

Contemplations

DAY 11

Silence is the language of god, all else is poor translation.

Jelaluddin Rumi

DAY 12

The only reason we don't open our hearts and minds to other people is that they trigger confusion in us that we don't feel brave enough or sane enough to deal with. To the degree that we look clearly and compassionately at ourselves, we feel confident and fearless about looking into someone else's eyes.

Pema Chodron

DAY 13

There are two ways of understanding an experience. The first is to compare it with the memories of other experiences, and so to name and define it. This is to interpret it in accordance with the dead and the past. The second is to be aware of it as it is, as when, in the intensity of joy, we forget past and future, let the present be all, and then do not even stop to think 'I am happy.'

Alan Watts

DAY 14

Compassion is not religious business, it is human business; it is not luxury, it is essential for our own peace and mental stability; it is essential for human survival.

His Holiness the 14th Dalai Lama

DAY 15

I know God will not give me anything I can't handle. I just wish that He didn't trust me so much.

Mother Theresa of Calcutta

DAY 16

You have to keep breaking your heart until it opens.

Jelaluddin Rumi

DAY 17

One thing is clear to me: We, as human beings, must be willing to accept people who are different from ourselves.

Barbara Jordan

DAY 18

The love of our neighbor in all its fullness simply means being able to say, 'What are you going through?'

Simone Weil

DAY 19

A human being is a part of the whole that we call the universe, a part limited in time and space. He experiences himself, his thoughts and feelings, as something separated from the rest--a kind of optical illusion of his consciousness. This illusion is a prison for us, restricting us to our personal desires and to affection for only the few people nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living beings and all of nature.

Albert Einstein

DAY 20

A wise woman wishes to be no one's enemy; a wise woman refuses to be anyone's victim.

Maya Angelou