

Contemplations

DAY 1

The wound is the place where the Light enters you.

Jelaluddin Rumi

DAY 2

An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity.

Martin Luther King, Jr.

DAY 3

Your soul is not in your body; your body is in your soul.

Alan Watts

DAY 4

It is from cherishing oneself that one can gradually extend a similar attitude to others. ... We already have the seed of love or compassion or affection for others because we have affection for ourselves. That is the seed.

His Holiness the 14th Dalai Lama

DAY 5

When I am hungry, give me someone that I can feed, And when I am thirsty, give me someone who needs a drink. When I'm cold, give me someone to keep warm, And when I grieve, give me someone to console.

Mother Theresa of Calcutta

DAY 6

Try not to resist the changes that come your way. Instead let life live through you. And do not worry that your life is turning upside down. How do you know that the side you are used to is better than the one to come?

Jelaluddin Rumi

DAY 7

To discover god is not to discover an idea but to discover oneself. It is to awaken to that part of one's existence which has been hidden from sight and which one has refused to recognize. The discovery may be very painful; it is like going through a kind of death. But it is the one thing which makes life worth living.

Bede Griffiths

DAY 8

Loving kindness toward ourselves doesn't mean getting rid of anything. The point is not to try to change ourselves. Meditation isn't about throwing ourselves away and becoming something better. It's about befriending who we already are...that's what we study, that's what we come to know with curiosity and interest.

Pema Chodron

DAY 9

There is a love like a small lamp, which goes out when the oil is consumed; or like a stream, which dries up when it doesn't rain. But there is a love that is like a mighty spring gushing up out of the earth; it keeps flowing forever, and is inexhaustible.

Isaac of Nineveh

DAY 10

To be at peace we must first learn to accept ourselves. Coming to peace with who we are, what we have, and what we do is the spiritual basis for the acceptance of others.

Joan Chittister