

## California Judges Association

### ~ Quotations ~

#### The Spiritual Dimension of Wellness

*[Please note: The CJA does not advocate any religious tradition or belief system. Spirituality is considered one of the six dimensions of wellness. These quotations from diverse traditions discuss general themes of human spirituality.]*

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#### The Spiritual Dimension of Wellness

*[Editor's note: Bill Hettler, MD, founder of the National Wellness Institute, Inc., developed the "Six Dimensions of Wellness Model" which consists of occupational, physical, social, intellectual, spiritual, and emotional dimensions. Here is Dr. Hettler's summary of the spiritual dimension of wellness.]*

"The spiritual dimension recognizes our search for meaning and purpose in human existence. It includes the development of a deep appreciation for the depth and expanse of life and natural forces that exist in the universe. Your search will be characterized by a peaceful harmony between internal personal feelings and emotions and the rough and rugged stretches of your path. While traveling the path, you may experience many feelings of doubt, despair, fear, disappointment and dislocation, as well as feelings of pleasure, joy, happiness and discovery. These are all important experiences and components to your search and will be displayed in the value system you will adapt to

bring meaning to your existence. You'll know you're becoming spiritually well when your actions become more consistent with your beliefs and values, resulting in a 'worldview.'

"Spiritual wellness follows these tenets:

- "it is better to ponder the meaning of life for ourselves and to be tolerant of the beliefs of others than to close our minds and become intolerant.
- "It is better to live each day in a way that is consistent with our values and beliefs than to do otherwise and feel untrue to ourselves."

## **Spirituality Can Help With Life's Challenges and Suffering**

"Empirical studies of many groups dealing with major life stressors such as natural disaster, illness, loss of loved ones, divorce and serious mental illness show that religion and spirituality are generally helpful to people in coping, especially people with the fewest resources facing the most uncontrollable of problems....These positive religious coping methods include spiritual support from God or a higher power, rituals to facilitate life transitions, spiritual forgiveness, support from a religious institution or clergy and reframing a stressful situation into a larger, more benevolent system of meaning. ~ *Kenneth I. Pargament, PhD, American Psychological Association*

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

"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*

"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 eleventh step in the Alcoholics Anonymous' "12-Step Program" is to seek spiritual guidance: "11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him* praying only for knowledge of His will for us and the power to carry that out." ~ *The Big Book, Alcoholics Anonymous*

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

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

"When the world pushes you to your knees, you're in the perfect position to pray."...."Whatever purifies you is the right path, I will not try to define it." ~ *Rumi*

### **Resolving Spiritual Struggles Can Improve Mental Health**

"[S]ome forms of religious and spiritual coping can be more problematic. Life events can shake and shatter people spiritually as well as psychologically, socially and physically.... A growing body of research has linked these spiritual struggles to higher levels of psychological distress, declines in physical health and even greater risk of mortality. Thus, it is important for psychologists and other healthcare providers to be aware of the dual nature of religion and spirituality; they can be vital resources for health and well-being, but they can also be sources of distress." ~ *Kenneth I. Pargament, PhD, American Psychological Association*

### **The Relationship Between Physical Health and Spiritual Health**

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

"A bodily disease which we look upon as whole and entire within itself, may after all, be but a symptom of some ailment in the spiritual part." ~ *Nathaniel Hawthorne*

"Disease is generally considered a result of external material causes. Few people realize that it comes through the inaction of the life force within. When the cell or tissue vehicle of the life energy is seriously damaged, the life energy withdraws from that place and trouble consequently starts. ~ *Paramahansa Yogananda*

"Calming the mind is yoga. Not just standing on the head." ~ *Swami Satchidananda*

"Yoga is not a religion. It is a science, science of well-being, science of youthfulness, science of integrating body, mind, and soul." ~ *Amit Ray*

"Yoga has become important in the lives of many contemporary Westerners, sometimes as a way of improving health and fitness of the body, but also as a means of personal and spiritual development." ~ *Tara Fisher*

"Faith and prayer are the vitamins of the soul; man cannot live in health without them." ~ *Mahalia Jackson*

## **Quiet the Mind To Find the Sacred**

"Be still, and know that I *am* God...." ~ *Psalms, 46:10.*

"Behold, the Kingdom of God is within you." ~ *Jesus Christ*

"The moon's reflection cannot be seen clearly in ruffled water, but when the water's surface is calm a perfect reflection of the moon appears. So with the mind: when it is calm you can see clearly reflected the mooned face of the soul. As souls we are reflections of God. When by meditation techniques we withdraw restless thoughts from the lake of the mind, we behold our soul, a perfect reflection of Spirit, and realize that the soul and God are One. ~ *Paramahansa Yogananda*

"Meditation opens up all the closed inner gates in the spine and brain that bring power to your body, mind, and soul." ~ *Paramahansa Yogananda*

"The gift of learning to meditate is the greatest gift you can give yourself in this lifetime." ~ *Sogyal Rinpoche*

## **Mindfulness In the Moment Can Ease Stress and Anxiety**

"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." ~ *Thich Nhat Hahn*

"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.".... "Anxiety, the illness of our time, comes primarily from our inability to dwell in the present moment." ~ *Thich Nhat Hahn*

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

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

"[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*

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

### **The Importance of a Spiritual Life**

"Until you make the unconscious conscious, it will direct your life and you will call it fate.".... "Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens. ~ *C. G. Jung*

"Knowing yourself is the beginning of all wisdom." ~ *Aristotle*

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

"Every man is thrown, as it were, into a boisterous river of the activities of Nature. If he does not swim, if he tries to remain neutral, he will disappear from a world whose keynote is 'Struggle!' The universal flux does not accommodate a stationary man. He who does not move forward with wisdom and determination, will surely drift backwards – just another bit of flotsam caught in the current of delusion."

~ *Paramahansa Yogananda*

"Just as a candle cannot burn without fire, men cannot live without a spiritual life."

~ *Buddha*

"When you do things from your soul, you feel a river moving in you, a joy. ~ *Rumi*

### **Spirituality Can Enhance Life's Meaning and Purpose**

"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*

"There are two ways to live. You can live as if nothing is a miracle. You can live as if everything is a miracle." ~ *Albert Einstein*

"The purpose of life is to find God." ~ *Paramahansa Yogananda*

"We are not human beings having a spiritual experience. We are spiritual beings having a human experience." ~ *Attributed to Pierre Teilhard de Chardin*

"This can wait and that can wait, but my search for God cannot wait."

~ *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*

"The world's thy ship and not thy home." ~ *St. Therese of Lisieux*

### **Allowing Our Deeper Nature To Unfold**

"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*

"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*

"We have what we seek, it is there all the time, and if we give it time, it will make itself known to us." ~ *Thomas Merton*

"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*

"We must make the choices that enable us to fulfill the deepest capacities of our real selves." ~ *Thomas Merton*

"Tradition becomes our security, and when the mind is secure it is in decay." ~ *Krisnamurti*

### **Receiving Guidance On the Inner Journey**

"As you start to walk on the way, the way appears.".... "What you seek is seeking you." ~ *Rumi*

"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*

"In all chaos there is a cosmos, in all disorder a secret order." ~ *Carl G. Jung*

"The next message you need is always right where you are." ~ *Ram Dass*

"Whoever brought me here will have to take me home." ~ *Rumi*

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

"The highest form of wisdom is kindness." ~ *The Talmud*

"If I am not for me, who is for me; and if I am (only) for myself, what am I? And if not now, when?" ~ *Hillel the Elder*

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

"Kindness is a mark of faith, and whoever has not kindness has not faith." .... "None of you truly believes until he wishes for his brother what he wishes for himself."

~ *The Prophet Muhammed*

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

~ *Rumi*

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

"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*

"A word or a smile is often enough to put fresh life in a despondent soul."

~ *St. Therese of Lisieux*

"Be kind, for everyone you meet is fighting a great battle." ~ *Philo of Alexandria*

### **Forgiveness Can Heal Us**

"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*

"As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness and hatred behind, I'd still be in prison.".... "Resentment is like drinking poison and then hoping it will kill your enemies." ~ *Nelson Mandela*

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

"When you hold resentment toward another, you're bound to that person or condition by an emotional link that is stronger than steel. Forgiveness is the only way to dissolve that link and get free." ~ *Catherine Ponder*

"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*

"Let us forgive each other - only then will we live in peace." ~ *Leo Tolstoy*

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

### **The Spiritual Rewards of Serving Others**

"For I was hungry, and you fed me. I was thirsty, and you gave me a drink. I was a stranger, and you invited me into your home. I was naked, and you gave me clothing. I was sick, and you cared for me. I was in prison, and you visited me'. Then these righteous ones will reply, 'Lord, when did we ever see you hungry and feed you? Or thirsty and give you something to drink? Or a stranger and show you hospitality? Or naked and give you clothing? When did we ever see you sick or in prison and visit you?' And the king will say, 'I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!'" ~ *Jesus Christ*

"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*

"If you want to know God, do what God does." ~ *Ashram sign, Varanasi, India.*

"The way to freedom is through service to others." ~ *Paramahansa Yogananda*

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



## **On Beginning, or Renewing, the Spiritual Life**

"Forget the past. The vanished lives of all men are dark with many shames. Human conduct is ever unreliable until man is anchored in the Divine. Everything in future will improve if you are making a spiritual effort now." ~ *Swami Sri Yukteswar*

"There are only two mistakes one can make along the road to truth; not going all the way, and not starting." ~ *Buddha*

"It is never too late to turn on the light." ~ *Sharon Salzberg*

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*Additional quotations are found in "The Emotional Dimension of Wellness."*

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