trials and Tribulations

**"A ship in harbor is safe, but that is not what ships are for." (Arabian Proverb)

***'A smooth sea never made a skilled mariner.' (Proverb)

***'A good sailor is known in bad weather.' (Proverb)

***'The wind will test the grass.' (Chinese idiom)

**'When the going gets tough the tough get going.'

***"The gem cannot be polished without friction, nor man perfected without trials." (Chinese Proverb)

*'Pressure makes diamonds.'

***"The blazing fire makes flame and brightness out of everything thrown into it." (Marcus Aurelius)

***"It converts into usable fuel anything that opposes it, just as fire does when it consumes what is thrown upon it, by which a small fire would have been extinguished. But a blazing fire quickly assimilates to itself whatever is cast upon it, engulfing it as fuel and rising even higher because of it." (Marcus Aurelius)

'There's no such thing as a free lunch.'

'You can't have your cake and eat it.'

**'No pain no gain.'

**'Rise to the challenge.'

Character Development

**"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved." (Hellen Keller)

TREES

*"The strongest oak of the forest is not the one that is protected from the storm and hidden from the sun. It's the one that stands in the open where it is compelled to struggle for existence against the winds and rains and the scorching sun." (Napoleon Hill)

"Trees are poems that the earth writes upon the sky. We fell them down and turn them into paper that we may record our emptiness." (Kahlil Gibran)

**"Money grows on the tree of patience.' (Japanese proverb)

*"The great French Marshall Lyautey once asked his gardener to plant a tree. The gardener objected that the tree was slow growing and would not reach maturity for 100 years. The Marshall replied, 'In that case, there is no time to lose; plant it this afternoon!'" (J.F. Kennedy) (Sometimes you should start a big job right away).

OBSERVATIONS OF TREES

***The tallest trees need the deepest roots. *(The more successful or famous we become the more down to earth we should be. Material wealth requires spiritual wealth - an understanding of your own mind.)*

***Trees need the sunshine and the rain. *(The tree of your wisdom can grow from the sunshine of your happiness and the rain of your sadness.)*

***The tree that withstands the storm can use the rain and stand the taller for it. *(Although you may perceive difficult situations or problems as setbacks they may be the very things that give you the drive to achieve great things, grow, do better and acquire wisdom).*

***A baby tree in a dark forest has to grow taller to reach the light. *(Being around those who are better than you can inspire you to improve. Rise to the challenge and you will improve.)*

***The trees with the greatest height, stand in the valley and reach for the light. *(Humility precedes greatness. Rise to the challenge and you will improve.)*

Often the tallest trees can be found nestled away on low ground beside rivers, where they have a steady supply of water, are sheltered from the wind, yet must compete for the light against surrounding trees on higher ground. *(Likewise, for us to achieve success it's often sensible to stay low-key, look up to others, have a steady stream of love and inspiration to draw from and enjoy some friendly*

competition.)

****** A tree by the river can absorb the water whichever way it flows. *(Both praise and criticism can help you).*

****** Trees bend in the wind so that they may keep standing. *(It helps to be flexible, even if you have to stand your ground. 'The answer is blowing in the wind.')*

******** No matter how distant they may be, each leaf is a part of the same tree. *(We are all leaves on the same tree of life).*

***** If you cut a tree down it grows back. *(Recovery is possible).*

******* Trees grow in silence. *(When we really listen rather than speak is when our understanding grows).*

***** A tree grows its whole life. *(We can keep learning our whole lives).*

MEMORY

***** "Tell me and I'll forget. Show me and I'll remember. Involve me and I'll understand." (Confucius)

***** "We must always have old memories and young

hopes." (Houssaye)

*"Memory is the library of the mind." (Francis Fauvel-Gourand)

THE UNIVERSE

"If a star's life was that of a man's the sun is one week old, life's been on the planet for two days, the whole of human history lies in the last second, and we have 80 years to come."

"Not only is the universe stranger than we imagine, it is stranger than we can imagine." (Sir Arthur Eddington - 1882 to 1944)

*Relative to the largest known star the Earth is smaller than an ant beside an elephant. *(Size is relative. If an animal is small it might still be important).*

****"When they discover the center of the universe, a lot of people will be disappointed to discover they are not it." (Bernard Bailey)

Stories

Making others feel valuable - acts of kindness.

***When Beth and Miguel met in a party. He put down what he was holding to shake her hand with both hands. *(Learn to let go and make others feel valuable and*

special).

***The Dalai Lama and the cleaner in the hotel.
(Everyone is a VIP).

***A simple gesture. The story about Mark and Bill.
How one boy helped another pick up some things from
the ground, when they were coming back from
school.*

**The lady in the taxi who showed Morris to the
American Express building in Taipei.*

**The taxi driver who drove away, giving teacher Luc
the taxi ride for free. *

**(Sometimes a small act of kindness can have big results).*

Using time well

**Obama watching the basketball game in the hotel.

Learning

**The girl in Thailand who saved many people's lives.

***The little tree story. .

**The man from the village who learned Kung-Fu with
the Shaolin Monks.

***The chess match in the temple. (Awareness, concentration and compassion).

**Su Dong Po and the Eight winds. (Don't be too proud).

Belief

*King Alexander 'the Great' and the Gordian knot. *

The elephant and the rope.

**The leg of a baby elephant is tied with a rope to a wooden post planted in the ground. The rope confines the baby elephant to an area determined by the length of the rope. Initially the baby elephant tries to break the rope, but the rope is too strong. The baby elephant "learns" that it can't break the rope. When the elephant grows up into a ten-ton colossus, it could easily break the same rope. But because it "learned" that it couldn't break the rope when it was a baby, it believes that it still can't break the rope, so it doesn't even try. So the largest elephant can be confined by the puniest little rope. In a sense, the elephant's mind was broken by the rope when it was a baby.

**(Believe in life and in yourself. Help others to believe).*

**Dr. Glenn Cunningham: recovery and belief - fastest

mile.

Isaiah 40:31: "But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint." The favourite verse of Dr Glenn Cunningham – the person who ran the fastest mile.