

APPENDIX I

## QUOTATIONS

(for your pleasure and contemplation)

The quotes you will find on the following pages are oriented around the philosophies of the East. They are in no particular order. The collection began from personal interest and without thought of sharing them at a later time. For that reason, I have unfortunately been sloppy about "the where and the who," contenting myself solely with "the what." In short, some of the quotes are documented but most are not. My apologies.

I would suggest that you not read more than a few pages at a time. As was said in the text, verses like these have within them subtleties that are not evident with the first reading (nor with the second). As it's easy to overdose, my suggestion is that you move slowly.

However you choose to go, enjoy.

. . . . .

It is better to speak one word of harmony than a liturgy of unwisdom;  
It is better to read one or two words that speak truth than whole volumes that  
do not;  
It is better to take one action that is thoughtful toward the rest of life than to  
fill ten lifetimes with actions that are not.

The Buddha  
(from *The Dhammapada*)

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It was given to the eye to have Light to see," says an old book. "And even though you may be blind, you can see if you have the Light. But if you have not the Light and do not believe it is there, then you see only bits and pieces of the wonders and the beauties of the universe. And you will illumine nothing inside yourself or outside either."

from an Indian sage

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Two men argue.  
Each is right;  
Each is wrong.

a Zen thought

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Men who pass what is good lose not only the good but also the ability to recognize the good. In doing so, they leave behind a monument to their foolishness.

a Sufi thought

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Quietly, without stress and without fear, look at yourself as you would a beloved child who is growing and trying to understand. Then help that child. If it has toys that it likes to use such as anger, say "Let's set this aside for a time and see what else there is that we might use." If you won't play the good parent, who can it turn to?

unattributed

The Higher Law (karma) is one of change. As a human changes his or her attitudes, nature will change its response. Once you come to know that, you will need fear the growing pains of humanity no longer.

a Hindu thought

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The Law (karma) gives certain powers to the obsessively evil. Why? Because on this level they are the ultimate teachers. It is not the joys that you remember as changing you. It is the presence of negativity that finally makes you see that this is not the way: not the way of lovingness; not the way to grow an immortal soul.

unattributed

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I remember an old man who said to me, "It took me seventy years to find out that if I sat down without thought, there was usually a splinter waiting for me. But if I took some thought to smooth in my mind the patterns in me that were heavy and sharp, then I found that the splinters did not stick." Take some time to smooth in your mind by understanding and lovingness the sharp places about you. Then where you sit will not be sharp, even though there may be stones everywhere.

story from India

May your thought of this day be as the sunlight, knowing no shadow in itself  
and giving of its light and understanding.

unattributed

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Consideration for others is the basis of a good life.

Confucius

---

From the unreal lead me to the real;  
From darkness lead me to Light;  
From death lead me to immortality.

from the *Brihad-aranyaha*  
*Upandishads*

---

It is the One in the many that I love,  
and the many in the One.  
When I have come to see that these are the same,  
then the peace and the power and the strength of Allah shall be mine.

from the Islamic tradition

Fail to honor others, they will fail to honor you.

Lao Tzu

---

That which resides in the heart is smaller than a seed of mustard;  
smaller than the smallest grain of barley;  
smaller than the canary seed;  
smaller yet than the inner seed of that seed.  
Yet that which lives within the heart is greater than all things.

from the Indian tradition

---

He who, dwelling in all things,  
Yet is other than all things;  
Whom all things do not know;  
Whose body all things are;  
Who controls all things from within;  
THAT is the Soul, the Inner Controller,  
The High Mind, the Immortal.

from the *Brihad-aranyaka*  
*Upandishads*

---

All that we are is a result of what we have thought. The mind is everything.  
What we think, we become.

from the Indian tradition

First comes the promise.  
Then comes the discipline of the hand and the heart and the foot.  
We move in the best way we know, and in that we change the stream of  
energies and desires around us until the things we most admire are those  
that are the better and the best.  
We come at last to a vital sense of the (karmic) Law.  
There is no harm in us for we hold an inexhaustible store of Love.  
Nothing can shock us; nothing can cause fear.  
And because we see clearly and with Love, there is no power in this world or  
the next that can set us off our Way.

from the Indian tradition

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It is not easy to walk the path. It needs the constant thought, the constant  
decision. The personal mind says, "I do not wish to be always on guard. I do  
not wish to always have this responsibility. I simply want to feel, to live, to  
run like a child without care."  
Yet the child must grow up, for if It does not It will go through life crushing  
and destroying because It is a child and knows no better.  
Run no longer; move upon the Way.

from the Indian tradition

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Come out of the tomb of the little self.  
Forget its fears; forget its limitations;  
forget the little petty things that it feels so necessary.  
Stand free, beautiful, serene, immortal, potent, a creative being beyond belief.  
That is the true Self  
If you hold to that Self and choose all things on behalf of that Self, then one  
day that Self will become evident within you.

from the Egyptian tradition

Live in harmony, which is compassion,  
which is love,  
which is goodness in action.

a Buddhist blessing

---

If there were not the spur of discomfort, we would not move. If we had not the contrast on this level between that which is good and that which is evil, we would not be able to choose to go forward. It is not by mistake that this plane is dual in every respect.

from the Indian tradition

---

If you do not love enough, then time changes around you and it becomes small  
and everything stands as a barrier to your way.  
But when you love enough, you are patient with all states of enclosure and  
consciousness.

When you love enough, you see beyond the instinctual patterns that nature  
uses to perpetuate itself.

When you love enough, you are full of perception.  
When you love enough, there is always time enough.

from the Indian tradition

---

If you choose to live in the world, remember that you are a server, not a victim.  
There is a difference.

unattributed

There are many ways to move something out of your path. You can kick it, and that may remove it but it might also break your toe. If nothing else you will have raised a lot of dust and created a center of negativity for which you will be responsible. Or you could pick it up, bless it for doing its duty, and gently place it off the road. In that way, you will have done no harm and you will have raised no dust in your passing.

unattributed

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If I could shatter each shell of self and let in the Light, I would do so. But none can break the mold of mind except the self within. The shells are the accumulated hardnesses that have grown up through karmic choices through many lifetimes. So look to see where and what the self is. Then for a moment, having given gratitude for existing within the heart of God, look to see how you can harmonize with the One.

commentary from an Indian sage

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Only pursue an offender to show him the way.

Lao Tsu  
(from *The Tao Teh Ching*)

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Thought sticks to walls like paint.

unattributed

I was in darkness until I realized that there was light within it;  
I was alone until I knew that everything touched me and was a part of me and  
that I could not be separate;

I was fearful until I saw that the wheels of the universe turned in perfect  
balance;

And I thought there was nowhere to go until I saw the long path among the  
stars and in the invisible worlds which I had not dreamed existed.

Shall my Light go out? No, for there is no wind that can blow it out. Its oil  
comes from lovingness, and that has no end.

I have the power to see the step ahead and to chose to step upon it.

What more could I ask of the gifts of life than this amazing and upholding  
universe that gives me the ability to participate in the choices of the One  
Mind.

Let me honor the High Self.

Let me hold to that reality in the midst of the changing pressures of the  
learning world.

unattributed

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My bed is not comfortable while another has no bed.  
My food is not nourishing unless I give full gratitude for it.  
The sight of my eyes is not true sight until I can see through the eyes of all.  
My hand can do no true and lasting work until it becomes the hand of the  
One.

the Buddha

---

Because there is darkness and storm, is the sky any less blue?

Sufi wisdom

Let the mind be large and not small;  
Let the self be a server of thought rather than a demander of satisfaction;  
Set yourself in the ways of wisdom that moves in the reality of your true  
spirit;  
For if you do, you will be able to stand in the face of disharmony and, in doing  
so, be of use to those who haven't the strength.

unattributed

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Whatever you think the world is, you will make the world that thing. The drug  
addict, no matter where he is, will bring with him his addictiveness. The skid  
row mentality can exist within a palace.

Sufi wisdom

---

There are the Rings-Pass-Not that hold us in situations of distress. What do  
you think these restraints are? They are the illusions we build and set around  
reality. Until you can pass through them, you will not see further.

unattributed

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Nirvana is the emptiness that is full.

a Zen Buddhist saying

He who walks steadily, who is not in haste but who is neither a laggard;  
He who is not fearful, yet neither is he foolhardy;  
He who is not deterred in the face of any threat; who can look at anything and  
not be shocked for he has nothing in him which is like that which he sees so he  
can view it with understanding and detachment;  
He is the one who will go forward, for he has come into a state of harmony.  
He treads the Middle Way.

a Buddhist prayer

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May the work of your right hand and your left hand be equal.  
May your right hand know its duty to the left, and the left to the right.  
And may they both know their duty to the One who is All.

a Buddhist prayer

---

A man lives either in time or in eternity.  
He who lives under time lives with the prospect of irritation.  
He who lives in eternity lives with the knowledge that time is enough.  
He who lives in time finds his horizons moving always away from him.  
He who lives in eternity has already reached the horizon and can look beyond.  
Give honor in your heart, then, to eternity; and give use to time so that it does  
not use you.

an Egyptian wisdom

There is an eternity in which you live. This should neither make you slothful  
nor hurried.

There is time enough to undertake consideration of everything around you.  
There is time enough for a kind thought.  
If you think there is not, you are compressing yourself into a very small knot of  
self, and this is a very small thing, indeed.

unattributed

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When one pays attention to the present, there is a great pleasure in the  
awareness of small things.

unattributed

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Each new personality is born from the seeds of the old. A man is his own  
parent.

unattributed

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He drew a circle to keep me out;  
Heretic, rebel, a thing to flout.  
But love and I had the wit to win;  
We drew a circle that took him in.

Edwin Markham

Until you can set aside the small self and enlarge yourself into principle; until you can not fear the universe but rather love it; until you can give without thought of return of any kind; until you can view all action with compassion and not allow yourself to be drawn into negative response because you are angry or disturbed; until you can see as the Sun sees--all things lighted from the fire of your own understanding; until all these things come to pass the walls of the personal self will imprison you.

And even though you will think you are free, things will annoy you; things will hurt you; you will feel depressed or you will feel over-excited; you will be too pleased with yourself or not pleased enough. You will, in short, lurch from states of change to other states of change, a kind of bouncing ball between perception and emotion--and you will never achieve the kind of satisfaction that your personal self so desperately desires. This will continue until your child self comes to realize through experience that the only real, lasting happiness it will ever have is when it aligns itself with the god-like part of you, the high mind, and move toward the higher principles.

wisdom from India

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A sound man is good at salvage, at seeing that nothing is lost.  
Having what is called insight, a good man, before he can help a bad man, finds  
in himself the matter with the bad man.

Whichever teacher discounts this lesson is as far from the road as the other,  
whatever else he may know.

This is the heart of it.

Lao Tsu (from *The Tao Teh Ching*)

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In the midst of what do I stand?

a meditation

When you step across the line, what is it that you will wish to present to the  
Law, the clear and loving eyes of the Law?  
As you stand before It and call up to It and say, "Here I am," who is there?  
What is it that is present?  
Who is "I?"  
What, my friends, is yourself?

unattributed

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What are you?  
True, you are a unit of self interest--but you are more. You are a unit that can  
move; a unit that can devise your own awakening.  
Awakening comes in the efforts of everyday affairs.  
Are you kind when you don't have to be?  
Do you look with compassion in the face of negative action?  
Are you mindful of how you should put your foot, that it not be harmful?  
Are you mindful of your hand, that it should heal when it touches?  
Are you mindful of your thoughts, that they do not reinforce negativity?  
Are you mindful of your voice, that it does not cut?  
Awakening comes when these gifts of right attention are yours.

a Buddhist commentary

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Ignorance:  
If you hold it, you will live your life waiting for pleasurable experiences.  
And when they come, you will play them out and then wait for another.  
This is drowning in the unreality of the personal mind.

unattributed

I knew a man who had in his house in my village a very poisonous snake. The man was very familiar with the snake and the snake had not had its venom removed. Nevertheless, the snake was quite harmless because all those around him loved him and he trusted them.

The snake gave his effort to the people by threatening the rodents and things that were destructive to the property. And when anyone came into the house who had negative attitudes and fears, when they would come upon the snake suddenly he would raise his head and his hood would go out and he would gaze at them in utmost power and dignity. It almost seemed as though the snake smiled as he watched them retreat from him. He would not bite, but they didn't know that.

He rescued, one day, a child of the family, by threatening another beast that was violent. He gave up, this little being, his life in defense of the child, for he was killed by the other beast but not before the snake had won time for the rescue of the child. And so it is that in an environment of lovingness, even those with venom can become harmless, can become guardians and servers under the natural (karmic) Law.

story from a friend in India

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There is nothing that can slay the Real.  
There is nothing that can divide the Real.  
No sword can cut it; no flame can burn it.

*The Bhagavad Gita*

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Sleep when you sleep,  
eat when you eat.

a Zen meditation

Those who know do not tell; those who tell do not know.  
Not to set the tongue loose, but to curb it;  
Not to have edges that catch, but to remain untangled;  
Unblinded;  
Unconfused;  
Is to find balance.  
And he who holds balance beyond sway of love or hate, beyond reach of profit  
or loss, beyond care of praise or blame,  
He has attained the highest post in the world.

Lao Tsu  
(from *The Tao Teh Ching*)

---

What is the reality that does not move and yet does?

a Zen meditation

---

They will come back, come back again,  
As long as the red earth rolls.  
He never wasted a leaf or a tree;  
Do you think He would squander a soul?

Rudyard Kipling

---

You must be empty before you can become full.

a Zen saying

It is no more marvelous to be born twice than it is to be born once.

Voltaire

---

Where does the soul go when it dies?  
There is no necessity for it to go anywhere.

Jacob Boehm

---

The following are some of the fifteen charges put forth at the trial of Bishop Origen (Bishop Origen was born in Alexandria, Egypt, in 185 AD--he was one of the best informed and most learned of the Church fathers, even though he was excommunicated by the church 299 years after his death):

- 1.) He said that man came from an original pure state and will return to purity;
- 2.) He said there was pre-existence before birth;
- 3.) He said, "the body," or necessity of Jesus will be gone when humans comes to a fulfillment of their own understanding;
- 4.) He said that man and Jesus were one, and that all the qualities and characteristics that had once been in Jesus were the ones we had now;
- 5.) He said that the body of the Master Jesus was, in truth, an oval;
- 6.) He said that until we can purify ourselves, we can not understand the Master Jesus fully;
- 7.) And he indicated that the real power of salvation lay not in powers but in ourselves.

from Reincarnation, the Phoenix Fire Mystery

For what do you search?  
For that which is lost.  
Where will you look?  
At the center.

a Masonic injunction

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If you do not like being unhappy, why are you unhappy?

unattributed

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A man's own self is his friend;  
A man's own self is his foe.

from *The Bhagavad Gita*

---

You think life pushes on you? It is exactly the opposite.

a Zen meditation

Let all things speak to you of the wonder and care of the creative minds that  
are a part of the whole universe.

Become mindful of the upholding love that makes your being possible;  
Become mindful of the search and the struggles that exist in others;  
Become mindful that beyond the weeping of the lesser self there is the great  
and beautiful universe.

an Egyptian prayer

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As above, so below.

a Hermetic maxim

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To be clear sighted, able to see the whole without the distortion of the  
personal mind's desires;  
To be able to help in any situation with the utmost of loving compassion;  
To need no defense;  
To assess one's motives for great acts and small ones alike with equal  
consideration;  
To be cheerful in the face of all things;  
To have gratitude for all the smaller and greater consciousnesses that  
support me;  
To see the beauty in all that upholds me.  
To act in the interest of the whole of life, not in the interest of the small self.

a meditative tone

If we look through the glasses of illusion, some things will look like monsters while others like angels. But when we look clearly, we will see that even the dark angels are moving under the karmic Law.

unattributed

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Contemplation is the battleground of men;  
mortification the playground of children.

a Sufi saying

---

Do not wish ill of anyone, O man of good nature,  
Whether they be people of church or of the synagogue.  
What a bad place is a bad thought.

a Sufi motto

---

May your mind unfold, your heart beat gently.  
May the work of your hands prosper and may the energies that belong to life  
come to you in harmony.

a Buddhist blessing

The thirty spokes within the wheel unite upon a hole;  
Yet but for that which none can feel, how could the carriage roll?

From damp clay molded into place a vessel may be wrought;  
And yet without the space within its value would be naught.

Tho' wood and tile may build a hall, and roof it with a dome;  
It is the empty space within that makes the hall a home.

An so from vessel, hall, and wheel this truth we may deduce;  
To what existence renders real, its opposite gives use.

Lao Tzu (from Mackintosh's trans. of  
*The Tao Teh Ching*)

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Yield and you will not break; bent you can straighten.  
Empty you can hold, torn you can mend.  
And as want can reward you, so wealth can bewilder.  
Aware of this, a wise man has the simple return that other men seek;  
Without inflaming himself, he is kindled;  
Without explaining himself, he is explained;  
Without taking credit, he is accredited;  
And because he does not compete, he finds peaceful competence.

Lao Tzu

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There is nothing in the Law that says you must react in negative ways. If you  
do, that is your choice.  
Many say, "I just could not help it." There is nothing in the Law that says  
that this is true.  
Many say, "But I could not see." There is nothing in the Law that says you  
may not.

a Buddhist commentary

The gem can not be polished without friction, nor man perfected without trials.

Confucius

---

Urged by desire, I wandered through the streets of good and evil.  
I gained nothing except the feeding of desire.

Sufi commentary

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Each new personality is born from the seeds of the old. A man is his own parent.

a Buddhist commentary

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Be fully mindful of each moment and you shall be wise.  
Be fully mindful of the various shades and degrees of concentration within yourself, and pull them into useful patterns.  
Be mindful of the vast concentration of that spirit within and without that says, "There is joy; there is love; there is giving of understanding; there is the healing of destruction; there is the ultimate enlightenment of all things."

a Buddhist commentary

To the disciple on the Path of right action, the thought of pain and pleasure grows less; the thought of service grows more.

a Vedantin commentary

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As water develops the heat of caustic lime, so does the teaching of true attention bring into fierce action every unsuspecting potentiality latent in the chela-to-be.

Sinnett (from *The Mahatma Letters*)

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Friend, beware of Pride and Egoism, two of the worst snares for the feet of him who aspires to climb the high path of Knowledge and Spirituality.

unattributed

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If we understand the treasure of unity and the treasure of the many, then we will understand the form and the not-form. There has to be a flowing quality of that upon which form resides that makes it possible to be. If it were not for the universal energy, which appears as emptiness, there would be no form, nothing to uphold it, no way that it could aggregate itself into universes. It is the same within ourselves. There is fullness and there is emptiness.

unattributed

Nor Aught nor Nought existed;  
Yon bright sky was not, nor heaven's broad roof outstretched above.  
What covered all?  
What sheltered?  
What concealed?  
Was it the water's fathomless abyss?  
There was not death, yet there was not immortality.  
There was no confine betwixt day and night.  
The only One breathed breathless by Itself;  
Other than It, there nothing since has been.

from the *Rig Veda*

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The personal mind will tell you all its best aspirations, then in the same voice  
begin its liturgy of wants. It has very little spiritual discrimination.

unattributed

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Can you see what you are?  
Can you see where you are going?  
Can you perceive what it means to exist in a universe without death?  
Can you perceive the power of goodness, which looks very small up against the  
blackness of negativity?

unattributed

---

The opposite of ego is another form of ego in which you say you are no good.

unattributed

Loving yourself has to be redefined. Certainly, love the effort your child makes, but don't say "You're OK" when in fact it isn't. That is not love; that is foolishness.

unattributed

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Evolution has periods of rest, but it never fully stops.

unattributed

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Karma: it will not harm your spirit but it will certainly hit upon the sore spots within the self and the ego.

unattributed

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Suffering is not suffering if it is used to understand.

unattributed

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The ego loves drama.

unattributed

Scientists trudge up the mountain of knowledge laboriously, then find at the top that the philosophers are already there.

apologies to Albert Einstein

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Until we are pressed upon to see reality, we will stay in the pleasant delusion of unreality.

unattributed

---

I looked for paradise. Whenever I asked, someone would say, "Over there, up the hill and on the other side." I was always going up and down hills in every direction. I was so busy moving from one place to another, that every time I passed through paradise I didn't see it.

a Sufi story

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Walk in the universe, not in your little place.

unattributed

No true teacher would ever give a hint as to how to develop powers to a being who, in the smallest of things was inconsiderate; who in the smallest of dealings with life was not mindful to an extreme of being as harmless as possible; who was not able to control the ebb and flow of the emotional body; who was not so rooted in principle that he would give his life out of body rather than set aside one bit of his trust.

commentary from an Indian sage

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When we become completely realized--as far as we can go in this evolutionary cycle on earth--what will we leave behind? We will have left a reasonably purified envelope that can become, finally, a self determining, giving unit that can begin to inform lesser developed units as they come up. Everything is linked to what is above it, and to what is below it.

an Indian sage

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Take heed of the use of the eye, for if it becomes ensnared by looking upon objects of desire and entrapped by what is believed to be beautiful, it will then be setting aside your first hope, the ability of clear sight.

Take heed of the use of the ear, for if it is not used fully and clearly and without prejudice, you will be setting aside your first prize, the privilege of hearing.

Take heed of the use of the tongue, for if it is used unwisely and wounds it will turn upon you and you will lose your first duty, the privilege of serving your fellows and the whole of life.

from an Indian sage

No matter how far we have moved within the world,  
if we have not moved with steadiness and justice  
we have not moved an inch.

unattributed

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Do not enclose yourself in the little prisons of the self, in the distorted little  
cages of mind-sets that you have clung to for so long. It is time to be free.

unattributed

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To be in the world but not of the world requires coolness and warmth: the  
coolness to see clearly with the warmth of loving compassion.

unattributed

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There is something . . . which existed before Heaven and Earth. Oh how  
still it is, the formless, standing alone without changing, reaching everywhere  
without harm . . . It appears to be everlasting. Its name I know not. To  
designate it, I call it *Tao* . . . How unfathomable is Tao! . . . All things return to  
it . . . Not visible to the sight, nor audible to the ear, in its use it is  
inexhaustible . . .

Tao produces all things; its Virtue nourishes them; its Nature gives them  
form; its Force perfects them . . . [But] the Tao which can be expressed in  
words is not the eternal Tao. Without a name, it is the beginning of Heaven  
and Earth; with a name, it is the Mother of all things . . .

from the *Tao Teh King* (tr. Giles) as quoted in  
*Reincarnation, the Phoenix Fire Mystery*

Nothing is better than the love of a pure mind sent to the whole of life.

unattributed

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We dismiss the machinations and guile and just plain thoughtlessness of the personal self as being unimportant. Yet that is what keeps us from doing the work we should do; that is what jangles the nerves; that is what makes us look for thanks and recognition instead of simply doing what is appropriate, leaving the rest to God.

unattributed

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We are the ones who make the future, and that have made the past. The great brooding spirit of the Divine Self moves in and around us asking us constantly to *observe this*, and *choose that*. And we way, "Yes, but that will interfere with this and this."

Will it? Those who have truly chosen wisely are supremely happy. Then never say, "I do not have what I want." That only comes from the voice of the child self.

unattributed

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For those who carve out a place solely for themselves--a security spot--on the edge of that place will be weeping.

unattributed

