



Relate to others as valued beings and not how they relate to you. Pir



It is better to lose face than it is to lose faith. Pir Avayati Khan Experience difficult feelings as would an elderly person watching children play, with understanding, compassion, and kindness.

Pir Vilayata Khan





Getting dragged around by every little thing that comes along wastes our life.

Uchiyama



It is not necessary to have great things to do. I turn my little omelet in the pan for the love of God.

Brother Lawrence

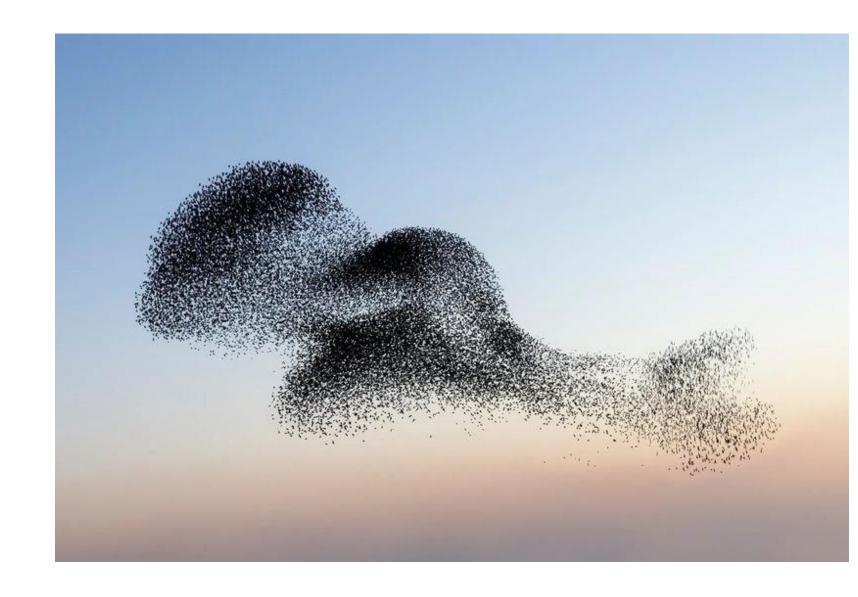


Values are beliefs, and they refer to actions. If you don't act on your values, they're just empty beliefs. Values without action are meaningless.

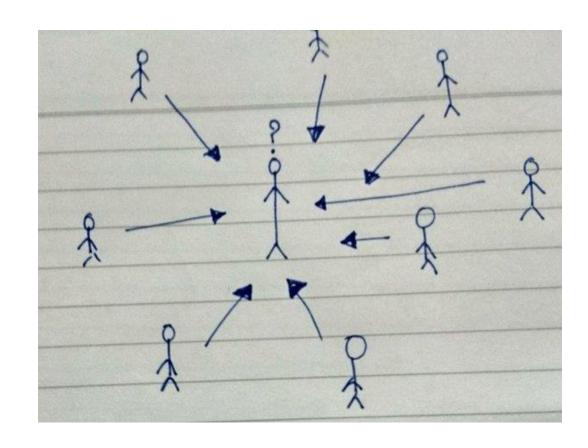


All beings need to feel safe in our being. Pir Vilayati Khan

When conditions come together for something to arise, it arises. Buddha



You are here to serve the struggle and pain within the experience. What others think is unimportant.



We live our life by going forward, but we understand our life by looking backward.



We do not see things as they are, but as we are. Talmud



There are no fixed points on the spiritual path. There is only a direction. There is only the journey and never the arrive at a fixed destination.

Rami Shapiro





Use difficulties circumstances to discover the qualities you need to manifest within yourself and in the world.

Pir Vilayati Khan

You don't have to react to harmful thoughts and feelings. Like a mosquito bite, if you don't scratch it, the urgency goes away.



Only the birds sing the music of heaven in this world.

Issa



Courage is not the absence of fear but rather the judgment that something else is more important.

Ambrose Redmon

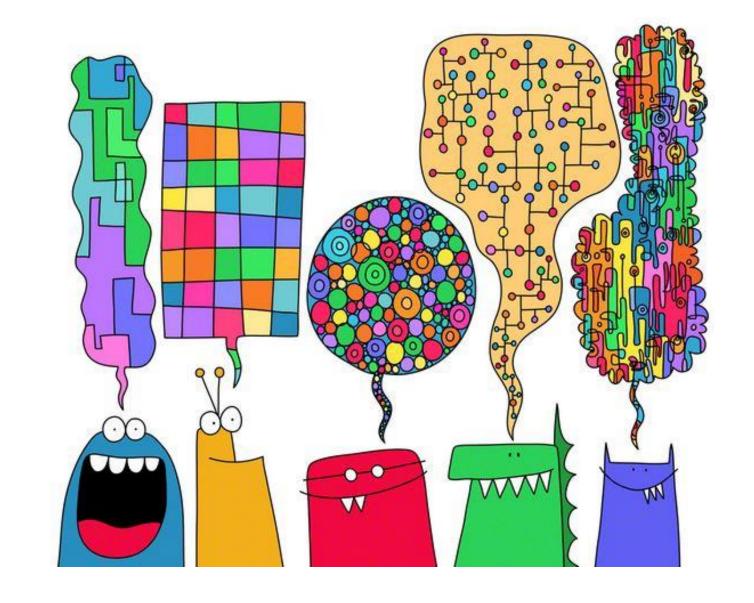


The difficulty lies not so much in developing new ideas as in escaping from old ones.

John Maynard Keyes



Change occurs from thinking differently.



Differences
offer handles
on which to
hang your love
upon them.

Frank Andrews





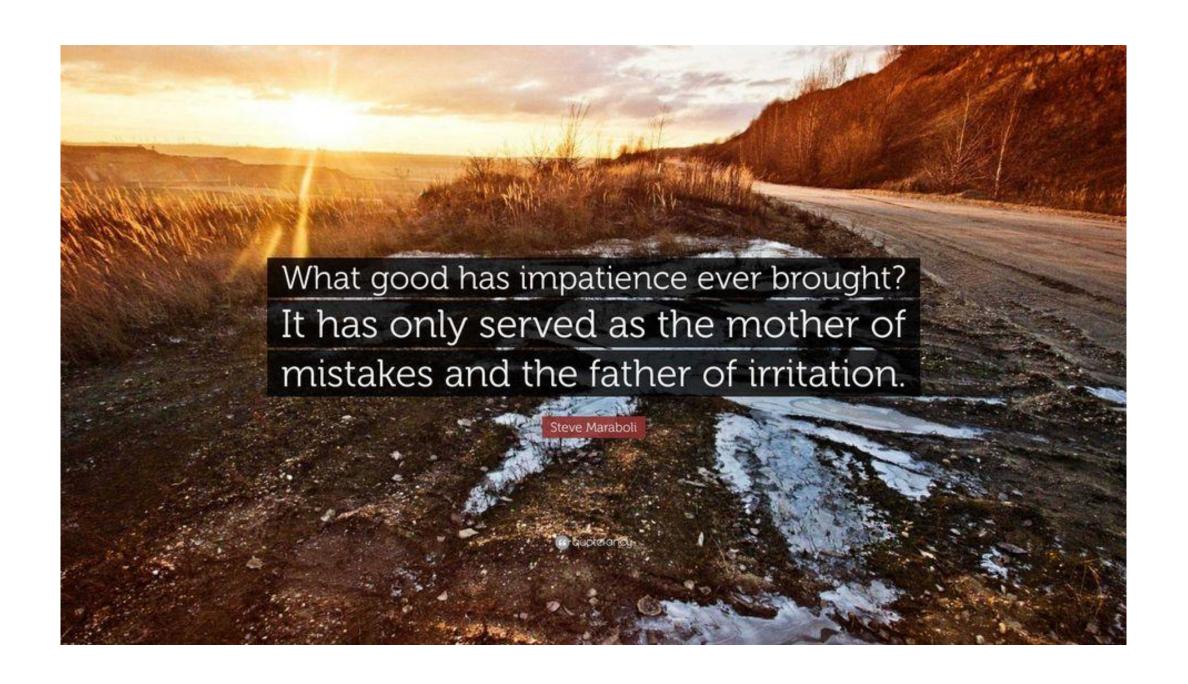
The pull of the future is stronger than the push of the past. Pir Vilayti Khan



The opposite of love is not hate, it's indifference. The opposite of art is not ugliness, it's indifference. The opposite of faith is not heresy, it's indifference. And the opposite of life is not death, it's indifference. Elie Wiesel

We are the bridge that we must cross to come out of ourselves and know no separation.





You can delight in someone or demand that they conform to your expectations of them, but not both.

Frank Andrews





Relate to our bodies as wise partners



Love propels us beyond the worship of the self. Sufi

People are not moved by things but by the view which they take of them. Epictetus

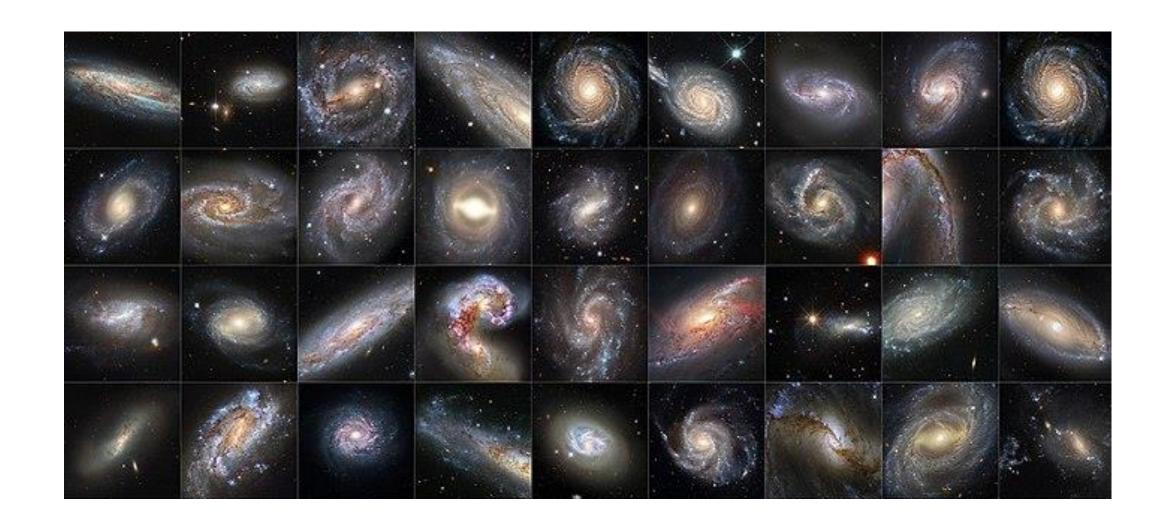




Connect with everything.



Have more concern for the dignity of others than our own



Morality is obedience to the unenforceable.

I have so much to do today, I'll have to spend another hour on my knees.

Dr. Martin Luther King, Jr.





What we do in every moment brings abut new circumstances, which themselves will contribute to the arising of other events.

Dalai Lama



Don't be confused by surfaces. In the depths, everything becomes law. Rilke

Whatever you do will be insignificant, but it is very important that you do it.

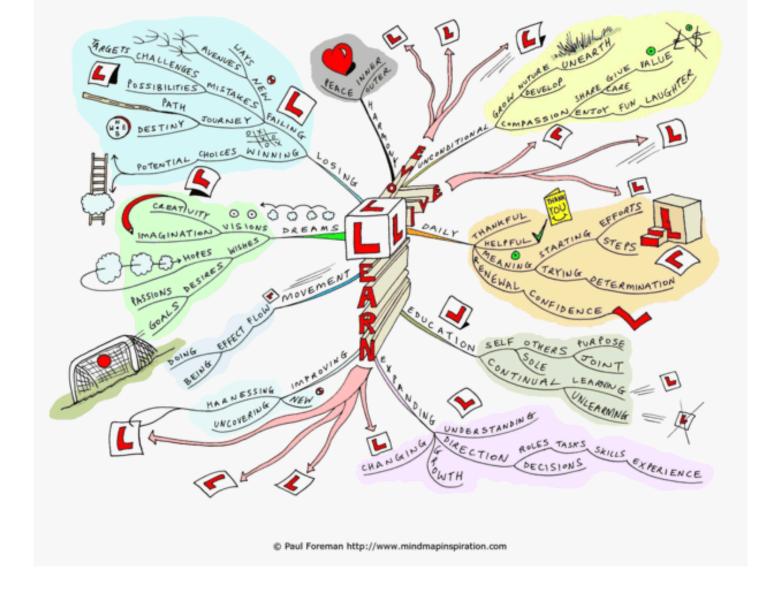
Gandhi



To endure is greater than to dare; to tire out hostile fortune; to be daunted by no difficulty; to keep heart when all have lost it...Who can say this is not greatness?

William Thackeray





You learn by loving, buy paying attention and doing what you thereby discover has to be done.