

Spiritual Quotes

I have gathered these words of wisdom over many years. All are “spiritual” to me and I re-read them regularly. I will continue to add to the list as time permits. Feel free to share with all. Check off the boxes that resonate with you and then add your own. May you enjoy!

- “Hope for 100 years of life doing your duty.” Upanishads (Ancient Hindu)
- “Be a lamp to yourself, be your own confidence. Hold to the truth within yourself, as to the only truth.” Buddha
- “In the archer there is a resemblance to the mature person. When he misses the bull’s-eye, he turns and seeks the reason for his failure in himself.” Confucius
- “He who realize the Tao in the morning can die content in the evening.” Confucius
- “In dealing with people, we already have the perfect model behavior inside us. Just act sincerely, in accordance with your true nature. Don’t do to others what you wouldn’t want done to you.” Tzu-ssu (Grandson of Confucius)
- “When we act with sincerity, everything we do is right.” Tzu-ssu
- “The sage embraces things. Ordinary men discriminate amongst them and parade their discriminations before others. So I say, those who discriminate, fail to see.” Chuang-tzu (Taoist Master)
- “Creating without possessing, acting without exploring, guiding without interfering.” Lao-tzu (Father of Taoism and regarded as the author of the Tao Te Ching)
- “I have just three things to teach: simplicity, patience, compassion. These three are your greatest treasures. Simple in actions and in thoughts, you return to the source of being. Patient with both friends and enemies, you accord with the way things are. Compassionate toward yourself, you reconcile all being in the world.” Lao-tzu
- “This is called embodying the light.” Lao-tzu
- “The truth waits for eyes unclouded by longing.” Tao Te Ching
- “And when two people understand each other in their inmost hearts, their words are sweet and strong, like the fragrance of orchids.” I Ching (Oldest of the classic Chinese texts)
- “If you want to realize the truth, don’t be for or against. The struggle between good and evil is the primal disease of the mind.” Seng Ts’an (Zen Master, 6th Century)
- “Don’t keep searching for the truth; just let go of your opinions.” Seng Ts’an
- “We sit together, the mountain and me, until only the mountain remains.” Li Po (Chinese Poet, 7th Century)
- “All things change when we do.” Kukai (Japanese Monk, 8th Century)
- “The Great Way has no gate; there are a thousand paths to it.” Wu-Men (Japanese Zen Master)
- “Ask and it will be given to you; seek and you’ll find; knock and the door will be opened to you. For everyone who asks, receives; he who seeks, finds; and to him who knocks, the door will be opened.” Jesus

- ❑ “Humility collects the soul into a single point by the power of silence. A truly humble man has no desire to be known or admired by others.” Isaac of Nineveh (Syrian Monk)
- ❑ “What is the mind for if not to find God?” Buddha
- ❑ “Winning and losing are the same thing. Both are nothing.” Buddha
- ❑ “I am here to serve no one else but myself. To form my own self-realization through the service of others.” Gandhi
- ❑ “The fragrance always remains on the hand that gives the rose.” Gandhi
- ❑ “If you want to know me, look inside your heart.” The Tao
- ❑ “Whoever knows himself knows God.” Muhammad
- ❑ “In those who have cured themselves of selfishness, I shine with brilliance.” The Bhagavad Gita
- ❑ “The man of contemplation walks alone. He lives desireless amidst the objects of desire.” Shankara (Indian Yogi)
- ❑ “After enlightenment you are the same as you were before, there is no mind and there is no truth, you are simply free from unreality and delusion.” The Karma Sutra
- ❑ “The uncreated, self-radiant wisdom of your original mind, actionless, immaculate, transcendent over acceptance and rejection, is itself the perfect practice.” Padmasambhava (Indian Monk)
- ❑ “The path of love and the path of insight lead into the same garden.” Stephen Mitchell (Translator and Poet)
- ❑ “The master makes everything seem easy; but she has put an immense effort into achieving this effortlessness.” Stephen Mitchell
- ❑ “When we fully surrender our ego-bound past and future, there is nothing but the present, nothing but presents.” Stephen Mitchell
- ❑ “A light shines through us upon things and makes us aware that we are nothing but the light is all.” Emerson (American Poet)
- ❑ “This thing we tell of can never be found by seeking, yet only seekers find it.” Abu Yazidal-Bistami (Sufi Master)
- ❑ “If men wish to draw near to God, they must seek him in the hearts of men. They should speak well of all men, whether present or absent, and if they themselves seek to be a light to guide others, then, like the sun, they must show the same face to all.” Abu Said Ibn Ibil-Khayr (Sufi Master)
- ❑ “He who trusts in God is able to remove his attention from worldly anxieties and devote it entirely to doing what is right.” Bakhya Ibn Pakuda (Spanish Rabbi)
- ❑ “Gradually you purify yourself, eliminating mistaken knowledge and attitudes you have held from the past.” Wu-Men (Chinese Zen Master)
- ❑ “If you can’t find the truth right where you are, where else do you think you will find it?” Dogen (Japanese Zen Master)
- ❑ “Life is short, and no one knows what the next moment will bring. Cultivate your mind while you still have the opportunity. You will soon discover the treasure of wisdom, which in turn you can share abundantly with others, bringing them happiness and peace.” Dogen
- ❑ “To study the Way is to study the Self.
To study the Self is to forget the Self.
To forget the Self is to be enlightened by all things.
To be enlightened by all things is to remove the barrier between Self and Other.” Dogen
- ❑ “Asking is half of knowing.” Rumi (Sufi Poet)
- ❑ “Out beyond ideas of wrongdoing and rightdoing, there is a field. I’ll meet you there.” Rumi
- ❑ “Why should I seek? I am the same as He. His essence speaks through me. I have been looking for myself!” Rumi

- ❑ “As we grow clear and open, the more complete the joy of heaven is.” Dante
- ❑ “We are such stuff as dreams are made on.” Shakespeare
- ❑ “With the happiness held in one inch-square heart you can fill the whole space between heaven and earth.” Gensei (Buddhist Saint)
- ❑ “He who binds to himself a joy
Does a winged life destroy.
But he who kisses the joy as it flies
Lives in eternity’s sun rise.” William Blake
- ❑ “What can I do but thank you, one hundred times?” Bibi Hayati (Persian Poet)
- ❑ “I ask all blessings,
I ask them with reverence,
of my mother the earth,
of the sky, moon, and sun my father.
I am the source of all happiness.
All is peaceful, all in beauty,
all in harmony, all in joy.” Anonymous Navaho
- ❑ “The deepest words of the wise man teach us the same as the whistle of the wind when it blows or the sound of the water when it is flowing.” Antonio Machado (Spanish Poet)
- ❑ “Everything I am, I am by the grace of God.” St. Paul, Corinthians 15: 9-10
- ❑ “To compose our character is our duty.” Michel de Montaigne (French Essayist)
- ❑ “The shorter my possession of life is, the deeper and fuller I should make it.” Michel de Montaigne
- ❑ “It is apparent how powerful the wise man is, and how greatly he surpasses the ignorant man, who is driven only by his lusts.” Baruch Spinoza (Philosopher)
- ❑ “All things excellent are as difficult as they are rare.” Baruch Spinoza
- ❑ “I value nothing more than friendship with people that sincerely love the truth.” Baruch Spinoza
- ❑ “Nothing but the truth can unite different opinions and temperaments.” Baruch Spinoza
- ❑ “The truth does not emerge from an opinion.” David Bohm (Quantum Physicist)
- ❑ “Is it not strange that an infant be heir of the world, and see those mysteries which the books of the learned never unfold?” Thomas Traherne (English Priest and Poet)
- ❑ “He who desires but acts not, breeds pestilence.” William Blake (English Visionary, Poet and Artist)
- ❑ “To see the World in a Grain of Sand,
And Heaven in a Wild Flower,
Hold Infinity in the palm of your hand,
And Eternity in an hour.” William Blake
- ❑ “You never know what is enough unless you know what is more than enough.” William Blake
- ❑ “If the doors of perception were cleansed, everything would appear to man as it is: infinite.” William Blake
- ❑ “There is only *one* temple in the world and that is the human body.” Novalis (German Poet)
- ❑ “When you understand how to love *one* thing—then you understand how to best love everything.” Novalis
- ❑ “Every part of this earth is sacred to my people.” Chief Seattle
- ❑ “The soul is light.” Emerson
- ❑ “Man cannot be happy and strong until he lives with nature in the present, above time.” Emerson
- ❑ “How long before our masquerade will end its noise of tambourines, laughter and shouting and we shall find it was a solitary performance.” Emerson

- ❑ “We lie in the lap of immense intelligence which makes us receivers of its truth and organs of its creativity.” Emerson
- ❑ “In God We Trust” U.S.Mint
- ❑ “The reward we get for solving one sets of problems, is yet a greater set of problems.” Buckminster Fuller (Inventor and Philosopher)
- ❑ “God is a verb.” Buckminster Fuller
- ❑ “The greatest moment of integrity is when we realize we’ve made a mistake.” Buckminster Fuller
- ❑ “Children, who play life, discern its truth law and relations more clearly than men, who fail to live it worthily, but who think they are wiser by experience, that is, by failure.” Henry David Thoreau (American Naturalist)
- ❑ “God himself culminates in the present moment, and will never be more divine in the lapse of all ages.” Henry David Thoreau
- ❑ “What is necessary, after all, is only this: solitude, vast inner solitude. To walk inside yourself and meet no one for hours—that is what you must be able to attain.” Rainer Maria Rilke (Austrian Poet)
- ❑ “For one human being to love another human being: that is perhaps the most difficult task that has been entrusted to us, the ultimate task, the final test and proof, the work for which the all other work is merely preparation.” Rainer Maria Rilke
- ❑ “It’s OK to love people unconditionally, but it is not necessary to have unconditional relationships with them.” Marianne Williamson
- ❑ “What we call faith does not come to us from outside: it goes forth from within us.” Rainer Maria Rilke
- ❑ “Illuminated in your infinite peace, a billion stars go spinning through the night, blazing high above your head. But *in* you is the presence that will be, when all the stars are dead.” Rainer Maria Rilke
- ❑ “The true value of a human being can be found in the degree to which he has attained liberation from himself.” Albert Einstein
- ❑ “There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.” Albert Einstein
- ❑ “One must find out how to be happy by oneself.” Ramana Maharshi (Indian Sage)
- ❑ “A day will dawn when you will laugh at all your past efforts.” Ramana Maharshi
- ❑ “Beyond a certain point there is no return. This point has to be reached.” Franz Kafka (Czech Writer)
- ❑ “He who knows when enough is enough, will always have enough.” Lao Tzu (Father of Taoism)
- ❑ “Mysticism means ‘direct contact with God.’” Joseph Kader (Turkish Mystic)
- ❑ “Without full initiation—without the ‘second birth’—adulthood is creativity and abstraction without meaning; it is emptiness and the struggle to control life, to control others, and thereby to cover up the emptiness; it is material acquisitions without a sense of purpose; it is psychological childhood without spiritual depth. When the ten tasks are complete, one’s spirit has fully adapted to one’s body and one’s body to one’s spirit. This is completion.” Joseph Kader
- ❑ “Every attachment reaches a saturation point—its death point—and we need so much courage to let it go.” Joseph Kader
- ❑ “In the end, there is nowhere to go to seek a destiny—an intuitive grounding for one’s personal responsibility—but deep within. This is the lesson—the lesson of Jesus and all the mystics. It is the lesson our consciousness has only now evolved enough for us to learn.” Joseph Kader
- ❑ “Seek money and acquired goods only for the survival and purchase of sacred time, time in which to take your freedom. Money and goods will limit your freedom and increase your alienation—unless they increase your time and space to know God.” Joseph Kader
- ❑ “Better a single moment of awakening in this world than eternity in the world to come.” Rabbi Jacob

- ❑ “You thought yourself a part, small
Whereas in you there is a universe.” Hazreti Ali (Islamic Poet)
- ❑ “Great blessings come by way of madness,
indeed madness that is heaven sent.” Socrates
- ❑ “Like God, human beings are essentially spiritual beings, having intelligence, moral consciousness, and
freedom of choice.” F. Lagard Smith (Bible Scholar)
- ❑ “Let there be light.” Genesis
- ❑ “God saw all that He had made and it was good.” Genesis
- ❑ “Ah, the smell of my son is like the smell of a field that the Lord has blessed.” Isaac blessing Jacob
- ❑ “For all that you give me, I will give you a tenth.” Jacob in Genesis
- ❑ “I AM WHO I AM” God to Moses in Exodus
- ❑ “A land flowing with milk and honey.” Deuteronomy
- ❑ “I will praise you for as long as I live, and in your name I will lift up my hands.” 63rd Psalm of David
- ❑ “The Lord is my shepherd, I shall not be in want.” 23rd Psalm of David
- ❑ “Each new dawn is a miracle.” 19th Psalm of David
- ❑ “Let my words be rooted in honesty and my thoughts be lost in your light.” 19th Psalm of David
- ❑ “My soul is as peaceful as a baby sleeping in its mother’s arms.” 131st Psalm of David
- ❑ “Happy is the man who finds wisdom and the man who gains understanding.” Proverbs 3:13
- ❑ When one rules over men in righteousness, when he rules in the fear of God, he’s like the light of morning at
sunrise on a cloudless morning, like the brightness after rain that brings the grass from the earth.” David’s last
prophecy
- ❑ “Get wisdom, get understanding.” Solomon
- ❑ “How much better is it to get wisdom than gold, to choose understanding rather than silver.” Solomon
- ❑ “He who gets wisdom loves his own soul; he who cherishes understanding prospers.” Solomon
- ❑ “Whoever loves discipline loves knowledge.” Solomon
- ❑ “When pride comes, then comes disgrace, but with humility comes wisdom.” Solomon
- ❑ “Whoever lives by the truth comes into the light.” Jesus (John 3:21)
- ❑ “You are the light of the world.” Jesus (Matthew 5:14)
- ❑ “Let your light shine.” Jesus (Matthew 5:16)
- ❑ “Do unto others as you would have them do unto you.” Jesus (Matthew 7:12)
- ❑ “Who of you by worrying can add a single hour to his life?” Jesus
- ❑ “A man’s life does not consist in the abundance of his possessions.” Jesus
- ❑ “For where your treasure is, there your heart will be also.” Jesus
- ❑ “The kingdom of Heaven is like a mustard seed.” Jesus
- ❑ “Unless you change and become like little children, you will never enter the kingdom of Heaven.” Jesus
- ❑ “The kingdom of God is within you.” Jesus
- ❑ “Love your neighbor as yourself.” Jesus
- ❑ “I have come into the world as a light, so that no one who believes in me should stay in darkness.” Jesus
- ❑ “This is my last command: Love each other.” Jesus

- ❑ Jesus said: “Don’t lie and don’t do what you hate., because all things are disclosed before heaven. After all, there is nothing hidden that will not be revealed, and there is nothing covered up that will remain undisclosed”. Gospel of Thomas
- ❑ Jesus said: “There is light within a person of light, and it shines on the whole world.” Gospel of Thomas
- ❑ Jesus said, "Those who know all, but are lacking in themselves, are utterly lacking." Gospel of Thomas
- ❑ Jesus said, "Congratulations to the person who has toiled and has found life." Gospel of Thomas
- ❑ Jesus said: "If they say to you, 'Where have you come from?' say to them, 'We have come from the light, from the place where the light came into being by itself, established [itself], and appeared in their image.'
If they say to you, 'Is it you?' say, 'We are its children, and we are the chosen of the living Father.'
If they ask you, 'What is the evidence of your Father in you?' say to them, 'It is motion and rest.'" Gospel of Thomas
- ❑ “Ye shall be born again.” John 3:7
- ❑ “You shall be like a watered garden, a spring whose waters never fail.” Isaiah 58:11
- ❑ “The only thing that counts is faith expressing itself through love.” St. Paul
- ❑ “The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, and self-control.” St. Paul
- ❑ “Love is patient, love is kind.” St. Paul
- ❑ “We have different gifts, according to the grace given us.” St. Paul
- ❑ “We have brought nothing into the world, and we can take nothing out of it.” St. Timothy
- ❑ “Who are you to judge your neighbor?” St. James
- ❑ “The measure by which you give is the measure by which you receive.” Jesus
- ❑ “Each one should use whatever gift he has received to serve others.” St. Peter
- ❑ “You have to listen that you’re loved and you have to forgive all the time.” Lou Epstein (Founder of the Partnership Foundation)
- ❑ “In the garden of my heart, the flowers of peace bloom beautifully.” Thich Nhat Nahn (Buddhist Monk)
- ❑ “At any moment, you have a choice that either leaves you closer to your spirit or further away from it.” Thich Nhat Nahn
- ❑ “When you make your transition, you’re asked two things basically: How much love you have been able to give and receive, and how much service you have rendered.” Elisabeth Kubler-Ross, MD (Author of *On Death and Dying*)
- ❑ “Keep your promise to your Maker.” Edgar Cayce
- ❑ “When you love God better than yourself! Then is it the day, the hour of the awakening in thine self.” Edgar Cayce
- ❑ “God gives some more than others because some accept more than others.” Ernest Holmes
- ❑ “The road to freedom lies not through mysteries or occult performances, but through the intelligent use of natural forces and laws.” Ernest Holmes
- ❑ “A man’s true wealth is the good he does in this world.” Mohammed
- ❑ “Faith is taking the first step, even when you don’t see the whole stair case.” Martin Luther King, Jr.
- ❑ “Let no man put you low enough to hate him.” Martin Luther King, Jr.
- ❑ “Our lives begin to end the day we become silent about things that matter.” Martin Luther King, Jr.
- ❑ “Experience: That most brutal of teachers. But when you learn, my God, do you learn.” C.S. Lewis
- ❑ “I gave in, and admitted that God was God.” C.S. Lewis

- ❑ “Realize deeply that the present moment is all you ever have. Make the Now the primary focus of your life.” Eckhart Tolle (author of *Power of Now*)
- ❑ “We can change the world not by what we say or do, but as a consequence of what we have become.” David Hawkins (author of *Power vs. Force*)
- ❑ “Simple kindness to oneself and all that lives is one of the most powerful transformational forces of all.” David Hawkins
- ❑ “The appearance of things change according to the emotions, and thus we see magic and beauty in them, while the magic and beauty are really in ourselves.” Kahlil Gibran (author of *The Prophet*)
- ❑ “Be here now.” Ram Dass (Author and Teacher)
- ❑ “I wish you a future incarnation in a plane of incredible light.” Ram Dass
- ❑ “Freedom [from the attachment of the ego] is priceless...worth whatever the cost.” Ram Dass
- ❑ “He is a warm, open space, which encourages them to trust whatever they feel.” Ram Dass
- ❑ “A disciple came to his master and asked, ‘It is terribly hot, and how shall we escape the heat?’ At once the answer came: ‘Let us go down to the bottom of the furnace.’ So the perplexed disciple asked again, ‘But in the furnace, how shall we escape the scorching fire?’ To which he receive the surprising reply, ‘There, no further pains will harass you.’” Zen Story
- ❑ “All men are created equal.” Thomas Jefferson
- ❑ “Life, liberty and the pursuit of happiness.” Thomas Jefferson
- ❑ “The question is not where am I going next; the question is what was I doing here in the first place?” Art Buckwald (Humorist)
- ❑ “Once I knew the depth where no hope was, and darkness lay on the face of all things. Then love came and set my soul free.” Helen Keller
- ❑ Japanese Zen Master, Ryōkan, wrote this haiku after a thief had broken into his hut and stolen his few simple possessions:
 “The thief left it behind:
 the moon
 at my window.”
- ❑ “The fair tree of enlightenment
 Spreads through all the worlds.
 It bears the flower and fruit of Compassion
 And its name is service of others.” Sahara
- ❑ *Prayer of Saint Francis*
 Lord, make me an instrument of Thy peace;
 where there is hatred, let me sow love;
 where there is injury, pardon;
 where there is doubt, faith;
 where there is despair, hope;
 where there is darkness, light;
 and where there is sadness, joy.

 O Divine Master,
 grant that I may not so much seek to be consoled as to console;
 to be understood, as to understand;
 to be loved, as to love;
 for it is in giving that we receive,
 it is in pardoning that we are pardoned,

and it is in dying that we are born to Eternal Life.
Amen.

□ *Deep Peace (An Old Gaelic Prayer)*

Deep peace, pure gold of the sun to you.
Deep peace, pure white of the moon to you.
Deep peace, pure blue of the sky to you.
Deep peace, pure green of the grass to you.
Deep peace, pure brown of the earth to you.
Deep peace, pure gray of the dew to you.
Deep peace, of the running wave to you.
Deep peace, of the whispering trees to you.
Deep peace, of the flowing air to you.
Deep peace, of the quiet earth to you.
Deep peace of the gentle night to you.
Deep peace, of the shining stars to you.
Moon and stars pour their healing light on you.
Deep peace, of the Son of Peace to you.
Deep peace of Christ, the light of the world to you.
Deep peace of Christ to you.

- “Far beyond where winds have blown,
Waking into realms unknown,
Footsteps free of space and time,
Silent thunder, holding mine,
In the heart a song of peace and mercy,
Calling me back home.

Swing low,
Sweet chariot,
Coming for to carry me home.” (Old Gospel Song)

- Remember; spend some time with your loved ones, because they are not going to be around forever.

Remember, say a kind word to someone who looks up to you in awe, because that little person soon will grow up and leave your side.

Remember, to give a warm hug to the one next to you, because that is the only treasure you can give with your heart and it doesn't cost a cent.

Remember, to say, "I love you" to your partner and your loved ones, but most of all mean it. A kiss and an embrace will mend hurt when it comes from deep inside of you.

Remember to hold hands and cherish the moment for someday that person will not be there again.

Give time to love, give time to speak! And give time to share the precious thoughts in your mind.

AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away.
(George Carlin)

P.S. Here's one I did:

Accelerate the Awareness,
Embrace Good Health.
Celebrate the Spirit,
Share the Wealth!

Now add some of your own...

- _____
- _____
- _____

At the risk of ignoring or forgetting works, here is a list of some of my favorites:

1. *The Bible* –The older I get, the more I appreciate its wisdom. Amazing.
2. *The Tao Ching* – another spiritual journey. I like Stephen Mitchell's translation.
3. *The Enlightened Mind* (text) and the *Enlightened Heart* (poetry) – both by Stephen Mitchell and both are awesome books.
4. *Be Here Now* and *I'm Still Here* by Ram Dass. He communicated Eastern Spirituality to Westerners as well as anyone.
5. *The Course in Miracles*. Marianne Williamson does a great job with *The Course*.
6. Hearts of Space (www.hos.com). "Slow music for fast times." Great new age music. Narada www.narada.com and Windham Hill www.windhamhill.com also produce great artists. Favorites are George Winston (www.georgewinston.com) and Bill Douglas (www.billdouglas.cc) .
7. *Graceful Passages* – a CD and book that helped me immensely when my mom passed on.
8. *Sources of Strength* by Jimmy Carter
9. *The Book of Virtues* by William Bennett
10. *The Four Agreements* by Don Miguel Ruiz
11. *The Teachings of Don Juan* by Carlo Castaneda
12. *Siddhartha* by Herman Hesse
13. *Force vs. Power* by David Hawkins
14. *Buddha* and *Why is God Laughing* by Deepak Chopra, and anything else Chopra writes.
15. *The Shack* by William P. Young. A good story with great insight.

Have a good quote to add? Please email it to me at don@dolphin.com and I'll add it to the list!