

Part Four: Sustaining Ourselves

If I don't manage to fly, someone else will.
The spirit wants only that there be flying.
As for who happens to do it,
in that the spirit has only a passing interest.

Rainer Maria Rilke

Our current problems cannot be solved with the same level of thinking that created them.

Albert Einstein

To be sure, a human being is a finite being, whose freedom is restricted. It is not freedom from conditions, but freedom to take a stand toward conditions.

Viktor Frankl

A great many people think they are thinking when they are merely rearranging their prejudices.

William James

The reasonable man adapts himself to the conditions that surround him.

The unreasonable man adapts surrounding conditions to himself.
All progress depends on the unreasonable man.

George Bernard Shaw

(and perhaps, even more on the unreasonable woman.)

Prayer without action is no prayer at all. You have to do your work as if everything depends on you. Then leave the rest to God.

Mother Theresa

Our worst 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 and fabulous?" Actually, who are you not to be? You are a child of God; your playing small doesn't serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We were born to make manifest the glory of God within us. It is not just in some of us, it is 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 (Quoted by Nelson Mandela in his inaugural speech)

The truth that makes people free is for the most part the truth which they prefer not to hear.

H. Agar

A coach is someone who makes you do what you don't want to do so you can be who you always wanted to be.

Tom Landry

The function of freedom is to free someone else.

Toni Morrison

Only to the extent that we expose ourselves over and over again to risk, can that which is indestructible arise within us. Therein lies the dignity of daring.

Karlfried Graf von Durkheim

This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being a force of nature instead of a feverish, selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy.

I am of the opinion that my life belongs to the whole community and as long as I live it is my privilege to do for it whatever I can.

I want to be thoroughly used up when I die, for the harder I work the more I live. I rejoice in life for its own sake. Life is no "brief candle" to me. It is a sort of splendid torch which I have got hold of for a moment, and I want to make it burn as brightly as possible before handing it on to future generations.

George Bernard Shaw

"Be kind, for everyone you meet is fighting a great battle."

Philo of Alexandria

"As for the best leaders, the people do not notice their existence. The next best, the people honor and praise. The next the people fear, and the next the people hate. But when the best leader's work is done, the people will say 'we did ourselves'" Lao Tzu