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
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

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

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

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

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