

ClearHeart

365 Quotes for Clarity

One thought · One world · Every day

2026 Edition · clearheart.app

A Note on This Collection

ClearHeart delivers one piece of ancient wisdom daily to every user worldwide — the same thought, the same day, in 39 languages. No algorithm. No personalization. No feed. Just one shared moment of clarity, followed by a private check-in with your own heart.

This library contains 365 verified quotes, one for every day of the year. Every named-author quote has been checked against the exact wording of a specific published English translation. No paraphrase, no unverified attribution. If the words in this library do not match the words on the cited page, they do not belong here.

The library draws from over 40 distinct traditions across all inhabited continents. These people never met each other. They lived in different centuries, spoke different languages, worshipped different gods or no god at all. And yet again and again they arrived at the same handful of truths — about kindness and impermanence, about what it takes to live with a clear heart.

We welcome your feedback and quote suggestions at clearheart.app.

The Calendar

A four-day rotating cycle of four dimensions of clarity — Inner World, Perspective, Compassion, Wonder — interlocked with fixed set-point days anchoring each month to a specific world tradition: Golden Rule variations (1st), Aesop's Fables (6th), African Proverbs (11th), Folk Songs (16th), Asian & Near East Proverbs (21st), European Proverbs (26th), and Americas Proverbs on the seven months with a 31st.

Source Tradition Tabulation

ANCIENT & SCRIPTURAL

- 41 Biblical / KJV / Book of Common Prayer
- 4 Jewish / Talmudic (Hillel, Ben Zoma, Pirkei Avot, Babylonian Talmud)
- 2 Christian Mysticism (Julian of Norwich, Teresa of Ávila)
- 2 Islamic (Hadith, Farewell Sermon)
- 2 Sufi / Islamic Mysticism (al-Razi, al-Bistami)
- 8 Buddhist / Hindu Scripture (Dhammapada, Bhagavad Gita, Pali Canon)
- 3 Buddhist / Indian (Shantideva) · Modern Buddhist (Thich Nhat Hanh) · Zen Buddhist (Zenrin Kushu)
- 4 Hindu (Mahabharata) · Jain (Mahavira) · Zoroastrian · Ancient Egyptian

CLASSICAL GRECO-ROMAN

- 7 Ancient Greek (Plato, Aristotle, Heraclitus, Socrates, Ptolemy)
- 7 Stoic / Roman — Marcus Aurelius
- 5 Stoic / Roman — Seneca
- 3 Stoic / Roman — Epictetus
- 3 Ancient Roman (Cicero, Publilius Syrus)

ASIAN, MIDDLE EASTERN & AFRICAN

- 18 Taoist — Lao Tzu, Tao Te Ching (trans. Mitchell)
- 12 Sufi / Persian — Rumi, The Essential Rumi (trans. Barks)
- 12 Russian Literature — Leo Tolstoy, A Calendar of Wisdom
- 4 Confucian (Analects, Great Learning, Doctrine of the Mean)
- 7 Lebanese / Arabic (Gibran) · Bengali / Indian (Tagore) · Persian (Saadi)
- 5 Japanese (Basho, Musashi, proverb) · Modern African (Mandela)
- 24 African Proverbs (SP) · Asian / Near East Proverbs (SP)
- 3 Sufi / Islamic Mysticism (al-Razi, al-Bistami) · Indigenous / Shawnee (SP)

THE AMERICAS

- 12 American Transcendentalist (Emerson, Thoreau)
- 13 American Poetry (Whitman, Dickinson, Frost, Hughes, Cummings, Plath, Wilcox, Longfellow)
- 10 American Social Justice (MLK, Lorde, Wollstonecraft, FDR, H.W. Smith)
- 9 American Nature Writing (Carson, Muir) · American Science (Sagan)
- 5 American Founding (Jefferson, Lincoln, Washington, Abigail Adams)
- 7 American Public Life / Prose (Roosevelts, Keller, Hemingway, Angelou)
- 7 American Literature (Alcott, Morrison, H. James, Campbell, Pirsig) · Colonial (Bradstreet)
- 10 American Misc. (Allen, Beecher, Shedd, Phillips, Borland, Bruce Lee, Holmes, Sheldon, Durant)
- 7 Americas Proverbs (SP — 31st, seven months)

EUROPEAN LITERARY & PHILOSOPHICAL

8 Shakespeare / Elizabethan

10 Modern British (Austen, Brontë, Eliot, M. Shelley, Tolkien, Carlyle, Henley, Huxley, Maclaren, Phillpotts)

10 English Romantic Poetry (Blake, Keats, Wordsworth, Percy Shelley, Byron)

13 Modern European Literature (Camus, Proust, Weil, Rilke, Dostoevsky, Schiller, Nietzsche, Hesse, Forster, Goethe, Lessing)

10 Modern European Philosophy (Jung, Frankl, Kierkegaard, Durant, Kant, Schopenhauer, Heisenberg)

5 English Victorian (Dickens, Lubbock, C. Rossetti, Burton, Ruskin)

5 English Proverbs / Early Prose (Fuller, Herbert, Oxford Dictionary)

5 English Renaissance (Bacon, Browne) · French (Montaigne, La Rochefoucauld, Rousseau)

2 Italian Renaissance (da Vinci) · Modern Dutch-German (Anne Frank)

48 European Proverbs (SP — 26th) · Folk Songs (SP — 16th) · Aesop's Fables (SP — 6th) · Golden Rule Variations (SP — 1st)

THE INNER WORLD

self-knowledge · contemplation · hearing yourself think

1. "The kingdom of God is within you."
The Holy Bible, King James Version, Oxford UP, 1769. Luke 17:21.
2. "Keep thy heart with all diligence; for out of it are the issues of life."
The Holy Bible, King James Version, Oxford UP, 1769. Proverbs 4:23.
3. "Love worketh no ill to his neighbour: therefore love is the fulfilling of the law."
The Holy Bible, King James Version, Oxford UP,
4. "And as ye would that men should do to you, do ye also to them likewise."
The Holy Bible, King James Version, Oxford UP, 1769. Luke 6:31.
5. "For what shall it profit a man, if he shall gain the whole world, and lose his own soul?"
The Holy Bible, King James Version, Oxford UP,
6. "I say unto you, Love your enemies, bless them that curse you..."
The Holy Bible, King James Version, Oxford UP, 1769. Matthew 5:44.
7. "All shall be well, and all shall be well, and all manner of things shall be well."
Julian of Norwich. Revelations of Divine Love, edited by Grace Warrack, Methuen & Co., 1901, ch. 27.
8. "Let nothing disturb you, let nothing frighten you, all things are passing away: God never changes."
Teresa of Ávila. The Collected Works of St. Teresa of Avila...
9. "Work out your own salvation. Do not depend on others."
The Long Discourses of the Buddha: A Translation of the Dgha Nikya, translated by Maurice Walshe...
10. "When meditation is mastered, the mind is unwavering like the flame of a candle in a windless place."
The Bhagavad Gita, translated by Eknath Easwaran, Nilgiri Press, 2007, ch. 6, verse 19.
11. "To conquer oneself is a greater victory than to conquer thousands in a battle."
The Dhammapada, translated by Eknath Easwaran, Nilgiri Press, 2007, verse 103.
12. "All that we are is the result of what we have thought."
The Dhammapada, translated by Eknath Easwaran, Nilgiri Press, 2007, ch. 1, verse 1.
13. "The present moment is filled with joy and happiness. If you are attentive, you will see it."
Nhat Hanh, Thich. Peace Is Every Step: The Path of Mindfulness in Everyday Life, Bantam Books, 1991.
14. "What the superior man seeks is in himself; what the small man seeks is in others."
Confucius. The Confucian Analects, translated by James Legge, Oxford UP, 1893, book XV, ch. 21.
15. "To put the world in order... we must first set our hearts right."
Confucius. The Great Learning, translated by James Legge, Oxford UP,
16. "Knowing others is intelligence; knowing yourself is true wisdom."
Lao Tzu. Tao Te Ching, translated by Stephen Mitchell, Harper Perennial, 1988, ch. 33.
17. "He who controls others may be powerful, but he who has mastered himself is mightier still."
Lao Tzu. Tao Te Ching, translated by Stephen Mitchell, Harper Perennial, 1988, ch. 33.
18. "Do you have the patience to wait until your mud settles and the water is clear?"
Lao Tzu. Tao Te Ching, translated by Stephen Mitchell, Harper Perennial, 1988, ch. 15.
19. "Know thyself."
Pausanias. Description of Greece, translated by W. H. S. Jones, Harvard UP, 1918.
20. "The unexamined life is not worth living."
Plato. Apology, translated by Benjamin Jowett, Oxford UP, 1892, 38a.
21. "From one thing, know ten thousand things."
Musashi, Miyamoto. The Book of Five Rings, translated by Thomas Cleary, Shambhala, 1993.
22. "Always bear in mind, your own resolution to succeed is more important than any one thing."
Lincoln, Abraham. Letter to Isham Reavis, 5 Nov. 1855. The Collected Works of Abraham Lincoln...
23. "We hold these truths to be self-evident, that all men are created equal."
Jefferson, Thomas, et al. The Declaration of Independence, 4 July 1776.
24. "Let us have faith that right makes might..."
Lincoln, Abraham. "Cooper Union Address," 27 Feb. 1860. The Collected Works of Abraham Lincoln...
25. "If a man does not keep pace with his companions, perhaps it is because he hears a different drummer."
Thoreau, Henry David. Walden, 1854, ch. 18.
26. "We are challenged as mankind has never been challenged before to prove our maturity and our mastery, not of nature, but of ourselves."
Carson, Rachel. Silent Spring, Houghton Mifflin, 1962, ch. 17.

27. "You gain strength, courage and confidence by every experience in which you really stop to look fear in the face."
Roosevelt, Eleanor. *You Learn by Living*, Harper & Brothers, 1960.
28. "It is not the critic who counts... The credit belongs to the man who is actually in the arena."
Roosevelt, Theodore. "Citizenship in a Republic," Sorbonne, Paris, 23 Apr. 1910.
29. "I am the master of my fate, I am the captain of my soul."
Henley, William Ernest. "Invictus." *A Book of Verses*, David Nutt, 1888.
30. "To live is so startling it leaves little time for anything else."
Dickinson, Emily. Letter 381. *The Letters of Emily Dickinson*, edited by Thomas H. Johnson, Harvard UP...
31. "We are what we repeatedly do. Excellence, then, is not an act, but a habit."
Durant, Will. *The Story of Philosophy*, Simon & Schuster, 1926, part VII.
32. "Your visions will become clear only when you can look into your own heart."
Jung, C. G. *Letters*, edited by Gerhard Adler and Aniela Jaffé, vol. 1, Princeton UP, 1973.
33. "People will do anything, no matter how absurd, in order to avoid facing their own souls."
Jung, Carl. *Psychology and Alchemy*, Princeton UP, 1968. *Collected Works*, vol. 12.
34. "Everything that irritates us about others can lead us to an understanding of ourselves."
Jung, Carl. *Memories, Dreams, Reflections*, Pantheon, 1963.
35. "In the depth of winter, I finally learned that within me there lay an invincible summer."
Camus, Albert. "Return to Tipasa," 1954. *Lyrical and Critical Essays*, translated by Ellen Conroy Kennedy...
36. "When we are no longer able to change a situation, we are challenged to change ourselves."
Frankl, Viktor. *Man's Search for Meaning*, Beacon Press, 2006.
37. "Everything can be taken from a man but one thing: the last of the human freedoms..."
Frankl, Viktor. *Man's Search for Meaning*, Beacon Press, 2006, part one.
38. "Life can only be understood backwards; but it must be lived forwards."
Kierkegaard, Søren. *Journals and Papers*, edited and translated by Howard V. Hong and Edna H. Hong...
39. "The real voyage of discovery consists not in seeking new landscapes, but in having new eyes."
Proust, Marcel. *In Search of Lost Time*, vol. 5, Chatto & Windus, 1929.
40. "Attention is the rarest and purest form of generosity."
Weil, Simone. Letter to Joë Bousquet, 13 Apr. 1942. *Simone Weil: A Life*, translated by Simone Pétrement...
41. "I can think, I can wait, I can fast."
Hesse, Hermann. *Siddhartha*, translated by Hilda Rosner, New Directions, 1951, p. 60.
42. "There is only one corner of the universe you can be certain of improving, and that's your own self."
Huxley, Aldous. *Time Must Have a Stop*, Harper & Brothers, 1944.
43. "It is the heart that makes a man rich. He is rich according to what he is, not according to what he has."
Beecher, Henry Ward. *Life Thoughts*, Phillips, Sampson and Co., 1858.
44. "The place to improve the world is first in one's own heart and head and hands."
Pirsig, Robert M. *Zen and the Art of Motorcycle Maintenance*, William Morrow, 1974.
45. "Circumstances do not make the man, they reveal him."
Allen, James. *As a Man Thinketh*, Thomas Y. Crowell, 1903.
46. "You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you."
Allen, James. *As a Man Thinketh*, Thomas Y. Crowell, 1903.
47. "We become so accustomed to disguise ourselves to others that at last we are disguised to ourselves."
La Rochefoucauld. *Maximes*, translated by J. W. W. Bund and J. H. Friswell, 1871, maxim 119.
48. "The archer has a resemblance to the man of virtue. When he misses the centre of the target, he turns round and seeks for the cause of failure in himself."
Confucius. *The Doctrine of the Mean (Zhongyong)*, translated by James Legge, Oxford UP, 1893, ch. 14.
49. "The soul that has no established aim loses itself."
Montaigne, Michel de. "Of Idleness." *Essays*, translated by Charles Cotton, book I, ch. 8, 1685.
50. "Some things are within our power, while others are not. Within our power are opinion, motivation, desire, aversion, and, in a word, whatever is of our own doing."
Epictetus. *Enchiridion*, translated by W. A. Oldfather, Harvard UP, 1928, ch. 1.
51. "Overcome anger by love, overcome evil by good. Overcome the miser by giving, overcome the liar by truth."
The Dhammapada, translated by Eknath Easwaran, Nilgiri Press, 2007, ch. 17, verse 222.
52. "I said, I will take heed to my ways, that I sin not with my tongue."
The Holy Bible, King James Version, Cambridge Edition, 1769. *Psalms 39:1*.
53. "It is far better to be alone, than to be in bad company."
Washington, George. *Rules of Civility & Decent Behaviour in Company and Conversation*, 1744, rule 56.

54. "When you do things from your soul, you feel a river moving in you, a joy."
Rumi. *The Essential Rumi*, translated by Coleman Barks, HarperSanFrancisco, 1995.
55. "You are not a drop in the ocean. You are the entire ocean in a drop."
Rumi. *The Essential Rumi*, translated by Coleman Barks, HarperSanFrancisco, 1995.
56. "Empty your mind of all thoughts. Let your heart be at peace."
Lao Tzu. *Tao Te Ching*, translated by Stephen Mitchell, Harper Perennial, 1988, ch. 16.
57. "Be content with what you have; rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you."
Lao Tzu. *Tao Te Ching*, translated by Stephen Mitchell, Harper Perennial, 1988, ch. 44.
58. "The empty vessel makes the most noise."
The Oxford Dictionary of Proverbs, edited by John Simpson and Jennifer Speake, Oxford UP, 2008.
59. "He who knows himself knows his Lord."
al-Razi, Yahya ibn Mu'adh. Cited in al-Qushayri, al-Risala, 11th century.
60. "I searched for God and found only myself. I searched for myself and found only God."
al-Bistami, Abu Yazid. Cited in al-Qushayri, al-Risala, 11th century.
61. "Perfection of character: to live your last day, every day, without frenzy, or sloth, or pretence."
Aurelius, Marcus. *Meditations*, translated by Gregory Hays, Modern Library, 2002, book VII, 7.69.
62. "Today I escaped from anxiety. Or no, I discarded it, because it was within me, in my own perceptions---not outside."
Aurelius, Marcus. *Meditations*, translated by Gregory Hays, Modern Library, 2002, book IX.
63. "It never ceases to amaze me: we all love ourselves more than other people, but care more about their opinion than our own."
Aurelius, Marcus. *Meditations*, translated by Gregory Hays, Modern Library, 2002, book XII, 12.4.
64. "Be still, and know that I am God."
The Holy Bible, King James Version, Cambridge Edition, 1769. Psalm 46:10.
65. "He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city."
The Holy Bible, King James Version, Cambridge Edition, 1769. Proverbs 16:32.
66. "Let yourself be silently drawn by the stronger pull of what you really love."
Rumi. *The Essential Rumi*, translated by Coleman Barks, HarperSanFrancisco, 1995.
67. "Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself."
Rumi. *The Essential Rumi*, translated by Coleman Barks, HarperSanFrancisco, 1995.
68. "Out beyond ideas of wrongdoing and rightdoing, there is a field. I'll meet you there."
Rumi. *The Essential Rumi*, translated by Coleman Barks, HarperSanFrancisco, 1995.
69. "In dwelling, live close to the ground. In thinking, keep to the simple. In conflict, be fair and generous. In governing, don't try to control. In work, do what you enjoy. In family life, be completely present."
Lao Tzu. *Tao Te Ching*, translated by Stephen Mitchell, Harper Perennial, 1988, ch. 8.
70. "If you want to become whole, let yourself be partial. If you want to become straight, let yourself be crooked. If you want to become full, let yourself be empty."
Lao Tzu. *Tao Te Ching*, translated by Stephen Mitchell, Harper Perennial, 1988, ch. 22.
71. "When we see men of worth, we should think of equalling them; when we see men of a contrary character, we should turn inwards and examine ourselves."
Confucius. *The Confucian Analects*, translated by James Legge, Oxford UP, 1893, book IV, ch. 17.
72. "Nothing can make a person's soul softer than the understanding of his own blame."
Tolstoy, Leo. *A Calendar of Wisdom*, translated by Peter Sekirin, Scribner, 1997.

PERSPECTIVE

resilience · the long view · seeing clearly

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1. "We suffer more often in imagination than in reality."
Seneca. *Moral Letters to Lucilius*, translated by Richard M. Gummere, vol. 1, Harvard UP, 1917, letter 13...
2. "It is not that we have a short time to live, but that we waste a great deal of it."
Seneca. *On the Shortness of Life*, translated by C. D. N. Costa, Penguin Books, 1997, ch. 1.
3. "Difficulties strengthen the mind, as labor does the body."
Seneca. *Moral Letters to Lucilius*, translated by Richard M. Gummere, vol. 2, Harvard UP, 1920, letter 78...
4. "Sometimes even to live is an act of courage."
Seneca. *Moral Letters to Lucilius*, translated by Richard M. Gummere, vol. 2, Harvard UP, 1920, letter 78...
5. "It is not things that disturb us, but our judgments about things."
Epictetus. *Enchiridion*, translated by W. A. Oldfather, Harvard UP, 1925, ch. 5.

6. "First say to yourself what you would be; and then do what you have to do."
Epictetus. *Discourses*, translated by W. A. Oldfather, vol. 2, Harvard UP, 1928, book III, ch. 23.
7. "No man ever steps in the same river twice..."
Heraclitus. Fragment DK B12. Cited in Plato, *Cratylus*, translated by Benjamin Jowett, Oxford UP, 1892...
8. "Give every man thy ear, but few thy voice."
Shakespeare, William. *Hamlet*, edited by Ann Thompson and Neil Taylor, Arden Shakespeare / Bloomsbury...
9. "Sweet are the uses of adversity..."
Shakespeare, William. *As You Like It*, edited by Juliet Dusinberre, Arden Shakespeare / Bloomsbury, 2006...
10. "What's past is prologue."
Shakespeare, William. *The Tempest*, edited by Virginia Mason Vaughan and Alden T. Vaughan...
11. "Our doubts are traitors..."
Shakespeare, William. *Measure for Measure*, edited by J. W. Lever, Arden Shakespeare / Bloomsbury, 1965...
12. "Things without all remedy should be without regard: what's done is done."
Shakespeare, William. *Macbeth*, edited by Kenneth Muir, Arden Shakespeare / Bloomsbury, 1951, act 3...
13. "The robbed that smiles, steals something from the thief."
Shakespeare, William. *Othello*, edited by E. A. J. Honigmann, Arden Shakespeare / Bloomsbury, 1997, act 1...
14. "There is no charm equal to tenderness of heart."
Austen, Jane. *Emma*. John Murray, 1815.
15. "The race is not to the swift, nor the battle to the strong..."
The Holy Bible, King James Version, Oxford UP, 1769. Ecclesiastes 9:11.
16. "Finally, brethren, whatsoever things are true... think on these things."
The Holy Bible, King James Version, Oxford UP, 1769. Philippians 4:8.
17. "And be not conformed to this world: but be ye transformed by the renewing of your mind."
The Holy Bible, King James Version, Oxford UP,
18. "Forgive us our trespasses, as we forgive those who trespass against us."
The Book of Common Prayer. Church of England, 1662.
19. "A tree that is unbending is easily broken."
Lao Tzu. *Tao Te Ching*, translated by Stephen Mitchell, Harper Perennial, 1988, ch. 76.
20. "The journey of a thousand miles begins with a single step."
Lao Tzu. *Tao Te Ching*, translated by Stephen Mitchell, Harper Perennial, 1988, ch. 64.
21. "I had no shoes and I murmured, until I met a man who had no feet."
Saadi Shirazi. *The Gulistan, or Rose-Garden*, translated by Edward B. Eastwick, Stephen Austin, 1852...
22. "Your pain is the breaking of the shell that encloses your understanding."
Gibran, Kahlil. *The Prophet*, Alfred A. Knopf, 1923, "On Pain."
23. "The deeper that sorrow carves into your being, the more joy you can contain."
Gibran, Kahlil. *The Prophet*, Alfred A. Knopf, 1923, "On Joy and Sorrow."
24. "Perhaps all the dragons in our lives are princesses..."
Rilke, Rainer Maria. *Letters to a Young Poet*, translated by M. D. Herter Norton, W. W. Norton & Co...
25. "No feeling is final."
Rilke, Rainer Maria. *The Book of Hours*, translated by Anita Barrows and Joanna Macy, Riverhead Books...
26. "He who has a why to live can bear almost any how."
Nietzsche, Friedrich. *Twilight of the Idols*, translated by R. J. Hollingdale, Penguin Books, 1968...
27. "Great souls suffer in silence."
Schiller, Friedrich. *Don Carlos*, translated by R. D. Boylan, Henry G. Bohn, 1847, act 1, scene 4.
28. "Suffering is the sole origin of consciousness."
Dostoevsky, Fyodor. *Notes from Underground*, translated by Richard Pevear and Larissa Volokhonsky...
29. "A stumble may prevent a fall."
Fuller, Thomas. *Gnomologia: Adagies and Proverbs*, B. Barker, 1732, no. 418.
30. "The darkest hour is just before the dawn."
Fuller, Thomas. *A Pisgah-Sight of Palestine*, William Tegg, 1869, ch. III.
31. "He that would learn to pray, let him go to sea."
Herbert, George. *Jacula Prudentum; or, Outlandish Proverbs, Sentences, etc.*, 1651, no.
32. "All things are difficult before they are easy."
Fuller, Thomas. *Gnomologia: Adagies and Proverbs*, B. Barker, 1732.
33. "Adversity is the first path to truth."
Byron, Lord. *Don Juan*, edited by T. G. Steffan and W. W. Pratt, Penguin Books, 1973, canto XII...

34. "Not all those who wander are lost."
Tolkien, J. R. R. *The Fellowship of the Ring*, George Allen & Unwin, 1954.
35. "If we had no winter, the spring would not be so pleasant."
Bradstreet, Anne. "Meditations Divine and Moral," 1664, meditation 14.
36. "Every wall is a door."
Emerson, Ralph Waldo. "Circles." *Essays: First Series*, James Munroe and Co., 1841.
37. "If you have built castles in the air... Now put the foundations under them."
Thoreau, Henry David. *Walden*, Ticknor and Fields, 1854, ch.
38. "The only way out is through."
Frost, Robert. "A Servant to Servants." *North of Boston*, David Nutt, 1914.
39. "Hope is the thing with feathers that perches in the soul..."
Dickinson, Emily. *The Poems of Emily Dickinson*, edited by Thomas H. Johnson, Harvard UP, 1955, poem 254.
40. "Although the world is full of suffering, it is full also of the overcoming of it."
Keller, Helen. *Optimism: An Essay*, T. Y. Crowell and Co., 1903.
41. "Nothing in the world is worth having or worth doing unless it means effort, pain, difficulty."
Roosevelt, Theodore. "The Strenuous Life." *Hamilton Club*, Chicago, 10 Apr. 1899.
42. "When one door of happiness closes, another opens..."
Keller, Helen. *We Bereaved*, Leslie Fulenwider, 1929.
43. "The world breaks everyone, and afterward, many are strong at the broken places."
Hemingway, Ernest. *A Farewell to Arms*, Charles Scribner's Sons, 1929, ch. 34.
44. "You may not control all the events that happen to you, but you can decide not to be reduced by them."
Angelou, Maya. *Letter to My Daughter*, Random House, 2008.
45. "No winter lasts forever; no spring skips its turn."
Borland, Hal. *Sundial of the Seasons*, J. B. Lippincott, 1964.
46. "A ship in harbor is safe, but that is not what ships are built for."
Shedd, John A. *Salt from My Attic*, Mosher Press, 1928, p. 20.
47. "Defeat is nothing but education, nothing but the first step toward something better."
Phillips, Wendell. "Idols." *Speech*, 1859.
48. "Be water, my friend."
Lee, Bruce. *Interview by Pierre Berton*. *The Pierre Berton Show*, 9 Dec. 1971.
49. "There is something wrong with the creation of this world, because the rich people think that they are the benefactors of the poor."
Tolstoy, Leo. *A Calendar of Wisdom*, translated by Peter Sekirin, Scribner, 1997.
50. "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you."
The Holy Bible, King James Version, Oxford UP, 1769. Matthew 7:7.
51. "Therefore whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock."
The Holy Bible, King James Version, Oxford UP, 1769. Matthew 7:24.
52. "Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravening wolves. Ye shall know them by their fruits."
The Holy Bible, King James Version, Oxford UP, 1769. Matthew 7:15--16.
53. "Stop blaming other people, and you will feel relief to your soul."
Tolstoy, Leo. *A Calendar of Wisdom*, translated by Peter Sekirin, Scribner, 1997.
54. "The right path in life is very narrow, like a walkway of wood built across a swamp."
Tolstoy, Leo. *A Calendar of Wisdom*, translated by Peter Sekirin, Scribner, 1997.
55. "The armed world and the wars it wages will be destroyed one day. War will stop the moment the people who suffer from war fully understand that it is evil."
Tolstoy, Leo. *A Calendar of Wisdom*, translated by Peter Sekirin, Scribner, 1997.
56. "Socrates, indeed, when he was asked where he belonged to, replied, 'The world;' for he looked upon himself as a citizen and inhabitant of the whole world."
Cicero. *Tusculan Disputations*, translated by C. D. Yonge, Harper & Brothers, 1877, book V, ch. XXXVII.
57. "The worth of man lies not in the truth which he possesses... but in the honest endeavor which he puts forth to secure that truth..."
Lessing, Gotthold Ephraim. *Eine Duplik*, 1778. Translated by E. P. Evans, William V. Spencer, 1866.
58. "Nothing in the world is as soft and yielding as water. Yet for dissolving the hard and inflexible, nothing can surpass it..."
Lao Tzu. *Tao Te Ching*, translated by Stephen Mitchell, Harper Perennial, 1988, ch. 78.
59. "But I know, somehow, that only when it is dark enough can you see the stars."
King, Martin Luther, Jr. "I've Been to the Mountaintop." *Mason Temple*, Memphis...
60. "The bamboo that bends is stronger than the oak that resists."
Japanese Proverb. Oral tradition.

61. "I am not afraid of storms, for I am learning how to sail my ship."
Alcott, Louisa May. *Little Women*. Roberts Brothers, 1868.
62. "Where there is ruin, there is hope for a treasure."
Rumi. *The Essential Rumi*, translated by Coleman Barks, HarperSanFrancisco, 1995.
63. "The wound is the place where the Light enters you."
Rumi. *The Essential Rumi*, translated by Coleman Barks, HarperSanFrancisco, 1995.
64. "Don't grieve. Anything you lose comes round in another form."
Rumi. *The Essential Rumi*, translated by Coleman Barks, HarperSanFrancisco, 1995.
65. "These pains you feel are messengers. Listen to them."
Rumi. *The Essential Rumi*, translated by Coleman Barks, HarperSanFrancisco, 1995.
66. "The impediment to action advances action. What stands in the way becomes the way."
Aurelius, Marcus. *Meditations*, translated by Gregory Hays, Modern Library, 2002, book V, 5.20.
67. "It's unfortunate that this has happened. No. It's fortunate that this has happened and I've remained unharmed by it..."
Aurelius, Marcus. *Meditations*, translated by Gregory Hays, Modern Library, 2002, book IV, 4.49.
68. "Frightened of change? But what can exist without it? Can any process take place without something being changed?"
Aurelius, Marcus. *Meditations*, translated by Gregory Hays, Modern Library, 2002, book VII,
69. "Men are born soft and supple; dead, they are stiff and hard... whoever is stiff and inflexible is a disciple of death. Whoever is soft and yielding is a disciple of life."
Lao Tzu. *Tao Te Ching*, translated by Stephen Mitchell, Harper Perennial, 1988, ch. 76.
70. "To every thing there is a season, and a time to every purpose under the heaven..."
The Holy Bible, King James Version, Oxford UP,
71. "But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary..."
The Holy Bible, King James Version, Oxford UP, 1769. Isaiah 40:31.
72. "In the pursuit of learning, every day something is acquired. In the practice of the Tao, every day something is dropped..."
Lao Tzu. *Tao Te Ching*, translated by Stephen Mitchell, Harper Perennial, 1988, ch. 48.

COMPASSION

self · others · the world

1. "Hatred does not cease by hatred, but only by love. This is the eternal rule."
The Dhammapada. Translated by Eknath Easwaran, Nilgiri Press, 2007, ch. 1, verse 5.
2. "Compassion is the basis of morality."
Schopenhauer, Arthur. *On the Basis of Morality*. Translated by E. F. J. Payne, Bobbs-Merrill, 1965.
3. "No one has ever become poor by giving."
Frank, Anne. *The Diary of a Young Girl*. Translated by B. M. Mooyaart-Doubleday, Doubleday & Co.,
4. "The best portion of a good man's life: his little, nameless, unremembered acts of kindness and of love."
Wordsworth, William. "Lines Written a Few Miles above Tintern Abbey." *Lyrical Ballads*, J. & A. Arch...
5. "Thou shalt love thy neighbour as thyself."
The Holy Bible, King James Version, Oxford UP, 1769. Matthew 19:19.
6. "How far that little candle throws his beams! So shines a good deed in a weary world."
Shakespeare, William. *The Merchant of Venice*, edited by John Russell Brown...
7. "Love is the only force capable of transforming an enemy into a friend."
King, Martin Luther, Jr. *Strength to Love*, Harper & Row, 1963, ch. 5.
8. "The time is always right to do what is right."
King, Martin Luther, Jr. "Commencement Address." Oberlin College, 14 June 1965.
9. "What wisdom can you find that is greater than kindness?"
Rousseau, Jean-Jacques. *Emile, or On Education*. Translated by Allan Bloom, Basic Books, 1979.
10. "To err is human; to forgive, divine."
Pope, Alexander. *An Essay on Criticism*, W. Lewis, 1711, part II, line 525.
11. "Let me not pray to be sheltered from dangers, but to be fearless in facing them."
Tagore, Rabindranath. "Poem LXXIX." *Fruit-Gathering*, Macmillan, 1916.
12. "For where your treasure is, there will your heart be also."
The Holy Bible, King James Version, Oxford UP, 1769. Matthew 6:21.
13. "And why beholdest thou the mote that is in thy brother's eye, but considerest not the beam that is in thine own eye?"
The Holy Bible, King James Version, Oxford UP, 1769. Matthew 7:3.

14. "It is justice, not charity, that is wanting in the world."
Wollstonecraft, Mary. *A Vindication of the Rights of Woman*, J. Johnson,
15. "The test of our progress is not whether we add more to the abundance of those who have much..."
Roosevelt, Franklin D. "Second Inaugural Address." Washington, D.C., 20 Jan. 1937.
16. "Injustice anywhere is a threat to justice everywhere."
King, Martin Luther, Jr. "Letter from Birmingham Jail." 16 Apr. 1963.
17. "No one is born hating another person because of the color of his skin..."
Mandela, Nelson. *Long Walk to Freedom*, Little, Brown and Co., 1994, ch. 76.
18. "May I be a lamp in the darkness, a resting place for the weary..."
Shantideva. *The Way of the Bodhisattva (Bodhicaryavatara)*. Translated by Padmakara Translation Group...
19. "Love one another as I have loved you."
The Holy Bible, King James Version, Oxford UP, 1769. John 15:12.
20. "Those who are free of resentful thoughts surely find peace."
The Dhammapada. Translated by Eknath Easwaran, Nilgiri Press, 2007, ch. 1, verse 4.
21. "The highest form of wisdom is kindness."
Babylonian Talmud. Berachot 17a.
22. "It is the province of knowledge to speak, and it is the privilege of wisdom to listen."
Holmes, Oliver Wendell, Sr. *The Poet at the Breakfast-Table*, James R. Osgood and Co., 1872.
23. "If thine enemy be hungry, give him bread to eat..."
The Holy Bible, King James Version, Oxford UP, 1769. Proverbs 25:21.
24. "Who is wise? He who learns from every man..."
Ben Zoma. *Pirkei Avot (Ethics of the Fathers)*, ch. 4, mishnah 1.
25. "Darkness cannot drive out darkness: only light can do that..."
King, Martin Luther, Jr. *Strength to Love*, Harper & Row, 1963, ch. 5.
26. "I have decided to stick with love. Hate is too great a burden to bear."
King, Martin Luther, Jr. *Where Do We Go from Here: Chaos or Community?*, Harper & Row, 1967, ch. 2.
27. "Do not be overcome by evil, but overcome evil with good."
The Holy Bible, King James Version, Oxford UP, 1769. Romans 12:21.
28. "Love all, trust a few, do wrong to none."
Shakespeare, William. *All's Well That Ends Well*, edited by Susan Snyder, Oxford UP, 1993, act 1, scene 1.
29. "A friend is a second self."
Aristotle. *Nicomachean Ethics*. Translated by W. D. Ross, Oxford UP, 1925, book IX, ch. 4.
30. "What do we live for, if it is not to make life less difficult for each other?"
Eliot, George. *Middlemarch*, William Blackwood and Sons, 1871--72, ch. 72.
31. "Pride goeth before destruction, and an haughty spirit before a fall."
The Holy Bible, King James Version, Oxford UP, 1769. Proverbs 16:18.
32. "The soul that gives thanks can find comfort in everything..."
Smith, Hannah Whitall. *The Christian's Secret of a Happy Life*, Willard Tract Repository, 1875.
33. "If a man be gracious and courteous to strangers, it shows he is a citizen of the world."
Bacon, Francis. "Of Goodness and Goodness of Nature." *The Essays or Counsels, Civil and Moral...*
34. "Put on therefore, as the elect of God... bowels of mercies, kindness, humbleness of mind..."
The Holy Bible, King James Version, Oxford UP, 1769. Colossians 3:12.
35. "The remedy for wrongs is to forget them."
Syrus, Publilius. *The Sentences of Publilius Syrus*. Translated by Darius Lyman, L.E. Bernard & Co., 1856...
36. "Everyone thinks of changing the world, but no one thinks of changing himself."
Tolstoy, Leo. "Three Methods of Reform," 1900.
37. "It is not our differences that divide us..."
Lorde, Audre. *Sister Outsider: Essays and Speeches*, Crossing Press, 1984.
38. "Have you had a kindness shown? Pass it on."
Burton, Henry. "Pass It On," 1869.
39. "Verily I say unto you, That a rich man shall hardly enter into the kingdom of heaven..."
The Holy Bible, King James Version, Cambridge Edition, 1769. Matthew 19:23--24.
40. "Judge not, that ye be not judged..."
The Holy Bible, King James Version, Cambridge Edition, 1769. Matthew 7:1--2.
41. "But whoso hath this world's good, and seeth his brother have need..."
The Holy Bible, King James Version, Cambridge Edition, 1769. 1 John 3:17--18.

42. "Master, which is the great commandment in the law? Jesus said unto him, Thou shalt love the Lord thy God with all thy heart..."
The Holy Bible, King James Version, Cambridge Edition, 1769. Matthew 22:36--39.
43. "God is love; and he that dwelleth in love dwelleth in God, and God in him."
The Holy Bible, King James Version, Cambridge Edition, 1769. 1 John 4:16.
44. "A new commandment I give unto you, That ye love one another..."
The Holy Bible, King James Version, Cambridge Edition, 1769. John 13:34--35.
45. "Only when we forget about ourselves can we fruitfully communicate with others."
Tolstoy, Leo. *A Calendar of Wisdom*. Translated by Peter Sekirin, Scribner, 1997.
46. "Christ revealed to humanity those things which their best selves already knew: that people are equal."
Tolstoy, Leo. *A Calendar of Wisdom*. Translated by Peter Sekirin, Scribner, 1997.
47. "Nothing can make our life, or the lives of other people, more beautiful than perpetual kindness."
Tolstoy, Leo. *A Calendar of Wisdom*. Translated by Peter Sekirin, Scribner, 1997.
48. "You want to save yourself from the power of other people---give yourself to the power of God."
Tolstoy, Leo. *A Calendar of Wisdom*. Translated by Peter Sekirin, Scribner, 1997.
49. "Nature produced us related to one another, since she created us from the same source and to the same end..."
Seneca. *Moral Letters to Lucilius*. Translated by Richard M. Gummere, vol. 3, Harvard UP, 1925, letter 95...
50. "Do not judge your fellow until you have reached his place."
Hillel the Elder. *Pirkei Avot (Ethics of the Fathers)*, ch. 2, mishnah 4.
51. "True words aren't eloquent; eloquent words aren't true. Wise men don't need to prove their point; men who need to prove their point aren't wise."
Lao Tzu. *Tao Te Ching*. Translated by Stephen Mitchell, Harper Perennial, 1988, ch. 81.
52. "Weapons are the tools of violence; all decent men detest them..."
Lao Tzu. *Tao Te Ching*. Translated by Stephen Mitchell, Harper Perennial, 1988, ch. 31.
53. "All tremble at violence; all fear death. Putting oneself in the place of another, one should not kill nor cause another to kill."
The Dhammapada. Translated by Acharya Buddharakkhita, Buddhist Publication Society, 1985, ch. 10...
54. "There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self."
Sheldon, W. L. "What to Believe: An Ethical Creed." *Ethical Addresses*, S. Burns Weston, Apr.
55. "He hath shewed thee, O man, what is good; and what doth the Lord require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?"
The Holy Bible, King James Version, Cambridge Edition,
56. "Bear ye one another's burdens, and so fulfil the law of Christ."
The Holy Bible, King James Version, Cambridge Edition, 1769. Galatians 6:2.
57. "Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up."
The Holy Bible, King James Version, Cambridge Edition, 1769. 1 Corinthians 13:4.
58. "Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me."
The Holy Bible, King James Version, Cambridge Edition, 1769. Matthew 25:40.
59. "Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over."
The Holy Bible, King James Version, Cambridge Edition, 1769. Luke 6:38.
60. "Rejoice with them that do rejoice, and weep with them that weep."
The Holy Bible, King James Version, Cambridge Edition, 1769. Romans 12:15.
61. "Even so faith, if it hath not works, is dead, being alone."
The Holy Bible, King James Version, Cambridge Edition, 1769. James 2:17.
62. "Remember the Ladies, and be more generous and favourable to them than your ancestors."
Adams, Abigail. Letter to John Adams, 31 March
63. "I have just three things to teach: simplicity, patience, compassion. These three are your greatest treasures."
Lao Tzu. *Tao Te Ching*. Translated by Stephen Mitchell, Harper Perennial, 1988, ch. 67.
64. "Be pitiful, for every man is fighting a hard battle."
Maclaren, Ian. "Christmas Message." *The British Weekly*, 1897.
65. "Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it."
Rumi. *The Essential Rumi*. Translated by Coleman Barks, HarperSanFrancisco, 1995.
66. "To feel affection for people even when they make mistakes is uniquely human."
Aurelius, Marcus. *Meditations*. Translated by Gregory Hays, Modern Library, 2002, book VII, 7.22.
67. "Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind."
James, Henry. *Henry James: The Master, 1901-1916*. Cited in Leon Edel, Avon Books, 1972, p. 124.
68. "There can be no keener revelation of a society's soul than the way in which it treats its children."
Mandela, Nelson. "Address at the Launch of the Nelson Mandela Children's Fund." 8 May 1995.

69. "Patience is the finest and worthiest part of fortitude, and the rarest, too..."
Ruskin, John. *The Crown of Wild Olive: Three Lectures on Work, Traffic, and War*, Smith, Elder & Co...
70. "If I can stop one heart from breaking, I shall not live in vain."
Dickinson, Emily. *The Poems of Emily Dickinson*. Roberts Brothers, 1890.
71. "Life appears to me too short to be spent in nursing animosity or registering wrongs."
Brontë, Charlotte. *Jane Eyre*. Smith, Elder & Co.,
72. "My heart was fashioned to be susceptible of love and sympathy; and when wrenched by misery to vice and hatred, it did not endure the violence of the change without torture such as you cannot even imagine."
Shelley, Mary. *Frankenstein; or, The Modern Prometheus*. Lackington, Hughes, Mavor, & Jones...

WONDER

nature · beauty · awe · groundedness

1. "Beauty is truth, truth beauty."
Keats, John. "Ode on a Grecian Urn." *The Poems of John Keats*, edited by Jack Stillinger, Harvard UP,
2. "The poetry of the earth is never dead."
Keats, John. "On the Grasshopper and Cricket." *The Poems of John Keats*, edited by Jack Stillinger...
3. "To see a world in a grain of sand and a heaven in a wild flower..."
Blake, William. "Auguries of Innocence." *The Complete Poetry and Prose of William Blake*...
4. "I went to the woods because I wished to live deliberately..."
Thoreau, Henry David. *Walden, Ticknor and Fields*, 1854, ch. 2.
5. "Live in each season as it passes; breathe the air, drink the drink, taste the fruit."
Thoreau, Henry David. *Walden, Ticknor and Fields*,
6. "The sun does not shine for a few trees and flowers, but for the wide world's joy."
Beecher, Henry Ward. *Life Thoughts*, Phillips, Sampson and Co., 1858.
7. "An old pond. A frog jumps in. The sound of water."
Basho, Matsuo. *Haiku. The Essential Haiku: Versions of Basho, Buson, and Issa*, translated by Robert Hass...
8. "The earth laughs in flowers."
Emerson, Ralph Waldo. "Hamatreya." *Poems*, James Munroe and Co., 1847.
9. "The world is so full of a number of things, I'm sure we should all be as happy as kings."
Stevenson, Robert Louis. "Happy Thought." *A Child's Garden of Verses*, Longmans, Green, and Co., 1885.
10. "I thank you God for most this amazing day..."
Cummings, E. E. "I thank You God for most this amazing." *Xaipe*, Oxford UP, 1950.
11. "Those who contemplate the beauty of the earth find reserves of strength..."
Carson, Rachel. *The Sense of Wonder*, Harper & Row, 1965.
12. "If a child is to keep alive his inborn sense of wonder..."
Carson, Rachel. *The Sense of Wonder*, Harper & Row, 1965.
13. "The butterfly counts not months but moments, and has time enough."
Tagore, Rabindranath. *Fireflies*, Macmillan, 1928.
14. "Sit quietly, doing nothing, spring comes, and the grass grows by itself."
Zenrin Kushi. Translated by Soiku Shigematsu. *A Zen Forest: Sayings of the Masters*, North Point Press...
15. "The creation of a thousand forests is in one acorn."
Emerson, Ralph Waldo. "History." *Essays: First Series*, James Munroe and Co.,
16. "The atoms or elementary particles themselves are not real; they form a world of potentialities..."
Heisenberg, Werner. *Physics and Philosophy: The Revolution in Modern Science*, Harper & Row, 1958, ch. X...
17. "I only went out for a walk and finally concluded to stay out till sundown..."
Muir, John. *John of the Mountains: The Unpublished Journals of John Muir*, edited by Linnie Marsh Wolfe...
18. "What is the good of your stars and trees... if they do not enter into our daily lives?"
Forster, E. M. *Howards End*, Edward Arnold, 1910.
19. "I believe a leaf of grass is no less than the journey-work of the stars."
Whitman, Walt. "Song of Myself." *Leaves of Grass*, 1891, sec.
20. "The tree which moves some to tears of joy... to the eyes of the man of imagination, nature is imagination itself."
Blake, William. Letter to Dr. Truster, 23 Aug. 1799. *The Complete Poetry and Prose of William Blake*...
21. "How glorious a greeting the sun gives the mountains."
Muir, John. *The Mountains of California*, The Century Co., 1894.

22. "We do not see nature with our eyes, but with our understandings and our hearts."
Hazlitt, William. "On the Love of the Country." *Table Talk; or, Original Essays*, John Warren, 1821.
23. "Those who dwell among the beauties and mysteries of the earth are never alone or weary of life."
Carson, Rachel. *The Sense of Wonder*, Harper & Row, 1965.
24. "In all things of nature there is something of the marvelous."
Aristotle. *Parts of Animals*. Translated by William Ogle, Oxford UP, 1911, book I, ch. 5.
25. "The sun himself is weak when he first rises, and gathers strength and courage as the day gets on."
Dickens, Charles. *The Old Curiosity Shop*, Chapman and Hall, 1841, ch. 73.
26. "Nature is the art of God."
Browne, Thomas. *Religio Medici*, Andrew Crooke, 1643, part I, sec. 16.
27. "I felt my lungs inflate with the onrush of scenery... This is what it is to be happy."
Plath, Sylvia. *The Bell Jar*, Heinemann, 1963.
28. "The best thing one can do when it is raining is to let it rain."
Longfellow, Henry Wadsworth. "The Poets." *Tales of a Wayside Inn*, Ticknor and Fields, 1863.
29. "Who has seen the wind? Neither you nor I. But when the trees bow down their heads, the wind is passing by."
Rossetti, Christina. "Who Has Seen the Wind?" *Sing-Song: A Nursery Rhyme Book*, Routledge, 1872.
30. "A child said What is the grass? fetching it to me with full hands..."
Whitman, Walt. "Song of Myself." *Leaves of Grass*, 1891, sec. 6.
31. "We need the tonic of wildness."
Thoreau, Henry David. *Walden*, Ticknor and Fields, 1854, ch. 17.
32. "Clouds come floating into my life, no longer to carry rain or usher storm, but to add color to my sunset sky."
Tagore, Rabindranath. *Stray Birds*, Macmillan, 1916, no. 83.
33. "Come forth into the light of things, let nature be your teacher."
Wordsworth, William. "The Tables Turned." *Lyrical Ballads, J. & A. Arch*, 1798.
34. "Rest is not idleness... listening to the murmur of the water... is by no means a waste of time."
Lubbock, John. *The Use of Life*, Macmillan, 1894.
35. "The goal of life is to make your heartbeat match the beat of the universe..."
Campbell, Joseph, with Bill Moyers. *The Power of Myth*, edited by Betty Sue Flowers, Doubleday, 1988.
36. "Forget not that the earth delights to feel your bare feet..."
Gibran, Kahlil. *The Prophet*, Alfred A. Knopf, 1923, "On Clothes."
37. "Nature does nothing in vain."
Aristotle. *Politics*. Translated by Benjamin Jowett, Oxford UP, 1885, book I, ch. 2.
38. "Water is the driving force of all nature."
Da Vinci, Leonardo. *The Notebooks of Leonardo da Vinci*. Translated by Jean Paul Richter, Sampson Low...
39. "The world is mud-luscious and puddle-wonderful."
Cummings, E. E. "in Just-." *Tulips and Chimneys*, Thomas Seltzer, 1923.
40. "The stars are the jewels of the night..."
Thoreau, Henry David. *Walden*, Ticknor and Fields, 1854.
41. "Every morning was a cheerful invitation to make my life of equal simplicity..."
Thoreau, Henry David. *Walden*, Ticknor and Fields, 1854, ch. 2.
42. "I wandered lonely as a cloud that floats on high o'er vales and hills."
Wordsworth, William. "I Wandered Lonely as a Cloud." *Poems, in Two Volumes*, Longman, Hurst, Rees...
43. "A morning glory at my window satisfies me more than the metaphysics of books."
Whitman, Walt. "Song of Myself." *Leaves of Grass*, 1891, sec. 24.
44. "Let the rain kiss you. Let the rain beat upon your head with silver liquid drops."
Hughes, Langston. "April Rain Song." *The Weary Blues*, Knopf, 1926.
45. "All water has a perfect memory and is forever trying to get back to where it was."
Morrison, Toni. "The Site of Memory." *Inventing the Truth: The Art and Craft of Memoir...*
46. "Climb the mountains and get their good tidings..."
Muir, John. *Our National Parks*, Houghton Mifflin, 1901, ch. 1.
47. "In seed time learn, in harvest teach, in winter enjoy."
Blake, William. "Proverbs of Hell." *The Marriage of Heaven and Hell*, 1790--1793.
48. "Two things fill the mind with ever new and increasing admiration and awe: the starry heavens above me and the moral law within me."
Kant, Immanuel. *Critique of Practical Reason*. Translated by Thomas Kingsmill Abbott, Longmans, Green...
49. "The invariable mark of wisdom is to see the miraculous in the common."
Emerson, Ralph Waldo. *Nature*, James Munroe and Co., 1836.

50. "If winter comes, can spring be far behind?"
Shelley, Percy Bysshe. "Ode to the West Wind." Prometheus Unbound: A Lyrical Drama in Four Acts...
51. "The sun shines not on us but in us."
Muir, John. John of the Mountains: The Unpublished Journals of John Muir, edited by Linnie Marsh Wolfe...
52. "A weed is but an unloved flower."
Wilcox, Ella Wheeler. "The Weed." The Collected Poems of Ella Wheeler Wilcox, Gay and Hancock,
53. "Have you also learned that secret from the river; that there is no such thing as time?"
Hesse, Hermann. Siddhartha. Translated by Hilda Rosner, New Directions, 1951.
54. "Shall I not have intelligence with the earth? Am I not partly leaves and vegetable mould myself?"
Thoreau, Henry David. Walden, Ticknor and Fields, 1854, ch. 17.
55. "The size and age of the Cosmos are beyond ordinary human understanding..."
Sagan, Carl. Cosmos, Random House, 1980, ch. 1.
56. "Those who fear people do not fear God; those who fear God do not fear people."
Tolstoy, Leo. A Calendar of Wisdom. Translated by Peter Sekirin, Scribner, 1997.
57. "Fool! the Ideal is in thyself, the impediment too is in thyself: thy Condition is but the stuff thou art to shape that same Ideal out of."
Carlyle, Thomas. Sartor Resartus, Chapman and Hall, 1833--34, book II, ch. IX.
58. "Perfection is the measure of heaven, and the wish to be perfect the measure of man."
Goethe, Johann Wolfgang von. Maxims and Reflections. Translated by Bailey Saunders, Macmillan, 1893...
59. "You should respond with kindness toward evil done to you, and you will destroy in an evil person that pleasure which he derives from evil."
Tolstoy, Leo. A Calendar of Wisdom. Translated by Peter Sekirin, Scribner, 1997.
60. "The Tao is infinite, eternal. Why is it eternal? It was never born; thus it can never die. Why is it infinite? It has no desires for itself; thus it is present for all beings."
Lao Tzu. Tao Te Ching. Translated by Stephen Mitchell, Harper Perennial, 1988, ch. 7.
61. "Whatever, then, that is which thinks, and which has understanding, and volition, and a principle of life, is heavenly and divine, and on that account must necessarily be eternal."
Cicero. Tusculan Disputations. Translated by C. D. Yonge, Harper & Brothers, 1877, book I, ch. XXVI.
62. "The tao that can be told is not the eternal Tao. The name that can be named is not the eternal Name."
Lao Tzu. Tao Te Ching. Translated by Stephen Mitchell, Harper Perennial, 1988, ch. 1.
63. "The breeze at dawn has secrets to tell you. Don't go back to sleep."
Rumi. The Essential Rumi. Translated by Coleman Barks, HarperSanFrancisco, 1995.
64. "If you wish to make an apple pie from scratch, you must first invent the universe."
Sagan, Carl. Cosmos, Random House, 1980, ch. 9.
65. "Consider the lilies of the field, how they grow; they toil not, neither do they spin."
The Holy Bible, King James Version, Cambridge Edition, 1769. Matthew 6:28.
66. "The universe is full of magical things patiently waiting for our wits to grow sharper."
Philpotts, Eden. A Shadow Passes, Cecil Palmer & Hayward, 1918, p. 19.
67. "I know that I am mortal by nature, and ephemeral; but when I trace at my pleasure the windings to and fro of the heavenly bodies I no longer touch earth with my feet."
Ptolemy. Almagest. Translated by G. J. Toomer, Princeton UP, 1984.
68. "The heavens declare the glory of God; and the firmament sheweth his handywork."
The Holy Bible, King James Version, Cambridge Edition,
69. "But ask now the beasts, and they shall teach thee; and the fowls of the air, and they shall tell thee."
The Holy Bible, King James Version, Cambridge Edition, 1769. Job 12:7.
70. "Sell your cleverness and buy bewilderment."
Rumi. The Essential Rumi. Translated by Coleman Barks, HarperSanFrancisco, 1995.
71. "Man follows the earth. Earth follows the universe. The universe follows the Tao. The Tao follows only itself."
Lao Tzu. Tao Te Ching. Translated by Stephen Mitchell, Harper Perennial, 1988, ch. 25. **

GOLDEN RULE VARIATIONS

one thought, twelve traditions, four thousand years

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1. "Do for one who may do for you, that you may cause him thus to do."
Ancient Egyptian
 2. "Love your neighbor as yourself."
Leviticus 19:18

3. "What is hateful to you, do not do to your neighbor. That is the whole Torah; the rest is commentary."
Rabbi Hillel
4. "Do not impose on others what you yourself do not desire."
Confucius
5. "Hurt not others in ways that you yourself would find hurtful."
Buddha
6. "Do unto others as you would have them do unto you."
Jesus (Luke 6:31)
7. "This is the sum of duty: do not do to others what would cause pain if done to you."
Mahabharata 5:1517
8. "Hurt no one so that no one may hurt you."
Prophet Muhammad
9. "None of you truly believes until he loves for his brother what he loves for himself."
Prophet Muhammad
10. "One should treat all creatures in the world as one would like to be treated."
Mahavira (Jain)
11. "Whatever is disagreeable to yourself, do not do unto others."
Zoroastrian
12. "Do not kill or injure your neighbor, for it is not him that you injure; you injure yourself."
Shawnee precept

AESOP'S FABLES

the oldest moral stories of the Western world

1. "Kindness and gentle persuasion are more effective than force and coercion."
Aesop, The North Wind and the Sun
2. "Little friends may prove great friends."
Aesop, The Lion and the Mouse
3. "Work hard and prepare for days of necessity."
Aesop, The Ant and the Grasshopper
4. "Slow and steady wins the race; persistence overcomes talent without effort."
Aesop, The Tortoise and the Hare
5. "Greed often destroys what it tries to gain."
Aesop, The Goose That Laid the Golden Egg
6. "Honesty is the best policy; liars are not believed even when they tell the truth."
Aesop, The Boy Who Cried Wolf
7. "Appearances can be deceiving."
Aesop, The Wolf in Sheep's Clothing
8. "Be happy with what you have."
Aesop, The Dog and the Shadow
9. "United we stand, divided we fall."
Aesop, The Four Oxen and the Lion
10. "Treat others as you wish to be treated."
Aesop, The Fox and the Stork
11. "A crust eaten in peace is better than a banquet partaken in anxiety."
Aesop, Town Mouse and Country Mouse
12. "Perseverance, creativity, and intelligence can overcome seemingly impossible obstacles."
Aesop, The Crow and the Pitcher

AFRICAN PROVERBS

set point · the 11th of each month

1. "The heart of the wise man lies quiet like limpid water."
African Proverb (Cameroon)
2. "Knowledge without wisdom is like water in the sand."
African Proverb (Guinea)

3. "When there is no enemy within, the enemies outside cannot hurt you."
African Proverb
4. "However long the night, the dawn will break."
African Proverb (Hausa / West Africa)
5. "If you want to know the end, look at the beginning."
African Proverb
6. "When deed speaks, words are nothing."
African Proverb
7. "If you close your eyes to facts, you will learn through accidents."
African Proverb
8. "Once you carry your own water, you'll remember every drop."
African Proverb
9. "To try and to fail is not laziness."
African Proverb
10. "If you can walk, you can dance. If you can talk, you can sing."
African Proverb (Zimbabwe)
11. "One falsehood spoils a thousand truths."
African Proverb (Ashanti / Ghana)
12. "The eye never forgets what the heart has seen."
African Proverb

FOLK SONGS

twelve songs · five continents · one heart

1. "Oh Shenandoah, I long to see you, / Away, you rolling river / Oh Shenandoah, I long to hear you, / Away, we're bound away / 'Cross the wide Missouri."
Traditional American folk song
2. "Amazing grace, how sweet the sound, / That saved a wretch like me! / I once was lost, but now am found, / Was blind, but now I see."
John Newton
3. "Great big stars, way up yonder / Great big stars, way up yonder / Great big stars, way up yonder / Oh my little soul's gonna shine, shine."
African American spiritual
4. "Row, row, row your boat / Gently down the stream. / Merrily, merrily, merrily, merrily, / Life is but a dream."
Traditional round
5. "O ye'll tak' the high road, and I'll tak' the low road, / And I'll be in Scotland a'fore ye, / But me and my true love will never meet again, / On the bonnie, bonnie banks o' Loch Lomond."
Scottish folk song
6. "The water is wide, I cannot get o'er, / Neither have I wings to fly. / Give me a boat that can carry two, / And both shall row, my love and I."
English / Scottish folk song
7. "This little light of mine, I'm gonna let it shine. / This little light of mine, I'm gonna let it shine. / This little light of mine, I'm gonna let it shine, / Let it shine, let it shine, oh let it shine."
Traditional American gospel / spiritual
8. "For the beauty of the earth, / For the glory of the skies, / For the love which from our birth, / Over and around us lies."
Folliott Pierpoint
9. "Everybody loves Saturday night, / Everybody loves Saturday night, / Everybody, everybody, everybody, everybody, / Everybody loves Saturday night."
Nigerian folk song
10. "Once a jolly swagman camped by a billabong, / Under the shade of a coolibah tree, / And he sang as he watched and waited till his billy boiled: / 'You'll come a-Waltzing Matilda, with me."
Banjo Paterson
11. "For auld lang syne, my dear, / For auld lang syne, / We'll tak' a cup o' kindness yet, / For auld lang syne."
Robert Burns
12. "Make new friends, but keep the old; / One is silver and the other gold."
Traditional round

ASIAN & NEAR EAST PROVERBS

set point · the 21st of each month

1. "Only speak when your words are better than your silence."
Arabic Proverb
2. "He who has health has hope, and he who has hope has everything."
Arabic Proverb
3. "A gunshot wound may be cured, but the wound made by a tongue never heals."
Persian Proverb
4. "This too shall pass."
Persian Proverb
5. "No matter how far you have gone on a wrong road, turn back."
Turkish Proverb
6. "Who is rich? One who is happy with what one has."
Ben Zoma (Hebrew)
7. "A book is like a garden carried in the pocket."
Arabic Proverb
8. "A thirsty person goes to the well; the well does not go to the thirsty person."
Indian Proverb (Hindi)
9. "Patience is a tree with bitter roots that bears sweet fruits."
Chinese Proverb
10. "As distance tests a horse's strength, time reveals a person's character."
Chinese Proverb
11. "Fall seven times, stand up eight."
Japanese Proverb
12. "Even a monkey can fall from a tree."
Korean Proverb

AMERICAS PROVERBS

seven indigenous wisdoms · the 31st

1. "In our every deliberation, we must consider the impact of our decisions on the next seven generations."
Haudenosaunee (Iroquois)
2. "Don't be afraid to cry. It will free your mind of sorrowful thoughts."
Hopi
3. "In Lak'ech. (I am another you / You are another me.)"
Maya
4. "You cannot wake a person who is pretending to be asleep."
Maya (Yucatec)
5. "He who has a good heart, the gods will look upon him."
K'iche' Maya
6. "To remember is to live again."
Nahuatl (Aztec)
7. "To be a person is to be part of the earth."
Mapuche

EUROPEAN PROVERBS

set point · the 26th of each month

1. "If you do not sow in the spring, you will not reap in the autumn."
Irish Proverb
2. "May the raindrops fall lightly on your brow. May the soft winds freshen your spirit. May the sunshine brighten your heart."
Irish Blessing
3. "May the road rise up to meet you. May the wind be always at your back. May the sun shine warm upon your face, the rains fall soft upon your fields, and, until we meet again, may God hold you in the palm of His hand."
Irish Blessing

4. "Even a small star shines in the darkness."
Finnish Proverb
5. "Fear less, hope more. Eat less, chew more. Whine less, breathe more. Talk less, say more. Hate less, love more. And all good things shall be yours."
Swedish Proverb
6. "The hand that gives, gathers."
English Proverb
7. "There is no action of man in this life, which is not the beginning of so long a chain of consequences, as that no human providence is high enough to give us a prospect to the end."
Thomas Hobbes
8. "When we take people merely as they are, we make them worse; when we treat them as if they were what they should be, we improve them as far as they can be improved."
Goethe
9. "Begin to weave and God will give the thread."
German Proverb
10. "At the end of the game, the king and the pawn go back in the same box."
Italian Proverb
11. "He who is afraid of asking is ashamed of learning."
Danish Proverb
12. "God writes straight with crooked lines."
Portuguese Proverb