

Favorite Quotes

"If you want to go fast, go alone. If you want to go far, go together."

– **African proverb**

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

– **Maya Angelou**

"A friend is one soul abiding in two bodies."

- **Aristotle**

"It is the mark of an educated mind to be able to entertain a thought without accepting it."

– **Aristotle**

"If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment."

- **Marcus Aurelius (Meditations)**

"Doctors and scientists said that breaking the four-minute mile was impossible, that one would die in the attempt. Thus, when I got up from the track after collapsing at the finish line, I figured I was dead."

- **Roger Bannister (neurologist and first to run a mile in less than four minutes)**

"When you come to a fork in the road, take it."

- **Yogi Berra**

"It ain't over 'till it's over."

- **Yogi Berra**

"You can observe a lot by just watching."

- **Yogi Berra**

"If you don't know where you are going, you'll end up someplace else."

- **Yogi Berra**

"The future ain't what it used to be."

- **Yogi Berra**

"It's déjà vu all over again."

- **Yogi Berra**

"In theory there is no difference between theory and practice. In practice there is."

- **Yogi Berra**

"I know I know nothing. I'm sure of that. But I could be wrong."

- **John Bickart**

"If I don't contradict myself, it doesn't sound thoroughly true."

- **John Bickart**

"Telling, I became a teacher. Listening, I became a student. Thanking, I became a friend."

- **John Bickart**

"You don't get character without characters."

- **John Bickart**

"As young Pascal sought divinity,
he approached the plane at infinity.

So he left from the left

and flew all night;
and by morning by God,
he returned from the right."

- **John Bickart**

"People who are successful have learned how to fail."

- **Kevin Bickart**

"Our finding that greater social connectedness could be explained by increases in intrinsic amygdala connectivity within the social affiliation network but not intrinsic connectivity within the mirroring or mentalizing networks, supports the hypothesis that decoding others' feelings is distinct from decoding their thoughts or beliefs and further that the former is particularly important for maintaining more relationships with people in more social groups. This also highlights a potential division of labor within the social brain between brain regions that support hot and cold aspects of social cognition."

- **Kevin Bickart**

"To see a World in a Grain of Sand
And a Heaven in a Wild Flower
Hold Infinity in the palm of your hand
And Eternity in an hour

...

God Appears & God is Light
To those poor Souls who dwell in Night
But does a Human Form Display
To those who Dwell in Realms of day"

- **Blake**

"It is true of all opposites that they mutually determine each other and hence there is unity in their opposition. Aristotle said that the knowledge of opposites is one. The trouble is that it is not one for the verbal-intellectual mind because of its analytic character. The wholeness of polarity can only be perceived when the mind works in a more holistic mode; otherwise, it is only an abstraction."

- **Henri Bortoft**

"See the false as false - the true as true. Look into your heart."

- **Buddha**

"Don't walk in front of me... I may not follow
Don't walk behind me... I may not lead
Walk beside me... just be my friend"

— **Albert Camus**

"For out of the overflow of his heart his mouth speaks."

- **Christ (Luke 6:45)**

"Reasonable men adapt to the world around them; unreasonable men make the world adapt to them. The world is changed by unreasonable men."

- **Edwin Louis Cole**

"Everything has beauty, but not everyone can see."

- **Confucius**

"Happiness is not something ready made. It comes from your own actions."

- Dalai Lama (Tenzin Gyatso)

"Though the cities start to crumble and the towers fall around us,
the sun is slowly fading and it's colder than the sea.
It is written: From the desert to the mountains they shall lead us,
by the hand and by the heart, they will comfort you and me.
In their innocence and trusting they will teach us to be free.
For the children and the flowers are my sisters and my brothers,
their laughter and their loveliness would clear a cloudy day.
And the song that I am singing is a prayer to non-believers,
come and stand beside us we can find a better way."

- John Denver (Rhymes And Reasons)

"Ah, but I was so much older then, I'm younger than that now."

- Bob Dylan (My Back Pages)

They say ev'ry man needs protection
They say ev'ry man must fall
Yet I swear I see my reflection
Some place so high above this wall
I see my light come shining
From the west unto the east
Any day now, any day now
I shall be released

- Bob Dylan (I Shall Be Released)

Come gather 'round people
Wherever you roam
And admit that the waters
Around you have grown
And accept it that soon
You'll be drenched to the bone
If your time to you is worth savin'
Then you better start swimmin'
Or you'll sink like a stone
For the times they are a-changin'

- Bob Dylan (The Times They Are A-Changin')

"By putting connecting ahead of convincing, it has the uncanny power to change minds far more effectively than any frontal assault of evidence and logic. To wield this instrument, we must be willing to be changed ourselves—that willingness is itself a powerful invitation."

- Charles Eisenstein

"When I examine myself and my methods of thought, I come to the conclusion that the gift of fantasy has meant more to me than any talent for abstract, positive thinking."

- Albert Einstein

"The most beautiful experience we can have is the mysterious. It is the fundamental emotion which stands at the cradle of true art and true science."

- Albert Einstein

"The only reward of virtue is virtue; the only way to have a friend is to be one ..."

- Ralph Waldo Emerson

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."

- Ralph Waldo Emerson

"What you do speaks so loudly that I cannot hear what you say."

— **Ralph Waldo Emerson**

"A hero is no braver than an ordinary man, but he is braver five minutes longer."

- **Ralph Waldo Emerson**

"Is it so bad to be misunderstood? Pythagoras was misunderstood, and Socrates, and Jesus, and Luther, and Copernicus, and Galileo, and Newton, and every pure and wise spirit that ever took flesh."

- **Ralph Waldo Emerson**

"All life is an experiment. The more experiments you make the better."

- **Ralph Waldo Emerson**

"He who has more obedience than I masters me."

- **Ralph Waldo Emerson**

"The ancestor of every action is a thought."

- **Ralph Waldo Emerson**

"There is a power in love to divine another's destiny better than that other can, and by heroic encouragements, hold him to his task."

- **Ralph Waldo Emerson**

"To different minds, the same world is a hell and a heaven."

- **Ralph Waldo Emerson**

"All science has one aim, namely, to find a theory of nature. We have theories of races and functions, but scarcely yet a remote approach to the idea of creation."

- **Ralph Waldo Emerson, Nature, (3)**

"Through all its kingdoms, to the suburbs and outskirts of things, it [nature] is faithful to the cause whence it had its origin. It always speaks of Spirit."

- **Ralph Waldo Emerson, Nature, (34)**

"That which intellectually considered we call Reason, considered in relation to nature, we call Spirit. Spirit is the Creator. Spirit hath life in itself."

- **Ralph Waldo Emerson, Nature, (15)**

"A Fact is the end or last issue of spirit."

- **Ralph Waldo Emerson, Nature, (19)**

"Infancy is the perpetual Messiah, which comes into the arms of fallen men, and pleads with them to return to paradise."

- **Ralph Waldo Emerson, Nature, (39)**

"Nothing is too wonderful to be true if it be consistent with the laws of nature."

- **Michael Faraday**

"When a mathematician engaged in investigating physical actions and results has arrived at his own conclusions, may they not be expressed in common language as fully, clearly, and definitely as in mathematical formulae? If so, would it not be a great boon to such as well to express them so --- translating them out of their hieroglyphics that we might also work upon them by experiment?"

- **Michael Faraday, to James Clerk Maxwell in 1857**

"If you think you can do a thing or think you can't do a thing, you're right."

- **Henry Ford**

"Life is not about getting what you want, but wanting what you already have."

- **Devone Fitzpatrick**

"In three words I can sum up everything I've learned about life: it goes on."

— **Robert Frost**

"Live as if you were to die tomorrow. Learn as if you were to live forever."

- **Mahatma Gandhi**

"You must be the change you wish to see in the world."

- **Mahatma Gandhi**

"If children grew up according to early indications, we should have nothing but geniuses." -
Goethe

- **Goethe**

"Before you can do something, you must first *be* something."

- **Goethe**

"Whatever you can do or dream you can - begin it.

Boldness has genius, magic, and power in it."

- **Goethe**

"You miss 100% of the shots you don't take."

- **Wayne Gretzky**

"Please call me by my true names,
so I can hear all my cries and laughs at once,
so I can see that my joy and pain are one.

Please call me by my true names,
so I can wake up,
and so the door of my heart can be left open,
the door of compassion."

- **Thich Nhat Hanh**

"The great gift of family life is to be intimately acquainted with people you might never even introduce yourself to, had life not done it for you."

- **Kendall Hailey**

"The greatest discovery of my generation is that a human being can alter his life by altering his attitude."

- **William James**

"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart."

- **Helen Keller**

"Walking with a friend in the dark is better than walking alone in the light."

- **Helen Keller**

"The only thing worse than being blind is having sight but no vision."

- **Helen Keller**

"Security is mostly a superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure or nothing."

- **Helen Keller**

"The force that lifts the tree, lifts the smile."

- **Andrew Leaf**

..."Piaget (1951) explains fantasy in children's play primarily as an attempt to 'assimilate' experience into existing structures in the child's mind with minimal needs to 'accomodate' to

the demands of external reality."

- Thomas W. Malone, "Toward a Theory of Intrinsically Motivating Instruction"

"It is a universal condition of the enjoyable that the mind must believe in the existence of a discoverable law, yet have a mystery to move in."

- James Clerk Maxwell

"...Faraday, in his mind's eye, saw lines of force traversing all space where the mathematicians saw centres of force attracting at a distance. Faraday saw a medium where they saw nothing but distance... Faraday's methods resembled those in which we begin with the whole and arrive at the parts by analysis, while the ordinary mathematical methods were founded on the principle of beginning with the parts and building up the whole by synthesis."

- James Clerk Maxwell

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

- Margaret Mead

"Boredom is the biggest disease in the world, darling."

- Freddie Mercury (Farrokh Bulsara)

"I'm just me."

- Freddie Mercury (Farrokh Bulsara)

"I'm not afraid to speak out, and say things that I want to do, or do the things that I want to do, I think in the end, being natural, and being actually genuine is what wins."

- Freddie Mercury (Farrokh Bulsara)

"Be yourself no matter what people say."

- Freddie Mercury (Farrokh Bulsara)

"I get down on my knees

And I start to pray

'Til the tears run down from my eyes

Lord, somebody, ooh somebody

can anybody find me somebody to love?"

- Freddie Mercury (Farrokh Bulsara)

I've paid my dues

Time after time.

I've done my sentence

But committed no crime.

And bad mistakes—

I've made a few.

I've had my share of sand kicked in my face

But I've come through.

And I need to go on and on, and on, and on.

We are the champions, my friends.

And we'll keep on fighting 'til the end.

We are the champions.

We are the champions.

No time for losers

'Cause we are the champions of the world.

I've taken my bows,

And my curtain calls.

You brought me fame and fortune, and everything that goes with it.

I thank you all.

But it's been no bed of roses,

No pleasure cruise.
I consider it a challenge before the whole human race,
And I ain't gonna lose.
And I need just go on and on, and on, and on.
We are the champions, my friends.
And we'll keep on fighting 'til the end.
We are the champions.
We are the champions.
No time for losers
'Cause we are the champions of the world.

- **Freddie Mercury (Farrokh Bulsara)(We Are The Champions)**

"Insanity is doing the same thing, over and over again, but expecting different results."
- **Narcotics Anonymous**

"I once was lost, but now I'm found"
- **John Newton, "Amazing Grace", Stanza 6**

"... I soon found myself focusing on more mundane objects closer to home. A dead wasp on my towel rack...a pink tulip in the miniature lawn...the shiny bell of my bicycle. And it wasn't long before I found myself pleasantly surprised by all the pictures I could make of seemingly routine subject matter. In an ordinary blossom, bone, or shadow resided a fascinating calm for me. And inevitably I concluded: There's no need to seek hyperbole in order to praise the earth."

- **John Nichols, from the introduction to "Keep It Simple"**

"Hold a true friend with both your hands."
- **Nigerian proverb**

"To be a good scientist, or to have a scientific attitude toward the world, one must be able to imagine wonderful things - even things that seem too wonderful to be true."
- **Chet Raymo, "Dr. Suess and Dr. Einstein", Orion, Vol. 12, Number 2**

"What at this moment is lacking?"
- **Zen Master Rinzai**

"The heart has its reasons in which reason cannot understand."
- **Blaise Pascal, Pensees, Part IV, #277**

"Wise men speak because they have something to say; fools because they have to say something."
- **Plato**

"No compulsory learning can remain in the soul. . . In teaching children, train them by a kind of game, and you will be able to see more clearly the natural bent of each."

- **Plato, The Republic, Book VII**

"SOCRATES: You are a young rogue, as I said a moment ago, Menon, and now you ask me if I can teach you, when I tell you there is no such thing as teaching, only remembering. I see you want to show me up at once as contradicting myself. ...

... SOCRATES: Then in one who does not know, about things he does not know, there are true opinions about the things which he does not know?

MENON: So it appears."

- **Plato, Meno (81B - 86E)**

"The only thing we have to fear is fear itself."

– **Franklin D. Roosevelt**

"If you want to know what a man's like, take a good look at how he treats his inferiors, not his equals."

– **J.K. Rowling**

"This above all: to thine own self be true."

– **William Shakespeare**

"To be or not to be.

Whether 'tis nobler in the minds of men to suffer the slings and arrows of outrageous fortune, or to take arms against a sea of troubles, and thus by opposing end them."

- **William Shakespeare**

And in the naked light I saw
Ten thousand people, maybe more
People talking without speaking
People hearing without listening
People writing songs that voices never share

No one dared

Disturb the sound of silence

- **Simon & Garfunkel**

I've built walls

A fortress, steep and mighty

That none may penetrate

I have no need of friendship

Friendship causes pain

Its laughter and its loving I disdain

I am a rock

I am an island

- **Simon & Garfunkel**

"The only true wisdom is knowing that you know nothing."

– **Socrates**

"You know you're in love when you can't fall asleep because reality is finally better than your dreams."

– **Dr. Seuss**

"In the places I go there are things that I see

That I never could spell if I stopped with the Z."

- **Dr. Suess, On Beyond Zebra**

"... in the future no human being is to find peace in the enjoyment of happiness if others beside him are unhappy."

- **Rudolf Steiner (THE WORK OF THE ANGEL ON OUR ASTRAL BODY)**

"The Sufi is the son of time present."

- **Sufi saying**

"Pale kuna nia, kuna njia"

("Where there is a will, there is a way.")

- **Swahili saying**

"It is very simple to be happy; but it is very difficult to be simple."

- **Rabindranath Tagore**

"I was once asked why I don't participate in anti-war demonstrations. I said that I will never do that, but as soon as you have a pro-peace rally, I'll be there."

- **Mother Teresa**

"The simple reason why the majority of scientists are not creative is not because they don't know how to think; but because they don't know how to stop thinking."

- **Eckhart Tolle, The Power of Now**

"He who knows the Tao does not speak about it; he who is ever ready to speak about it does not know it."

- **Lao Tzu (Tao Te Ching, Verse 56 on How to Prepare for the Great Integrity)**

"Words that are strictly true seem to be paradoxical."

- **Lao Tzu (Tao Te Ching, Verse 78 on Appearance and Reality)**

"Only then, will you transcend tense

To fully be here now.

Only then, no harm

will the universe proffer

nor you to her,

for you will be

not you but she

and both – the universal Great Integrity.

- **Lao Tzu (Tao Te Ching, Verse 13 on Identity)**

"Know, first, that heav'n, and earth's compacted frame,

And flowing waters, and the starry flame,

And both the radiant lights, one common soul

Inspires and feeds, and animates the whole.

This active mind, infus'd thro' all the space,

Unites and mingles with the mighty mass.

Hence men and beasts the breath of life obtain,

And birds of air, and monsters of the main."

- **Virgil, The Aeneid**

"Keep It Simple

Strike three.

Get your hand off my knee.

You're overdrawn.

Your horse won.

Yes.

No.

You have the account.

Walk.

Don't walk.

Mother's dead.

Basic events

require simple language.

Idiosyncratically euphistic

eccentricities are the

promulgators of

triturable obfuscation.

What did you do last night?
Enter into a meaningful
romantic involvement
or
fall in love?

What did you have for
breakfast this morning?
The upper part of a hog's
hind leg with two oval
bodies encased in a shell
laid by a female bird
or
ham and eggs?
David Belasco, the great
American theatrical producer,
once said, 'If you can't
write your idea on the
back of my calling
card,
you don't have a clear idea.' "

- **United Technologies Corporation, Wall Street Journal**

"If you want to lift yourself up, lift up someone else."

- **Booker T. Washington**

"We cherish our friends, not for their ability to amuse us, but for ours to be amused by them..."

- **Evelyn Waugh**

" I believe a leaf of grass is no less than the journeywork of the stars,
And the pismire is equally perfect, and a grain of sand, and the egg of the wren,
And the tree-toad is a chef-d'oeuvre for the highest,
And the running blackberry would adorn the parlors of heaven,
And the narrowest hinge in my hand puts to scorn all machinery,
And the cow crunching with depressed head surpasses any statue,
And a mouse is miracle enough to stagger sextillions of infidels,
And I could come every afternoon of my life to look at the farmer's girl boiling her iron tea-kettle and baking shortcake.

I find I incorporate gneiss and coal and long-threaded moss and fruits and grains and
esculent roots,

And am stucco'd with quadrupeds and birds all over,
And have distanced what is behind me for good reasons,
And call anything close again when I desire it."

- **Walt Whitman, Song of Myself (31)**

"Now I see the secret of the making of the best persons, ... It is to grow in the open air, and to eat and sleep with the earth."

- **Walt Whitman**

"I am so clever that sometimes I don't understand a single word of what I am saying."

- **Oscar Wilde**

"Be yourself; everyone else is already taken."

- **Oscar Wilde**

"A mind is like a parachute. It doesn't work if it isn't open."
- **Frank Zappa**

"Fall and the net will appear."

- **Zen saying**

"If not now, when?"

- **Zen saying**

"A friend is someone who knows the song in your heart and can sing it back to you when you have forgotten the words."

- **author unknown**

"Everyone hears what you say. Friends listen to what you say. Best friends listen to what you don't say."

- **author unknown**

"What you can conceive and believe, you can achieve."

- **author unknown**

"What would you attempt to do if you knew you could not fail?"

- **author unknown**