

## Contemplations

DAY 21

There is a candle in your heart, ready to be kindled. There is a void in your soul, ready to be filled.  
You feel it, don't you?

Jelaluddin Rumi

DAY 22

Self-pity is our worst enemy and if we yield to it, we can never do anything wise in the world.

Helen Keller

DAY 23

For eternally and always there is only now, one and the same now; the present is the only thing that has no end.

Alan Watts

DAY 24

No matter how difficult and painful it may be, nothing sounds as good to the soul as the truth.

Martha Beck

DAY 25

We are what we think. All that we are arises with our thoughts.

Buddha

DAY 26

If you are irritated by every rub, how will your mirror be polished?

Jelaluddin Rumi

DAY 27

What you do makes a difference, and you have to decide what kind of a difference you want to make.

Jane Goodall

DAY 28

Forgiveness is not a moral issue. It is an energy dynamic...

Forgiveness means that you do not carry the baggage of an experience. When you choose not to forgive, the experience that you do not forgive sticks with you. When you choose not to forgive, it is like agreeing to wear dark, gruesome sunglasses that distort everything, and it is you who are forced every day to look at life through those contaminated lenses because you have chosen to keep them.

Gary Zukav

DAY 29

When you are in doubt, be still, and wait; when doubt no longer exists for you, then go forward with courage. So long as mists envelop you, be still; be still until the sunlight pours through and dispels the mists -- as it surely will. Then act with courage.

Ponca Chief White Eagle

DAY 30

Placing the blame or judgment on someone else leaves you powerless to change your experience. Taking responsibility for your beliefs and judgments gives you the power to change them.

Byron Katie