

# WORDS OF WISDOM



*For Inspiration, Motivation,  
Encouragement and Joy*



A GIFT

FROM  
SAGE CRYSTAL



There is nothing quite like stumbling upon a short passage of text that immediately inspires, delights or comforts you. If the words also contain a powerful insight that can be applied to your current life experience, like a glimpse of a possible solution to a problem, or the courage to take action - that little quotation can become a powerful force for change.

“A short saying often contains much wisdom. ”  
- **Sophocles**

Famous quotations are enjoyed . . . *savored* by so many of us, and with good reason. They are like sparkling gems of wit, wisdom, insight, humor, love, courage, and comfort that have come from some of the greatest minds in the world, both past and present.

“I love quotations because it is a joy to find thoughts one might have, beautifully expressed with much authority by someone recognized wiser than oneself.”  
- **Marlene Dietrich**

I would like to share with you some of my favorite motivational quotes. Not just motivational quotes, in fact, but words of wisdom that span a wide array of truly inspiring topics.

I have provided those words of wisdom for you here, plus added a few of my own. Rather than just reading them, why not take your time and allow each one to soak into your

consciousness? Absorb the meanings behind the words – and apply them in your life to enrich, enliven and empower you in every possible way. – **Sage Crystal**

“Reading Inspirational and Motivational Quotes daily is like taking my vitamins.”

- **Rosie Cash**

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# LOVE, COMPASSION, AND FORGIVENESS

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**I**s it possible to live your life from an inner wellspring of love, compassion and forgiveness? It is if you stay connected to the deeper, wiser, more loving part of you; if you hold an inner knowing that you are whole, complete and brilliant no matter what others do or say; and if you take responsibility for your own self-love, security, and inner peace.

When you become aware of the limitless flow of divine love within you, not only do you feel joyful and free, but you are also eager to share that love with others because you know that the more you give away, the more you will receive. – **Sage Crystal**

Love is a great beautifier. - **Louisa May Alcott**

You never lose by loving. You always lose by holding back.  
- **Barbara De Angelis**

We waste time looking for the perfect lover, instead of creating the perfect love. - **Tom Robbins**

Acceptance is to love and embrace everything that we find within ourselves like a mother embraces her child. – **Giten**

### *Kindness and Compassion*

"If you want others to be happy, practice compassion. If you want to be happy, practice compassion."

"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**

Love is what creates the freedom and relaxation to be who we really are. - **Giten**

Whenever you are confronted with an opponent, conquer him with love.

**- Mohandas K. Gandhi**

Do everything with so much love in your heart that you would never want to do it any other way. - **Amrit Desai**

Love is the joy of the good, the wonder of the wise, the amazement of the Gods. - **Plato**

Teach only love for that is what you are. - **A Course In Miracles**

We are all visitors to this time, this place. We are just passing through. Our purpose here is to observe, to learn, to grow, to LOVE . . . and then we return home. - **Aborigine Philosophy**

The love of one's country is a natural thing. But why should love stop at the border? - **Pablo Casals**



Love transforms my life now. I specifically expect and give thanks for lavish abundance today. - **Catherine Ponder**

Where there is great love, there are always miracles.

- **Willa Sibert Cather**

All you need is love.

- **The Beatles**

Love is the ability and willingness to allow those that you care for to be what they choose for themselves without any insistence that they satisfy you. - **Wayne Dyer**

Love is an act of endless forgiveness, a tender look which becomes a habit. - **Peter Ustinov**

Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that. - **Martin Luther King Jr.**

The love in me salutes the love in you. - **Marianne Williamson**

### *Replace Judgment with Forgiveness*

"When you judge another, you do not define them, you define yourself."

- **Wayne Dyer**

"Be your own judge and you will be happy."

- **Mahatma Gandhi**

"The practice of forgiveness is our most important contribution to the healing of the world."

- **Marianne Williamson**

Love is what we were born with. Fear is what we learned here.  
The spiritual journey is the relinquishment or unlearning of fear  
and the acceptance of love back into our hearts.

- **Marianne Williamson**

# THE GIFTS OF STILLNESS AND SILENCE

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**Y**ou must learn to be still in the midst of activity and to be vibrantly alive in repose. - **Indira Gandhi**

In the beginning you will fall into the gaps in between thoughts - after practicing for years, you become the gap. - **J. Kleykamp**

Keep quiet. Do your work in the world, but inwardly keep quiet. Then all will come to you. - **Nisaraga Ha Maharaj**

Meditation is the gateway through which you arrive to the world of freedom. - **Remez Sasson**

Meditation and concentration are the way to a life of serenity.  
- **Remez Sasson**

Enjoy doing nothing without falling asleep - meditation.  
- **J. Kleykamp**

First meditate, be blissful, then much love will happen of its own accord. - **Osho**

## *Universal Rhythm in Stillness*

"No thought, no action, no movement, total stillness: only thus can one manifest the true nature and law of things from within and unconsciously, and at last become one with heaven and earth."

- **Lao Tzu**

"The stillness in stillness is not the real stillness; only when there is stillness in movement does the universal rhythm manifest."

- **Bruce Lee**

"If water derives lucidity from stillness, how much more the faculties of the mind! The mind of the sage, being in repose, becomes the mirror of the universe, the speculum of all creation."

- **Chuang Tzu**

True intelligence operates silently. Stillness is where creativity and solutions to problems are found.

- **Eckhart Tolle**

Meditation is the tongue of the soul and the language of our spirit. - **Jeremy Taylor**

When there is silence one finds the anchor of the universe within oneself - **Lao Tzu**

True silence is the rest of the mind; it is to the spirit what sleep is to the body, nourishment and refreshment.

- **William Penn**

## PEACE, JOY AND CONTENTMENT

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**A**s tempting as it is to try to change our world into a more peaceful place, we eventually realize that true peace begins within. Everything around us is merely a reflection of what is happening within us, individually and collectively.

If each of us would spend more time staying focused on peace within ourselves, we would naturally and powerfully radiate peace throughout the world.

When you find peace within yourself, you become the kind of person who can live at peace with others. - **Peace Pilgrim**

World peace will never be stable until enough of us find inner peace to stabilize it. - **Peace Pilgrim**

Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy. - **Thich Nhat Hanh**

"Contentment is a pearl of great price, and whosoever procures it, makes a wise and happy purchase." - **J. Balguy**

### *Contentment as a Celebration*

Peace is not a relationship of nations. It is a condition of mind brought about by a serenity of soul. Peace is not merely the absence of war. It is also a state of mind. Lasting peace can come only to peaceful people.

- **Jawaharlal Nehru**

The pacifist's task today is to find a method of helping and healing which provides a revolutionary constructive substitute for war.

- **Vera Brittain**

"Stop improving. You will be surprised to know that the energy that was involved in improving becomes your dance, your celebration." - **Osho**

Peace begins with a smile. -

**Mother Teresa**

We look forward to the time when the Power of Love will replace the Love of Power. Then will our world know the blessings of peace. - **William Ewart Gladstone**

To discover joy is to return to a state of oneness with the universe. - **Peggy Jenkins**

# WE ARE ALL ONE

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**W**e cannot live for ourselves alone. Our lives are connected by a thousand invisible threads, and along these sympathetic fibers, our actions run as causes and return to us as results. - **Herman Melville**

The total number of minds in the universe is One.  
- **Erwin Schrodinger**

There is but one mind, every man is an inlet to that one mind.  
- **Ralph Waldo Emerson**

You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty.  
- **Mahatma Gandhi**

As long as we separate this “oneness” into two, we won't achieve realization. - **Bruce Lee**

A person experiences life as something separated from the rest - a kind of optical delusion of consciousness. Our task must be to free ourselves from this self-imposed prison, and through compassion, to find the reality of Oneness. - **Albert Einstein**

### *Sensing Your Interconnectedness*

It's easy to feel completely separate from others, especially in our busy, fast-paced world, but there is a way to expand your perception of interconnectedness with others.

Start by sitting quietly in meditation and seeing the world and everyone in it in your mind's eye. Think about your loved ones, your circle of friends, your business associates and co-workers . . . and imagine that you can sense a flow of loving, intelligent energy that moves through each of them, and yourself.

Then expand your perception so you can see this energy flowing through all of your neighbors, the people you pass on the street, all of the people in your community, city, state, country - and even stretching from nation to nation.

This loving, living energy flows through each of us, always. It connects each of us to the other, as completely and surely as having the same blood running through our veins would.

We are all cells in the same body of humanity. - **Peace Pilgrim**

Coming together is a beginning. Keeping together is progress. Working together is success. - **Henry Ford**

We cannot live only for ourselves. A thousand fibers connect us with our fellow men. - **Herman Melville**



## MAKING A DIFFERENCE IN THE WORLD

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**D**o you ever feel as if you cannot possibly make a positive impact on the world around you? Does it seem as if the necessary changes are just too much for one person to handle?

Trying to change the world on your own may indeed be overwhelming, but what if you focused on just doing as much as you can, in whatever small ways you can? And what if millions of other people did exactly the same thing?

The quotes below share a few inspiring ideas on how to do just that. – **Sage Crystal**

Live your life from your heart. Share from your heart. And your story will touch and heal people's souls. - **Melody Beattie**

How wonderful it is that nobody need wait a single moment before starting to improve the world. - **Anne Frank**

When you fail to make a contribution, you begin to die.

- **Eleanor Roosevelt**

We change the world not by what we say or do, but as a consequence of what we have become. - **David R. Hawkins**

### *Sharing Your Joy*

"The best way to cheer yourself up is to try to cheer somebody else up."

- **Mark Twain**

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

- **Buddha**

"The best way to find yourself is to lose yourself in the service of others."

- **Mahatma Gandhi**

The be-all and end-all of life should not be to get rich, but to enrich the world.

- **Bertie Charles Forbes**

Never doubt that a group of committed people can change the world. Indeed, it is the only thing that ever has. - **Margaret Mead**

People can only live fully by helping others to live. When you give life to friends you truly live. Cultures can only realize their further richness by honoring other traditions. And only by respecting natural life can humanity continue to exist.

- **Daisaku Ikeda**

## LOVING YOURSELF, INSIDE AND OUT

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**W**e search for everything we believe we don't have, not knowing that everything we are looking for is already inside us. - **Miguel Ruiz**

The efforts we make to escape from our destiny only serve to lead us into it. - **Ralph Waldo Emerson**

Begin to see yourself as a soul with a body rather than a body with a soul. - **Wayne Dyer**

We are not human beings on a spiritual journey. We are spiritual beings on a human journey. - **Stephen Covey**

Everyone has talent. What is rare is the courage to follow the talent to the dark place where it leads. - **Erica Jong**

This above all; to thine own self be true. - **William Shakespeare**

As you become more clear about who you really are, you'll be better able to decide what is best for you - the first time around.  
- **Oprah Winfrey**

### *Light and Power Within*

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us.

We ask ourselves, "Who am I to be brilliant, gorgeous, talented, fabulous?" Actually, who are you not to be?

"You are a child of God. You playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you.

"We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us.

"It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same.

"As we are liberated from our own fear, our presence automatically liberates others."

**- Marianne Williamson**

Don't compromise yourself. You are all you've got. - **Janis Joplin**

We cannot be someone in one area of life and another person in different area of life. - **Mahatma Gandhi**

I am larger, better than I thought. I did not know I held such goodness. - **Walt Whitman**

# STRENGTH, COURAGE AND PERSEVERANCE

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One thing virtually all of us have in common is a lack of belief in our own capabilities. We have endless goals and dreams that we would love to achieve - but we doubt our ability to achieve them, so we keep holding back. If we do manage to get up the courage to take action, we quickly realize that the journey is harder than we anticipated and give up.

What we often fail to realize is that each of us has a core of immense power, strength and courage within us. If we would learn to tap into this rich resource during times of uncertainty and difficulty, we would be able to transcend all limitations - within and without.

The wise words below offer some encouragement for tapping into your own reservoir of strength and courage - and continuing to persevere no matter what.

We either make ourselves miserable or we make ourselves strong. The amount of work is the same. - **Carlos Castaneda**

*You Are Capable of  
More Than You Think*

"Do just once what others say you can't do, and you will never pay attention to their limitations again."

- **James R. Cook**

"Try not, do! Or do not!  
There is no try."

- **Yoda**

"The test of character is not persistence when you expect a light at the end of the tunnel. The true test is performance and persistence when you see no light coming."

- **James Arthur Ray**

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

- **Andre Gide**

I know God will not give me anything I can't handle. I just wish that He didn't trust me so much. - **Mother Theresa**

If you are irritated by every rub, how will you be polished?

- **Rumi**

Never give up, for that is just the place and time that the tide will turn. - **Harriet Beecher Stowe**

Be like water making its way through cracks. Do not be

assertive, but adjust to the object, and you shall find a way round or through it. If nothing within you stays rigid, outward things will disclose themselves. - **Bruce Lee**

## GOALS AND PURPOSE

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**K**now your purpose or goal. Do whatever you need to reach that goal, whether or not your emotions or moods help or hinder you. - **Dan Milman**

Don't ask what the world needs. Ask what makes you come alive and go do it. Because what the world needs is people who have come alive. - **Howard Thurman**

Don't judge each day by the harvest you reap, but by the seeds you plant. - **Robert Louis Stevenson**

I'd rather be a failure at something I enjoy than a success at something I hate. - **George Burns**

To accomplish great things we must not only act, but also dream; not only plan, but also believe. - **Anatole France**

Let me live my life as deliberately as nature and not be thrown off track by every nut shell and mosquito wing that falls on the rails. - **Henry David Thoreau**

### ***Boldly Following Your Bliss***

"Follow your bliss. If you do follow your bliss, you put yourself on a kind of track that has been there all the while waiting for you, and the life you ought to be living is the one you are living. When you can see that, you begin to meet people who are in the field of your bliss, and they open the doors to you. I say, follow your bliss and don't be afraid, and doors will open where you didn't know they were going to be. If you follow your bliss, doors will open for you that wouldn't have opened for anyone else."

**- Joseph Campbell**

"You'll seldom experience regret for anything that you've done. It is what you haven't done that will torment you. The message, therefore, is clear. Do it! Develop an appreciation for the present moment. Seize every second of your life and savor it. Value your present moments. Using them up in any self- defeating ways means you've lost them forever."

**- Wayne Dyer**

"Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now." - Johann Wolfgang v. Goethe

"If you really want to do something, you'll find a way. If you don't, you'll find an excuse."

**- Jim Rohn**

I can't change the direction of the wind, but I can adjust my sails to always reach my destination. - **Jimmy Dean**



## GOALS AND PURPOSE

There are no extra pieces in the universe. Everyone is here because he or she has a place to fill, and every piece must fit itself into the big jigsaw puzzle. - **Deepak Chopra**

If you can dream it, you can do it. - **Walt Disney**

# INTUITION, DIVINE GUIDANCE AND FAITH

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Intuition is one of the most powerful tools we have for joyful, abundant living; yet many of us have no idea how to use it. Instead we try to use rational, logical thinking to get us out of jams and make progress on our goals. Unfortunately, logical thinking can often complicate things when a much simpler solution may be available to us.

To tap this mysterious power, we only need to get quiet and turn within. When we stop the frantic, scattered thinking; when we stop panicking and worrying; when we simply turn within and reconnect with our inner wisdom, all of the answers we will ever need are right there waiting for us.

It may take a little time to develop a strong faith in our ability to know - but the more we work with our inner guidance, the more natural it will eventually feel. – **Sage Crystal**

Your inner voice, your instinct, knows everything.

- **Henry Winkler**

### *Faith and Belief*

"Faith means living with uncertainty - feeling your way through life, letting your heart guide you like a lantern in the dark."

- **Dan Millman**

"Sorrow looks back with sadness. Worry looks up and down, from side to side, with fear. Faith looks forward with hope and gladness."

- **Unknown**

"Faith without doubt is folly."

- **Thomas Allen**

"Faith is a knowledge within the heart, beyond the reach of proof."

- **Kahlil Gibran**

To know how to choose a path with heart is to learn how to follow intuitive feeling.

- **Jean Shinoda Bolen**

Intuition is already in contact with Existence. Intuition is already in contact with that, which is larger than ourselves.

- **Giten**

All happenings, great and small, are parables whereby God speaks. The art of life is to get the message. - **Malcolm Muggeridge**

When I do things without any explanation, but just with spontaneity . . . I can be sure that I am right. - **Federico Fellini**

We each need to let our intuition guide us, and then be willing to follow that guidance directly and fearlessly. - **Shakti Gawain**

# HAPPINESS AND GRATITUDE

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It is not easy to find happiness in ourselves, but it is not possible to find it elsewhere. - **Agnes Repplier**

Happiness is when what you think, what you say, and what you do are in harmony. - **Mahatma Ghandi**

Show respect to all people and grovel to none. When you arise in the morning, give thanks for the food and for the joy of living. If you see no reason for giving thanks, the fault lies only in yourself.

- **Tecumseh**

I am a kind of paranoiac in reverse. I suspect people of plotting to make me happy. - **J. D. Salinger**

## *Living Fully in the Moment*

"The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live in the present moment wisely and earnestly."

- **Buddha**

"The past is history, the future a mystery, and today is a gift. That is why we call it The Present."

- **B. Olatunji**

All the statistics in the world can't measure the warmth of a smile.

- **Chris Hart**

Play the smiling game in your daily life. See how many people you can get to smile back at you. Keep score and tally the results at the end of each day. - **Josh S. Hinds**

Gratitude is not only the greatest of virtues, but the parent of all the others. - **Marcus Tullius Cicero**

Our real blessings often appear to us in the shape of pains, losses and disappointments, but let us have patience and we soon shall see them in their proper figures. - **Joseph Addison**

If you want to turn your life around, try thankfulness. It will change your life mightily. - **Gerald Good**

I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. - **Groucho Marx**

# DREAM AND IMAGINE

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**B**y visualizing your goals, you can get your subconscious to work toward making these mental pictures come true.

- **Success Magazine**

You cannot depend on your eyes when your imagination is out of focus. - **Mark Twain**

The life of the mind rests in imagination. All else is mere cataloging of data. - **Jamie McNab**

A mind once stretched never returns to its original dimensions. - **Brian Rose**

What now exists was once only imagined. - **William Blake**

Imagination is your preview of life's coming events. - **Albert Einstein**

The power of imagination makes us infinite. - **John Muir**

The only place where your dream becomes impossible is in your own thinking. - **Robert H. Schuller**

### *Tapping the Power of Imagination*

“Your imagination can act as a gateway between universal intelligence and your own physical existence. By using the power of your imagination deliberately, you can tap into this stream of power and use it to improve any and all areas of your life.

Set aside time regularly to dream, imagine and doodle on a sheet of paper. You can jot down questions, highlight a problem, or simply stay open to what comes. The key is to keep your mind relaxed and receptive so inspired ideas can come in.

What kind of inspired ideas? Easy solutions to problems, new creative projects, business ideas, inventions - anything is possible if you simply keep your mind open.

This process has an added benefit too; by opening your mind regularly, you will find that inspired ideas find their way to you at other times, not just while you are daydreaming. Most often they will arrive when you are fully relaxed; dozing in bed, showering, washing the dishes, and so on,”

– Sage Crystal

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

- **Henry Wadsworth Longfellow**

A daydream is a meal at which images are eaten. Some of us are gourmets, some gourmands, and a good many take their images precooked out of a can and swallow them down whole, absent-mindedly and with little relish. - **W.H. Auden**

## INNER AND OUTER GROWTH

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**S**uccess is something you attract by the person you become,  
not something you pursue. - **Jim Rohn**

The person who says it cannot be done should not interrupt the  
person doing it. - **Chinese Proverb**

Who looks outside, dreams; who looks inside, awakes. - **Carl Jung**

Always do right. This will gratify some people and astonish the  
rest. - **Mark Twain**

When you have exhausted all possibilities, remember this - you  
haven't. - **Thomas A. Edison**

Be not afraid of life. Believe that life is worth living and your  
belief will help create the fact. - **William James**

You see things; and you say, 'Why?' But I dream things that never  
were; and I say, 'Why not?' - **George Bernard Shaw**

Apparently there is nothing that cannot happen today.  
- **Mark Twain**



### *Growing into Possibilities*

"Even the most impossible becomes possible, when you are fully released on it. And you know when you are fully released on it when you don't give a hoot. Never suppress feelings. You don't have to satisfy them, but don't suppress them. Just know that they are there and let go of them."

- **Lester Levenson**

"Progress is impossible without change, and those who cannot change their minds cannot change anything." -  
George Bernard Shaw

"Be not afraid of growing slowly;  
be afraid only of standing still."

- **Chinese Proverb**

"There is no medicine like hope, no incentive so great,  
and no tonic so powerful as expectation  
of something tomorrow."

- **Orison Swett Marden**

"Failure is successful if we learn from it."

- **Malcolm S. Forbes**

Dreams come true. Without that possibility, nature would not incite us to have them. - **John Updike**

The golden opportunity you are seeking is in yourself. It is not in your environment, it is not in luck or chance, or the help of others; it is in yourself alone. - **Orison Swett Marden**

# GROWING IN WISDOM

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Each of us is born with a certain measure of inner wisdom, but we also grow wiser as we navigate through our life experiences.

We grow in wisdom as we awaken to our passion and purpose; we grow in wisdom as we develop and embrace our capabilities as individuals; and we grow in wisdom with every failure and mistake we make.

Developing this wisdom can seem like a hard battle at times. We never stop growing and learning for as long as we live on this earth - and many of us believe that the journey continues even after we leave here. Thankfully, at any time if we pause, look back and see how far we've

## *Wisdom in Perspective*

"He who thinks he knows much, knows little. He who knows he knows little, knows much."

**- Confucius**

"There is a wisdom of the head, and . . . a wisdom of the heart."

**- Charles Dickens**

"I did then what I knew how to do. When I knew better I did better."

**- Maya Angelou**

come, we will believe wholeheartedly that the inner growth and awakening we have achieved along the way was worth it.

A prudent question is one-half of wisdom. - **Francis Bacon**

Eternity is not the hereafter...this is it. If you don't get it here, you won't get it anywhere. - **Joseph Campbell**

Anything you want to ask a teacher, ask yourself, and wait for the answer in silence. - **Byron Katie**

Nothing in life is to be feared, it is only to be understood.  
- **Marie Curie**

The more you know about the unknown, the more you actually understand how little you know. It makes you humble and brings you back to the world of wonders, miracles and magic. A world in which everything is POSSIBLE! - **Thomas Herold**

The world has so many lessons to teach you . . . and the secret I've learned to getting ahead is being open to the lessons. - **Oprah**

No man was ever wise by chance. - **Seneca**

## KEEPING A POSITIVE ATTITUDE

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No matter what you do and where you go in your lifetime, you bring your attitude with you. Your attitude acts as a filter through which you see the world around you, coloring every nuance, every perception, every experience so that it seems to underscore your dominant focus. Having a good attitude means your life experiences will generally seem to be good also. Likewise, having a negative attitude will ensure that most of your life experiences seem to be negative in tone.

The good news is that you have complete control of your attitude. You can change your thoughts at any time, and when you do, you will notice that the world around you changes to match the content of those thoughts. - **Sage Crystal**

There is little difference in people, but that little difference makes a big difference. The little difference is attitude. The big difference is whether it is positive or negative. - **Clement Stone**

There are only two ways to live your life. One is as though nothing

### *Choosing Your Attitude*

"Every day may not be good, but there's something good in every day."

- **Author Unknown**

"Choose Your Attitude: When you look for the worst you will find it everywhere. When you look for the best you will find opportunities you never imagined possible. You have the power to choose your attitude. If you find yourself with an attitude you don't want, you can choose another."

- **John Christensen**

"We are all in the gutter, but some of us are looking at the stars."

- **Oscar Wilde**

is a miracle. The other is as though everything is a miracle.

- **Albert Einstein**

Attitude is Everything, so pick a good one! - **Wayne Dyer**

Be careful the environment you choose for it will shape you; be careful the friends you choose for you will become like them.

- **W. Clement Stone**

You can't help getting older . . . but you don't have to get old.

- **George Burns**

The real voyage of discovery consists not in seeking new landscapes, but in having new eyes. - **Marcel Proust**

A great attitude does much more than turn on the lights in our

worlds; it seems to magically connect us to all sorts of serendipitous opportunities that were somehow absent before the change. - **Earl Nightingale**

## THE POWER OF THOUGHTS

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Once you understand the true power that your thoughts have in shaping your life experiences, you become much more careful about where you place your focus. No longer does it seem like a good idea to expose your mind to violent images or negativity in any form. No longer do you feel the need to complain incessantly, worry about things you cannot control, or doubt your own capabilities.

Once you have seen evidence of your thoughts at work in your outer life, you may steadily develop a thrill of excitement like nothing you have experienced before as you realize that there is nothing that you cannot accomplish.

Little by little, thought by thought, you can begin creating your new vision of the life you have dreamed of living - and you will be led surely to the realization of it. **-Sage Crystal**

### *Thoughts Create*

"The reason that thoughts are powerful has both a very simple explanation and a more complicated explanation. The complicated explanation involves the idea that all material reality - the whole universe - is a product of consciousness, and so all of our thoughts, beliefs and ideas have some effect on "external" reality. If this idea is correct it would mean that there is, in fact, no such thing as objective reality, since reality cannot exist independently of the consciousness which observes it."

**- Tycho Photiou**

"The greatest discovery of my generation is that a human being can alter his life by altering his attitudes of mind."

**- William James**

Life is not happening to you. It's happening from You!

**- Andy Dooley**

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

**- Ralph Waldo Emerson**

With the new day come new strength and new thoughts

**- Eleanor Roosevelt**

The more knowledgeable we become about the universe, less and less it looks like a great machine and more and more it looks like a great thought.

**- Sir James Jeans**

Thoughts are things.

**- Ralph Waldo Emerson**

Your body is not separate from the body of the universe, because at quantum mechanical levels there are no well-defined edges. You are like a wiggle, a wave, a

fluctuation, a convolution, a whirlpool, a localised disturbance in the larger quantum field - the universe - is your extended body. -

**Deepak Chopra**

The Universe is Made of Mind Stuff. - **Sir James Jeans**

When an electron vibrates the universe shakes. - **Sir James Jeans**

The Kingdom of Heaven is Within You, and whoever knows himself shall find it. And having found it, you shall know yourselves that You are in God and God is in You, and You are the Kingdom of God.

- **Yeshua Christ Oxyrhynchus Manuscript**

Thoughts rule the world. - **Ralph Waldo Emerson**

We must train the mind to desire what the situation demands.

- **Seneca**

We do not see things as they are. We see them as we are.

- **The Talmud**

You are what you think. You get what you expect. - **Michael Oliver**

Man is free at the moment he wishes to be. - **Voltaire**

Everything you are against weakens you. Everything you are for empowers you. - **Wayne Dyer**



### *Magnetic Thoughts*

"The human mind is constantly attracting vibrations which harmonize with that which dominates the mind. Any thought, idea, plan, or purpose which one holds in one's mind attracts a host of its relatives, adds these "relatives" to its own force, and grows until it becomes the dominating, motivating master of the individual in whose mind it has been housed."

- **Napoleon Hill**

All that we are is the result of what we have thought. - **Buddha**

To think a thought is an act of creation. If we clothe this thought in feeling, activate it with a strong desire to have it become manifest, the thought or idea begins to take form, to grow like a seed, to attract to itself the conditions, opportunities, resources and all the events necessary to enable its reproduction in our so-called material world.

- **Harold Sherman**

All Power is from within and therefore under our control.

- **Thomas Paine**

Minds are like parachutes. They only function when open.

- **Sir James Dewar**

If you realized how powerful your thoughts are, you would never think a negative thought. - **Peace Pilgrim**

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

- **Albert Einstein**

### The Power of Beingness

**“I find spiritual wisdom in the solitude of nature. In the silence of my thoughts, for a few moments, at least, I forget all of my personal cares and desires until nothing remains except my Soul and the awe of the miracle that lies before me. This effort goes far beyond the narrowness of my own *self-love*. And although the journey of intuitive awakening is arduous and slow, it’s rewards are felt, immediately.**

Through my pursuit over the years, something began to stir in my Soul, a sense of kinship with the forces of consciousness which governs the world of plants and animals and with powers that determine the laws of the universe.

Science may be the ruler of all cognition today. But let us not forget that to bring true joy and real peace to the world, we must activate the warmth of our hearts just as much as the shivery, inquisitiveness of our brains.” ~Sage Crystal

