

## Appendix 12: Northern Iran Motion 5

- 1- Page 2: "People have a hard time letting go of their suffering. Out of a fear of the unknown, they prefer suffering that is familiar." ~ Thich Nhat Hanh
- 2- Page 3: "In the depth of winter, I finally learned that there was an invincible summer." ~ Albert Camus
- 3- Page 5: "Every decision you make indicates what you believe you are worth." ~ A Course in Miracles
- 4- Page 6: "Only when we are no longer afraid do we begin to live." ~ Dorothy Thompson
- 5- Page 7: "May your hands always be busy, may your feet always be swift, may you have a strong foundation, when the winds of changes shift. May you build a ladder to the stars, and climb on every rung - and may you stay - forever young. " ~ Bob Dylan
- 6- Page 8: "Ten thousand flowers in spring, the moon in autumn, a cool breeze in summer, snow in winter. If your mind isn't clouded by unnecessary things, this is the best season of your life." ~ Wu-men
- 7- Page 9: "Exaggeration is truth that has lost its temper." ~ Kahlil Gibran
- 8- Page 10: "When I know I am not in charge, I can let one who is more qualified take over." ~ Meditations For People Who (May) Worry Too Much
- 9- Page 11: "We need to know how far we'll go, and how far we'll allow others to go with us. Once we understand this, we can go anywhere." ~ Melody Beattie – Beyond Codependency
- 10- Page 12: "Though no one can go back and make a brand-new start, anyone can start from now and make a brand-new end." ~ Carl Bard
- 11- Page 13: "We are powerless over our addictions, whether liquor, pills, people, food. We are not powerless, however, over our own attitudes, our own behaviors, our own self-image, our own determination, our own commitment to life and this simple program." ~ Karen Casey
- 12- Page 14: "The immature think that knowledge and action are different, but the wise see them as the same. The person who is established in one path will attain the rewards of both. The goal of knowledge and the goal of service are the same; those who fail to see this are blind." ~ Bhagavad Gita
- 13- Page 17: "If we are to flourish as creative beings, if we are to grow into wholeness, we must bloom wherever we are planted." ~ Sarah Ban Breathnach
- 14- Page 18: "How rare and wonderful is that flash of a moment when we realize we have discovered a friend." ~ William Rostler
- 15- Page 20: "There are two big forces at work, external and internal. We have very little control over external forces such as tornadoes, earthquakes, floods, disasters, illness, and pain. What really matters is the internal force. How do I respond to those disasters? Over that I have complete control." ~ Leo Buscaglia
- 16- Page 22: "Example is not the main thing in influencing others. It is the only thing." ~ Albert Schweitzer
- 17- Page 23: "Passing on our peaceful feelings increases the level of our own peace." ~ Karen Casey
- 18- Page 24: "We will allow the good God to make plans for the future - for yesterday has gone, tomorrow has not yet come and we have only today." ~ Mother Teresa
- 19- Page 25: "People who consider themselves victims of their circumstances will always remain victims unless they develop a greater vision for their lives." ~ Stedman Graham
- 20- Page 27: "Climb up on some hill at sunrise. Everybody needs perspective once in a while, and you'll find it there." ~ Robb Sagendorph
- 21- Page 28: "Feel the feeling. Choose the behavior." ~ Charles Rumberg

- 22- Page 29: "Help me find an appropriate balance of responsibility to my children. Help me parent through nurturing and discipline instead of control." ~Melody Beattie
- 23- Page 30: "If we were logical, the future would be bleak, indeed. But we are more than logical. We are human beings, and we have faith, and we have hope, and we can work." ~ Jacques Yves Cousteau
- 24- Page 31: "We do not need to search in order to find our true being. We already are it, and the mind which searches for it is the very reason why we cannot find it." ~ Roy Whenary
- 25- Page 33: "Who gossips to you will gossip of you." ~ Turkish Proverb
- 26- Page 34: "The foundation for the development of good relations with one another is altruism, compassion and forgiveness." ~ Dalai Lama
- 27- Page 35: "Now that all your worry has proved to be such an unlucrative business, why not find a better job." ~ Hafiz
- 28- Page 36: "To climb steep hills requires a slow pace at first." ~ William Shakespeare
- 29- Page 37: "I have faith that anything can come to one who trusts the unlimited help of universal wisdom." ~ Walter Russell
- 30- Page 38: "The wishbone will never replace the backbone." ~ Will Henry
- 31- Page 39: "The only person you are destined to become is the person you decide to be." ~ Ralph Waldo Emerson
- 32- Page 40: "Those who try to hang on when God is trying to move on will always be miserable" ~ Joyce Meyer
- 33- Page 41: "Practicing silence means making a commitment to take a certain amount of time to simply be." ~ Deepak Chopra
- 34- Page 42: "Surrender is the simple but profound wisdom of yielding to rather than opposing the flow of life." ~ Eckhart Tolle
- 35- Page 43: "The way to end our stress is to investigate the thinking that lies behind it." ~ Byron Katie
- 36- Page 44: "Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared." ~ Buddha
- 37- Page 45: "Every act of virtue is an ingredient unto reward." ~ Jeremy Taylor
- 38- Page 46: "In every crisis there is a message. Crises are nature's way of forcing change--breaking down old structures, shaking loose negative habits so that something new and better can take their place." ~ Susan L. Taylor
- 39- Page 48: "Letting go of our need to control can set us and others free. It can set our Higher Power free to send the best to us." ~ Melody Beattie
- 40- Page 49: "A power greater than any human being helped make this decision." ~ Herbert J Stiefel
- 41- Page 50: "Friendship improves happiness, and abates misery, by doubling our joys, and dividing our grief." ~ Joseph Addison
- 42- Page 51: "You do build in darkness if you have faith. When the light returns you have made yourself a fortress which is impregnable to certain kinds of trouble; you may even find yourself needed and sought by others as a beacon in their dark." ~ Olga Rosmanith
- 43- Page 52: "Whatever you do or dream you can do - begin it. Boldness has genius and power and magic in it." ~ Johann Wolfgang von Goethe
- 44- Page 53: "As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." ~ John Fitzgerald Kennedy
- 45- Page 54: "Your mind is like a parachute. It only works if it is open." ~Anthony J. D'Angelo

- 46- Page 56: "We might be tempted to help release the butterfly from her cocoon. It is human nature to want to assist, but if we do, she will fall to the ground and die; the struggle to free herself strengthens her wings enough to survive and fly." ~ Eunice Brown, The Compassionate Friends Magazine, February-March 2006
- 47- Page 57: "Today, more than ever, we need to pray....for the light to know the will of God.....for the love to accept the will of God....for the way to do the will of God." ~ Mother Teresa
- 48- Page 58: "Once you choose hope, anything's possible." ~ Christopher Reeve
- 49- Page 60: "I got the blues thinking of the future, so I left off and made some marmalade. It's amazing how it cheers one up to shred oranges and scrub the floor." ~ D. H. Lawrence
- 50- Page 61: "Alone we can do so little; together we can do so much." ~ Helen Keller
- 51- Page 62: "So often times it happens that we live our lives in chains, and we never even know we have the key." ~ The Eagles
- 52- Page 62: "When angry, count to ten before you speak. If very angry, count to one hundred." ~ Thomas Jefferson
- 53- Page 64: "Make the most of yourself, for that is all there is of you." ~ Ralph Waldo Emerson
- 54- Page 65: "When I spend my time preparing for what might happen, I am missing what is happening." ~ Anne Wilson Schaef
- 55- Page 66: "Faith is taking the first step even when you don't see the whole staircase." ~ Martin Luther King Jr.
- 56- Page 67: "Every evening I turn my worries over to God. He's going to be up all night anyway." ~ Mary C. Crowley
- 57- Page 68: "Our history is not our destiny." ~ Alan Cohen
- 58- Page 70: "Faith is the bird that feels the light and sings when the dawn is still dark." ~ Rabindranath Tagore
- 59- Page 71: "For if you have faith the size of a mustard seed, nothing will be impossible to you." ~ The Bible
- 60- Page 72: "Today, I will trust that God will do for me what I cannot do for myself. I will do my part – working the Twelve Steps and letting God do the rest." ~ Melody Beattie
- 61- Page 73: "We can only learn to know ourselves and do what we can -- namely, surrender our will and fulfill God's will in us." ~ St. Teresa of Avila
- 62- Page 74: "Trust is that rare and priceless treasure that wins us the affection of our heavenly Father." ~ Brennan Manning, Ruthless Trust
- 63- Page 75: "Don't be too timid and squeamish about your actions. All life is an experiment. The more experiments you make the better." ~ Ralph Waldo Emerson
- 64- Page 76: "Within every adversity lies a slumbering possibility." ~ Dr. Robert Schuler
- 65- Page 77: "I have held many things in my hands, and I have lost them all; but whatever I have placed in God's hands, that I still possess." ~ Martin Luther
- 66- Page 78: "Faith is different from proof; the latter is human, the former is a Gift from God." ~ Blaise Pascal
- 67- Page 79: "I want to feel my life while I'm in it." ~ Meryl Streep
- 68- Page 80: "For daily need there is daily grace; for sudden need, sudden grace, and for overwhelming need, overwhelming grace." ~ John Blanchard
- 69- Page 81: "Hope is faith holding out its hand in the dark." ~ George Iles
- 70- Page 82: "Today, I will wait, if waiting is the action I need, in order to take care of myself. I will know that I am taking positive, forceful action by waiting until the time is right. God,

help me let go of my fear, urgency, and panic. Help me learn the art of waiting until the time is right." ~ Melody Beattie

- 71- Page 83: "If you work on your mind with your mind, how can you avoid an immense confusion?" ~ Seng-Ts'an
- 72- Page 84: "Be mindful of each moment in your day. Slow down! Your journey is not only about arriving at your destination. The journey is the journey. The end is not the journey. The destination will be what it will be, but did you enjoy the way?" ~ Ron Rathbun
- 73- Page 85: "Man cannot discover new oceans unless he has the courage to lose sight of the shore." ~ André Gide
- 74- Page 88: "Control is an illusion, especially the kind of control we've been trying to exert. In fact, controlling gives other people, events and diseases control over us." ~ Melody Beattie
- 75- Page 90: "There's always room for improvement, you know-it's the biggest room in the house." ~ Louise Heath Leber
- 76- Page 91: "Listening is a gift to ourselves." ~ Karen Casey
- 77- Page 92: "Love truth, but pardon error." ~ Voltaire
- 78- Page 93: "If you have made mistakes, even serious ones, there is always another chance for you. What we call failure is not the falling down, but the staying down." ~ Mary Pickford
- 79- Page 95: "When they discover the center of the universe, a lot of people will be disappointed to discover they are not it." ~ Bernard Bailey
- 80- Page 96: "For today and its blessings, I owe the world an attitude of gratitude." ~ Clarence E. Hodges
- 81- Page 97: "Turn your melodrama into a mellow drama." ~ Ram Dass
- 82- Page 98: "The world is seldom what it seems; to a man, who dimly sees, realities appear as dreams, and dreams realities." ~ Samuel Johnson
- 83- Page 99: "And the day came when the risk it took to remain tight in the bud was more painful than the risk it took to bloom." ~ Anaïs Nin
- 84- Page 100: "The most painful state of being is remembering the future, particularly one you can never have." ~ Søren Kierkegaard
- 85- Page 102: "It's not what you look at that matters, it's what you see." ~ Henry David Thoreau
- 86- Page 103: "Skillful speech not only means that we pay attention to the words we speak and to their tone, but also requires that our words reflect compassion and concern for others and that they help and heal, rather than wound and destroy." ~ Bhante Henepola Gunaratana, Eight Mindful Steps to Happiness
- 87- Page 103: "There is no education like adversity." ~ Benjamin Disraeli
- 88- Page 104: "I hope we can be happy where we are, be grateful for our blessings now- here, accept the challenge that is ours and make the most of it, and don't be envious of others. God help us to be grateful." ~ Ezra Taft Benson
- 89- Page 105: "How much a family is affected by substance abuse depends on how long they have lived with it, how advanced it is, how much shame and secrecy surrounds it, and the roles and responsibilities of the person with the disorder. If the problem is left untreated, family members will also develop destructive behaviors, such as denial, enabling, and codependency." ~ The Partnership for a Drug-Free America
- 90- Page 106: "Our ultimate freedom is the right and power to decide how anybody or anything outside ourselves will affect us." ~ Stephen Covey
- 91- Page 107: "Today I am going to use my inventory to help me find a better way of life." ~ Today a Better Way - Families Anonymous, Inc.

- 92- Page 109: "...there are two entirely opposite attitudes possible in facing the problems of one's life. One, to try and change the external world, the other, to try and change oneself." ~ Joanna Field
- 93- Page 111: "Sometimes people we love do things we don't like or approve of. We react. They react. Before long, we're all reacting to each other, and the problem escalates." ~ Melody Beattie
- 94- Page 112: "Prayer and meditation will direct my efforts today. My purpose can be fulfilled." ~ Karen Casey
- 95- Page 114: "You cannot travel on the path until you become the path itself." ~Buddha
- 96- Page 115: "Whenever you fall, pick something up." ~ Oswald Avery
- 97- Page 116: "I know God won't give me anything I can't handle. I just wish he didn't trust me so much." ~ Mother Teresa
- 98- Page 117: "You have to leave the city of your comfort and go into the wilderness of your intuition. What you'll discover will be wonderful. What you'll discover is yourself." ~ Alan Alda
- 99- Page 118: "The real voyage of discovery consists not in seeking new landscapes, but in having new eyes." ~ Marcel Proust
- 100- Page 120: "Few things help an individual more than to place responsibility upon him, and to let him know that you trust him." ~ Booker T. Washington
- 101- Page 121: "I will have great happiness with other people today if I accept them and try to change only me." ~ Karen Casey
- 102- Page 123: "When others, especially our children, deal with life differently than we would, or have stressful situations to face, we can respect them by assuming they have everything they need to handle that situation." ~Anne Wilson Schaef
- 103- Page 124: "Humility gives me back the capacity of seeing with clarity without distorting myself spiritually or emotionally." ~ Today a Better Way
- 104- Page 125: "Some people think that it's holding on that makes one strong. Sometimes it's letting go." ~ Sylvia Robinson
- 105- Page 126: "If you're climbing the ladder of life, you go rung by rung, one step at a time. Don't look too far up, set your goals high but take one step at a time. Sometimes you don't think you're progressing until you step back and see how high you've really gone." ~ Donny Osmond
- 106- Page 127: "A master blesses calamity, for the master knows that from the seeds of disaster (and all experience) comes the growth of self." ~ Neale Donald Walsch
- 107- Page 128: "Do you prefer that you be right, or that you be happy?" ~ A Course in Miracles
- 108- Page 129: "So many gifts await us when we accept the program and its principles. We dispense with the baggage of the past. We learn to live this day only. And we come to believe that there is a power greater than ourselves that has us and everything in our lives under control." ~ Karen Casey
- 109- Page 130: "There are different types of patience: the patience of being indifferent to the harm inflicted by others, the patience of voluntarily accepting hardship, and the patience developed through reasoned conviction in the Dharma." ~ Dalai Lama
- 110- Page 131: "It has been said that our anxiety does not empty tomorrow of its sorrow, but only empties today of its strength." ~ Charles H. Spurgeon
- 111- Page 132: "The vision must be followed by the venture. It is not enough to stare up the steps - we must step up the stairs." ~ Vance Havner
- 112- Page 133: "The steps offer me a road map for living that leads to a spiritual awakening and beyond." ~ Courage to Change

- 113- Page 134: "Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love." ~ Lao-Tzu
- 114- Page 135: "Love is a part of everyone who lives and breathes. Love is a force that binds all people together like drops of water in a mighty ocean. How can you not be of love? If you do not see love within, you have not looked." ~ Ron Rathbun
- 115- Page 138: "If you find a path with no obstacles, it probably doesn't lead anywhere." ~ Frank A. Clark
- 116- Page 139: "Treat people as if they were what they ought to be and you help them to become what they are capable of being." ~ Johann Wolfgang von Goethe
- 117- Page 140: "Stop trying so hard to control things. It is not our job to control people, outcomes, circumstances, life. Maybe in the past we couldn't trust and let things happen. But we can now. The way life is unfolding is good. Let it unfold." ~ Melody Beattie
- 118- Page 141: "Practicing gratitude will help us more fully appreciate what has been offered us. Being grateful influences our attitude; it softens our harsh exterior and takes the threat out of most situations." ~ Each Day a New Beginning - Daily Meditations for Women
- 119- Page 143: "It's good, the doing of the deed, that, once it's done, you don't regret, whose result you reap gratified, happy at heart." ~ Dhammapada, 5, translated by Thanissaro Bhikkhu.
- 120- Page 144: "Each time we face our fear, we gain strength, courage and confidence in the doing." ~ Paul Tillich
- 121- Page 145: "A lie has speed, but truth has endurance." ~ Edgar J. Mohn
- 122- Page 146: "Maturity doesn't come with age - it begins with the acceptance of responsibility." ~ Edwin Louis Cole
- 123- Page 150: "Self-pity is our worst enemy and if we yield to it, we can never do anything good in the world." ~ Helen Keller
- 124- Page 151: "While transformation results in changes in thoughts, feelings and behaviors, the actual process of transformation does not involve changing these things directly but instead requires a change in perspective—altering one's core assumptions about the nature of things." ~ Marilyn Schlitz-Mandala, PhD
- 125- Page 152: "Relinquishing control is the ultimate challenge of the Spiritual Warrior." ~The Book of Runes
- 126- Page 153: "Do not anticipate trouble, or worry about what may never happen. Keep in the sunlight." ~ Benjamin Franklin
- 127- Page 154: "There is only one success—to be able to spend your life in your own way." ~ Christopher Morley
- 128- Page 155: "Hope is great. And hope supported by faith creates an unbeatable duo." ~ Meditations for People Who (May) Worry Too Much
- 129- Page 156: "Be not afraid of going slowly; be afraid only of standing still." ~ Chinese Proverb
- 130- Page 158: "When we go through storms we ask where is God. I'll tell you where He is. He's backstage designing a rainbow." ~ Dr. Robert Schuler
- 131- Page 159: "When fear is in my relationships, I forget that it started in myself." ~ Paul Ferrini, The Bridge to Reality
- 132- Page 160: "Suppose you wanted to talk to the stars, and you succeed, but it turned out the stars themselves are not on speaking terms." ~ John Brunner, The Infinitive of Go
- 133- Page 161: "Remember...You can do wonders if you keep trying. You can cope with anything; you really can. In-depth faith always wins over difficulties. Keep going strong with the excitement principle." ~ Dr. Norman Vincent Peale

- 134- Page 162: "There are victories of the soul and spirit. Sometimes, even if you lose, you win." ~ Elie Wiesel
- 135- Page 163: "Just to be is a blessing. Just to live is holy." ~ Abraham Joshua Heschel
- 136- Page 164: "The most important lesson that man can learn from his life is not that there is pain in this world, but that it depends upon him to turn it into good account, that it is possible for him to transmute it into joy." ~ Rabindranath Tagore
- 137- Page 165: "People come into your life for a reason, a season, or a lifetime. When you figure out which it is, you'll know exactly what to do." ~ Michelle Ventor
- 138- Page 166: "It's not our disadvantages or short-comings that are ridiculous, but rather the studious way we try to hide them, and our desire to act as if they did not exist." ~ Giacomo Leopardi
- 139- Page 167: "You yourself, as much as anybody in the entire universe, deserve your love and affection." ~ Buddha
- 140- Page 168: "No longer forward nor behind I look in hope or fear. But, grateful, take the good I find, the best of now and here." ~ John Greenleaf Whittier
- 141- Page 169: "All truths are easy to understand once they are discovered; the point is to discover them." ~ Galileo Galilei
- 142- Page 170: "We cannot hold a torch to light another's path without brightening our own." ~ Ben Sweetland
- 143- Page 172: "Our dilemma is that we hate change and love it at the same time; what we really want is for things to remain the same but get better." ~ Sydney J. Harris
- 144- Page 173: "It is hardly possible to build anything if frustration, bitterness and a mood of helplessness prevail." ~ Lech Walesa
- 145- Page 175: "We are not what we know but what we are willing to learn." ~ Mary Catherine Bateson
- 146- Page 176: "When anger rises, think of the consequences." ~ Confucius
- 147- Page 178: "As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives." ~ Henry David Thoreau
- 148- Page 179: "Never be afraid to sit awhile and think." ~ Lorraine Hansberry, *A Raisin in the Sun*
- 149- Page 180: "Our willingness to do the work to become more conscious is what paves the way for us to recognize the unmistakable touch of grace." ~ Cheryl Richardson
- 150- Page 181: "A little kingdom I possess, where thoughts and feelings dwell; And very hard the task I find of governing it well." ~ Louisa May Alcott
- 151- Page 182: "Self-pity is easily the most destructive of the non-pharmaceutical narcotics; it is addictive, gives momentary pleasure and separates the victim from reality." ~ John W. Gardner
- 152- Page 183: "Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment." ~ Buddha
- 153- Page 184: "Learning emerges from discovery, not directives; reflection, not rules; possibilities, not prescriptions; diversity, not dogma; creativity and curiosity, not conformity and certainty; and meaning, not mandates." ~ Stephanie Pace Marshall, PhD
- 154- Page 185: "The great awareness comes slowly, piece by piece. The path of spiritual growth is a path of lifelong learning. The experience of spiritual power is basically a joyful one." ~ M. Scott Peck

- 155- Page 186: "With the help of my Higher Power I shall accept what I cannot change with courage, dignity and good humor." ~ One Day at a Time in Al-Anon
- 156- Page 187: "The art of living lies not in eliminating but in growing with troubles." ~ Bernard Baruch
- 157- Page 189: "The higher one climbs on the spiritual ladder, the more they will grant others their own freedom, and give less interference to another's state of consciousness." ~ Paul Twitchell
- 158- Page 190: "You don't need strength to let go of something. What you really need is understanding." ~ Guy Finley
- 159- Page 191: "To be nobody but yourself in a world which is doing its best, night and day, to make you everybody else means to fight the hardest battle which any human being can fight; and never stop fighting." ~ e. e. Cummings
- 160- Page 192: "And in the end, it's not the years in your life that count. It's the life in your years." ~ Abraham Lincoln
- 161- Page 193: "Perfection is reached, not when there is no longer anything to add, but when there is no longer anything to take away." ~ Antoine de Saint- Exupery
- 162- Page 194: "The world is round and the place which may seem like the end may also be only the beginning." ~ Ivy Baker Priest
- 163- Page 195: "Humility is the only true wisdom by which we prepare our minds for all the possible changes of life." ~ George Arliss
- 164- Page 196: "The most dependable quality in the universe is that of change. A willingness to change eliminates the word failure from our vocabulary." ~ Tom Crum
- 165- Page 197: "Only one thing has to change for us to know happiness in our lives: where we focus our attention." ~ Greg Anderson
- 166- Page 198: "I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it." ~ Groucho Marx
- 167- Page 199: "The best things in life must come by effort from within, not by gifts from the outside." ~ Fred Corson
- 168- Page 201: "Prayer is not asking for what you think you want, but asking to be changed in ways you can't imagine." ~ Kathleen Norris
- 169- Page 204: "Humility leads to strength and not to weakness. It is the highest form of self-respect to admit mistakes and to make amends for them." ~ John (Jay) McCloy
- 170- Page 206: "The very experiences that you have resented or regretted most in lifethe ones you've wanted to hide and forget-are the experiences God wants you to use to help others." ~ Rick Warren
- 171- Page 208: "If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul." ~ Rabbi Harold Kushner
- 172- Page 211: "We cannot change anything until we accept it. Condemnation does not liberate, it oppresses." ~ Carl G. Jung
- 173- Page 212: "The change of one simple behavior can affect other behaviors and thus change many things." ~ Jean Baer
- 174- Page 213: "Fear is like fire. If controlled it will help you; if uncontrolled, it will rise up and destroy you. People's actions depend to a great extent upon fear. We do things either because we enjoy doing them or because we are afraid not to do them." ~ John F. Milburn
- 175- Page 214: "There is an art to facing difficulties in ways that lead to effective solutions and to inner peace and harmony." ~ Jon Kabat-Zinn



- 176- Page 215: "Chance makes our relatives, but choice makes our friends." ~ Jacques Delille
- 177- Page 216: "I am not a quitter. I will fight until I drop. It is just a matter of having some faith in the fact that as long as you are able to draw breath in this universe, you have a chance." ~ Cicely Tyson
- 178- Page 217: "Today I will apply the concept of detachment, to the best of my ability, in my relationships. If I can't let go completely, I'll try to "hang on loose." ~ Melody Beattie
- 179- Page 219: "My advice is: Go outside...enjoy nature and the sunshine, and try to recapture the happiness in yourself and in God. Think of all the beauty that is still left in you and around you and be happy." ~ Anne Frank
- 180- Page 220: "Have patience with all things, but first of all with yourself." ~ St. Francis de Sales
- 181- Page 221: "To have your attention in the Now is not a denial of what is needed in your life. It is recognition of what is primary." ~ Eckhart Tolle
- 182- Page 222: "There is guidance for each of us, and by lowly listening we shall hear the right word." ~ Ralph Waldo Emerson
- 183- Page 223: "The fragrance always stays in the hand that gives the rose." ~ Hada Bejar
- 184- Page 225: "We also often add to our pain and suffering by being overly sensitive, over-reacting to minor things, and sometimes taking things too personally." ~ Dalai Lama
- 185- Page 226: "And when I do get lonely, I have the comfort and support of a Higher Power who never leaves me." ~ Courage to Change
- 186- Page 227: "The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself." ~ George Bernard Shaw
- 187- Page 228: "When I slow down long enough to smell the roses, I usually see the beauty and all else that is ours to share." ~ Morgan Jennings
- 188- Page 229: "Slogans serve as gentle, calming reminders that our circumstances might not be as impossible or as desperate as they at first appear. These concise expressions of wisdom offer quick reassurances that we really are able to cope with whatever life brings, prompting us to take constructive action and to treat ourselves and others with compassion and respect." ~ How Al-Anon Works
- 189- Page 230: "We can only learn to love by loving." ~ Iris Murdoch
- 190- Page 232: "Our most important focus during times of stress is taking care of ourselves. We are better able to cope with the most irregular circumstances; we are better able to be there for others, if we're caring for ourselves." ~ Melody Beattie
- 191- Page 233: "Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties." ~ Helen Keller
- 192- Page 234: "Real love is selfless love. It expects nothing in return. It is not conditional. It doesn't keep score. It is too seldom given. Many of us came into the program hurting, feeling unloved, looking desperately for love, unable to love selflessly. But we are learning." ~ Each Day a New Beginning - Daily Meditations for Women
- 193- Page 235: "Sometimes the way is not clear. ....That is the time to stop, ask for guidance, and rest. That is the time to let go of fear. Wait. Feel the confusion and chaos, then let it go. The path will show itself. The next step shall be revealed." ~ Melody Beattie
- 194- Page 236: "To be aware of a single shortcoming within oneself is more useful than to be aware of a thousand in somebody else." ~ Dalai Lama
- 195- Page 238: "God help me learn to accept my own and others' anger as a normal part of achieving acceptance and peace. Within that framework, help me strive for personal accountability." ~ Melody Beattie

- 196- Page 240: "Be on the lookout for mercies. The more we look for them, the more of them we will see... Better to lose count while naming your blessings than to lose your blessings to counting your troubles." ~ Maltbie D. Babcock
- 197- Page 241: "To watch is not to love." ~ Carl G. Jung
- 198- Page 242: "Let no feeling of discouragement prey upon you, and in the end you are sure to succeed." ~ Abraham Lincoln
- 199- Page 245: "Everyone needs help from everyone." ~ Bertolt Brecht
- 200- Page 246: "Start by doing what's necessary, then what's possible, and suddenly you are doing the impossible." ~ Saint Francis
- 201- Page 247: "The only limit to our realization of tomorrow will be our doubts of today. Let us move forward with strong and active faith." ~ Franklin Roosevelt
- 202- Page 248: "If you don't run your own life, somebody else will." ~ John Atkinson
- 203- Page 249: "The shortest way to do many things is to do only one at a time." ~ Sydney Smiles
- 204- Page 250: "I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do." ~ Edward Everett Hale
- 205- Page 252: "Keep your faith in all beautiful things; in the sun when it is hidden, in the spring when it is gone." ~ Roy Gilson
- 206- Page 253: "Everyone has heard the expression, 'what you sow is what you reap.' Obviously if we want to create happiness in our lives, we must learn to sow the seeds of happiness. Therefore karma implies the action of conscious choice-making." ~ Deepak Chopra
- 207- Page 254: "Today and every day, I will pray for the wisdom to choose wise counselors and the strength to love and heal myself." ~ Each Day a New Beginning – Daily Meditations for Women
- 208- Page 255: "When I am able to resist the temptation to judge others, I can see them as teachers of forgiveness in my life, reminding me that I can only have peace of mind when I forgive rather than judge." ~ Gerald G. Jampolsky
- 209- Page 256: "He that respects himself is safe from others; he wears a coat of mail that none can pierce." ~ Henry Wadsworth Longfellow
- 210- Page 257: "One's pain is one's own creation." ~ Dalai Lama
- 211- Page 258: "Nothing can bring you peace but yourself." ~ Ralph Waldo Emerson
- 212- Page 259: "At the beginning, mankind and the obligation of selfless service were created together. 'Through selfless service, you will always be fruitful and find the fulfillment of your desires': this is the promise of the Creator..." ~ Bhagavad Gita
- 213- Page 260: "Today I will move forward with my life, despite what others are doing or not doing. I will know it is right to cross the bridge to a better life even if I must leave others behind to do that, I will not feel guilty, I will not feel ashamed. I know that where I am now is a better place and where I'm meant to be." ~ Melody Beattie
- 214- Page 261: "If you don't like something, change it. If you can't change it, change your attitude." ~ Maya Angelou
- 215- Page 262: "Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude." ~ Dennis Waitley
- 216- Page 263: "Courage and perseverance have a magical talisman, before which difficulties disappear and obstacles vanish into air." ~ John Quincy Adams
- 217- Page 265: "Today I will be grateful for any awareness I encounter. I will display gratitude, peace, and dignity when life gets my attention." ~ Melody Beattie

- 218- Page 266: "At the start of each day I can make the decision to turn my will and my life over to the care of God." ~ Courage to Change
- 219- Page 267: "Courage is not afraid to weep, and she is not afraid to pray, even when she is not sure who she is praying to." ~ J Ruth Gendler
- 220- Page 269: "There are really only two ways to approach life -- as victim or as gallant fighter -- and you must decide if you want to act or react, deal your own cards or play with a stacked deck. And if you don't decide which way to play with life, it always plays with you." ~ Merle Shain
- 221- Page 270: "You cannot create a statue by smashing the marble with a hammer; you also cannot by force of arms release the spirit of the soul." ~ Confucius
- 222- Page 271: "Inner peace can be reached only when we practice forgiveness. Forgiveness is letting go of the past, and is therefore the means for correcting our misperceptions." ~ Gerald G. Jampolsky
- 223- Page 272: "Acceptance of what is does not mean liking it as it is." ~ Iyanla Van Zant
- 224- Page 274: "We must cultivate our garden." ~ Voltaire
- 225- Page 275: "The world we have created is a product of our thinking; it cannot be changed without changing our thinking." ~ Albert Einstein
- 226- Page 276: "You must do the thing you think you cannot do." ~ Eleanor Roosevelt
- 227- Page 277: "Progress is impossible without change, and those who cannot change their minds cannot change anything." ~ George Bernard Shaw
- 228- Page 278: "We do not so much need the help of our friends as the confidence of their help in need." ~ Epicurus
- 229- Page 279: "Good fences make good neighbors." ~ Robert Frost
- 230- Page 280: "Selfishness is not living as one wishes to live; it is asking others to live as one wishes to live. And unselfishness is letting other people's lives alone, not interfering with them. Selfishness always aims at uniformity of type. Unselfishness recognizes infinite variety of type as a delightful thing, accepts it, acquiesces in it, enjoys it." ~ Oscar Wilde
- 231- Page 281: "When we create peace and harmony and balance in our minds, we will find it in our lives." ~ Louise Hay
- 232- Page 282: "Life is easy to chronicle, but bewildering to practice." ~ Louise Erdrich
- 233- Page 283: "Advice is seldom welcome, and those who need it the most, like it the least." ~ Lord Chesterfield
- 234- Page 284: "Nothing is a waste of time if you use the experience wisely." ~ Auguste Rodin
- 235- Page 285: "Abandoning gossip, he abstains from gossip; he speaks at the right time, speaks what is fact, speaks on what is good, speaks on the Dhamma and the Discipline; at the right time he speaks such words as are worth recording, reasonable, moderate, and beneficial." ~ Majjhima- Nikaya
- 236- Page 286: "Never mistake knowledge for wisdom. One helps you make a living, the other helps you make a life." ~ Sandra Carey
- 237- Page 287: "The greatest of faults, I should say, is to be conscious of none." ~ Thomas Carlyle
- 238- Page 288: "I will look to this day with wonder and trust. Everything is okay. I am in the care of a power greater." ~ Each Day a New Beginning – Daily Meditations for Women
- 239- Page 289: "Patterning your life around other's opinions is nothing more than slavery." ~ Lawana Blackwell
- 240- Page 290: "Bigness comes from doing many small things well. Individually, they are not very dramatic transactions. Together, though, they add up." ~ Edward S. Finkelstein

- 241- Page 291: "Change is the constant, the signal for rebirth, the egg of the phoenix." ~ Christina Baldwin
- 242- Page 292: "Domestic violence should not happen to anybody. Ever. Period. But it does – and when it does there is help." ~ Domestic Violence Handbook
- 243- Page 293: "Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be encumbered with your old nonsense." ~ Ralph Waldo Emerson
- 244- Page 295: "If we make our goal to live a life of compassion and unconditional love, then the world will indeed become a garden where all kinds of flowers can bloom and grow." ~ Elisabeth Kübler-Ross
- 245- Page 296: "It is only possible to live happily ever after on a day-to-day basis." ~ Margaret Bonnano
- 246- Page 297: "If I must love my neighbor as myself, it is at least as fair to love myself as my neighbor." ~ Nicholas de Chamfort
- 247- Page 299: "Everyone thinks of changing the world, but no one thinks of changing himself." ~ Leo Tolstoy
- 248- Page 300: "Help them to take failure, not as a measure of their worth, but as a chance for a new start." ~ Book of Common Prayer
- 249- Page 301: "Since there is no 'arrival', no magical day on which we suddenly achieve serenity and live on forever free of stress or strain, most of us eventually learn to be patient. We find that we can trust the process of recovery to move us ever forward, even if it sometimes feels as if we're moving backwards." ~ How Al-Anon Works
- 250- Page 302: "Do not take life too seriously; you will never get out of it alive." ~ Elbert Hubbard
- 251- Page 303: "If you do not ask yourself what it is you know, you will go on listening to others and change will not come because you will not hear your own truth." ~ Saint Bartholomew
- 252- Page 304: "You get to the point where your demons, which are terrifying, grow smaller and smaller and you get bigger and bigger." ~ August Wilson
- 253- Page 305: "The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind." ~ William James
- 254- Page 307: "Let all things be exactly as they are." ~ The Voice
- 255- Page 308: "Healing cannot come to a desperate person rummaging through other people's lives." ~ T.D. Jakes
- 256- Page 310: "Whether you think you can or whether you think you can't, you are right." ~ Henry Ford
- 257- Page 311: "Life is what happens to you while you're busy making other plans." ~ John Lennon
- 258- Page 312: "If things go wrong, don't go with them." ~ Roger Babson
- 259- Page 313: "He who would be serene and pure needs but one thing, detachment." ~ Meister Eckhart
- 260- Page 314: "It's all right to have butterflies in your stomach. Just get them to fly in formation." ~ Dr. Rob Gilbert
- 261- Page 316: "You don't have to suffer continual chaos in order to grow." ~ John C. Lilly
- 262- Page 317: "Wisdom comes with the ability to be still. Just look and just listen." ~ Eckhart Tolle

- 263- Page 318: "You may not think you can reach it. Climb anyway. You may not think you'll be heard. Speak anyway. You may not think you can change things. Try anyway." ~ Maya Angelou
- 264- Page 319: "Truth, like surgery, may hurt, but it cures." ~ Han Suyin
- 265- Page 320: "All changes, even the most longed for, have their melancholy; for what we leave behind is part of ourselves; we must die to one life before we can enter into another." ~ Anatole France
- 266- Page 322: "What you are is God's gift to you, what you do with yourself is your gift to God." ~ Leo Buscaglia
- 267- Page 324: "Our prayers are answered, our problems find solutions, our worries are eased, if we but attune ourselves to the message." ~ Each Day a New Beginning – Daily Meditations for Women
- 268- Page 325: "Life is an adventure in forgiveness." ~ Norman Cousins
- 269- Page 326: "I have a clear choice between life and death, between reality and fantasy, between health and sickness. I have to become responsible – responsible for mistakes as well as accomplishments." ~ Eileen Mayhew
- 270- Page 328: "If you nurture your mind, body, and spirit, your time will expand. You will gain a new perspective that will allow you to accomplish much more." Brian Koslow
- 271- Page 329: "There is nothing like returning to a place that remains unchanged, to find the ways in which you yourself have altered." ~ Nelson Mandela
- 272- Page 332: "Healing is a matter of time, but it is sometimes also a matter of opportunity." ~ Hippocrates
- 273- Page 333: "Acceptance is not submission; it is acknowledgment of the facts of a situation, then deciding what you're going to do about it." ~ Kathleen Casey Theisen
- 274- Page 334: "I can be changed by what happens to me. But I refuse to be reduced by it." ~ Maya Angelou
- 275- Page 335: "How much more grievous are the consequences of anger than the causes of it." ~ Marcus Aurelius
- 276- Page 336: "What a wonderful life I've had! I only wish I'd realized it sooner." ~ Colette
- 277- Page 337: "There can be no happiness if the things we believe in are different from the things we do." ~ Freya Stark
- 278- Page 338: "Pain nourishes courage. You can't be brave if you've only had wonderful things happen to you." ~ Mary Tyler Moore
- 279- Page 339: "For it is in giving that we receive." ~ Saint Francis of Assisi
- 280- Page 340: "What life means to us is determined not as much by what life brings to us as by the attitude we bring to life: not so much by what happens to us as by our reaction to what happens." ~ Lewis Dunning
- 281- Page 341: "Yesterday is history. Tomorrow is a mystery. And today? Today is a gift. That's why we call it the present." ~ Babatunde Olatunji
- 282- Page 342: "Practice easing your way along. Don't get het up or in a dither. Do your best; take it as it comes. You can handle anything if you think you can. Just keep your cool and your sense of humor." ~ Smiley Blanton MD
- 283- Page 343: "Anger is but the failure of a person or a situation to fulfill the function I have assigned to it. I can be free of the anger by releasing the assignment." ~ Robert Perry
- 284- Page 344: "There is only one corner of the universe you can be certain of improving, and that's your own self." ~ Aldous Huxley
- 285- Page 347: "Love is a sacred reserve of energy; it is like the blood of spiritual evolution." ~ Pierre Teilhard De Chardin

- 286- Page 348: "However many holy words you read, However many you speak, What good will they do you If you do not act upon them?" ~ Buddha
- 287- Page 353: "The sages do not consider that making no mistakes is a blessing. They believe, rather, that the great virtue of man lies in his ability to correct his mistakes and continually to make a new man of himself." ~ Wang Yang-Ming
- 288- Page 354: "It is better to practice a little than talk a lot." ~ Muso Kokushi
- 289- Page 355: "Never be afraid to trust an unknown future to a known God." ~ Corrie Ten Boom
- 290- Page 356: "Never fear shadows .... that always means there is a light shining somewhere." ~ Jonathan Santos
- 291- Page 357: "Advice is what we ask for when we already know the answer but wish we didn't." ~ Erica Jong
- 292- Page 358: "The world is new to us every morning; this is God's gift, and every man should believe he is reborn each day." ~ The Baal Shem Tov
- 293- Page 359: "It had long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things." ~ Leonardo da Vinci
- 294- Page 360: "Generosity is giving more than you can, and pride is taking less than
- 295- you need." ~ Kahlil Gibran
- 296- Page 362: "We must accept finite disappointment, but never lose infinite hope." ~ Martin Luther King Jr.
- 297- Page 364: "The successful people of this world take life as it comes. They just go out and deal with the world as it is." ~ Ben Stein
- 298- Page 365: "God expects but one thing of you, and that is you should come out of yourself insofar as you are created being made, and let God be God in you." ~ Meister Eckhart
- 299- Page 366: "New Year's Eve is like every other night; there is no pause in the march of the universe, no breathless moment of silence among created things that the passage of another twelve months may be noted; and yet no man has quite the same thoughts this evening that come with the coming of darkness on other nights." ~ Hamilton Wright Mabie