

A "Quotable" Life A COLLECTION OF QUOTATIONS FOR A COMPLETE LIFE

Compilation: G. Sankaranarayanan

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Dedication

To Shri P R Ramasubrahamaneya Rajha. You quietly led a life that is worth trumpeting to the whole world.



Preface

Dear friends,

Henry David Thoreau said, and I quote, "Wealth is the ability to fully experience life." I would like to visualize a full life as a flower of four petals: Health, Wealth, Education, and Relations, nourished by Spirituality.

Fully experiencing life is, then, about paying attention to all these aspects of life - without giving in to lopsided influences. One does not have to pursue any one part of life at the cost of the other. And, no one feature is inferior or superior to the other.

If we can be open, we can develop our ability to fully experience life and live a full life. What we may need are inspirations to do so. Wise words can be a powerful source of inspiration.

This book has a collection of 320 inspiring quotes. I have arranged them under the above said five major divisions, and their subdivisions. I hope that reading, recollecting, and remembering these quotes as often as possible can help us flower.

In fact, my initial purpose of collecting the quotations and organising them in this way was for me to read them every day. Then, I thought I might as well publish them as a book so that it will be of use for many others.

I have just one regret. Since I have taken most quotations from

the Internet - which as it stands today is not yet multilingual from the perspective of content, I could quote mostly the West. But I take solace from the fact that wise words have no regions. They have universal appeal. They also have universal presence - that is, what is said at one time in one language in one place is what is reproduced at another time in another language in another place.

These quotes can serve as our daily dose of inspiration, guidance, and blessing, if we read, and remember them. As Erik Pevernagie said, and I quote, "We are what we remember".

G Sankaranarayanan Rajapalayam January 01, 2019





Education

Finding the existence of something new, quantifying it, finding new ways of expressions, and staying up to date. This we call education, which is a life long pursuit of:

- Intellectual Understanding
- Numeracy
- Creativity
- Current Affairs & General Knowledge



Knowledge	
momeage	

First knowledge is the knowledge of God.

- Lailah Gifty Akita

The beginning of wisdom is the definition of terms.

- Socrates

There is no quality in this world that is not what it is merely by contrast. Nothing exists in itself.

- Herman Melville

Knowledge = relation. Explanation = classification. The outward world a hieroglyph.

- Sir William Withey Gull

Hypothesis	
riypotitesis	

Small minds are concerned with the extraordinary, great minds with the ordinary.

- Blaise Pascal

A hypothesis is the obligatory starting point of all experimental reasoning. Without it no investigation would be possible, and one would learn nothing: one could only pile up barren observations.

- Claude Bernard

Anyone who has studied the history of science knows that almost every great step therein has been made by the 'anticipation of Nature,' that is, by the invention of hypotheses, which, though verifiable, often had very little foundation to start with.

- Thomas Henry Huxley

It would be possible to describe everything scientifically, but it would make no sense; it would be without meaning, as if you described a Beethoven symphony as a variation of wave pressure.

- Albert Einstein

Ana	lysis	& S	ynth	esis
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Education is being able to differentiate between what you do know and what you don't.

- Anatole France

In general, the more one augments the number of divisions of the productions of nature, the more one approaches the truth, since in nature only individuals exist, while genera, orders, and classes only exist in our imagination.

- Louis Leclerc de Buffon

Science is organized knowledge. Wisdom is organized life.

- Immanuel Kant

One finds the truth by making a hypothesis and comparing observations with the hypothesis.

- David Douglass

				•
C	as:	SITIC	cati	ons

Man is a classifying animal.

- Otto Jespersen

Neither counting nor measuring can however be the most fundamental processes in our study of the material universe—before you can do either to any purpose you must first select what you propose to count or measure, which presupposes a classification.

- Roy Albert Crowson

cience is simply the classification of the common knowledge of the common people. It is bringing together the things we all know and putting them together so we can use them. This is creation and finds its analogy in Nature, where the elements are combined in certain ways to give us fruits or flowers or grain.

- Elbert Hubbard

The first step in wisdom is to know the things themselves; this notion consists in having a true idea of the objects; objects are distinguished and known by classifying them methodically and giving them appropriate names. Therefore, classification and name-giving will be the foundation of our science.

- Carolus Linnaeus



Objects of measurements -

A mission statement is not something you write overnight. It becomes the criterion by which you measure everything else in your life.

- Stephen Covey

There are two possible outcomes: if the result confirms the hypothesis, then you've made a measurement. If the result is contrary to the hypothesis, then you've made a discovery.

- Enrico Fermi

An experiment is a question which science poses to Nature, and a measurement is the recording of Nature's answer.

- Max Planck

Don't judge each day by the harvest you reap but by the seeds that you plant.

- Robert Louis Stevenson

Quantity and Quality

It was a great step in science when men became convinced that, in order to understand the nature of things, they must begin by asking, not whether a thing is good or bad, noxious or beneficial, but of what kind it is? And how much is there of it? Quality and Quantity were then first recognised as the primary features to be observed in scientific inquiry.

- James Clerk Maxwell

By science, I understand the consideration of all subjects, whether of a pure or mixed nature, capable of being reduced to measurement and calculation.

- William Whewell

If there is an underlying oneness of all things, it does not matter where we begin, whether with stars, or laws of supply and demand, or frogs, or Napoleon Bonaparte. One measures a circle, beginning anywhere.

- Charles Fort

In physical science a first essential step in the direction of learning any subject is to find principles of numerical reckoning and practicable methods for measuring some quality connected with it.

- Baron William Thomson Kelvin

Equations	
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An equation means nothing to me unless it expresses a thought of God.

- Srinivasa Ramanujan

In questions of science, the authority of a thousand is not worth the humble reasoning of a single individual.

- Galileo Galilei

Life is like accounting, everything must be balanced.

- Unknown

Simple can be harder than complex: You have to work hard to get your thinking clean to make it simple.

- Steve Jobs

Statistics	
Statistics	

To understand God's thoughts, one must study statistics, for these are the measure of His purpose.

- Florence Nightingale

All statistics have outliers.

- Nenia Campbell

Numbers never lie, after all: they simply tell different stories depending on the math of the tellers.

- Luis Alberto Urrea

To clarify, *add* data.

- Edward R. Tufte

66 Creativity

Curiosity	
Currosity	

Curiosity about life in all of its aspects, I think, is still the secret of great creative people.

- Leo Burnett

The creative mind plays with the object it loves.

- Carl Jung

A mind that is stretched by a new experience can never go back to its old dimensions.

- Oliver Wendell Holmes, Jr.

Intelligence is really a kind of taste: taste in ideas.

- Susan Sontag

<i>Imagination</i>	
magmation	

Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand.

- Albert Einstein

Logic will get you from A to B. Imagination will take you everywhere.

- Albert Einstein

Imagination is the power of the mind over the possibilities of things.

- William Stevens

Reality leaves a lot to the imagination.

- John Lennon

Expression	
Expression	

Everybody is talented because everybody who is human has something to express.

- Brenda Ueland

If you can't explain it simply, you don't understand it well enough.

- Albert Einstein

If it doesn't sell; it isn't creative.

- David Ogilvy

I would rather entertain and hope that people learned something than educate people and hope they were entertained.

- Walt Disney

Abandonment	
-------------	--

Writing well is part habit, part knowledge of some fundamental rules and part giving a damn.

- Ann Handley

Learn the rules like a pro, so you can break them like an artist.

- Picasso

We don't make mistakes, just happy little accidents.

- Bob Ross

Painting is easy when you don't know how, but very difficult when you do.

- Edgar Degas

66 Current Affairs / GK

General Knowledge	

Liberty cannot be preserved without general knowledge among the people.

- John Adams

If you look at the people who have high impact, they have pretty general knowledge. They don't have a really narrowly focused education.

- Larry Page

Knowledge is knowing that a tomato is a fruit. Wisdom is not putting it in a fruit salad.

- Miles Kington

A man is but what he knows.

- Francis Bacon

Current Affairs	
Carrent / III air 3	

There was never a time in our history when ignorance of current affairs could be so dangerous.

- Edgar Dale

News is only the first rough draft of history.

- Alan Barth

Media should be colorful in what it presents, but when it comes to the truth it should be black & white with no shades in-between.

- Anthony T. Hincks

Whatever mainstream media focuses on, BEWARE. Whatever mainstream media ignores, FOCUS.

- Sotero M Lopez

Insights
We begin to learn wisely when we're willing to see world from other people's perspective.
- Toba Beta, Master of Stupidity

Education must be not only a transmission of culture but also a provider of alternative views of the world and a strengthener of the will to explore them.

- Jerome Bruner

Get correct views of life, and learn to see the world in its true light. It will enable you to live pleasantly, to do good, and, when summoned away, to leave without regret.

- Robert E. Lee

You never really understand a person until you consider things from his point of view.

- Harper Lee

History	
1113001	

Those who do not remember the past are condemned to repeat it.

- George Santayana

History never really says goodbye. History says, 'See you later.'

- Eduardo Galeano

The farther backward you can look, the farther forward you are likely to see.

- Winston S. Churchill

The only thing new in the world is the history you do not know.

- Harry S. Truman



Health

An ideal condition of body, mind, and soul, sustained chiefly by:

- Food
- Exercise
- Hygiene
- Hobby



Food
When a man's stomach is full it makes no difference whether he is rich or poor Euripides
Laughter is brightest in the place where the food is Irish Proverb
Good food ends with good talk Geoffrey Neighor
There is no sincere love than the love of food George Bernard Shaw
Cooking
Hunger is a good cook Proverb

A recipe has no soul. You as the cook must bring soul to the recipe.

- Thomas Keller

- Unknown

Cooking is love made edible.

Cooking demands attention, patience, and above all, a respect for the gifts of the earth. It is a form of worship, a way of giving thanks.

- Judith B. Jones

Diet / Recipe	

No disease that can be treated by diet should be treated with any other means.

- Maimonides

If you can't pronounce it, don't eat it.

- unknown

The most powerful tool to change your health, environment and entire world is your fork.

- Dr Mark Hyman

The most treasured things passed down from generation to generation are the family recipes.

- Robert St. John (editor)

Eating -		
Lating		

One cannot think well, love well, sleep well, if one has not dined well.

- Virginia Woolf

One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating.

- Luciano Pavarotti

One of the fastest ways to improve your health is to eat slowly.

- Mokokoma Mokhonoana

When I prayed for success, I forgot to ask for sound sleep and good digestion.

- Mason Cooley



Stretching —————
Yoga teaches you how to listen to your body Mariel Hemingway, American actress and holistic/spiritual author
You're only as young as your spine is flexible Bob Harper, personal trainer featured
Listening to the music while stretching her body close to its limit, she was able to attain a mysterious calm Haruki Murakami
A good goal is like a strenuous exercise - it makes you stretch Mary Kay Ash
Strengthening
The best activities for your health are pumping and humping Arnold Schwarzenegger
The human body is the best picture of the human soul Ludwig Wittgenstein
I try to put on as much weight in the right places as I can.

- Ralph Fiennes

- Unknown

Pain is weakness leaving the body.

Stamina / Movements
Walking is the best possible exercise. Habituate yourself to walk very far.

- Thomas Jefferson

Someone busier than you is running right now.

- Unknown

Exercise should be regarded as tribute to the heart.

- Gene Tunney

Number one, like yourself. Number two, you have to eat healthy. And number three, you've got to squeeze your buns. That's my formula.

- Richard Simmons

Asana / Posture	
/ Isaria / I ostarc	

The study of asana is not about mastering posture. It is about using posture to understand and transform yourself.

- BKS lyengar

A good stance and posture reflect a proper state of mind.

- Morihei Ueshiba

Yoga is the cessation of the movements of the mind. Then there is abiding in the seer's own form.

- Patanjali

No amount of high fashion can make up for a lifetime of poor posture.

- Cindy Ann Peterson



Aesthetics	

Nature holds the key to our aesthetic, intellectual, cognitive and even spiritual satisfaction.

- E. O. Wilson

Aesthetic pleasure is not to be taken lightly; it's very important for the spirit and therefore the health.

- Robert Bateman

There is none more beautiful than the lover of beauty.

- Raheel Farooq

I do not bring beauty to people's lives; I, perhaps, draw their attention to beauty which is already there.

- George Buytendorp

Cleanliness	
Cicarinicos	

Cleanliness becomes more important when godliness is unlikely.

- P. J. O'Rourke

Man does not live by soap alone; and hygiene, or even health, is not much good unless you can take a healthy view of it or, better still, feel a healthy indifference to it.

- Gilbert K. Chesterton

Hygiene is two thirds of health.

- Lebanese Proverb

You don't get anything clean without getting something else dirty.

- Cecil Baxter

Order		
Oraci		

A place for everything and everything in its place, clean and ready for use.

- 5S Philosophy

I understand that trouble is just something that has been filed in the wrong place.

- Jeanette Winterson

Order and disorder, they each have their beauty.

- Orson Scott Card

Order and reason, beauty and benevolence, are characteristics and conceptions which we find solely associated with the mind of man.

- Karl Pearson

Discarding ————

Declutter your mind, your heart, your home. Let go of the heaviness that is weighing you down. Make your life simple, but significant.

- Maria Defillo

Every homeowner deserves a Zen-like area to revitalize, rejuvenate and read.

- Geralin Thomas

The best way to find out what we really need is to get rid of what we don't.

- Marie Kondo

Out of clutter, find simplicity. From discord, find harmony. In the middle of difficulty lies opportunity.

- Albert Einstein



Hobby	
11000	

To be happy in life, develop at least four hobbies: one to bring you money, one to keep you healthy, one to bring you joy, and one to bring you peace.

- Stan Jacobs, The Dusk and Dawn Master

The best intelligence test is what we do with our leisure.

- Laurence J. Peter

When your hobbies get in the way of your work - that's OK.

- Steve Martin

Hobbies are a homeopathic reaction to the job, that is, a dilute form of work that can cure the alienation caused by industrialism.

- Steven M Gelber

Entertainment / Humor	
Litter tullillelit / I lullioi	

A good laugh and a long sleep are the best cures in the doctor's book.

- Irish Proverb

What is an adult? A child blown up by age.

- Simone de Beauvoir

Humor is just another defense against the universe.

- Mel Brooks

People who see life as anything more than pure entertainment are missing the point.

- George Carlin

Rest			

Rest is the sweet sauce of labor.

- Plutarch

Sleep: The golden chain that ties health and our bodies together.

- Thomas Dekker

If we could learn how to balance rest against effort, calmness against strain, quiet against turmoil, we would assure ourselves of joy in living and psychological health for life.

- F Josephine Rathbone

He that can take rest is greater than he that can take cities.

- F Benjamin Franklin

Breaks	
DICANS	

Time you enjoy wasting is not wasted time.

- Marthe Troly-Curtin

Slow down and everything you are chasing will come around and catch you.

- John De Paola

Your mind will answer most questions if you learn to relax and wait for the answer.

- William S Burroughs

Now and then it's good to pause in our pursuit of happiness and just be happy.

- Guillaume Apollinaire



Wealth

Wealth is leadership made measurable. But not all the items that create wealth are immeasurable. The drivers of wealth creation:

- Vision
- Organisation
- Project Managemen
- Operational Excellence



Cause	
Cause	

Recall the face of the poorest and weakest man you have seen, and ask yourself if this step you contemplate is going to be any use to him.

- Mahatma Gandhi

For success, like happiness, cannot be pursued; it must ensue, and it only does so as the unintended side effect of one's personal dedication to a cause greater than oneself or as the by-product of one's surrender to a person other than oneself.

- Viktor E. Frankl, Man's Search for Meaning

The man don't make the vision; the vision makes the man.

- Pastor Yonggi Cho

When you want something, all the Universe conspires in helping you achieve it.

- Paulo Coelho

Means / Values	
means, varaes	

The essence of strategy is choosing what not to do.

- Michael Porter

Tell me what you pay attention to and I will tell you who you are.

- José Ortega y Gasset

It's not hard to make decisions when you know what your values are.

- Roy Disney

Living in a way that reflects one's values is not just about what you do, it is also about how you do things.

- Deborah Day

A promise is no better than the person or institution making it Warren Buffett
Milestones / Targets
The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it Michelangelo
Don't go for small commitments on big things, but aim for big commitments on small things.
The target for every great champion is to play for the team Antonio Conte
A milestone is less date and more definition Rands
Persistence
Hold the vision, trust the process Anonymous
When you feel like quitting, think about why you started Unknown
It is not what the vision is, it is what the vision does Peter Senge
Business strategy is the managerial equivalent of the scientific method—you start with a hypothesis, which you then test in

action and revise when necessary.

- Joan Magretta



Communication -

If you want to build a ship, don't herd people together to collect wood and don't assign them tasks and work, but rather teach them to long for the endless immensity of the sea.

- Antoine de Saint-Exupery

The result of bad communication is a disconnection between strategy and execution.

- Chuck Martin, former Vice President IBM

Communication leads to community, that is, to understanding, intimacy and mutual valuing.

- Rollo May

Building a visionary company requires one percent vision and 99 percent alignment.

- Jim Collins and Jerry Porras, Built to Last

People	
reopie	

Find people who share your values, and you'll conquer the world together.

- John Ratzenberger

The greatest ability in business is to get along with others and to influence their actions.

- John Hancock

If we judge ourselves only by our aspirations and everyone else only their conduct we shall soon reach a very false conclusion.

- Calvin Coolidge

I criticize by creation, not by finding fault.

- Marcus Tullius Cicero

Money	
Money	

Rule No. 1: Never lose money. Rule No. 2: Never forget rule No. 1.

- Warren Buffett

If I had to run a company on three measures, those measures would be customer satisfaction, employee satisfaction, and cash flow.

- Jack Welch

Fame is only good for one thing - they will cash your check in a small town.

- Truman Capote

The fact is that one of the earliest lessons I learned in business was that balance sheets and income statements are fiction, cash flow is reality.

- Chris Chocola

Tools	

We become what we behold. We shape our tools and then our tools shape us.

- Marshall McLuhan

A good tool improves the way you work. A great tool improves the way you think.

- Jeff Duntemann

A tool is but the extension of a man's hand, and a machine is but a complex tool. And he that invents a machine augments the power of a man and the well being of mankind.

- Henry Ward Beecher.

The tools which would teach men their own use would be beyond price.

- Plato

66 Project Management

Priority and planning		
Happy people plan actions, they don't plan results Dennis Wholey		
Unless commitment is made, there are only promises and hopes; but no plans Peter F. Drucker		
You can always amend a big plan, but you can never expand a little one Harry S. Truman, former U.S. President		
If you have more than three priorities in your life, you have none Jim Collins		
Execution		
Leaders have three fundamental responsibilities: They craft a vision		

Leaders have three fundamental responsibilities: They craft a vision, they build alignment, and they champion execution.

- Anonymous

Innovation is rewarded. Execution is worshipped.

- Eric Thomas

Complexity is the enemy of execution.

- Tony Robbins

A fixed deadline and a flexible scope are the crucial combination.

- Jason Fried

Time	

How does a project get to be a year late? One day at a time.

- Frederick Brooks

I owe all my success in life to having been always a quarter of an hour before my time.

- Horatio Nelson

To achieve great things, two things are needed; a plan, and not quite enough time.

- Leonard Bernstein, composer and conductor

The true price of anything you do is the amount of time you exchange for it.

- Henry David Thoreau

Motivation	
Motivation	

Of all the thing I have done, the most vital is coordinating the talents of those who work for us and pointing them towards a certain goal.

- Walt Disney.

A noble man compares and estimates himself by an idea which is higher than himself; and a mean man, by one lower than himself. The one produces aspiration; the other ambition, which is the way in which a vulgar man aspires.

- Marcus Aurelius

Leaders must be close enough to relate to others, but far enough ahead to motivate them.

- John C. Maxwell

Coming together is a beginning. Keeping together is progress. Working together is success.

- Henry Ford

66 Operational Excellence

Value
Nothing can have value without being an object of utility Karl Marx
Our value is the sum of our values Joe Batten
The value of actions lies in their timing Laozi
We work not only to produce, but to give value to time Eugene Delacroix
Waste
The ability to simplify means to eliminate the unnecessary so that the necessary may speak Hans Hofmann

If you don't have time to do it right you must have time to do it over.

- Author Unknown

Improvement usually means doing something that we have never done before.

- Shigeo Shingo

The most dangerous kind of waste is the waste we do not recognize.

- Shigeo Shingo

Processes	

If you can't describe what you are doing as a process, you don't know what you're doing.

- W. Edwards Deming

If you quit on the process, you are quitting on the result.

- Idowu Koyenikan

Step by step and the thing is done.

- Charles Atlas

It's not always that we need to do more but rather that we need to focus on less.

- Nathan W. Morris

<i>Incremental Improvement</i>	
merenicina improvement	

If you're not getting better, you're getting worse.

- Joe Paterno

Where there is no standard, there can be no improvement. For these reasons, standards are the basis for both maintenance and improvement.

- Masaaki Imai

Amateurs work until they get it right. Professionals work until they can't get it wrong.

- Author Unknown

You can get a great deal done from almost any position in an organization if you focus on small wins.

- Roger Saillant



Relations

Irrespective of who we are, and where we live, we meet four types of people. People who are happy, people who are sad, people who are virtuous, and people who are irrational. The art of relating with each of them calls respectively for:

- Socializing
- Compassion
- Reverence
- Non Violence



Listening	

If you make listening and observation your occupation, you will gain much more than you can by talk.

- Robert Baden-Powell

Friends are those rare people who ask how we are, and then wait to hear the answer.

- Ed Cunningham

Attention is the rarest and purest form of generosity.

- Simone Weil

You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you.

- Dale Carnegie

Self Love / Esteem	

He who lives in harmony with himself lives in harmony with the universe.

- Marcus Aurelius

You yourself, as much as anybody in the entire universe, deserve your love and affection.

- Buddha

A man cannot be comfortable without his own approval.

- Mark Twain

The better you feel about yourself, the less you feel the need to show off.

- Robert Hand

Be brave enough to start a conversation that matters Margaret Wheatley
Most conversations are simply monologues delivered in the presence of a witness Margaret Millar
In conversation, humor is worth more than wit and easiness more than knowledge George Herbert
The true spirit of conversation consists in building on another man's observation, not overturning it Edward Bulwer-Lytton
Smile

Of all the things you wear, your expression is the most important.

- Janet Lane

Conversation

We shall never know all the good that a simple smile can do.

- Mother Teresa

Anybody can sympathise with the sufferings of a friend, but it requires a very fine nature to sympathise with a friend's success.

- Oscar Wilde

No other success can compensate for failure in the home.

- J.E. McCulloch

Care	
Carc	

Undisturbed calmness of mind is attained by cultivating friendliness toward the happy, compassion for the unhappy, delight in the virtuous, and indifference toward the wicked.

- Patanjali

You can always tell a real friend: when you've made a fool of yourself he doesn't feel you've done a permanent job.

- Laurence J. Peter

Friends are those rare people who ask how we are and then wait to hear the answer.

- Ed Cunningham

If you see someone without a smile, give them one of yours.

- Dolly Parton

Sympathy	
Sympacity	

There is no greater loan than a sympathetic ear.

- Frank Tyger

What does love look like? It has the hands to help others. It has the feet to hasten to the poor and needy. It has eyes to see misery and want. It has the ears to hear the sighs and sorrows of men. That is what love looks like.

- Saint Augustine

Tears are the silent language of grief.

- Voltaire

The more sympathy you give, the less you need.

- Malcolm Forbes

Compassion

The best of humanity is in our exercise of empathy and compassion. It's when we challenge ourselves to walk in the shoes of someone whose pain or plight might seem so different than yours that it's almost incomprehensible.

- Sarah McBride

No one cares how much you know, until they know how much you care.

- Theodore Roosevelt

You cannot do a kindness too soon, for you never know when it will be too late.

- Ralph Waldo Emerson

Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving and tolerant with the weak and wrong. Sometime in your life, you will have been all of these.

- Gautama Buddha

Understanding —

A friendship that can end never really began.

- Publilius Syrus

He has a right to criticize, who has a heart to help.

- Abraham Lincoln

I have no right, by anything I do or say, to demean a human being in his own eyes. What matters is not what I think of him; it is what he thinks of himself. To undermine a man's self-respect is a sin.

- Antoine de Saint-Exupery

When we judge or criticize another person, it says nothing about that person; it merely says something about our own need to be critical

- Unknown



Qualities of Masters

Leaders are more powerful role models when they learn than when they teach.

- Rosabeth Moss Kantor

I fall at the feet of those who meditate on the truest of the true.

- Guru Gobind Singh

There is no greater student than knowledge, no greater teacher than understanding, no greater master than wisdom, and no greater sage than love.

- Matshona Dhliwayo

Nearly all men can stand adversity, but if you want to test a man's character, give him power.

- President Abraham Lincoln

Seeking Guidance -

Clarity is seeing the holy Body of guru; Clarity is saying the holy Name of guru; Clarity is listening to the holy Words of guru; Clarity is contemplating on the holy Form of guru.

- Thirumandiram

The older I got, the smarter my teachers became.

- Ally Carter

Teachers affect eternity; no one can tell where their influence stops.

- Henry Brooks Adams

Better than a thousand days of diligent study is one day with a great teacher.

- Japanese proverb

Qualities of students	

Blessed is he who has learned to admire but not envy, to follow but not imitate, to praise but not flatter, and to lead but not manipulate.

- William Arthur Ward

There is an innocence in admiration; it is found in those to whom it has never yet occurred that they, too, might be admired some day.

- Friedrich Nietzsche

Tell me who your heroes are and I'll tell you how you'll turn out to be.

- Warren Buffett

If I have seen farther than others, it is because I was standing on the shoulders of giants.

- Isaac Newton

Emulation ————————————————————————————————————	—
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Let's make our role model famous, instead of making famous people our role model.

- Sandhya Jane

If you can't find a good role model, be one.

- Gale Anne Hurd

The world is your audience, even if you only have one disciple.

- Matshona Dhliwayo

I believe that if one always looked at the skies, one would end up with wings.

- Gustave Flaubert



Empathy	
Linpatity	

We judge what we don't understand.

- Unknown

The opposite of anger is not calmness. It's empathy.

- Mehmet Oz

Education is the ability to listen to almost anything without losing your temper or your self-confidence.

- Robert Frost

If there is any one secret of success, it lies in the ability to get the other person's point of view and see things from his angle as well as your own.

- Henry Ford

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If we learn to open our hearts, anyone, including the people who drive us crazy, can be our teacher.

- Pema Chodron

Holding onto anger is like drinking poison and expecting the other person to die.

- Buddha

All differences in this world are of degree, and not of kind, because oneness is the secret of everything.

- Swami Vivekananda

Don't criticize them; they are just what we would be under similar circumstances.

- Abraham Lincoln

Non Violence	
Non Violence	

Violence and nonviolence are, after all, two different forms of theater. They both depend and thrive on the response of an audience.

- Julia Bacha

One of the principles of nonviolence is that you leave your opponents whole and better off than you found them.

- Andrew Young

Nonviolence is a flop. The only bigger flop is violence.

- Joan Baez

To be violent is the ultimate laziness. War always seems a great effort, but it is the easy way.

- Peter Brook

Forgiveness	
rorgiveness	

The weak can never forgive. Forgiveness is the attribute of the strong.

- Gandhi

When you choose to forgive those who have hurt you, you take away their power.

- Anonymous

To forgive is to set a prisoner free, and realize the prisoner was you.

- Anonymous

It is a very delicate job to forgive a man, without lowering him in his own estimation, and yours too.

- Josh Billings



Spirituality

Spirituality concerns the state of "being" while still performing the "doing". Those who think they are the doers, regard what they do as an opportunity - hence, enjoy being blissful. Those who know that God is the doer, enjoy being grateful. They who regard neither themselves nor God as doers and who think that only a Witness is all what exists, they remain in the state of being mindful. And those who realize "I" and "God" exist only in mind, remain in the state of being Truthful. The four spiritual states of being are:

- Blissful
- Grateful / Prayerful
- Mindful
- Truthful



Thoughts / attitude -

The degree of freedom from unwanted thoughts and the degree of concentration on a single thought are the measures to gauge spiritual progress.

- Ramana Maharshi

Don't mix bad words with your bad mood.

- Unknown

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.

- W. Clement Stone

Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it.

- Lou Holtz

Volunteering / Service Orientation—

Wherever you turn, you can find someone who needs you.

- Albert Schweitzer

Teach self-denial and make its practice pleasure.

- Sir Walter Scott

You will be as much value to others as you have been to yourself.

- Marcus T Cicero

If you knew what I know about the power of giving, you would not let a single meal pass without sharing it in some way.

- Buddha

Playfulness / Celebration _____

The master of the art of living simply pursues his vision of excellence in whatever he does, leaving others to decide whether he is working or playing. To him he is always doing both.

- Buddha

The more you praise and celebrate your life, the more there is in life to celebrate.

- Oprah Winfrey

Celebrate what you want to see more of.

- Tom Peters

Celebrate your successes. Find some humor in your failures.

- Sam Walton

Responsibility ————

Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.

- Francis of Assisi

Your own Self-Realization is the greatest service you can render the world.

- Ramana Maharshi

Excellence is the unlimited ability to improve the quality of what you have to offer.

- Rick Pitino

Discipline is the refining fire by which talent becomes ability.

- Roy L. Smith



Acceptance	
ricceptance	

Someday you'll look back and understand why it all happened the way it did.

- Unknown

A truly happy person is one who can enjoy the scenery while on a detour.

- Unknown

The greatest thing in the world is to know how to belong to oneself.

- Michel de Montaigne

Nothing happens to you, it happens for you.

- Joel Osteen

Thanking

If you aren't grateful for what you already have, what makes you think you would be happy with more.

- Roy T. Bennett

Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.

- Melody Beattie

I praise the Lord here today. I know that all my talent and all my ability comes from him, and without him I'm nothing and I thank him for his great blessing.

- Ernie Harwell

Life gives to the giver and takes from the taker.

- Joe Polish

Offering _	
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If you know y	what I know about the nower of giving you would not

If you knew what I know about the power of giving you would not let a single meal pass without sharing it in some way.

- Buddha

A lot of people are willing to give God the credit, but not too many are willing to give Him the cash.

- Unknown

Some people say, "Give till it hurts." But God recommends that we give until it feels good. God loves a cheerful giver!

- Brian Kluth

No one has ever become poor by giving.

- Anne Frank

Contentment	

To be content doesn't mean you don't desire more, it means you're thankful for what you have and patient for what's to come.

- Tony Gaskins

Happiness is a place between too much and too little.

- Finnish proverb

Comparison makes finding contentment a million times harder.

- Anonymous

Health is the greatest gift, contentment is the greatest wealth, faithfulness the best relationship.

- Buddha



Concentration
Discipline and concentration are a matter of being interested Tom Kite
Concentration is the ability to think about absolutely nothing when it is absolutely necessary Ray Knight
Concentration is a form of exclusion, and where there is exclusion, there is a thinker who excludes Bruce Lee
The joy of life is born of concentration. When you are having a cup of tea, the value of that experience depends on your concentration. You have to drink the tea with 100 percent of your concentration. - Thich Nhat Hanh
Self Awareness
Your worst enemy cannot harm you As much as your own thoughts, unguarded Buddha
To diminish the suffering of pain, we need to make a crucial

- Howard Cutler

by our thoughts about the pain.

Humility is not about having a low self image or poor self esteem. Humility is about self-awareness.

distinction between the pain of pain, and the pain we create

- Erwin McManus

The first step toward change is awareness. The second step is acceptance.

- Nathaniel Branden

Mindfulness_

Drink your tea slowly and reverently, as if it is the axis on which the earth revolves.

- Thich Nhat Hanh

The true definition of mental illness is when the majority of your time is spent in the past or future.

- Shannon L. Alder

Adopt the pace of nature: her secret is patience.

- Ralph Waldo Emerson

Mindfulness is a way of befriending ourselves and our experience.

- Jon Kabat-Zinn

Impermanence —

Impermanence is a principle of harmony. When we don't struggle against it, we are in harmony with reality.

- Pema Chodron

Life is not lost by dying; life is lost minute by minute, day by dragging day, in all the small uncaring ways.

- Stephen Vincent Benet

You only lose what you cling to.

- Buddha

Nothing ever goes away until it has taught us what we need to know.

- Pema Chödrön

66 Self Enquiry

Inferiority or Superiority Complexes
No individual raindrop ever considers itself responsible for the flood Anonymous
Remember that failure is an event, not a person Zig Ziglar
You can't let praise or criticism get to you. It's a weakness to get caught up in either one. - John Wooden
We are rarely proud when we are alone Voltaire
Possessiveness
When neither their property nor their honor is touched, the majority of men live content Niccolo Machiavelli
Our most valuable possessions are those which can be shared

without lessening-those which, when shared, multiply.
- William H Danforth

Jealousy is not a barometer by which the depth of love can be read, it merely records the degree of the lover's insecurity.

- Margaret Mead

Being slightly paranoid is like being slightly pregnant - it tends to get worse.

- Molly Ivins

Understanding Self ———

Don't take anything personally.

- Don Miguel Ruiz

You are originally unlimited and perfect. Later you take on limitations and become the mind.

- Ramana Maharshi

One should not think of it as this or as that. The very thought of thinking will end in bondage.

- Ramana Maharshi

Probably a crab would be filled with a sense of personal outrage if it could hear us class it without ado or apology as a crustacean, and thus dispose of it. 'I am no such thing,' it would say; 'I am MYSELF, MYSELF alone'.

- William James

Effortlessness

There is great happiness in not wanting, in not being somebody, in not going somewhere.

- Jiddu Krishnamurti

When you realize nothing is lacking, the whole world belongs to you.

- Lao Tzu

There is neither creation nor destruction, neither destiny nor free will, neither path nor achievement. This is the final truth.

- Ramana Maharshi

When the mind is clear, empty of memories and knowledge, things are seen exactly as they are.

- Patanjali



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