This is a list of quotes or poems compiled by John Lambert

Some of them are attributed but many are not. An internet search should identify the source. I hope you find some of them useful.

Some may be obscure as they were related to something I was reading or listening to at the time.

NOTE: There may be mistakes as I used OCR to transcribe them from photos of my notebooks.

## Quotes

“A soldier doesn’t fight because he hates what is in front of him, but because he loves what’s behind him.”

“When’s the last time most people were actually afraid, particularly physical danger… your mind creates fear out of nothing. The more experiences you have with real fear, real danger, the less you are going to make mountains out of molehills.”

“The shiver of excitement when you’re in a cozy bed and you have nothing left to do but go to bed.”

“The garage no longer seemed a terrible place. And because of that the Canyon would no longer hold for me the worst fear of all — the fear of the unknown. I had freed my trial of the spirit.”

“Part shakedown cruise, part hardening, part reconnaissance”

“Successful investing is having everyone agree with you, later.”

“If you want to go for a run, go for a run. Don’t look for company. Sooner or later on your path, like minded people will find you themselves. This principle works everywhere.”

“Man is a god in ruins.” — *Emerson*

“The secret of change is to focus all of your energy not on fighting the old but on building the new.” — *Socrates*

Universal ritual framework:

mark the threshold - light candle

physically engage - 3 deep breaths

set an intention - “I am now ready”

anchor with sound, smell, or object — music, clothing

“Seek and do not stop seeking until you find. When you find you will be troubled. When you be troubled, you will marvel and rule over all.” *— Gospel of Thomas*

“If you bring forth what is within you, what you have will save you.” *— Gospel of Thomas*

“If two make peace with each other in one house, they will tell the mountain ‘move,’ and the mountain will move.” *— Gospel of Thomas*

“Nothing must be postponed. Take time by the forelock. Now or never. You must live in the present. Launch yourself on every wave; find your eternity in each moment. Fools stand on their island of opportunities and look towards another land. There is no other land; there is no other life but this.” – Thoreau

“It is not things which bother us, but the judgments we bring to bear upon things.” – Epictetus

“Where your fear is, there your task is.”

“As you start to walk on the way, the way appears.”

“Everything that irritates us about others can lead us to an understanding of ourselves.”

“If you have hope, you’re not poor.”

“Until the lion learns to write, every story will glorify the hunter.” – African proverb

“I was told by another CEO: it will surprise you how few decisions you have to make and how perfectly you have to make them – the rest you can delegate.”

“Stay in the present. The past is depression (coulda/ shoulda/ woulda).”

“Behind every no is a deeper yes to what you do want.”

“Consistency is its own form of greatness.”

“When nothing seems to help, go and look at a stonecutter hammering away at his rock perhaps a hundred times without so much as a crack showing in it. Yet at the hundred and first blow it will split in two, and I know it was not that blow that did it—but all those that had gone before.” – Jacob Riis

“When dreaming, think big. When executing, think small.”

“Arrest the stories you tell yourself – ‘I have a sweet tooth,’ ‘I’m bad at names.’”

“Truth is that which has predictive pattern.”

“Reading (learning) is the ultimate meta skill and can be traded for anything else.”

“Total honesty at all times. It’s almost always possible to be honest and positive.”

“Praise specifically, criticize generally.” – Warren Buffett

“Watch every thought. Why am I having this thought?”

“All greatness comes from suffering.”

“Just make it exist first. You can make it good later.”

“Above all, don’t lie to yourself.”

“Your worst sin is that you have destroyed and betrayed yourself for nothing.”

“The best way to keep a prisoner from escaping is to make sure he never knows he is in prison.”

“If you want to overcome the world, overcome yourself.”

“The darker the night, the brighter the stars.”

“Unlike the stomach, the brain doesn’t alert you when it’s empty.”

“I helped a man climb a mountain and found that I too had reached the top.”

“The most difficult thing is the decision to act, the rest is merely tenacity.”

“Cultivate honorable relationships.” – Adrienne Rich

“Resist abstemiousness.” – Kierkegaard

“Tell the world how to treat you.” – Baldwin

“Embrace enoughness.” – Vonnegut

“I beg you to have patience with everything unresolved in your heart and try to love the questions themselves as if they were locked rooms or books written in a very foreign tongue. Don’t search for the answers, which could not be given to you now, because you would not be able to live them. Live the questions now. Perhaps then, someday far in the future, you will gradually, without even noticing it, live your way into the answer.”

“To be a moral human being is to pay, be obliged to pay, certain kinds of attention.”

“We claim autonomy for ourselves and forget, in doing so, we can fall into the tyranny of defining other people as we would like them to be.” – Anne Truitt

“The knowledge that I’ve got enough.” – Joseph Heller

“Have what you need. Need what you have.”

“Simplicity is the ultimate sophistication.”

“Some people listen with ‘Is it true?’ ‘What’s the point?’ ‘What’s the problem?’ and some listen for ‘What’s it have to do with me?’”

“A relationship isn’t 50% / 50%. It’s 100% / 100%.”

“If I could give you one thing, it would be the ability to see yourself through my eyes.”

“A man is only half himself, the other half is his expression.”

*Dylan Thomas*

“Their faces shone under some radiance of mingled moonlight and lamplight”

“That turned the empty kisses into meaning”

“Do not go gentle into that good night

Old age should rave and burn at close of day;

Rage, rage against the dying of the light.”

FDR knew the value of dreams that could never be personally attained (because he was wheelchair-bound and would never hike the lands he preserved)

*The Laughing Heart* by Charles Bukowski:

“Be on the watch. The gods will offer you chances. Know them, take them.”

“You can’t beat death, but you can beat death in life, sometimes.”

“Your life is your life. Know it while you have it. You are marvelous.

The gods wait to delight in you.”

“This used to be the official Cascade Crest Trail; a doughty soul might be able to do it yet.”

*Doughty*: brave, resolute, and full of courage

“What is the hardest thing of all? That which seems easiest: to see what is in front of your eyes.” (on drawing)

“Freedom is the recognition of necessity.”

“Let us now come to the reasons for suffering. The main reason is ignorance.”

*The Mountaineers, 1906*:

“To explore and study the mountains, forests, and water courses of the Northwest

To gather into permanent form the history and traditions of this region

To preserve by the encouragement of protective legislation or otherwise

The natural beauty of Northwest America

To make explorations into these regions in the fulfillment of the above purposes

To encourage a spirit of good fellowship among all lovers of outdoor life”

“Boxing is hit and don’t get hit.”

“To wield a tool with understanding combines power with purpose.”

“60% of the time it works every time.”

“The rifleman chooses to engage where his accuracy gives him the advantage.”

“The Grand Canyon is over two hundred river miles long.”

At a good company, bad news travels fast. In a bad company, good news travels fast. – Steve Ballmer

With gratitude, optimism is sustainable.

Desire is the cause of all suffering.

Internally we explain the what but externally define the so what.

If it will work out, don’t stress about it. If you can’t do anything about it, stress doesn’t help.

High IQ problem: you think of smart things and spend time on that, missing the ordinary and mundane problems. E.g. “Quantum crypto”

As a submariner would say: there are two kinds of ships, submarines and targets.

**hygge** “hue-guh” – feeling of contentment, conviviality.

The first rule of compounding is to not interrupt it unnecessarily. – Charlie Munger

The man who does not read has no advantage over the man who cannot read. – Mark Twain

On what you cannot use up: You cannot use up creativity. The more you use, the more you have.

If you could invest in a friend & get 10% of their income for life, who would you pick?

And why them? What traits do they have? *happiness, fitness*

Humans are bad at self-awareness – this helps own that.

Just beat my record for most consecutive days of living.

That first morning breath is a new PR. You’re already doing better than you’ve ever done.

The automatic things you do are basically those things that keep you from doing the better things you need to do.

Audit your habits. What automatic programs run in your mind?

To believe yourself brave is to be brave. – Joan of Arc

As a writer, you need to know what you wonder about because this often leads to your best writing.

Write small – the small details.

Laziness doesn’t exist except to represent something else: fear, severe self-judgment, the cycle of guilt/avoidance, and pressure.

**nemophilist** – someone who loves forests for their beauty + peace

What’s more important: the journey or the destination? The company.

Wisdom cannot be imparted – it always sounds like foolishness.

Knowledge can be imparted but not wisdom.

The sinner contains the future Buddha – his future is already completely there, concealed in him, you, everyone.

The world is not perfected on a slow journey to perfection; it is perfect at every moment.

Someday (time) is an illusion. The future is already completely there. No one is able to look at someone else and know how along the journey he is.

Only through cruelty do you know kindness.

Only through falsehood do you know truth.

Only through waste do you know use.

If you don’t read the newspaper, you’re uninformed. If you read the newspaper, you’re misinformed. – Mark Twain

Max Q = maximum dynamic pressure

Asking for help isn’t giving up. It’s refusing to give up.

c.f. means compare it – a signal that the cited source supports a stated claim that is worth assessing the two claims.

You must live in the present, launch yourself on every wave, find your eternity in every moment. Fools stand on their island of opportunities and look toward another land. There is no other land. There is no other life but this.

You are what you do, not what you’ll say you do. – C.G. Jung

To learn is to die voluntarily and be born again, in great and small ways.

Polar exploration is at once the cleanest and most isolated way of having a bad time which has been devised. – Apsley Cherry-Garrard

The beginning of love is to let those we love be perfectly themselves and not to twist them to fit our own image. Otherwise we love only the reflection of ourselves we find in them. – Thomas Merton

If you assume everyone has a nugget to share, then inclusion helps you discover them. (*harmony*)

Instead of: *Does anyone have anything else to add?* Say: *Who would like to share a different perspective?*

Specialization is for insects. – Robert A. Heinlein

Fall in love with some activity & do it! Nobody ever figures out what life is about and it doesn’t matter. Explore the world. Nearly everything is really interesting if you go into it deeply enough… Don’t think about what you want to be, but what you want to do.

**Gwendolyn Brooks**

• “return for a snack of them, with gobbling mothereye”

• “then you were giggled or pinned or cried”

• “I had to kick the law in their teeth in order to save them”

• “put gold on their name”

“A man will guard when he loves”

“Winners focus on winning. Losers focus on winners.”

Instructions for living a life: Pay attention. Be astonished. Tell about it.

“How could you live and have no story to tell?”

“As you start to walk on the way, the way appears.”

“Thinking is difficult. That’s why most people judge.”

“The world will ask who you are, and if you do not know, the world will tell you.”

“The first half of life is devoted to forming a healthy ego. The second half is going inward and letting go of it.”

“Keep a list of the things you said no to, if you want to get better at saying no.”

Too many people think the grass is greener somewhere else but the grass is green where you water it.

“True behavior change is identity change.”

“The goal is not to read a book, it’s to become a reader.

“Your father is the only man who wants to see you be better than him.”

“If you look at people in your circle & don’t get inspired, you don’t have a circle. You have a cage.”

“To see the world, things dangerous to come to, to see beyond walls, draw closer, find each other, and to feel. That is the purpose of life.”

*This Is Just to Say*: “Forgive me / they were delicious / so sweet and so cold”

“Self-criticism is honest but know it’s only about yesterday you. Only speak only in past tense and third person. Yesterday you…”

“Passed by island. Seek the shore with your eyes.”

“Strength doesn’t come from winning – it comes from your struggles.”

“The cold water doesn’t get warmer if you jump later.”

“Worrying doesn’t take away tomorrow’s troubles. It takes away today’s peace.”

“You may be the President of whatever… but when you come home you are a wife and a mother and a daughter. Nobody can take your place. Leave that crown in the garage.” -- Indra Nooyi

**Muir:** “hungry, happy, and hopeful days”

**Wisconsin University – University of the Wilderness**

“The great discoveries are made by people who are just trying to understand. They just want to make things clear for themselves.”

“Everyone seemed to be better at math. The horizon shifted with me.”

If you find the math you do understand is too easy, it’s not because it’s easy, it’s easy because you understand it.

“Before Descartes, no one knew you could describe geometric figures using equations (1637 origin of Cartesian coordinates).”

“Math is mysterious & difficult because you can’t see how others are doing it, no visual model. You explain tying your shoes to someone who’s never worn shoes, and your only means of communication was by phone?”

“Every time I opened a research article, I got stuck on the first few pages. So I searched the references, then the references to the references. Even going back to the 1950s, I found it was already incomprehensible to me.”

Bill Thurston: concentrated on the thoughts *between the lines*.

When the idea is clear, the formal setup is usually unnecessary.

**Raphael:** understand an idea morally – like the moral of a story.

“The quality of the inventiveness and imagination of a researcher comes from the quality of his attention, listening to the voice of things.”

“Discovery is the privilege of the child. Children who aren’t yet afraid to make mistakes, to look like fools, not to be serious, not to act like anyone else.”

“The child pose isn’t allegory. It’s a very precise mindset, attitude.”

“Finding mistakes is a creative moment, above all, a creative moment.”

“The moment of discovery, it’s a moment when our knowledge of the thing being examined is suddenly renewed.”

“Buy Dirt. Write a book. Sketch. Sing songs to the land divas and spirits. Run amok.” – Deanna Androski

“Improve every opportunity to express yourself in writing as if it were your last.” – Thoreau

“Fear of falling and fear of walking are one and the same thing.”

“The person who fears falling is the one who refuses to learn to walk.”

“The role of writing is not to record the results of research, but it’s the process itself of research.”

“The (feeling of) contentment of one who has not wasted his time.”

“Tell me, what else should I have done?

Doesn’t everything die at last and too soon?

Tell me, what is it you plan to do

with your one wild and precious life?” – *The Summer Day*, Mary Oliver

“I know someone who kisses the way

a flower opens, but more rapidly.” – *I Know Someone*, M.O.

“I have refused to live / locked in the orderly house of reason / and regrets / The world I live in and believe in is wider than that

And anyway / what’s wrong with Maybe?”

“…only if there are angels in your head will you

ever possibly see one.” – *The World I Live In*, M.O.

“Rumi said, ‘There is no proof of the soul / But isn’t the return

of Spring and how it / springs up in my heart a pretty good hint?’”

“I don’t know exactly what a prayer is. I do know how to pay attention.”

“Birds raised in a cage think flying is a disease.” – W. Churchill (?)

“You have enemies? Good. That means you’ve stood up for something in your life.”

“Everything that irritates us about others can lead us to an understanding of ourselves.” – C. Jung

“If the path before you is clear, you’re probably on someone else’s.”

“Fear of conflict hides a lot of dishonesty.” – *name smudged/unclear*

Fear of conflict and fear of telling the truth are one and the same thing. The person who lies to avoid conflict is powerless to tell the truth.

“Where your fear is, there your task is.”

“The privilege of a lifetime is to become who you truly are.”

“Fear of conflict makes a friend of dishonesty.”

“…in the end we go to poetry for one reason, so that we might more fully inhabit our lives and the world in which we live them, and that if we more fully inhabit these things, we might be less apt to destroy both.” – *Christian Wiman*

“So tell me, have you had any terrible successes or wonderful failures lately?” – *C. Jung*

“We are not human beings having a spiritual experience. We are spiritual beings having a human experience.” – *Teilhard de Chardin*

“If you tell the truth, you don’t have to remember anything.” – *Mark Twain*

Love precedes lovability.

“Man did not love Rome because she was great. She was great because they had loved her.”

“Fairy tales are more than true, not because they tell us that dragons exist, but because they tell us that dragons can be beaten.” – G.K. Chesterton via Neil Gaiman

A tiger wearing a bell will starve – Mongolian proverb

You can’t put two saddles on one horse

The distance between heaven and earth is no greater than one thought

“If you want to build high, you must dig deep”

“Even the dirtiest water will put out a fire”

“Genius is the ignition of affection – not intellect as is supposed, – the exaltation of devotion and in proportion to our capacity for that, is our experience of genius.” – Emily Dickinson

Ernest Hemingway:

“The best way is always to stop when you are going good and when you know what will happen next.”

“If you do that every day you will never get stuck”

“I had learned never to empty the well of writing, but to always stop when there was something in the deep part of the well and let it refill at night from the springs that fed it”

“Do not worry. You have always written before and you will write now.”

“If you can’t find good people, be one.”

“You don’t need rules to run a game. You need the impression of rules. Everything else is theater.”

“All knowledge has its origins in our perceptions.” – Leonardo da Vinci

“The person who loves walking will walk further than the person who loves the destination.”

“Only when you do not know yourself does the opinion of other people become important.”

“A man with a watch knows what time it is. A man with two watches is never sure.”

“Those who consider themselves virtuous worry less about their own behavior.”

“There is no truth. There is only perception.”

“Knowing follows perception; perception ignores yesterday’s knowledge.”

“Give responsibility to build equity into project”

“What would someone have to lack to see something as beautiful?”

“He who forgives ends the quarrel.” – Hyrum

“Poet: a scholar of one candle.”

“Do you think the wren ever dreams of a better house?”

When you are stuck – take a break or make a list.

Everything you own owns a little piece of you.

Before 50 health is abundance but among time and authority are not. After 50 health/fitness is scarce, so fitness is the flex.

Minimalism is not about eliminating things. It is about eliminating distractions not asceticism.

Writing without interruption is not the same as writing knowing you won’t be interrupted.

There is no situation that cannot be made worse by complaining.

“The relationship is always controlled by the one who can pull away.”

Scale back dragons ‘til you find one that’s conquerable, that moves you forward. It’ll give you a little bit of gold.

You can do whatever you want if you don’t want credit.

“Selling your winners and holding your losers is like cutting the flowers and watering the weeds.” – Peter Lynch

“The highest and best use is always measured at the next best use.” – Charlie Munger

Keep things simple and remember what you set out to do.

Steel man an argument. Not straw man it.

Change your inputs, change your mind. Change your mind, change your life.

“You need to be liked is getting in the way of being respected.”

“Think about the things that are not going to change after 10 years. Those are the big things. Stable over time.” – Jeff Bezos

“Service to others is the rent you pay for your room here on Earth.” – Muhammad Ali

Burned toast theory: if you burn your toast it adds 5 mins to your day. 10 min commute saving you from something catastrophic.

“If I accept your premise, I accept your conclusion.”

You’re making a point about fact not entered into evidence

That point is not falsifiable (e.g. what someone thinks in their heart of hearts)

Religion is a societal technology to overcome tribalism based on kinship alone.

There must be an authority, not to steal, murder for self gain. Evolutionary advantage.

Free will is an illusion: is decision making random or determined? If determined, is that internal or external? Because it matters.

Atheists are more religious than religious people (religion requires faith which will involve doubt, and an atheist doesn’t doubt)

compliance vs. security

To be really successful be useful.

One hand washed the other, and together they get clean.

Seniors are the ones you send off to solve problems and don’t need to double check their work. People go out and find problems + solve them.

They have us surrounded. The poor bastards.

The enemy has us surrounded – now we can attack in any direction.

Winning is being better today than you were yesterday. Everyday.

A reliable way of making people believe falsehoods is frequent repetition, because familiarity is not easily distinguished from truth.

“The thing that really saved me was therapy.” There’s something very powerful about having someone say, “we’re gonna figure this out.” Not: “everything will be ok but we’re gonna figure this out.”

There isn’t anything more adventurous than the truth.

A plausible mission of artists is to make people appreciate being alive at least a little bit – Kurt Vonnegut

Write naked. That means to write what you would never say.

Write in blood. As if ink is so precious you can’t waste it.

Write in exile. As if you’re never going to get home again and you have to call back every detail. – Denis Johnson

Desire is the cause of all suffering.

“You can’t ask a lab man if they still need a lab.” – Perry

Nobody cares, work harder.

We’re great at creating scorecards we want to be judged on, but is this what the customer wants.

There is no being, only becoming.

To thine own self be true and it must follow as the night follows the day thou canst not be false to anyone.

Can we have psychological safety and a thick skin.

Physician, heal thyself.

When you’re on the ropes, stay on the ropes until you’re ready to come off.

Rowing isn’t a tricky sport. You point the boat at the finish line and row in a line like a dog.

The future enters into us, in order to transform itself in us, long before it happens.

Teleological – the explanation of phenomena in terms of the purpose they serve rather than the cause by which they arrive.

Why does a knife take the form it does?

We explain by the process used to forge it or explain because its purpose is to cut.

Well done is better than well said – Ben Franklin

A ship in harbor is safe, but that’s not what ships are built for.

People will look at that information as half empty or half full but there should be some water in it – Brad Smith

If you get an F the teacher wants to know if you’re studying better – Satya

An entitlement system creates an attack graph

We have to break edges and break them faster

Success is getting what you want

Happiness is wanting what you get

Yesterday is history. Tomorrow is a mystery. Today is a gift.

I see your pain, and it’s big. I also see your courage and it’s bigger.

The farther I get into the wilderness, the greater is the attraction of its lonely freedom.

Life begins at 60. Until then you’re just doing research.

“Yesterday you said tomorrow.” – Nike

genuine joy we experience in the good fortune of others.

You don’t want someone who loves your best qualities. You want someone who knows your worst qualities and loves you anyway.

The biggest mistakes in life come from forgetting what you’re trying to do.

Some want to control your rights, some want to control your opinions/beliefs. Both are dangerous.

A schedule defends from chaos and whim. It is a net for catching days.

Pain is suffering which has not discovered its meaning.

None of Nature's landscapes are ugly so long as they are wild—John Muir

The clearest way into the Universe is through a forest wilderness.

In every walk with Nature one receives far more than he seeks.

Between every two pine trees there is a door leading to a new way of life.

Everything is flowing -- going somewhere, animals and so-called lifeless rocks as well as water. Thus the snow flows fast or slow in grand beauty-making glaciers and avalanches; the air in majestic floods carrying minerals, plant leaves, seeds, spores, with streams of music and fragrance; water streams carrying rocks... While the stars go streaming through space pulsed on and on forever like blood...in Nature's warm heart.

"Fall seven times, stand up eight." — Japanese Proverb

"It’s not whether you get knocked down, it’s whether you get up." — Vince Lombardi

"A setback is a setup for a comeback." — T.D. Jakes

"The oak fought the wind and was broken, the willow bent when it must and survived." — Robert Jordan

"Success is not final, failure is not fatal: It is the courage to continue that counts." — Winston Churchill

"You may encounter many defeats, but you must not be defeated." — Maya Angelou

"Difficulties strengthen the mind, as labor does the body." — Seneca

"Our greatest glory is not in never falling, but in rising every time we fall." — Confucius

"Rock bottom became the solid foundation on which I rebuilt my life." — J.K. Rowling

"Strength does not come from winning. Your struggles develop your strengths." — Arnold Schwarzenegger

"The harder the battle, the sweeter the victory." — Les Brown

"Do not judge me by my success, judge me by how many times I fell down and got back up again." — Nelson Mandela

"Grit is passion and perseverance for very long-term goals." — Angela Duckworth

"Only those who dare to fail greatly can ever achieve greatly." — Robert F. Kennedy

"She stood in the storm, and when the wind did not blow her way, she adjusted her sails." — Elizabeth Edwards

"Turn your wounds into wisdom." — Oprah Winfrey

"What lies behind us and what lies before us are tiny matters compared to what lies within us." — Ralph Waldo Emerson

"Tough times never last, but tough people do." — Robert H. Schuller

"Persistence and resilience only come from having been given the chance to work through difficult problems." — Gever Tulley

"Hard times may have held you down, but they will not last forever. When all is said and done, you will be increased." — Joel Osteen

“The cosmos is within us. We are made of star-stuff. We are a way for the universe to know itself.”— *Carl Sagan*

“If you don’t ask, the answer is always no.” *Brett L*

The more experiences you have with real fear, real danger, the less you are going to make mountains out of molehills.

“Identify, contain, engage, evaluate. You can’t even let it out then?” — Walt Whitman

“Any fool can know. The point is to understand.” — Einstein

“Humans never genuinely pursue happiness. They pursue only relief from uncertainty.” — GPT‑4

“The degree to which someone can grow is directly proportional to the amount of truth he can accept without running away.” — Leland Val van de Wall

“The soul is healed by being with children.” — Dostoevsky

“How could you live and have no story to tell?”

“A sufficiently large graph is indistinguishable from a giant hairball.” — Me

🏳️ If you’re lost the answer is education. If you’re educated, the answer is execution. If you’re executing, the answer is consistency.

Examples of researchers making big discoveries by working in jobs that were not prestigious but afforded them lots of time to think uninterrupted:

* Yiting Zhang at Univ. New Hampshire = calculus + rode the bus + not a dept head
* Einstein = Swiss patent clerk

“Working with great people is one of the best parts of life.”

Change your inputs, change your mind. Change your mind, change your life.

There’s no glamour in sorting out the edges of a jigsaw, but it can be an enormously helpful step in completing the puzzle. — Vicky Neale

“Fortune favors the prepared mind.” — Louis Pasteur

“There is thinking and thinking. A poet is someone who relaxes by thinking.”

Walt Whitman carried paper everywhere. He would sort related ideas into notebooks.

“Look and look again.” — Ann E. Berthoff

“The one good in life is concentration; the one evil is dissipation.” — Emerson

“The small deadly voice of vanity.” — M.O.

“About poems that don’t work. Who wants to see a bird almost fly?” — M.O.

“Let’s not pretend we know how the mute feels.” — M.O.

“So much of what Woolf wrote she wrote not because she was a woman, but because she was a Woolf.” — M.O.

“Then with that faint, fleeting smile playing on his lips, he faced the firing squad, erect and motionless.” — The last line

“Disadvantage of being Mitty: he underestimates, is great to the last.”

“You are what you think.”

🏳️ “Emotions aren’t problems. They are signals.”

🏳️ Fear means something is important to you.

🏳️ Anger means a boundary was crossed.

🏳️ Anxiety means you live in the future; you need to come back to the present.

Habits shape your life, not motivation.

What you judge is what you haven’t healed or haven’t accepted.

You want to kill something, starve it.

Want to kill your negativity? Don’t complain.

If you can’t write down what you want on a piece of paper, you can’t have it.

Who checked on you today? Exactly. Take care of you.

Under peaceful conditions, the worklike man attacks.

Eventually the only thing you’ll regret is not doing more of what you love.

“Your boos don’t mean anything to me. I’ve seen what you cheer for.”

“Nothing in the world is worth having or worth doing unless it means effort, pain, difficulty... I have never in my life envied a human being who led an easy life. I have envied a great many people who led difficult lives and led them well.” — T. Roosevelt

Sonder = the realization that each random passerby is living a life as vivid and complex as yours.

Control is a myth. The only power you have are the decisions you make.

Hope fades faster than will. — William James

Doubt shapes the mind more than answers. — William Beckham

“Problems are our business and business is good.” — Ghost

Kidlin law: If you write down a problem clearly and specifically, you have solved half of it.

Gilbert law: When you take on a task, finding the best ways to achieve the desired result is always your responsibility.

“I don’t understand anything I can’t build.” — Feynman

“You cannot get the feeling of a poem unless you read it aloud.”

The externalization of skill through technology. The internalization of skill through knowledge (learning how to repair clothes).

“Maybe the journey isn’t about becoming anything. Maybe it’s about unbecoming everything that isn’t really you, so that you can be who you were meant to be in the first place.”

PLANNING is based on the expectation of order. PREPARATION is based on the expectation of chaos.

Gray hair = wisdom glitter.

“The secret to optimization is changing the problem to one that is easier to optimize.” — John Carmack

If you’re lucky enough to be in the mountains, you’re lucky enough.

“You’re part of the postcard.”

Your phone’s battery % tells you how productive you’ve been. (e.g. a low battery means you were distracted and on your phone a lot)

Assume positive intent — requires the same energy as negative.

Burned Toast.

Every single person you know is carrying something you know nothing about. You have no idea.

Two people in the same situation: one reaches new heights, the other is crushed by it. It’s the story we tell ourselves; it’s the meaning we assign.

One of the most meaningful aspects of life is not serving ourselves but serving others.

A person’s name is the sweetest sound in every [friend?].

You can pay a lot of people to have work done. You can’t pay someone to explain your problem. — Martin via NASA

“I’ve never found in my life that you could convince someone to work who doesn’t want to work hard to work hard.”

If it’s meant to be, it’s meant to be.

Your number’s in the book.

Writing = thinking. Writing is a form of thought; it’s difficult for me to believe that real thought is possible w/o writing.

Don’t burst the thought bubble.

“Our ignorance of history causes us to slander our own times.” — Gustave Flaubert

Actually, it was pretty bad in the past. Don’t forget that.

“Of all the paths in life, make sure a few of them are dirt.”

“Building a tool with understanding combines power with purpose.”

“The proper use of a tool because it combines the externalization of knowledge (the tool) with the internalization of knowledge (skill).”

“I’ve tried nothing and I’m all out of ideas.” — The Simpsons

“On the Fields Medal: This shiny metal is not going to solve any problems I’m working on now.” — Terence Tao

Kinship will withstand the rock.

A reverence for what cannot be controlled

Distrust of easy answers

Life’s truths emerge only through careful attention to the small, the local, the real

Quote then trail into silence, letting meaning take root

The world doesn’t yell its secrets. It murmurs them. You have to be quiet enough to hear

“Why sharpened pencils? Black ink is too arrogant. Pencils forgive”

Learn to communicate like your career depends on it. It’s the one skill that remains valuable regardless of the industry or job you pursue

Building a network / residual is the audience

“A real artist delights in roughness for what he can do to it”

I think over again my small adventures, my fears, these small ones that seemed so big. For all the vital things I had to get and reach. And yet there is only one great thing, the only thing: to live to see the great day that dawns and the light that fills the world. (Old Inuit song)

Your life is a reflection of what you’re giving your attention to

If you discover you have made a mistake, fix the mistake, then say what you’ve done. Fast. – Brad Smith

Creativity does not involve creating out of the void, but out of chaos

The doers are the real thinkers – Steve Jobs

“We want AI agents that can discover like we can, not which constrain what we have discovered” -- Rich Sutton

“Abusers can tell when someone is not defended and protected” -- Dr. Gabor Maté

Trauma is not what happens to you. It’s what happens inside you when it happens to you – Gabor Maté

Your problem is not the problem. Your addiction was your attempt to solve a problem. So don’t ask why the addiction. Ask why the pain – Gabor Maté

Fight: change the rules: I’ll tell you what I got wrong and you get it right and the other does the same

Amateurs resist their calling, professionals commit (show up no matter how they feel)

Resistance is the enemy

Identity shift is essential

Rituals and discipline replace addiction and escape

The professional lives by the soul’s code

The professional takes action consistently, regardless of mood or external reward, and treats their craft with seriousness

There is only one way and that is your way; there is only one salvation and that is your salvation. Why are you looking around for help? Do you believe that help will come from the outside? What is to come is created in you and from you. Hence look into yourself. Do not compare, do not measure. No other way is like yours. All other ways deceive and tempt you

You must fulfill the way that is in you – Carl Jung

Happiness comes from solving problems. Happiness is therefore a form of action; it’s an activity

People don’t experience your love. They experience how you show up

With our minds we create the world – Buddha

The mind with which you perceive the world, that’s the world you live in

Sam Harris on meditation:

* focus on breath to help you see how often thoughts invade and distract you. They possess you and carry you away
* It’s about paying attention to your experience
* You just start talking to yourself and forget about breathing
* Hopelessly carried away by it… like a light dream
* Dreaming has no reality test that starts by “hey, how did I get here? I was just in bed”
* You’re just helplessly thinking. You believe you’re the thinker. It produces all your goals, intentions, and actions
* Virtually all of your psychological suffering is a matter of being lost in thought
* “Pain and suffering are not the same thing”
* A flow of mentation that produces everything you do—your goals, actions, and intentions. It colors your experience every moment. Sounds, sensations, and thoughts can join them as just objects of consciousness
* You’re helplessly thinking all your life, every moment, so incessantly that you don’t even notice it. It’s like white noise
* You feel identified by your thoughts; you feel that you are the thinker. It’s completely structured by this flow of mentation
* Thoughts bubble up constantly, completely possessing you, coloring your experience every moment (happy, sad, angry), affecting your goals, actions, and intentions
* Identity is not intrinsic. It is a structure of consciousness. You are constantly carried off by the next thought—be it a task, the memory of some criticism, a feeling of anxiety over something, the feeling of the breeze

“I’m in the pain place. I’m in the place I came to seek.” – Goggins

“Not wanting something is as good as having it”

At the evening of our lives we shall be judged on love – St. John of the Cross

Monastery = a school of charity

In Christianity, the basic experience or enlightenment is that we are loved by God

“The Christian is, I believe, one who sacrifices the half-truth for the sake of the whole truth, who abandons an incomplete and imperfect concept of life for a life that is integrated, unified, and structurally perfect. Yet this entrance into such a life is not the end of the journey, but only the beginning. A long journey must follow: an anguished and sometimes perilous exploration. Of all Christians the monk is, or at least should be, the most professional of such explorers. His journey takes him through deserts and paradises for which no maps exist. He lives in strange areas of solitude, of emptiness, of joy, of perplexity and admiration”

“It is the peculiar office of the monk in the modern world to keep alive the contemplative experience and keep the way open for modern technological man to recover the integrity of his own inner depths.” – Thomas Merton / Brother Patrick Hart, Abbey of Gethsemani

Every day stand guard at the door of your mind – Jim Rohn

“How come you’re up so early?” Answer: if you were headed where I’m headed you’d be up early too, or if you were going to meet who I’m going to meet you’d be up early too

You can have more than you got because you can become more than you are

You aren’t the thinker of your thoughts, you are their witness

On thinking about thinking: first thought is a ripple, second thought is a ripple reacting to the first. You are not a ripple. You are the water

Concentration is a narrowing of entropy. Attention is selection or amplification or a spotlight

It’s not the people, it’s the decisions.

Your choices, your actions. That’s what makes you who you are.

Buddhist Monk: if you’re carrying a cup of coffee and someone bumps into you why did you spill the coffee? It wasn’t because someone bumped you. It was because you were carrying coffee. (If you had been carrying water you’d have spilled water. If you’d have been carrying love, compassion, grace.)

Don’t quit today—that’s emotion. Quit tomorrow. If you can keep quitting tomorrow you can do anything.

“To go in the dark with a light is to know the light. To know the dark, go dark. Go without sight, and find that the dark too blooms and sings, and is traveled by dark feet and dark wings.” -- Wendell Berry

“I lack the peace of simple things. I come into the peace of wild things who do not tax their lives with forethought of grief. I come into the presence of still water.” -- Wendell Berry

There is a day when the road neither comes nor goes, and the way isn’t a way but a place.

“Rejoice for the thorns have roses.”

“Paper has more patience than people.”

“Relationships aren’t tough. They are only tough when one person’s working on it. Two people can move a couch.” – Chris Rock

While orbiting the moon, the astronauts felt no wind, no atmosphere, no natural oxygen. When Lovell finally splashed down in the Pacific and opened the hatch, he said the rush of fresh moist air produced a lasting epiphany: “Earth,” he said, “is paradise.”

Ask what you are afraid of? Then ask why? Then why again until you know what you’re afraid of.

Our understanding of the world is strongly influenced by the language we speak. Sapir-Whorf hypothesis (1956).

“Don’t bring me good news because I can’t act on it. Bring me bad news because I can act on it.” --igor

Write down the good things with how I felt about it.

True and contradictory at the same time: “You are what you think.” “You aren’t your thoughts, you’re their witness.”

Oh, she says, well, you’re not a poor man. You know, why don’t you go online and buy 100 envelopes and put them in the closet? And so I pretended not to hear her and went out to get an envelope because I’m going to have a hell of a good time in the process of buying one envelope. I meet a lot of people. And I see some great looking babies. And a fire engine goes by. And I give them the thumbs up. And I’ll ask a woman what kind of dog that is…we’re dancing animals. You know, we love to move around.

Anger is the part of you that loves you the most. It’s the part that shows up when you’re being mistreated, ignored, or disrespected.

From a comedian (you only have 2 things to worry about): “You’re either healthy or sick. If you’re healthy, you’re ok. If you’re sick you only have two things to worry about. Is it going to get better or is it going to get worse? If better, you’re ok. If worse, you only have two things to worry about. Are you going to live or die? If live, you’re ok. If die, you only have two things to worry about. Going to heaven or hell? If heaven, you’re ok…”

On disagreeing politely: “Seems like you have a reason for saying that. I’ve got different data.”

When a tree falls everyone hears the sound, but when a tree grows no one hears it.

The best way to avoid anxiety is to go out in the street and say hello to people.

Life disguised as growth as failure.

A compliment: “Thank you for being you.”

He who opens a school door, closes a prison.

Education without moral grounding creates not saints, but more sophisticated sinners.

You’re 5 minutes away from feeling better. 5 minutes of exercise—your energy shifts. 5 minutes of writing—your mind clears. 5 minutes of deep breathing—your body resets.

I do the very best I know how—the very best I can, and I mean to keep doing so until the end. If the end brings me out all right, what is said against me won’t amount to anything. If the end brings me out wrong, ten angels swearing I was right would make no difference.

Relationships with influencers and reporters don’t keep negative stories from happening, they give us a chance to engage and make our case.

Love keeps no records of wrongs.