

***Between stimulus and response
there is a space. In that space is
our power to choose our
response. In our response lies
our growth and our freedom.***

-Victor Frankl

***The way to live in the present is
to remember that 'This too shall
pass.' When you experience joy,
remembering that 'This too
shall pass' helps you savor the
here and now. When you
experience pain and sorrow,
remembering that 'This too
shall pass' reminds you that
grief, like joy, is only temporary.***

-Joey Green

***To diminish the suffering of pain, we
need to make a crucial distinction
between the pain of pain, and the
pain we create by our thoughts about
the pain. Fear, anger, guilt, loneliness
and helplessness are all mental and
emotional responses that can
intensify pain.***

-Howard C. Cutler

Meditations

Our own worst enemy cannot harm us as much as our unwise thoughts. No one can help us as much as our own compassionate thoughts.

-Buddha

As soon as we wish to be happier, we are no longer happy.

-Walter Landor

Slow breathing is like an anchor in the midst of an emotional storm: the anchor won't make the storm go away, but it will hold you steady until it passes.

-Russ Harris

Once the realization is accepted that even between the closest human beings infinite distances continue, a wonderful living side by side can grow, if they succeed in loving the distance between them which makes it possible for each to see the other whole against the sky.

-Rainer Maria Rilke

Look at a tree, a flower, a plant. Let your awareness rest upon it. How still they are, how deeply rooted in Being.

Allow nature to teach you stillness.

-Eckhart Tolle

Life is like music for its own sake. We are living in an eternal now, and when we listen to music we are not listening to the past, we are not listening to the future, we are listening to an expanded present.

-Alan Watts

Be patient toward all that is unsolved in your heart and try to love the questions themselves, like locked rooms and like books that are now written in a very foreign tongue. Do not now seek the answers, which cannot be given you because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer.

-Rainer Maria Rilke

One is a great deal less anxious if one feels perfectly free to be anxious, and the same may be said of guilt.

-Alan Watts

If you want others to be happy, practice compassion. If you want to be happy, practice compassion.

-Dalai Lama

Suffering usually relates to wanting things to be different from the way they are.

-Allan Lokos

Mindfulness is simply being aware of what is happening right now without wishing it were different; enjoying the pleasant without holding on when it changes (which it will); being with the unpleasant without fearing it will always be this way (which it won't).

-James Baraz