



Love makes us one.
- A.H. Almaas

Put your thoughts to sleep,
do not let them cast a shadow
over the moon of your hart.
Let go of thinking.
- Rumi

The morning wind
spreads its fresh smell.
We must get up
and take that in,
that wind that lets us live.
Breathe before it's gone.
- Rumi

Doing nothing is better
than being busy doing nothing.
- Lao Tzu

How to end your problems:
stop thinking.
- Lao Tzu

We are connected
in the heart
because we are
the same spiritual nature.
- A.H. Almaas

Be soulful.
Be kind.
Be in love.
Be foolishly in love,
for love is all there is...
- Rumi

I am so close,
I may look distant.
So completely mixed with you,
I may look separate.
So out in the open,
I appear hidden.
So silent, because I am
constantly talking with you.
- Rumi

The being we are,
is expressed through
the person we are.
- Terry Saracino

Law #1 Wherever attention and
energy go, behaviour follows.

Law #2 To change behaviour
requires self-observation of
attention and energy.

Law #3 While self-observation can
be taught and become easier,
it never becomes habitual.
It requires continuing practice.
- Helen Palmer

These pains you feel
are messengers.
Listen to them.
- Rumi

Love is the fundamental affect
of the heart of being.
It is the goodness
of spirit appearing
through the heart of humanity.
- A.H. Almaas

Knowing others is wisdom,
knowing yourself is enlightenment.
- Lao Tzu

We are all in a prison
of our own making
in the way that we
suffer our personalities.
- Susan Olessek

Great acts are
made up of small deeds.
- Lao Tzu

Let the heart inform your mind.

- A.H. Almaas



Do not feel lonely,
the entire universe
is inside you.

- Rumi

Be at least as interested
in what happens inside you
as what happens outside you.
Get the inside right,
the outside will fall into place.

- Eckhart Tolle

We begin to change
when the pain
of staying the same,
is greater
than the pain
of changing.

- Henry Cloud

Always go back
into your heart
for the answers,
that is the best place.

- Yuan Tze

When I let go
of what I am,
I become what I might be.

- Lao Tzu

The study of the enneagram
is the study of everything
that keeps us from essence.

- Russ Hudson

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

Come out of the circle of time
and into the circle of love.

- Rumi

Love is a decision,
not an emotion!

- Lao Tzu

We focus on the wrong place,
on the end result and not
on the process meeting ourselves
with as much kindness
and compassion as we can,
when we are in tough places.

- Terry Saracino

Love is the most
powerful force in the world.
It moves us.

- A.H. Almaas

...there are things
that happen in childhood,
that should never happen.
And there are things
that should have happened,
that never did.

- D.W. Winnicott

The ground's generosity
takes in our compost
and grows beauty!
Try to be more like the ground.

- Rumi

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is wisdom,
knowing yourself
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- Lao Tzu