

"COMMITMENT"

Commitment is what transforms a promise into reality. It is the words that speak boldly of your intentions. And the actions which speak louder than the words. It is making the time when there is none. Coming through time after time after time, year after year after year. Commitment is the stuff character is made of; the power to change the face of things. It is the daily triumph of integrity over skepticism.

no attribution

SOW YOURSELF LIKE A SEED

*Shake off this sadness, and recover your spirit;
sluggish you will never see the wheel of fate
that brushes your heel as it turns by,
the man who wants to live is the man in whom life is
abundant.*

*Now you are only giving food to that final pain
which is slowly winding you in the nets of death,
but to live is to work, and the only thing which lasts
is the work; start then, turn to the work.*

*Sow yourself like a seed as you walk, and into your own
field,
don't turn your face for that would be to turn it to death,
and do not let the past weigh down your motion.*

*Leave what's alive in the furrow, what's dead in yourself,
for life does not move in the same way as a group of clouds;
from your work you will be able one day to gather yourself.*

Miguel de Unamuno

translated by Robert Bly

Fear is the mind-killer. Fear is the little death that brings total obliteration. I will face my fear. I will permit it to pass over me and through me. And when it has gone past me I will turn to see fear's path. Where the fear has gone there will be nothing. Only I will remain.

Dune

PATIENCE

Be patient toward all that is unsolved in your heart and try to love the questions themselves like locked rooms and like books written in a very foreign tongue. Do not now seek the answers which cannot be given you because you would not be able to live them. And the point is to live everything. Live the questions now. Perhaps, you will then gradually without noticing it live along some distant day into the answer. Perhaps you do carry within yourself the possibility of shaping and forming as a particularly happy and sure way of living.

Train yourself to it--but take whatever comes out of your being, out of your own will, out of some need of your inmost being; take it upon yourself and hate nothing.

"R.M. Rilke"

from "Letters to a Young Poet"

*Always keep Ithaca fixed in your mind.
To arrive there is your ultimate goal.
But do not hurry the voyage at all.
It is better to let it last for long years;
and even to anchor at the isle when you are old,
rich with all that yo have gained on the way,
not expecting that Ithaca will offer you riches.*

*Ithaca has given you the beautiful voyage.
Without her, you would never have taken the road.*

--CAVAFY

*You see things and say, "Why?"
But I dream things that never were; and I say,
"Why not?"*

G.B. SHAW

*"Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful
beyond measure.*

*It is our light, not our darkness
that most frightens us.*

*We ask ourselves, 'who am I to be brilliant,
gorgeous, talented and fabulous?'*

Actually, who are you not to be?

*You are a child of God, your playing small
doesn't serve the world.*

*There is nothing enlightened about shrinking
so that other people won't feel
insecure around you.*

*We were born to make manifest the glory of God
that is within us.*

It is not just in some of us, it's in everyone.

*And as we let our own light shine, we
unconsciously give other people permission to be
the same. As we are liberated from our own fears,
our presence automatically liberates others."*

From Nelson Mandela's Inaugural Address 1994

***It is not because things are difficult
that we do not dare.***

***It is because we do not dare
that things are difficult.***

Old Seneca Saying

*Today the human soul asks the question:
What can I do to preserve the beauty and the wonder of our world
and to eliminate the anger and hatred -
and the disparity that inevitably causes it -
in that part of the world which I touch?
Please seek to answer that question today,
with all the magnificence that is You.*

*What can you do TODAY...this very moment?
A central teaching in most spiritual traditions is:
What you wish to experience, provide for another.
Look to see, now, what it is you wish to experience -
in your own life, and in the world.*

Then see if there is another for whom you may be the source of that.

*If you wish to experience peace, provide peace for another.
If you wish to know that you are safe,
cause another to know that they are safe.
If you wish to better understand seemingly incomprehensible
things, help another to better understand.
If you wish to heal your own sadness or anger,
seek to heal the sadness or anger of another.*

*Those others are waiting for you now.
They are looking to you for guidance, for help,
for courage, for strength, for understanding,
and for assurance at this hour.*

*Most of all, they are looking to you for love.
My religion is very simple. My religion is kindness.*

- Dalai Lama