

**CALIFORNIA JUDGES ASSOCIATION**

**~ QUOTATIONS ~**

**THE EMOTIONAL DIMENSION OF WELLNESS**

*[Please note: The CJA does not advocate or prefer any practice, philosophy, belief system, or religious tradition. These quotations from diverse sources discuss general themes concerning the emotional dimension of wellness.]*

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**The Emotional Dimension of Wellness**

“The emotional dimension recognizes awareness and acceptance of one’s feelings. Emotional wellness includes the degree to which one feels positive and enthusiastic about oneself and life. It includes the capacity to manage one’s feelings and related behaviors

including the realistic assessment of one's limitations, development of autonomy, and ability to cope effectively with stress. The well person maintains satisfying relationships with others. Awareness of, and accepting a wide range of feelings in yourself and others is essential to wellness. On the wellness path, you'll be able to express feelings freely and manage feelings effectively. You'll be able to arrive at personal choices and decisions based upon the synthesis of feelings, thoughts, philosophies, and behavior. You'll live and work independently while realizing the importance of seeking and appreciating the support and assistance of others. You'll be able to form interdependent relationships with others based upon a foundation of mutual commitment, trust, and respect. You'll take on challenges, take risks, and recognize conflict as being potentially healthy. Managing your life in personally rewarding ways, and taking responsibility for your actions, will help you see life as an exciting, hopeful adventure. "Emotional wellness follows these tenants:

- "It is better to be aware of and accept our feelings than to deny them.
- "It is better to be optimistic in our approach to life than pessimistic."

~ *Bill Hettler, M.D., The Six Dimensions of Wellness Model*

## **Emotional Resilience**

"Life is not about waiting for the storms to pass. It's about learning how to dance in the rain." ~ *Vivian Greene*

"The man of courage is not the man who did not face adversity. The man of courage is the man who faced adversity and spoke to it. The man of courage tells adversity, "You're trespassing and I give you no authority to steal my joy, my faith or my hope."

~ *Kiese Laymon*

"Finish each day and be done with it. You have done what you could. Some blunders and absurdities have crept in; forget them as soon as you can. Tomorrow is a new day. You shall begin it serenely and with too high a spirit to be encumbered with your old nonsense." ~ *Emerson*

"Rock bottom became the solid foundation in which I rebuilt my life." ~ *J.K. Rowling*

Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength."

~ *Arnold Schwarzenegger*

"Some think that holding on makes us strong, but sometimes it's letting go."

~ *Herman Hesse*

“Life is a balance of holding on and letting go.” ~ *Rumi*

“The oak fought the wind and was broken, the willow bent when it must and survived.”  
~ *Robert Jordan*

“A comeback is a setback that did its homework, learned the lesson, and then moved forward.” ~ *Eleanor Brown*

“You may have to fight a battle more than once to win it.” ~ *Margaret Thatcher*

“The human capacity for burden is like bamboo – far more flexible than you’d ever believe at first glance.” ~ *Jodi Picoult*

“Do not judge me by my success, judge me by how many times I fell down and got back up again.” ~ *Maya Angelou*

“The trauma you've experienced and survived is the most powerful part of your life experience. Honor and celebrate your resiliency.” ~ *Leonie H. Mattison*

“In the face of adversity, we have a choice. We can be bitter, or we can be better. Those words are my North Star.” ~ *Caryn Sullivan*

“If you are irritated by every rub, how will your mirror be polished?” ~ *Rumi*

“You must bear losses like a soldier, the voice told me, bravely and without complaint, and just when the day seems lost, grab your shield for another stand, another thrust forward. That is the juncture that separates heroes from the merely strong.”  
~ *Margaret George*

“I just give myself permission to suck....I find this hugely liberating.” ~ *John Green*

“Life is not only about going after name, money, success, fame and fortune and getting all of them. It is also about how you live with humility, dignity, and discipline when all of what you attained and acquired are taken away from you. Resilience and equanimity cannot be developed and deployed in simulated environments. They are always discovered within you, when you stand in the middle of the battle of Life, in the chaos, in the eye of the storm. It is by facing Life and learning to be happy, to be useful, despite your

circumstances, that you become stronger." ~ AVIS Viswanathan

"Believe in yourself and all that you are. Know that there is something inside of you that is greater than any obstacle." ~ *Christian D. Larson*

"You will never know your fullest potential unless you are forced way beyond your usual comfort zone" ~ *Tony Dovale*

"My barn having burned down, I can now see the moon." ~ *Mizuta Masahide*

"Don't wait for someone to bring you flowers. Plant your own garden and decorate your own soul." ~ *Osho*

"If you're going through hell, keep going." ~ *Winston Churchill*

"It ain't what they call you, it's what you answer to." ~ *W.C. Fields*

### **Healing Emotional Trauma**

"It's OK to not be OK." ~ *Anonymous*

"I'll be okay... just not today." ~ *Anonymous*

"Be very very very gentle with yourself. The world is very very very hard on you."  
~ *Srividya Srinivasan*

"Although the world is full of suffering, it is also full of the overcoming of it."  
~ *Helen Keller*

"Take a shower, wash off the day. Drink a glass of water. Make the room dark. Lie down and close your eyes. Notice the silence. Notice your heart. Still beating. Still fighting. You made it, after all. You made it, another day. And you can make it one more. You're doing just fine." ~ *Charlotte Erickson*

"A pearl is a beautiful thing that is produced by an injured life. It is the tear (that results) from the injury of the oyster. The treasure of our being in this world is also produced by an injured life. If we had not been wounded, if we had not been injured, then we will not produce the pearl." ~ *Dr. Stephan Hoeller*

"Sorrow prepares you for joy. It violently sweeps everything out of your house, so that new joy can find space to enter. It shakes the yellow leaves from the bough of your heart, so that fresh, green leaves can grow in their place. It pulls up the rotten roots, so that new roots hidden beneath have room to grow. Whatever sorrow shakes from your heart, far better things will take their place." ~ *Rumi*

"There is such a thing as old emotional pain living inside you. It is an accumulation of painful life experience that was not fully faced and accepted in the moment it arose. It leaves behind an energy form of emotional pain." ~ *Eckhart Tolle*

"By healing the parts of ourselves that are frozen in the past, we are able to bring them back into the present - and each time we do this we become less fragmented, and more whole." ~ *Jessica Moore*

"Suffering is not enough. Life is both dreadful and wonderful... How can I smile when I am filled with so much sorrow? It is natural - you need to smile to your sorrow because you are more than your sorrow." ~ *Thich Nhat Hahn*

"Low self-esteem is like driving through life with your handbrake on." ~ *Maxwell Maltz*

"Healing is not always about completely healing but sometimes just lessening of the pain." ~ *Matthew Donnelly*

"Healing takes courage, and we all have courage, even if we have to dig a little to find it." ~ *Tori Amos*

"Healing may not be so much about getting better, as about letting go of everything that isn't you - all of the expectations, all of the beliefs- and becoming who you are." ~ *Rachel Naomi Remen*

"We must be willing to let go of the life we've planned, so as to have the life that is waiting for us." .... "If the path before you is clear, you're probably on someone else's." ~ *Joseph Campbell*

"Learn to get in touch with the silence within yourself and know that everything in this life has a purpose, there are no mistakes, no coincidences, all events are blessings given to us to learn from." ~ *Elisabeth Kübler-Ross*

"Change is not something that we should fear. Rather, it is something that we should

welcome. For without change, nothing in this world would ever grow or blossom, and no one in this world would ever move forward to become the person they're meant to be." ~ *B.K.S Iyengar*

"No one escapes the wilderness on the way to the promised land." ~ *Annie Dillard*

"Serenity is not the conclusion of a soul journey, it is the acceptance of being on a soul journey." ~ *Lorraine Nilon*

## **Practicing Emotional Health**

"People are often unreasonable and self-centered.  
Forgive them anyway.  
If you are kind, people may accuse you of ulterior motives.  
Be kind anyway.  
If you are honest, people may cheat you.  
Be honest anyway.  
If you find happiness, people may be jealous.  
Be happy anyway.  
The good you do today may be forgotten tomorrow.  
Do good anyway.  
Give the world the best you have, and it may never be enough.  
Give your best anyway.  
For you see, in the end, it is between you and God.  
It never was between you and them anyway."  
~ *Mother Teresa*

"For fast acting relief, try slowing down." ~ *Lily Tomlin*

"Treat yourself as if you were someone that you are responsible for helping."  
~ *Jordan Peterson*

"If you live to please others, everyone will love you except yourself." ~ *Paulo Coelho*

"The greatest influence in your life, stronger even than your willpower, is your environment. Change that, if necessary." ~ *Paramahansa Yogananda*

"Follow your bliss. If you do follow your bliss you put yourself on a kind of track that has been there all the while waiting for you, and the life you ought to be living is the

one you are living. When you can see that you began to meet people who are in the field of your bliss and they open the doors for you." ~ *Joseph Campbell*

"Let yourself be silently drawn by the strange pull of what you really love. It will not lead you astray."... "What matters is how quickly you do what your soul directs."  
~ *Rumi*

"I have frequently seen people become neurotic when they content themselves with inadequate or wrong answers to the questions of life. They seek position, marriage, reputation, outward success of money, and remain unhappy and neurotic even when they have attained what they were seeking. Such people are usually confined within too narrow a spiritual horizon. Their life has not sufficient content, sufficient meaning. If they are enabled to develop into more spacious personalities, the neurosis generally disappears." ~ *Carl G. Jung*

"You start to live the moment you stop competing with others." ~ *Maxime Lagacé*

"We are so engaged in doing things to achieve purposes of outer value that we forget the inner value, the rapture that is associated with being alive, is what it is all about."  
~ *Joseph Campbell*

"Unhappiness comes from living the life of two people - the one people want you to be and the one you want to be." ~ *Shannon L. Alder*

"[Man] sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived." ~ *Dalai Lama*

"No need to hurry. No need to sparkle. No need to be anybody but oneself."  
~ *Virginia Woolf*

"Want to be happy? Stop trying to be perfect." ~ *Brené Brown*

"Whenever you are creating beauty around you, you are restoring your own soul."  
~ *Alice Walker*

"At the end of the day, tell yourself gently: 'I love you, you did the best you could today, and even if you didn't accomplish all you had planned, I love you anyway.'"

~ *Anonymous*

"Happiness is when what you think, what you say, and what you do are in harmony."

~ *Gandhi*

"Health is a state of complete harmony of the body, mind and spirit." ~ *B.K.S. Iyengar*

"Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself." ~ *Rumi*

"There came a time when the risk to remain tight in the bud was more painful than the risk it took to blossom." ~ *Anais Nin*

### **Daily Mindfulness Can Reduce Stress**

"Attention pays attention to a lot of things, but when attention pays attention to attention, then there is the stillness, and that stillness introduces you to your Self." ~ *Mooji*

"No matter how busy we are, we should not forget now and then to free our minds completely from worries and all duties....Try to remain for one minute at a time without thinking negatively, fixing the mind on the peace within, especially if worried. Then try to remain for several minutes with a quiet mind. Following that, think of some happy incident; dwell on it and visualize it; mentally go through some pleasant experience over and over again until you have forgotten your worries entirely."

~ *Paramahansa Yogananda*

"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment." ~ *Buddha*

"I'm not doing anything, and yet I'm also doing the most important thing a man can do: I'm listening to what I needed to hear from myself." ~ *Paulo Coelho*

"Narrow your life down to this moment. Your life situation may be full of problems - most life situations are- but find out if you have a problem at this moment. Do you have a problem now?" ~ *Eckart Tolle*

"When we are mindful, deeply in touch with the present moment, our understanding of what is going on deepens, and we begin to be filled with acceptance, joy, peace and love."  
.... "Anxiety, the illness of our time, comes primarily from our inability to dwell in the

present moment." ~ *Thich Nhat Hahn*

"You are never more fully yourself than when you are still inside.".... "When you get into your car, shut the door and be there for just half a minute. Breathe, feel the energy inside your body, look around at the sky, the trees. The mind might tell you, 'I don't have time.' But that's the mind talking to you. Even the busiest person has time for 30 seconds of space." ~ *Eckhart Tolle*

"Silence is delicious and nourishing after a long day at work. Treat yourself by taking a deep breath and listening to the sound of silence." ~ *Haemin Sunim*

"Feelings are just visitors, let them come and go." ~ *Mooji*

"There is no need to go to India or anywhere else to find peace. You will find that deep place of silence right in your room, your garden or even your bathtub."  
~ *Elisabeth Kubler-Ross*

"That's life: starting over, one breath at a time." ~ *Sharon Salzberg*

### **Meditation for Emotional Wellbeing**

"Meditation can help us embrace our worries, our fear, our anger; and that is very healing. We let our own natural capacity of healing do the work" ~ *Thich Nhat Hahn*

"You cannot buy peace; you must know how to manufacture it within, in the stillness of your daily practices in meditation." ~ *Paramahansa Yogananda*

"Through meditation one can experience a stable, silent inner peace that can be a permanently soothing background for all harmonious or trialsome activities demanded by life's responsibilities. Lasting happiness lies in maintaining this evenly peaceful state of mind, even when worries seek to unsettle the inner equanimity, or success tries to excite the mind to abnormal elation." ~ *Paramahansa Yogananda*

"One of the most impactful and sought-after benefits of mindfulness meditation is the enhancement of the meditator's ability to control his or her emotions. Of course, we can't completely control how we feel, but we do have control over how we react based on our emotions.

"A study by Lin and colleagues (2016) found evidence that mindfulness meditation, when practiced regularly, reduces the meditator's responsiveness to negative stimuli. In other words, those who practice mindful meditation are better able to regulate their emotional

response to the negative or unpleasant things they see around them.”

~ *Courtney E. Ackerman, MSc*

“The place you are looking for is the place from which you are looking.” ~ *Mooji*

“Your visions will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes.” ~ *Carl G. Jung*

“To realize that you are not your thoughts is when you begin to awaken spiritually.”

~ *Eckhart Tolle*

“There is no best or right kind of experience in meditation; each session is as different and unique as each day of your life.”.....“At first meditation is likely to be novel, and it’s easy to feel you are changing. After a while, there may be fewer dramatically novel experiences. You may be making the most progress when you don’t feel anything particularly significant is going on - the changes you undergo in meditation are often too subtle to detect accurately. Suspend judgment and let whatever comes come and go.”

~ *Ram Dass*

“Meditation practice isn’t about trying to throw ourselves away and become something better, it’s about befriending who we are. ~ *Pema Chödrön*

“The gift of learning to meditate is the greatest gift you can give yourself in this lifetime.”

~ *Sogyal Rinpoche*

### **Conscious Breathing Promotes Calmness**

“Fear comes from the heart. If ever you feel overcome by dread of some illness or accident, you should inhale and exhale deeply, slowly, and rhythmically several times, relaxing with each exhalation. This helps the circulation to become normal. If your heart is truly quiet you cannot feel fear at all.” ~ *Paramahansa Yogananda*

“Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.”

~ *Thich Nhat Hanh*

“When you feel anger beginning to build up inside of you, let your whole body droop and relax to the best of your ability while beginning to breathe slowly from the diaphragm. Breathing in this way helps to calm both the body and the mind which leads to letting

go of anger before it takes a hold. ~ *Marge Powers*

“Anger is like a storm rising up from the bottom of your consciousness. When you feel it coming, turn your focus to your breath.” ~ *Thich Nhat Hahn*

## **Emotional Intelligence**

“Emotional intelligence refers to an ability to recognize the meanings of emotion and their relationships, and to reason and problem-solve on the basis of them. Emotional intelligence is involved in the capacity to perceive emotions, assimilate emotion-related feelings, understand the information of those emotions, and manage them”

~ *John D. Mayer, Peter Salovey, and David Caruso*

“The emotional brain responds to an event more quickly than the thinking brain.”

~ *Daniel Goleman*

“[I]t is well known that our emotional response is generally unconscious or subconscious and not under our control.

“It might seem unfortunate or downright silly that our emotional reaction is quicker than our cognitive response, but there’s a good reason for it. The emotional brain is responsible for our “fight-or-flight” responses, those in-the-moment, involuntary reactions to what is happening around us that helps us decide the best course of action. Without an immediate emotional response, we may not be prompted to the right action.

“Although this is a useful survival mechanism, it is not always helpful for our functioning in the modern world. It is a rare day, indeed when we need to worry about being attacked by a predator and deciding whether to fight or flee!

“It’s important to be cognizant of the emotional brain’s priority track to our consciousness—not because we can do anything to change it, but because we need to keep that in mind when our thinking brain kicks in.

“Emotional intelligence is all about being aware of the affective system’s precedence in our brain and taking our emotional reaction with a grain of salt. Someone who is emotionally intelligent can quickly recognize the automatic emotional response for what it is and decide how best to incorporate it into their decision-making (or preclude it from decision-making).

~ *Courtney E. Ackerman, MSc*

“I would say that IQ is the strongest predictor of which field you can get into and hold a job in, whether you can be an accountant, lawyer or nurse, for example. IQ can show whether you have the cognitive capacity to handle the information and complexities you

face in a particular field. But once you are in that field, emotional intelligence emerges as a much stronger predictor of who will be most successful, because it is how we handle ourselves in our relationships that determines how well we do once we are in a given job.”

~ *Daniel Goleman*

“Emotional intelligence tends to increase with experience; the older you are, the more likely you are to have had extensive experience with understanding and managing emotions (Fernández-Berrocal, Cabello, Castillo, & Extremera, 2012).”

~ *Courtney E. Ackerman, MSc*

## **Humor and Laughter Can Heal**

“The old man laughed out loud and joyously, shook up the details of his anatomy from head to foot, and ended by saying that such a laugh was money in a man’s pocket, because it cut down the doctor’s bills like everything.” ~ *Mark Twain*

“Always laugh when you can. It is cheap medicine.” ~ *Lord Byron*

“A person without a sense of humor is like a wagon without springs. It’s jolted by every pebble on the road.” ~ *Henry Ward Beecher*

“Laugh as much as possible, always laugh. It’s the sweetest thing one can do for oneself and one’s fellow human beings.” ~ *Maya Angelou*

“Good humor is a tonic from mind and body. It is the best antidote for anxiety and depression. It is a business asset. It attracts and keeps friends. It lightens human burdens. It is the direct route to serenity and contentment.” ~ *Grenville Kleiser*

“Laughter: The Best Medicine

“Laughter, it's said, is the best medicine. And there's lots of evidence that laughter does lots of good things for us.

“It reduces pain and allows us to tolerate discomfort.

“It reduces blood sugar levels, increasing glucose tolerance in diabetics and nondiabetics alike. It improves your job performance, especially if your work depends on creativity and solving complex problems. Its role in intimate relationships is vastly underestimated and it really is the glue of good marriages. It synchronizes the brains of speaker and listener so that they are emotionally attuned.

“Laughter establishes - or restores - a positive emotional climate and a sense of connection

between two people, In fact, some researchers believe that the major function of laughter is to bring people together. And all the health benefits of laughter may simply result from the social support that laughter stimulates.

“Now comes hard new evidence that laughter helps your blood vessels function better. It acts on the inner lining of blood vessels, called the endothelium, causing vessels to relax and expand, increasing blood flow. In other words, it's good for your heart and brain, two organs that require the steady flow of oxygen carried in the blood.”

~ *Hara Estroff Marano in Psychology Today*

“Laughter is a physical expression of humor and joy that has numerous protective qualities. It's one of the best ways to manage perceptions of stress and to develop resilience and improve psychological sturdiness as it strongly correlates with happiness. Happiness and humor can improve brain function—there is evidence of increased connectivity in various parts of the brain in response to laughter.<sup>3</sup> Humor releases brain derived neurotrophic factor, which supports existing neurons and encourages the growth of new neurons and synapses. Given the brain's neuroplasticity, it's to our benefit to make our lifetime experiences as positive and hilarious as possible. “Many studies have demonstrated the beneficial effects of laughter. Laughing during a humorous film elevates the pain threshold and can help break the cycle between pain, sleep loss, depression, and immunosuppression. Laughter lowers blood pressure, epinephrine, and glucose levels, and increases glucose tolerance. Laughter also assists in the recovery and prevention of cancer by increasing natural killer cell activity, the response of gamma interferon and T cells, and improves the defense against respiratory infections. Humor and laughter produce a discharge of endorphins with both euphoric and calming effects.”

~ *Kavita Khajuria, M.D. in Psychiatric Times*

“Worrying is like paying a debt you don't owe.” ~ *Mark Twain*

“Be yourself; everyone else is already taken.” ~ *Oscar Wilde*

“Whoever said money can't buy happiness didn't know where to shop.” ~ *Gertrude Stein*

## **The Healing Effect of Time in Nature**

“A walk in nature walks the soul back home.” ~ *Mary Davis*

“Come to the woods for here is rest.” ~ *John Muir*

“Nature has the power to heal because it is where we are from, it is where we belong

and it belongs to us as an essential part of our health and our survival.”

~ *Nooshin Razani*

“The absolute easiest thing to do is spend time, as often as one can, in tranquil or majestic nature. Look at butterflies. Walk barefoot in the sand. Put your feet in a clean, bubbling stream. Walk in a city park and feed the pigeons. Anything. Get out and take a walk.” ~ *Gary K. Smith*

“Nature can bring you to stillness, that is its gift to you.” ~ *Eckhart Tolle*

“Nature can be beneficial for mental health. It reduces cognitive fatigue and stress and can be helpful with depression and anxiety.” ~ *Irina Wen, Ph.D.*

“Nature is not a place to visit. It is home.” ~ *Gary Snyder*

“In nature, nothing is perfect and everything is perfect. Trees can be contorted, bent in weird ways, and they’re still beautiful.” ~ *Alice Walker*

“Leave the roads; take the trails.” ~ *Pythagoras*

### **Choose Constructive Thoughts**

“The greatest weapon against stress is our ability to choose one thought over another.” ~ *William James*

“We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves.” ~ *Buddha*

“No thought has any power. You have power. And when you identify and believe in the thought you give power to the thought.”.... “Mind is there, in front of you. Don’t log in.” ~ *Mooji*

“Watch your thoughts. All your experiences come percolating through your thoughts. It is the company of your thoughts that uplifts or degrades you.” ~ *Paramahansa Yogananda*

“Fear of failure or sickness is cultivated by turning over such thoughts in the conscious mind until they become rooted in the subconscious and finally in the superconscious. Then the superconsciously and subconsciously rooted fear begins to germinate and fill

the conscious mind with fear plants that are not so easy to destroy as the original thought would've been, and these eventually bear their poisonous, death-dealing fruits...."

~ *Paramahansa Yogananda*

"What you think, you become. What you feel, you attract. What you imagine, you create." .... "Rule your mind or it will rule you." ~ *Buddha*

### **Forgiveness of Others and Ourselves**

"To forgive is to set a prisoner free and discover that the prisoner was you."

~ *Louis B. Smedes*

"To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness." ~ *Robert Muller*

"Attitudes we habitually use towards ourselves, we will use on others, and whatever attitudes we habitually use towards others, we will use on ourselves."

~ *Henepola Gunaratana*

"As long as you don't forgive, who and whatever it is will occupy a rent-free space in your mind." ~ *Isabelle Holland*

"The most terrifying thing is to accept oneself completely." ~ *Carl G. Jung*

"You can't forgive without loving. And I don't mean sentimentality. I don't mean mush. I mean having enough courage to stand up and say, 'I forgive. I'm finished with it.'

~ *Maya Angelou*

"Forgiveness always runs deeper than the offense that requires its presence."

~ *timothy g cameron*

"I just give myself permission to suck.... I find this hugely liberating." ~ *John Green*

"True forgiveness is when you can say, 'Thank you for that experience.'" ~ *Oprah Winfrey*

### **Love for Others and Ourselves**

"Your task is not to seek for love, but merely to seek and fight all the barriers within

yourself that you have built against it." ~ Rumi

"Do not be dismayed by the brokenness of the world. All things break. And all things can be mended. Not with time, as they say, but with intention. So go. Love intentionally, extravagantly, unconditionally. The broken world waits in darkness for the light that is you." ~ *L.R. Knost*

"The greatest degree of inner tranquility comes from the development of love and compassion. The more we care for the happiness of others, the greater is our own sense of well-being." ~ *Tenzin Gyatso*

"If you love yourself, you love others. If you hate yourself, you hate others. ~ *Osho*

"The ultimate lesson all of us have to learn is unconditional love, which includes not only others but ourselves as well." ~ *Elisabeth Kübler-Ross*

"Where love rules, there is no will to power, and where power predominates, love is lacking. The one is the shadow of the other." ~ *Carl G. Jung*

"Your heart is the light of this world. Don't cover it with your mind." ~ *Mooji*

"You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe deserve your love and affection." ~ *Buddha*

"At the end of the day, tell yourself gently: 'I love you, you did the best you could today, and even if you didn't accomplish all you had planned, I love you anyway.'" ~ *Anonymous*

"No one knows how you treat yourself, but it's the most important relationship you have." ~ *Bill Masur*

"We're all just walking each other home." ~ *Ram Dass*

### **The Importance of Kindness and Compassion**

"The greatest degree of inner tranquility comes from the development of love and compassion. The more we care for the happiness of others, the greater is our own

sense of well-being." ~ *Tenzin Gyatzo*

"My religion is very simple. My religion is kindness."...."Be kind whenever possible. It is always possible." ~ *Dalai Lama*

"Unexpected kindness is the most powerful, least costly, and most underrated agent of human change." ~ *Bob Kerrey*

"The best portion of a good man's life is his little, nameless, unremembered acts of kindness and of love." ~ *William Wordsworth*

"It is one of the beautiful compensations in this life that no one can sincerely try to help another without helping himself." ~ *Emerson*

"When we practice loving kindness and compassion we are the first ones to profit." ~ *Rumi*

"Empathy is patiently and sincerely seeing the world through the other person's eyes. It is not learned in school; it is cultivated over a lifetime." ~ *Albert Einstein*

"Compassion is a verb." ~ *Thich Nhat Hahn*

"Be kinder than necessary for everyone you meet is fighting some kind of battle." ~ *j.m. barrie*

"Practice random kindness and senseless acts of beauty." ~ *Anne Herbert & Margaret Paloma Pavel*

### **The Reward of Being of Service to Others**

"In being of spiritual, mental, and material service to others, you will find your own needs fulfilled. As you forget *self* in service to others, you will find that, without seeking it, your own cup of happiness will be full." ~ *Paramahansa Yogananda*

"Everybody can be great... because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love" ~ *Martin Luther King*

"To work for the common good is the greatest creed." ~ *Albert Schweitzer*

"We make a living by what we get, we make a life by what we give."

~ *Sir Winston Churchill*

"There is within each one of us a potential for goodness beyond our imagining; for giving which seeks no reward; for listening without judgment; for loving unconditionally."

~ *Elisabeth Kübler-Ross*

## **Anxiety**

"It's okay to have depression, it is okay to have anxiety and it is okay to have an adjustment disorder. We need to improve the conversation. We all have mental health in the same way we all have physical health." ~ *Prince Harry, Duke of Sussex*

"Experiencing occasional anxiety is a normal part of life. However, people with anxiety disorders frequently have intense, excessive and persistent worry and fear about everyday situations." ~ *Mayo Clinic mayoclinic.org*

"Going through anxiety or depression or any other psychological condition doesn't make you unlovable – it makes you human." ~ *Seth J. Gillihan*

"Who's not sat tense before his own heart's curtain." ~ *Rainer Maria Rilke*

"After a traumatic experience, the human system of self-preservation seems to go on to permanent alert, as if the danger might return at any moment."

~ *Judith Lewis Herman, M.D.*

"Anxiety contaminates the present with the pains of all imaginable futures. We cannot experience the fullness of the moment if we are forever suffering from hypothetical hardships." ~ *The Stoic Emperor*

"Worrying is carrying tomorrow's load with today's strength – carrying two days at once. It is moving into tomorrow ahead of time. Worrying doesn't empty tomorrow of its sorrow, it empties today of its strength." ~ *Corrie Ten Boom and C.H. Spurgeon*

"The more honest you are, the more open, the less fear you will have, because there's no anxiety about being exposed or revealed to others." ~ *Dalai Lama*

"If a problem is fixable, if the situation is such that you can do something about it, then

there is no need to worry. If it is not fixable, then there is no help in worrying. There is no benefit in worrying whatsoever." ~ *Dalai Lama*

"For fast acting relief, try slowing down." ~ *Lily Tomlin*

"I'll be okay... just not today." ~ *Anonymous*

"Depression and anxiety symptoms often improve with exercise....Research on depression, anxiety and exercise shows that the psychological and physical benefits of exercise can also help improve mood and reduce anxiety." ~ *Mayo Clinic mayoclinic.org*

"If you trade your authenticity for safety, you may experience the following: anxiety, depression, eating disorders, addiction, rage, blame, resentment, and inexplicable grief." ~ *Brené Brown PhD, LMSW*

"Fear and anxiety many times indicates that we are moving in a positive direction, out of the safe confines of our comfort zone, and in the direction of our true purpose." ~ *Charles F. Glassman M.D.*

"Inner peace begins the moment you choose not to allow another person or event to control your emotions." ~ *Pema Chödrön*

"Our anxiety does not come from thinking about the future, but from wanting to control it." ~ *Kahlil Gibran*

"Wanting control over every little aspect of your life will cause you to stress more than if you let life run its course." ~ *Emily Francos*

Your urge to control life controls you." ~ *Mooji*

"Understanding the difference between healthy striving and perfectionism is critical to laying down the shield and picking up your life. Research shows that perfectionism hampers success. In fact, it's often the path to depression, anxiety, addiction, and life paralysis." ~ *Brené Brown PhD, LMSW*

"The universe doesn't allow perfection." ~ *Stephen Hawking*

"I just give myself permission to suck.... I find this hugely liberating." ~ *John Green*

"Many of us feel stressed and get overwhelmed not because we were taking on too much,

but because we are taking on too little of what really strengthens us.”

~ *Marcus Buckingham*

“People tend to dwell more on negative things than on good things. So the mind then becomes obsessed with negative things, with judgments, guilt and anxiety produced by thoughts about the future and so on.” ~ *Eckhart Tolle*

“As challenging as anxiety can be, it can also help us by showing us where we aren’t prepared enough for the future, and motivating us to do something about it.” ....

“Anxiety wants us to get organized and to be prepared. So if we want it to chill out, that’s the first thing we should do.” ~ *Jessica Moore*

“Nothing diminishes anxiety faster than action.” ~ *Walter Anderson*

“Smile, breathe, and go slowly.” ~ *Thich Nhat Hahn*

“If you want to conquer the anxiety of life, live in the moment, live in the breath.”

~ *Amit Ray*

“Anxiety is like a rocking chair. It gives you something to do, but it doesn’t get you very far.” ~ *Jodi Picoult*

“You wouldn’t worry so much about what others think of you if you realized how seldom they do.” ~ *Eleanor Roosevelt*

“P.S. you’re not going to die. Here’s the white-hot truth: if you go bankrupt, you’ll still be okay. If you lose the gig, the lover, the house, you’ll still be okay. If you sing off-key, get beat by the competition, have your heart shattered, get fired... it’s not going to kill you. Ask anyone who’s been through it.” ~ *Danielle Laporte*

“It ain’t no use putting up your umbrella till it rains!” ~ *Alice Caldwell Rice*

## **Anger**

“Anybody can become angry – that is easy, but to be angry with the right person and to the right degree and at the right time and for the right purpose, and in the right way – that is not within everybody’s power and is not easy.” ~ *Aristotle*

“[N]ever feeling anger might be just as unhealthy as experiencing excessive anger. A healthy level of anger means that we have a sense of right and wrong, that we know

when we are being treated unfairly, and that we are willing to stand up for ourselves when we experience injustice. When channeled in a healthy and productive way, anger can help us to overcome barriers to our success and well-being." ~ *Thomas Westover*

"Anger is just anger. It isn't good. It isn't bad. It just is. What you do with it is what matters. It's like anything else. You can use it to build or to destroy. You just have to make the choice." ~ *Jim Butcher*

"Anger exists to move us into action, whenever action is needed to protect our boundaries, our sense of self, or whatever we consider to be 'ours.'" ~ *Jessica Moore*

"At the core of all anger is a need that is not being fulfilled." ~ *Marshall B Rosenberg*

"Where there is anger there is always pain underneath." ~ *Eckhart Tolle*

"Anger expressed in a healthy and positive way means that we channel emotional anger towards resolution not attack." ~ *Byron R. Pulsifer*

"The problem is not anger; the problem is that we don't understand what to do with the feeling of anger, or understand what is underlying that feeling."

~ *Doc Childre, Deborah Rozman, Ph.D.*

"I would not look upon anger as something foreign to me that I have to fight... "I have to deal with my anger with care, with love, with tenderness, with nonviolence."

~ *Thich Nhat Hahn*

"If you try to get rid of fear and anger without knowing their meaning, they will grow stronger and return." ~ *Deepak Chopra*

"Usually when people are sad, they don't do anything. They just cry over their condition. But when they get angry, they bring about a change." ~ *Malcolm X*

"[A]ristotle was right, there are certainly right ways to feel, express, and manage anger, and the right way is strongly associated with emotional intelligence (Ford & Tamir, 2012)."

~ *Courtney E. Ackerman, MSc*

"Whether we like to admit it or not, those of us who struggle with an unforgiving heart also carry around a tremendous amount of anger." ~ *Brian Jones*

"If you hate a person, you hate something in him that is part of yourself."

~Herman Hesse

"Bitterness is like cancer. It eats upon the host. But anger is like fire. It burns it all clean."

~ *Maya Angelou*

"For some people, feelings of anger can be quite frightening, so they seek to suppress these emotions in order to avoid conflict." ~ *Paul Gilbert, PhD*

"Resentment is like drinking poison and then hoping it will kill your enemies."

~ *Nelson Mandela*

"Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned. ~ *Buddha*

"The more anger towards the past you carry in your heart, the less capable you are of loving in the present." ~ *Barbara de Angeles*

"I shall allow no man to belittle my soul by making me hate him." ~ *Booker T. Washington*

"Very often in everyday life one sees that by losing one's temper with someone who has already lost his, one does not gain anything but only sets out upon the path of stupidity. He who has enough self-control to stand firm at the moment when the other person is in a temper, wins in the end. It is not he who has spoken a hundred words aloud who has won; it is he who has perhaps spoken only one word." ~ *Hazrat Inayat Khan*

"The best time for you to hold your tongue is the time you feel you must say something or bust." ~ *Josh Billings*

"Being compassionate helps with anger and resolves bitterness more easily than anything." ~ *Brittany Hallison*

"When you look deeply into your anger, you will see that the person you call your enemy is also suffering. As soon as you see that, the capacity of accepting and having compassion for them is there." ~ *Thich Nhat Hahn*

"Hatred does not cease by hatred, but only by love; this is the eternal rule. ~ *Buddha*

"Think about how you feel when you get angry. Do you make your wisest and most

prudent decisions? Or do you struggle to think logically and even say things you might regret later on, once the intense emotional experience has passed?

"I'm willing to bet you don't make your best decisions when angry, and that you may have done or said some things in anger that you aren't proud of. If so, you are in the majority!

"Anger is known to encourage people to blame others (or themselves) when things go wrong, a potentially false sense of certainty about the situation, and can even lead people to dole out harsher judgments and punishments (Han, Lerner, & Keltner, 2006).

"In fact, anger is often what people turn to when they feel a need for self-comfort or perceived control over their circumstances; anger can engender what some researchers call "defensive optimism," or the systematic de-emphasizing of the adverse events that provoked the anger...." ~ *Courtney E. Ackerman, MSc*

"it is a waste of time to be angry about my disability. One has to get on with life and I haven't done badly. People won't have time for you if you're always angry or complaining." ~ *Stephen Hawking*

"An important key in anger management is identifying the trigger and what it means for you." ~ *Daniel Brush*

"When we talk about anger management, we are talking about how you control your emotional and physiological responses to situations that cause anger. You cannot avoid these situations and you cannot avoid becoming angry at times; that is only natural. However, you can learn to control how you react." ~ *James Seals*

"The best remedy for a short temper is a long walk." ~ *Jacqueline Smith*

"The greatest remedy for anger is delay." ~ *Seneca*

"When you feel anger beginning to build up inside of you, let your whole body droop and relax to the best of your ability while beginning to breathe slowly from the diaphragm. Breathing in this way helps to calm both the body and the mind which leads to letting go of anger before it takes a hold. ~ *Marge Powers*

"Get mad, then get over it." ~ *Colin Powell*

"Anger is like a storm rising up from the bottom of your consciousness. When you feel it coming, turn your focus to your breath." ~ *Thich Nhat Hahn*

"When angry, count four. When very angry, swear." ~ *Mark Twain*

"While a challenging life circumstances is one thing, the truth is, we wouldn't have to manage our anger if the people in our lives would manage their stupidity."

~ *David J Lieberman, Ph.D.*

## **Depression**

"It's okay to have depression, it is okay to have anxiety and it is okay to have an adjustment disorder. We need to improve the conversation. We all have mental health in the same way we all have physical health." ~ *Prince Harry, Duke of Sussex*

"Depressed means you need deep rest from the character you've been playing in the world." ~ *Jim Carrey*

"The highest, most decisive experience is to be alone with one's own self. You must be alone to find out what supports you, when you find that you cannot support yourself. Only this experience can give you an indestructible foundation." ~ *Carl G. Jung*

"These pains you feel are messengers. Listen to them." ~ *Rumi*

"I was only able to start changing my life when I realized my depression was not a malfunction. It's a signal. Your depression is a signal. It's telling you something."

~ *Johann Hari*

"No matter how bad things are right now, no matter how stuck you feel, no matter how many days you spent crying and wishing things were different, no matter how hopeless and depressed you feel, I promise you that you won't feel this way forever. Keep going."

~ *Helen Wilson*

"I'll be okay... just not today." ~ *Anonymous*

"Take a shower, wash off the day. Drink a glass of water. Make the room dark. Lie down and close your eyes. Notice the silence. Notice your heart. Still beating. Still fighting. You made it, after all. You made it, another day. And you can make it one more. You're doing just fine." ~ *Charlotte Erickson*

"I needed to put two critical ideas together: that I could be both mentally ill and lead a rich and satisfying life." ~ *Elyn R. Saks*

"Going through anxiety or depression or any other psychological condition doesn't make you unlovable – it makes you human." ~ *Seth J. Gillihan*

"Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today." ~ *Thich Nhat Hahn*

"Do not brood over your past mistakes and failures as this will only fill your mind with grief, regret and depression. Do not repeat them in the future." ~ *Swami Sivananda*

"Depression and anxiety symptoms often improve with exercise....Research on depression, anxiety and exercise shows that the psychological and physical benefits of exercise can also help improve mood and reduce anxiety." ~ *Mayo Clinic mayoclinic.org*

"Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength."  
~ *Arnold Schwarzenegger*

"Some think that holding on makes us strong, but sometimes it's letting go."  
~ *Herman Hesse*

"Life is a balance of holding on and letting go." ~ *Rumi*

"Suffering is not enough. Life is both dreadful and wonderful... How can I smile when I am filled with so much sorrow? It is natural - you need to smile to your sorrow because you are more than your sorrow."...."Embrace your suffering tenderly." ~ *Thich Nhat Hahn*

"Someone I loved once gave me a box full of darkness. It took me years to understand that this too, was a gift." ~ *Mary Oliver*

"Find a place where there's joy, and the joy will burn out the pain." ~ *Joseph Campbell*

"As difficult as it is to endure, depression has elements that can be helpful in grief. It slows us down and allows us to take real stock of the loss. It makes us rebuild ourselves from the ground up. It clears the deck for growth. It takes us to a deeper place in our soul that we would not normally explore." ~ *Elisabeth Kübler-Ross*

"There is a secret medicine given only to those who hurt so hard they can't hope."  
~ *Rumi*

"Everything you possess of skill, and wealth, and handicraft, wasn't it first merely a thought and a quest?" ~ *Rumi*

"Rock bottom became the solid foundation in which I rebuilt my life." ~ *J.K. Rowling*

"Among all my patients in the second half of life...there has not been one whose problem in the last resort was not that of finding a religious outlook on life. It is safe to say that every one of them fell ill because he had lost what the living religions of every age have given their followers, and none of them has been really healed who did not regain his religious outlook." ~ *Carl G. Jung*

"The trauma you've experienced and survived is the most powerful part of your life experience. Honor and celebrate your resiliency." ~ *Leonie H. Mattison*

"And once the storm is over, you won't remember how you made it through, how you managed to survive. You won't even be sure whether the storm is really over. But one thing is certain. When you come out of the storm you won't be the same person who walked in." ~ *Haruk Murakami*

## **Grief**

"Grief is not a disorder, a disease or a sign of weakness. It is an emotional, physical and spiritual necessity, the price you pay for love. The only cure for grief is to grieve."  
~ *Earl Grollman*

"Where you used to be, there is a hole in the world, which I find myself constantly walking around in the daytime, and falling in at night. I miss you like hell."  
~ *Edna St. Vincent Millay*

"What we have once enjoyed deeply we can never lose. All that we love deeply becomes a part of us." ~ *Helen Keller*

"Goodbyes are only for those who love with their eyes. Because for those who love with heart and soul there is no such thing as separation." ~ *Rumi*

"As long as I can I will look at this world for both of us. As long as I can I will laugh

with the birds, I will sing with the flowers, I will pray to the stars, for both of us."

~ *Sasha*

"The lovers be lost, love shall not; And death shall have no dominion." ~ *Dylan Thomas*

"Love knows not its own depth until the hour of separation." ~ *Kahlil Gibran*

"It is so much darker when a light goes out than it would have been if it had never shown." ~ *John Steinbeck*

"You will lose someone you can't live without, and your heart will be badly broken, and the bad news is that you never completely get over the loss of your beloved. But this is also the good news. They live forever in your broken heart that doesn't seal back up. And you come through. It's like having a broken leg that never heals perfectly – that still hurts when the weather gets cold, but you learn to dance with the limp."

~ *Anne Lamott*

"Grief can be the garden of compassion. If you keep your heart open through everything, your pain can become your greatest ally in your life's search for love and wisdom."

~ *Rumi*

"Only people who are capable of loving strongly can also suffer great sorrow, but the same necessity of loving serves to counteract their grief and heals them." ~ *Leo Tolstoy*

"No one ever told me that grief felt so much like fear." ~ *C. S. Lewis*

"I'll be okay... just not today." ~ *Anonymous*

"Grief is like the ocean, it comes on waves ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim."

~ *Vicki Harrison*

"I thought I could describe a state; make a map of sorrow. Sorrow, however, turns out to be not a state but a process." ~ *C.S. Lewis*

"Those who do not know how to weep with their whole heart don't know how to laugh either." ~ *Golda Meir*

"There is a sacredness in tears. They are not the mark of weakness, but of power.

They speak more eloquently than 10,000 tongues. They are the messengers of overwhelming grief, of deep contrition, and of unspeakable love." ~ *Washington Irving*

"Tears have a wisdom all their own. They come when a person has relaxed enough to let go and to work through his sorrow. They are the natural bleeding of an emotional wound, carrying the poison out of the system. Here lies the road to recovery."

~ *F. Alexander Magoun*

"To weep is to make less the depth of grief." ~ *William Shakespeare*

"We need time to move through the pain of loss. We need to step into it, really to get to know it, in order to learn.".... "The five stages [of grieving] - denial, anger, bargaining, depression, and acceptance - are a part of the framework that makes up our learning to live with the one we lost. They are tools to help us frame and identify what we may be feeling. But they are not stops on some linear timeline in grief."

~ *Elisabeth Kubler-Ross*

"If you sense the tide of grief welling up in you, treat it like the sacred emotion it is, and honor it. Give yourself time to sink into it, allow it to immobilize you with its weight, and trust that it will flow through you and out - if you let it. Grief truly felt never lasts forever – only grief avoided does." ~ *Jessica Moore*

"That's really what grief has taught me. That I can survive. I used to be afraid that if I experienced grief it would overcome me and I wouldn't be able to survive the flood of it, that if I actually felt it I wouldn't be able to get back up. It's taught me that I can feel it and it won't swallow me whole. But we come from a culture where we think people have to be strong. I'm a big believer in being vulnerable, open to grief. That is strength. You can't know joy unless you know profound sadness. They don't exist without each other." ~ *Elisabeth Kübler-Ross*

"There are three needs of the griever: To find the words for the loss, to say the words aloud and to know that the words have been heard." ~ *Victoria Alexander*

"There is a secret medicine given only to those who hurt so hard they can't hope."

~ *Rumi*

"When you are standing in the forest of sorrow, you cannot imagine that you could ever find your way to a better place. But if someone can assure you that they themselves

have stood in that same place, and now have moved on, sometimes this will bring hope."  
~ *Elizabeth Gilbert*

"The reality is that you will grieve forever. You will not 'get over' the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again but you will never be the same. Nor should you be the same nor would you want to." ~ *Elizabeth Kubler-Ross and David Kessler*

"Given a choice between grief and nothing, I'd choose grief." ~ *William Faulkner*

"Grief will happen either as an open healing wound or as a closed festering wound, either honestly or dishonestly, either appropriately or inappropriately."  
~ *Elisabeth Kübler-Ross*

"While grief is fresh every attempt to divert only irritates. You must wait till it be digested, and then amusement will dissipate the remains of it." ~ *Samuel Johnson*

"People want you to be happy. Don't keep serving them your pain!" ~ *Rumi*

"To hold, you must first open your hand. Let go." ~ *Tao Te Ching*

### **Inner Opportunities During Dark Times**

"The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen." ~ *Elisabeth Kübler-Ross*

"Opportunities to find deeper powers within ourselves come when life seems most challenging." ~ *Joseph Campbell*

"Not only the thirsty seek the water, the water as well seeks the thirsty." ~ *Rumi*

"The wound is the place where the Light enters you." ~ *Rumi*

"I could not see beauty until I held hands with chaos in silence." ~ *Vironika Tugaleva*

"There can be no transforming of darkness into light and of apathy into movement

without emotion." ~ *Carl G. Jung*

"There came a time when the risk to remain tight in the bud was more painful than the risk it took to blossom." ~ *Anais Nin*

"Suffering is a good teacher to those who are quick and willing to learn from it. But it becomes a tyrant to those who resist and resent. Suffering can teach us almost everything. Its lessons urge us to develop discrimination, self-control, nonattachment, morality, and transcendent spiritual consciousness. For example, a stomachache tells us not to eat too much and to watch what we eat. The pain from loss of possessions or loved ones reminds us of the temporal nature of all things in this world of delusion. The consequences of wrong actions impel us to exercise discrimination. Why not learn through wisdom? Then you won't subject yourself to unnecessary painful discipline from the hard taskmaster of suffering." ~ *Paramahansa Yogananda*

"Suffering is the sandpaper of our incarnation. It does its work of shaping us."....

"Suffering is part of our training program for becoming wise." ~ *Ram Dass*

"You don't have to see the whole staircase, just take the first step." ~ *Martin Luther King*

"When I let go of what I am, I become what I might be." ~ *Lao Tzu*

"Give up to grace. The ocean takes care of each wave 'til it gets to shore. You need more help than you know." ~ *Rumi*

"Just when the caterpillar thought the world was ending, he turned into a butterfly."  
~ *Proverb*

### **Taking "Over Responsibility" for the World's Problems**

"Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself." ~ *Rumi*

"Responsibility does not only lie with the leaders of our countries or with those who have been appointed or elected to do a particular job. It lies with each of us individually. Peace, for example, starts within each one of us. When we have inner peace, we can be at peace with those around us. ~ *Dalai Lama*

"We can do no great things; only small things with great love." ~ *Mother Teresa*

"When we do the best that we can, we never know what miracle is wrought in our life, or in the life of another." ~ *Helen Keller*

## **Gratitude**

"Nothing is more honorable than a grateful heart." ~ *Lucius Annaeus Seneca*

"The root of joy is gratefulness." ~ *David Steidl-Rast*

"There is a calmness to a life lived in gratitude, a quiet joy." ~ *Ralph H. Blum*

"Gratitude turns what we have into enough." ~ *Aesop*

"Those with a grateful mindset tend to see the message in the mess. And even though life may knock them down, the grateful find reasons, if even small ones, to get up." ~ *Steve Maraboli*

"Gratitude is an antidote to negative emotions, a neutralizer of envy, hostility, worry, and irritation. It is savoring; it is not taking things for granted; it is present-oriented." ~ *Sonja Lyubomirsky*

"If you are really thankful, what do you do? You share." ~ *W. Clement Stone*

"None is more impoverished than the one who has no gratitude. Gratitude is a currency that we can mint for ourselves, and spend without fear of bankruptcy." ~ *Fred De Witt Van Amberg*

"What separates privilege from entitlement is gratitude." ~ *Brené Brown*

"It's a funny thing about life, once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack." ~ *Germany Kent*

"A hundred times a day I remind myself that my inner and outer lives are based on the labors of other people, living and dead, and that I must exert myself in order to give in the same measure as I have received and am still receiving." ~ *Albert Einstein*

"Be grateful in spite of your suffering." ~ *Jordan Peterson*

“Let us rise up and be thankful, for if we didn’t learn a lot today, at least we learned a little, and if we didn’t learn a little, at least we didn’t get sick, and if we got sick, at least we didn’t die; so let us all be thankful.” ~ *Buddha*

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Edited by Bruce E. Mitchell  
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*Additional quotations are found in "The Spiritual Dimension of Wellness."*