

Do not wait.

Do not wait for enough time
or money

to accomplish what you think you have in mind.

Work with what you have

RIGHT NOW.

Do not wait for what you assume
is the appropriate stress-free
environment

in which to generate expression.

Do not wait

for maturity or insight or wisdom.

Do not wait

till you are sure that you know what you are doing.

Do not wait

until you have enough technique.

What you do now,

what you make of your present
circumstances

will determine the quality and scope
of your future endeavors.

And at the same time be

patient.

— Anne Bogart

We teach girls to *shrink* themselves, to make themselves *smaller*. We say to girls: 'You can have ambition, *but not too much*. You should aim to be successful, *but not too successful*. Otherwise, you will threaten the man.' Because I am **female**, I am expected to aspire to marriage. I am expected to make my life choices, always keeping in mind that marriage is the most important thing. Now, marriage can be a source of joy and love and mutual support, but why do we teach girls to aspire to marriage and we don't teach all boys the same?

— Chimamanda Ngozi Adichie

“It was awful to be Negro and have **no control over my life**. It was brutal to be young and already trained to sit quietly and listen to **charges brought against my color with no chance of defense**. We should all be **dead**. I thought I should like to see us all dead, **one on top of the other**. A pyramid of flesh with the whitefolks on the bottom, as the broad base, then the Indians with their silly tomahawks and teepees and wigwams and treaties, the Negroes with their mops and recipes and cotton sacks and spirituals sticking out of their mouths. The Dutch children should all stumble in their wooden shoes and **break their necks**. The French should **choke to death** on the Louisiana Purchase (1803) **while silkworms ate all the Chinese** with their stupid pigtails. **As a species, we were an abomination. All of us.**”

–Maya Angelou, *I Know Why the Caged Bird Sings*

To offer no resistance to life is to be in a state of grace, ease, and l i g h t n e s s.

This state is then no longer dependent upon things being in a certain way, good or bad.

It seems almost paradoxical, yet when your inner dependency on form is gone, the general conditions of your life, the outer forms, tend to improve greatly.

Things, people, or conditions that you thought you needed for your happiness now come to you with no struggle or effort on your part, and you are free to enjoy and appreciate them - while they last.

All those things, of course, will still pass away, cycles will come and go, but with dependency gone there is no fear of loss anymore. Life flows with e a s e.

–Eckhart Tolle

Sit down and ask yourself,
'What is the most important
thing to me?' What grosses
me out the most? What makes
me the most upset — is it
healthcare? Is it so many
people being hungry in our
culture? Is it sexual abuse?
Mix that with doing something
you love, something you could
keep doing forever and ever.
For me it was ending violence
against women, and I mixed
it with music. And I've had
a 25-year career. So that's
my advice: Find something
you really care about and
mix that with something you
love doing. — *Kathleen Hanna*

