

## Contemplations

DAY 31

Let the waters settle and you will see the moon and the stars mirrored in your own being.

Jelaluddin Rumi

DAY 32

...feelings like disappointment, embarrassment, irritation, resentment, anger, jealousy, and fear, instead of being bad news, are actually very clear moments that teach us where it is that we're holding back. They teach us to perk up and lean in when we feel we'd rather collapse and back away. They're like messengers that show us, with terrifying clarity, exactly where we're stuck. This very moment is the perfect teacher, and, lucky for us, it's with us wherever we are.

Pema Chodron

DAY 33

If you want others to be happy, practice compassion. If you want to be happy, practice compassion.

His Holiness the 14th Dalai Lama

DAY 34

We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop.

Mother Theresa

DAY 35

Faith is a bird that feels dawn breaking and sings while it is still dark.

Rabindranath Tagore

DAY 36

Only from the heart can you touch the sky.

Jelaluddin Rumi

DAY 37

To be at peace in any endeavor, we must release our need to control the outcome.

Diane Dreher

DAY 38

The goal of life is to make your heartbeat match the beat of the universe, to match your nature with Nature.

Joseph Campbell

DAY 39

When we are no longer able to change a situation, we are challenged to change ourselves.

Viktor Frankl

DAY 40

Believe nothing on the faith of traditions, even though they have been held in honor for many generations and in diverse places. Do not believe a thing because many people speak of it. Do not believe on the faith of the sages of the past. Do not believe what you yourself have imagined, persuading yourself that a God inspires you. Believe nothing on the sole authority of your masters and priests. After examination, believe what you yourself have tested and found to be reasonable, and conform your conduct thereto.

Buddha