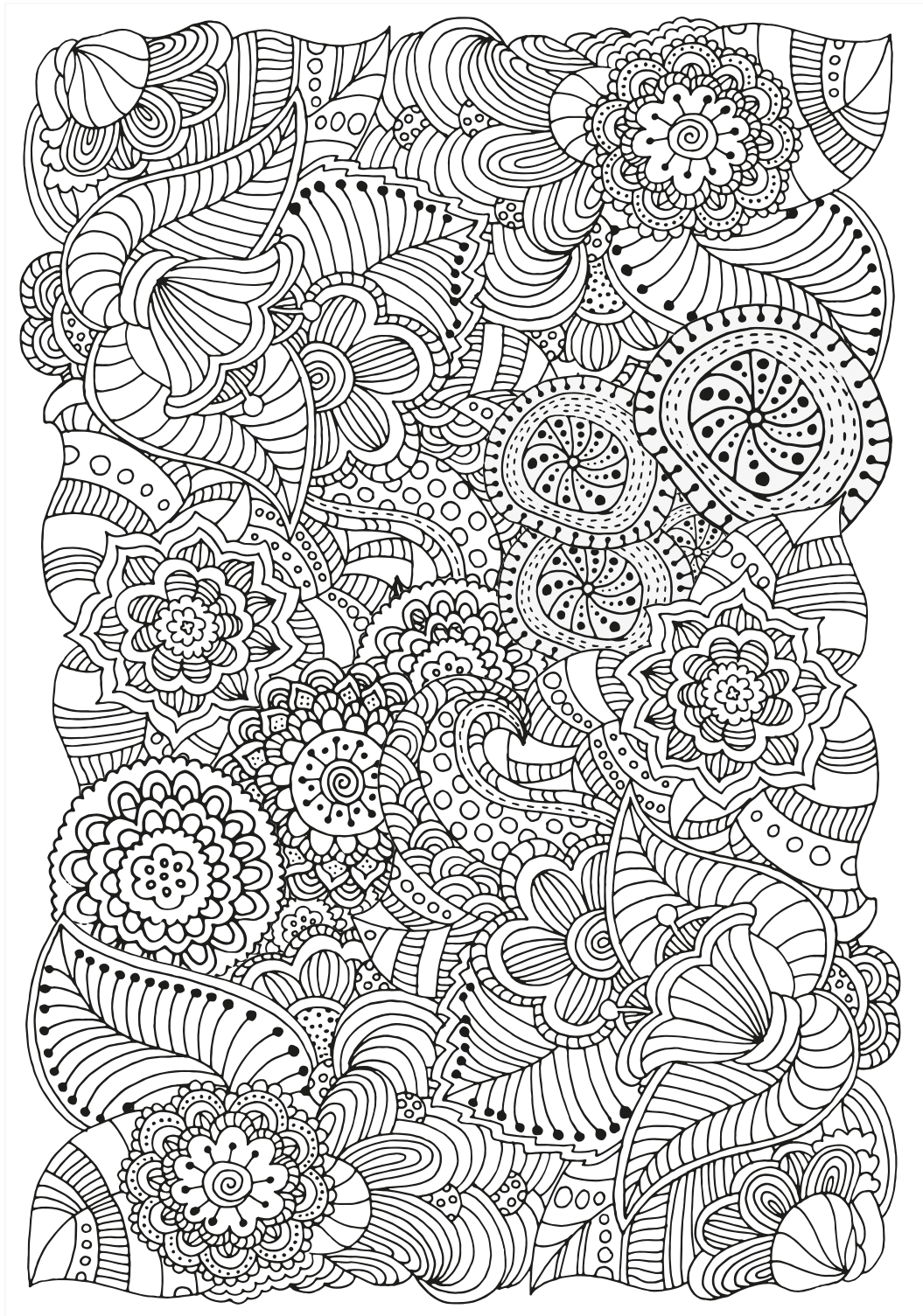
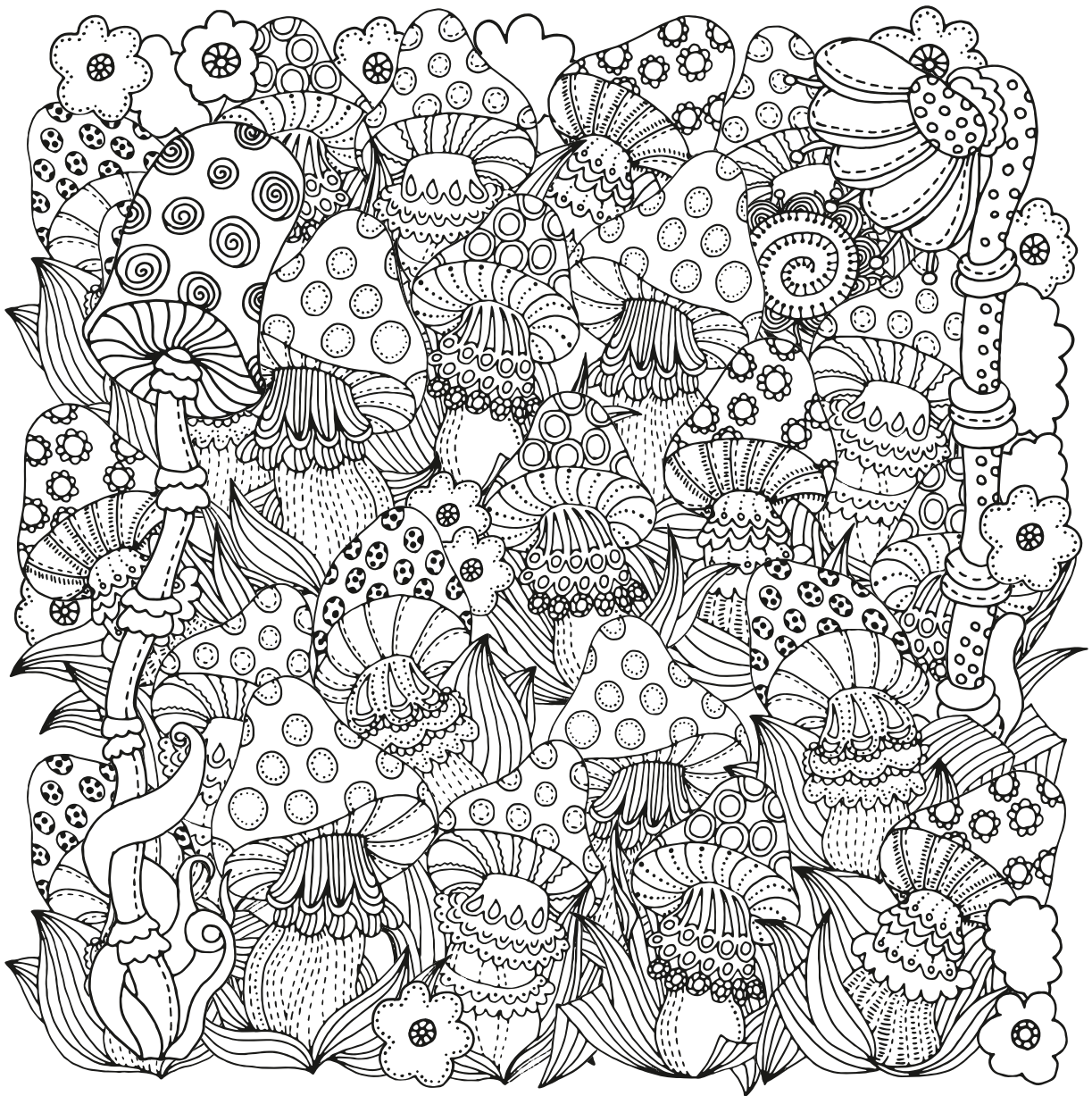




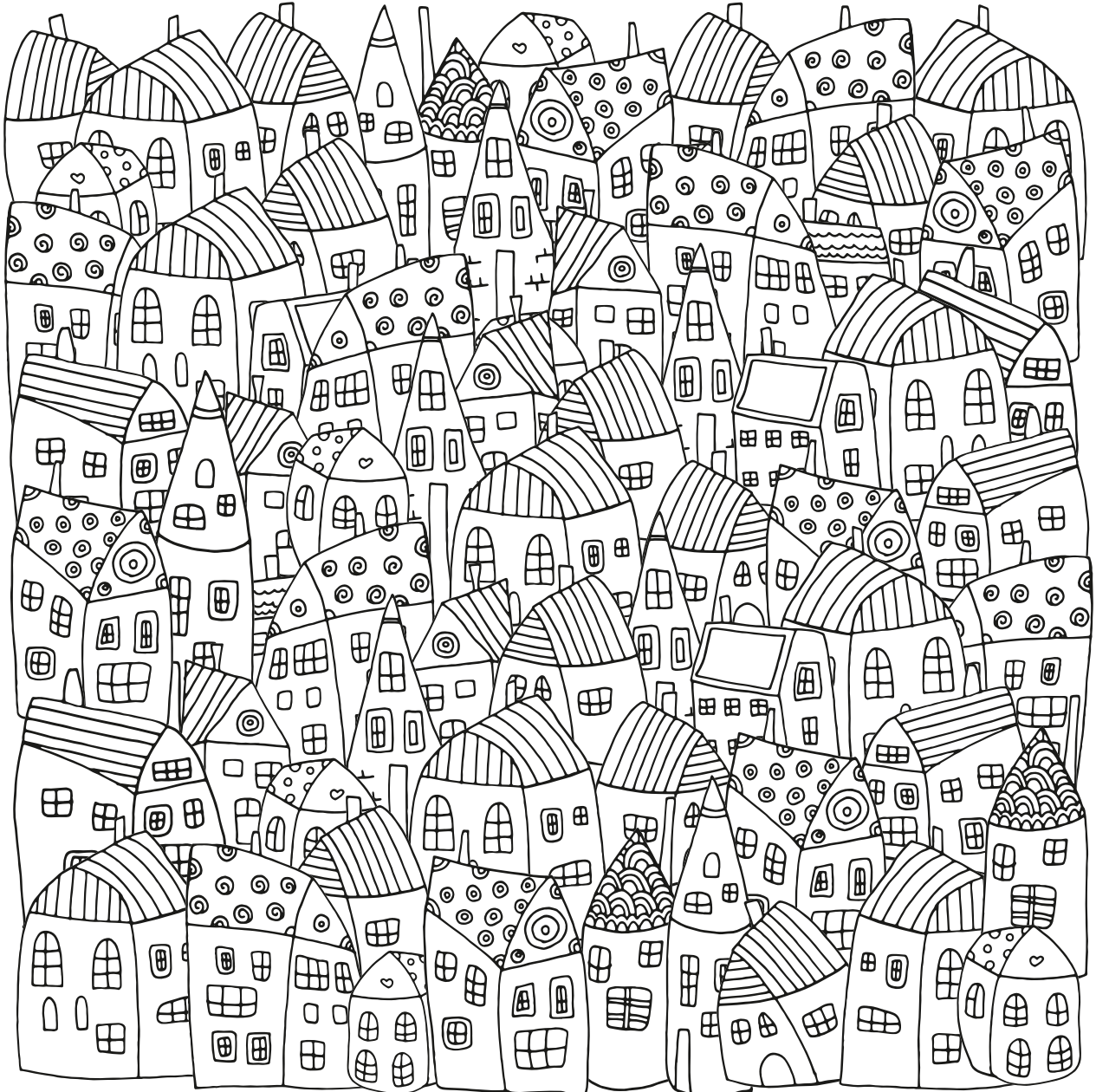
“You should sit in meditation for twenty minutes every day
- unless you’re too busy -
then you should sit for an hour.”

Old Zen adage



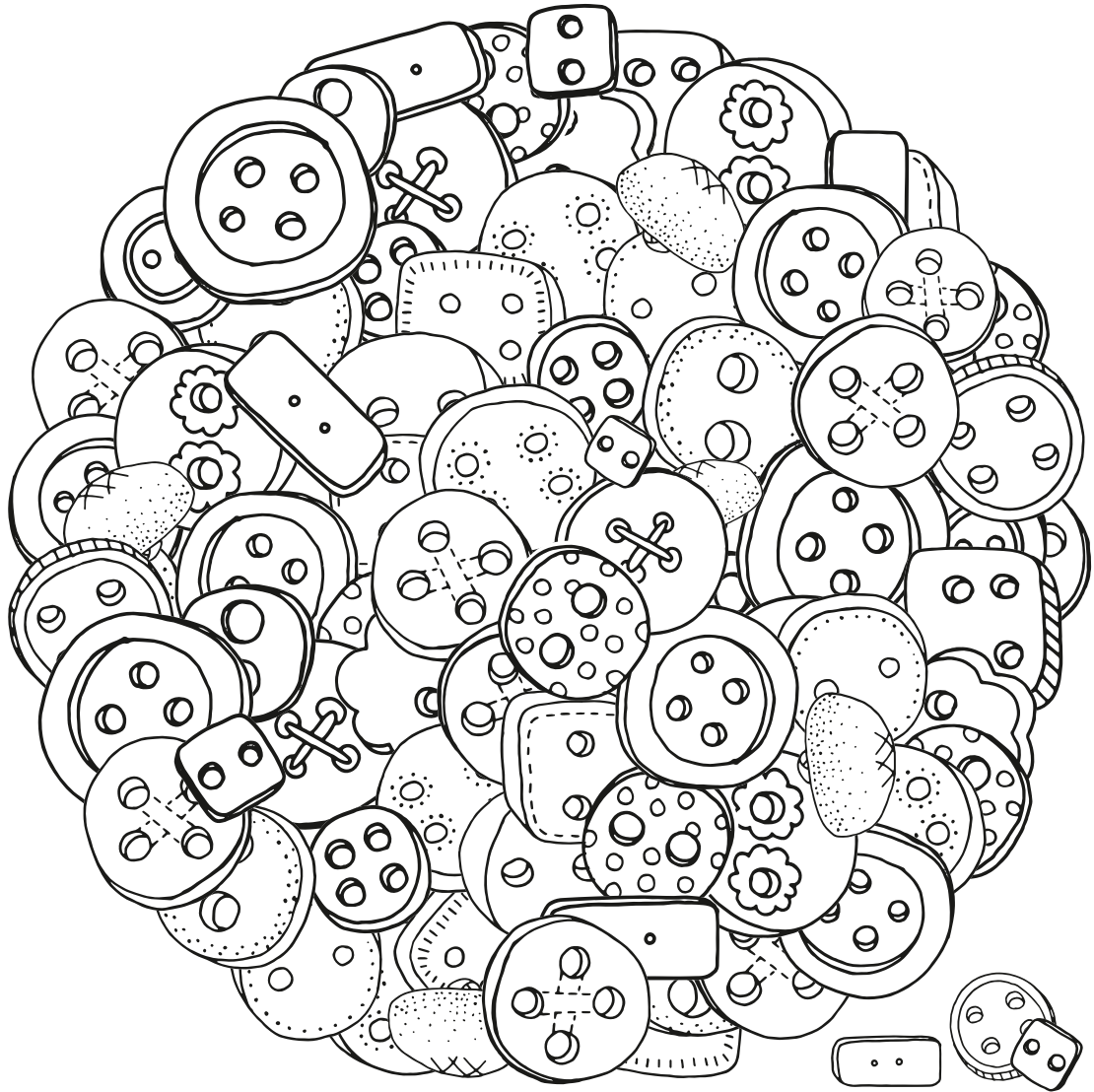
“The thing that is really hard, and really amazing,
is giving up on being perfect
and beginning the work of becoming yourself.”

Anna Quindlen



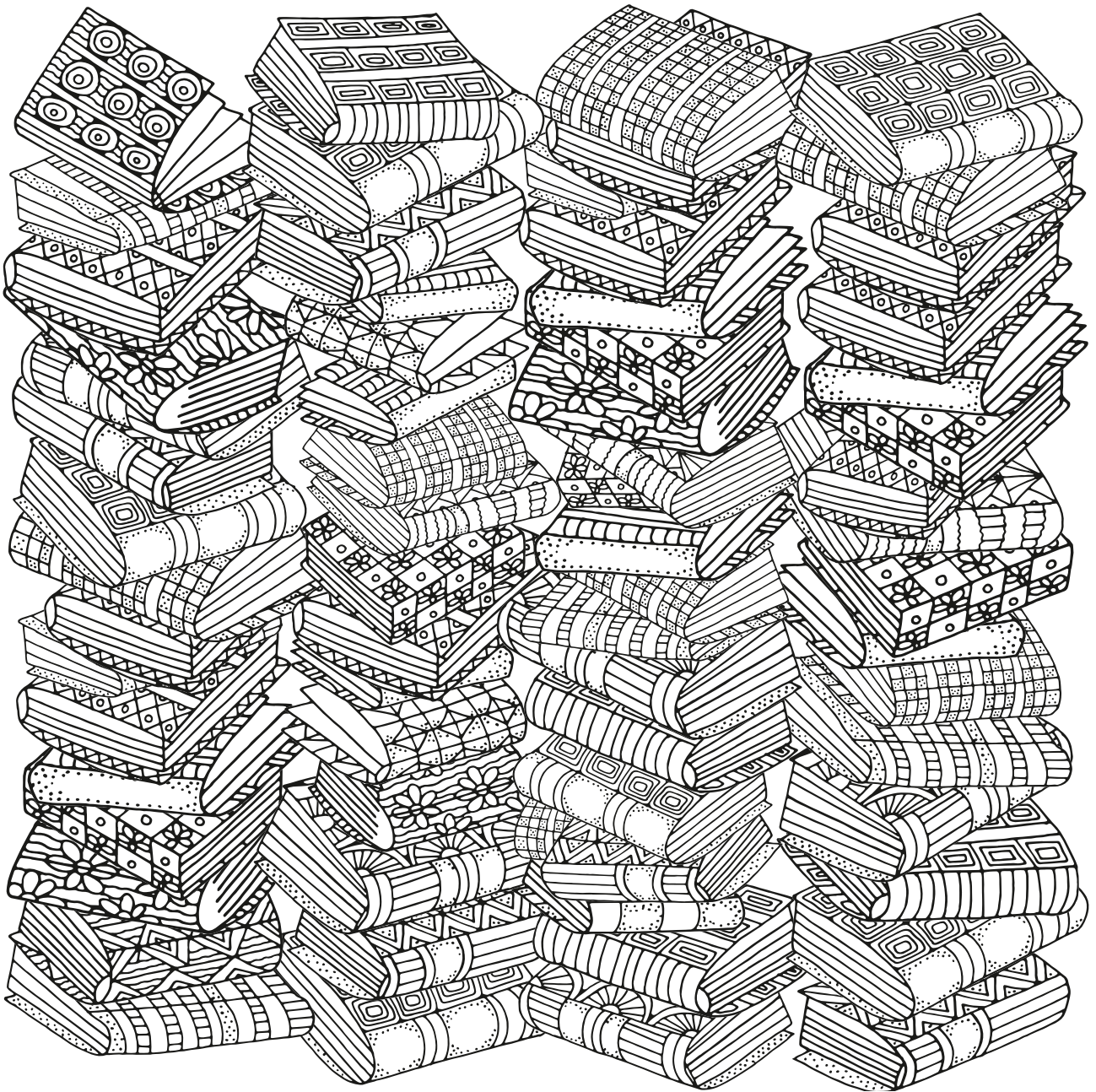
“Arguments begin with an answer in mind.
Conversation begins with a question.”

Anonymous



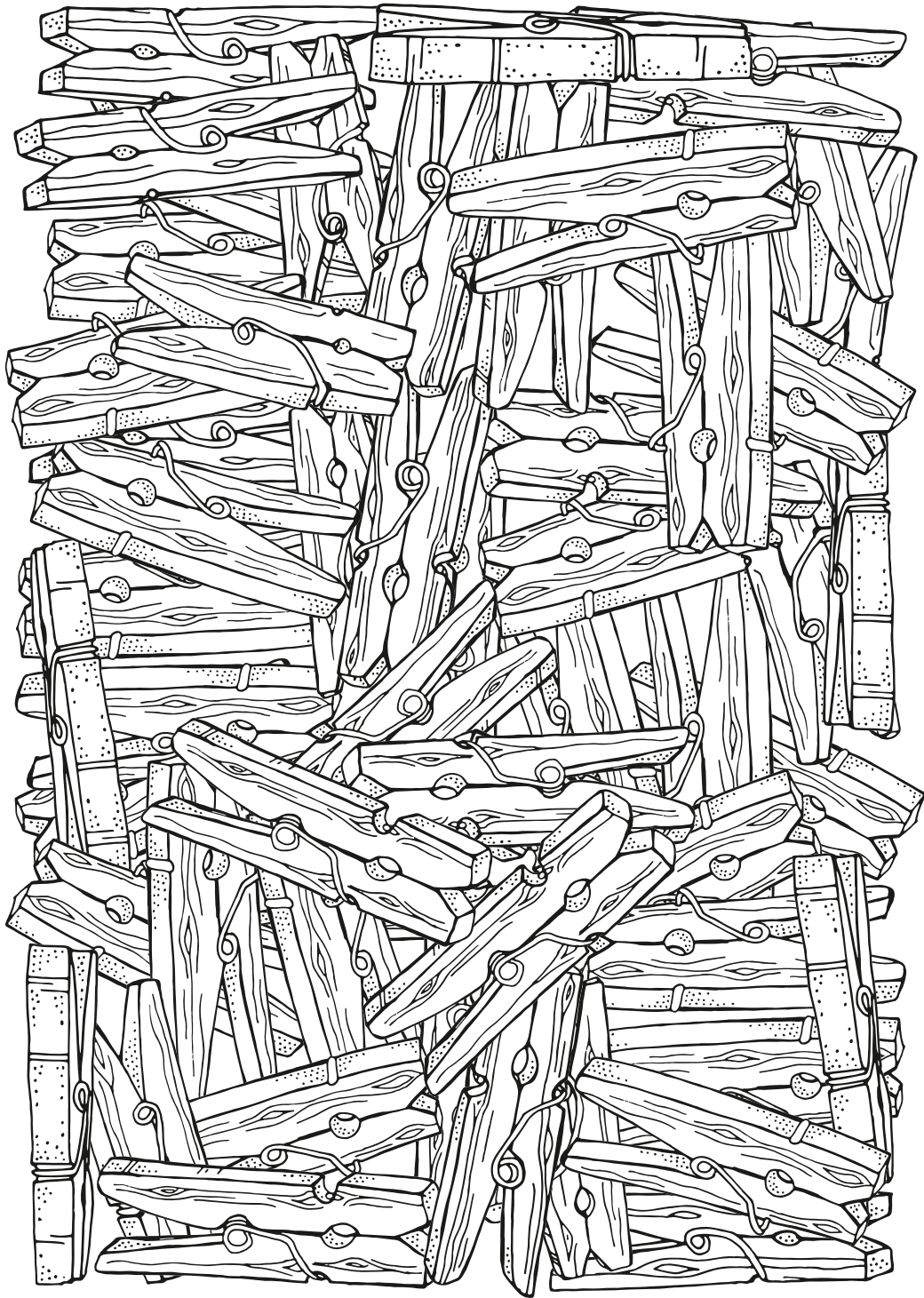
“Each morning we are born again.
What we do today is what matters most. ”

Buddha



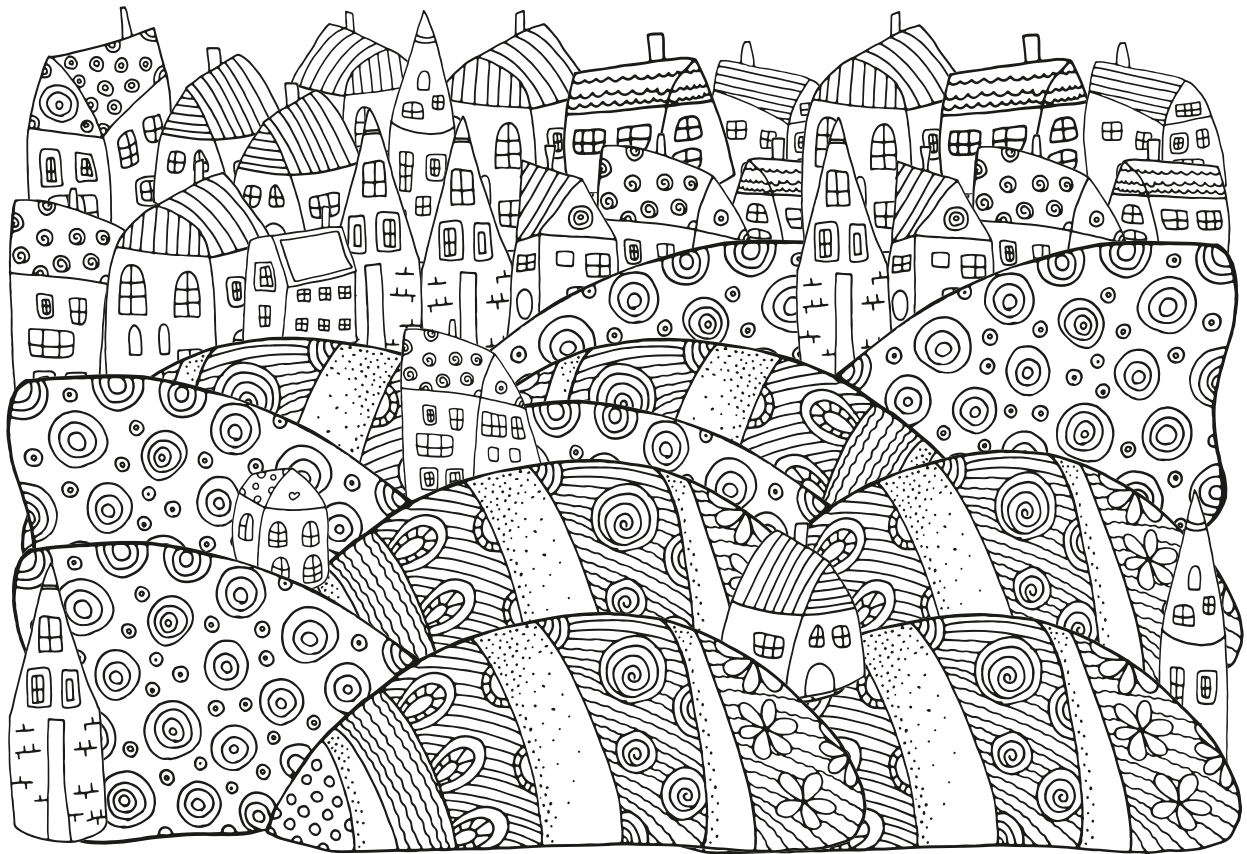
“Cleverness, as usual, takes all the credit it possibly can.
But it’s not the clever mind that’s responsible when things work out.
It’s the mind that sees what’s in front of it, and follows the nature of things.”

Benjamin Hoff, *The Tao of Pooh*



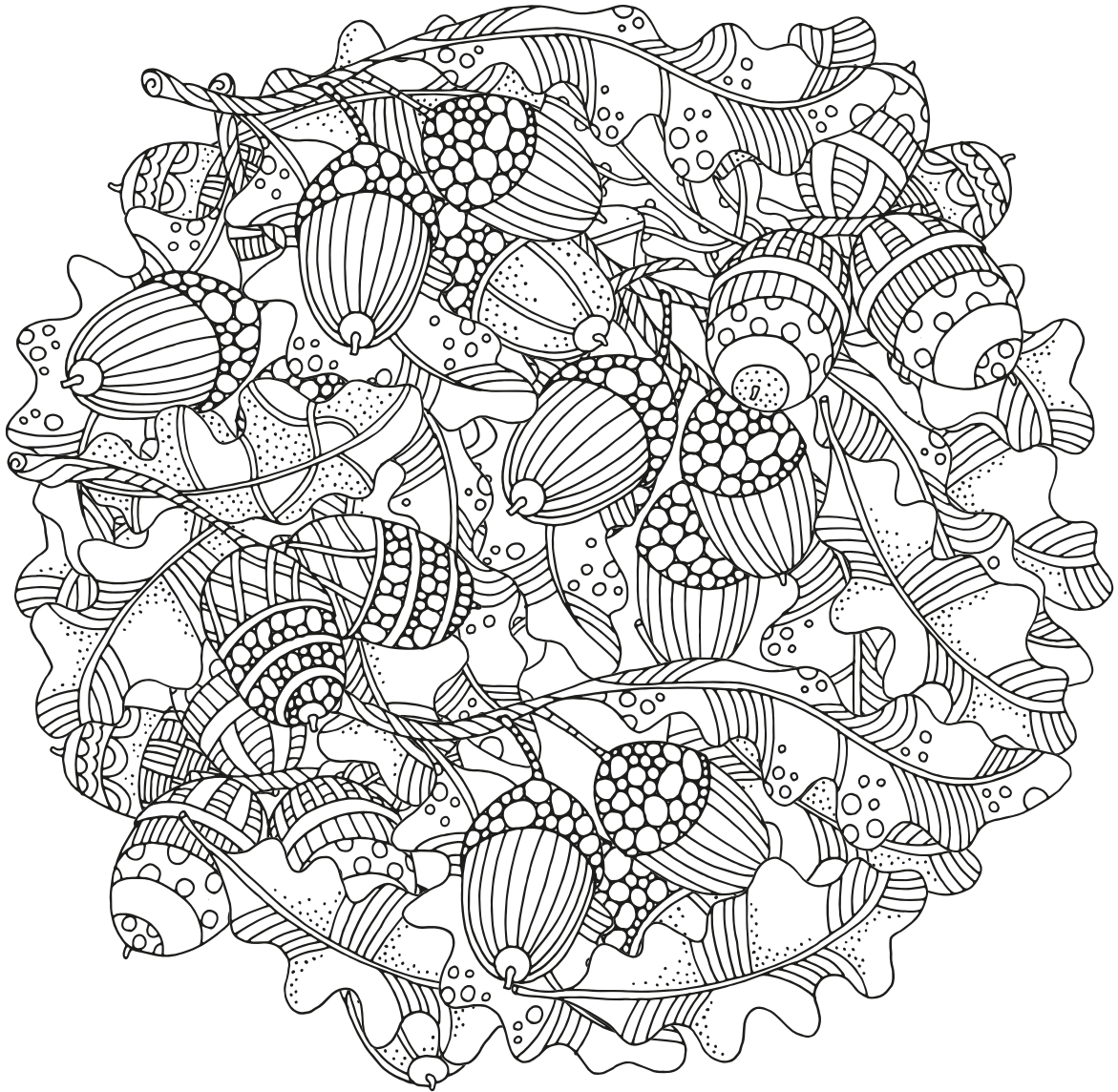
“One can not reflect in streaming water.
Only those who know internal peace can give it to others.”

Lao Tzu



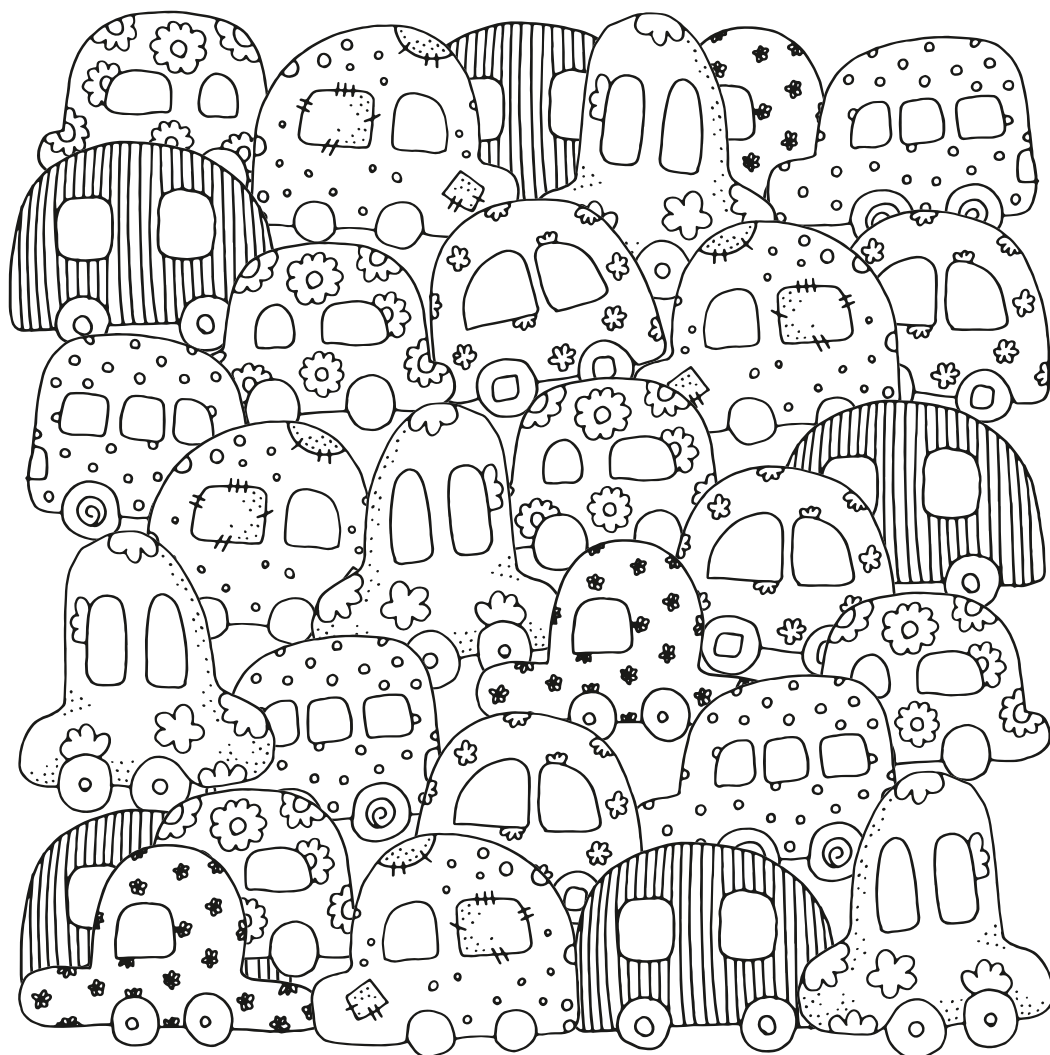
“I never came upon any of my discoveries through
the process of rational thinking.”

Einstein



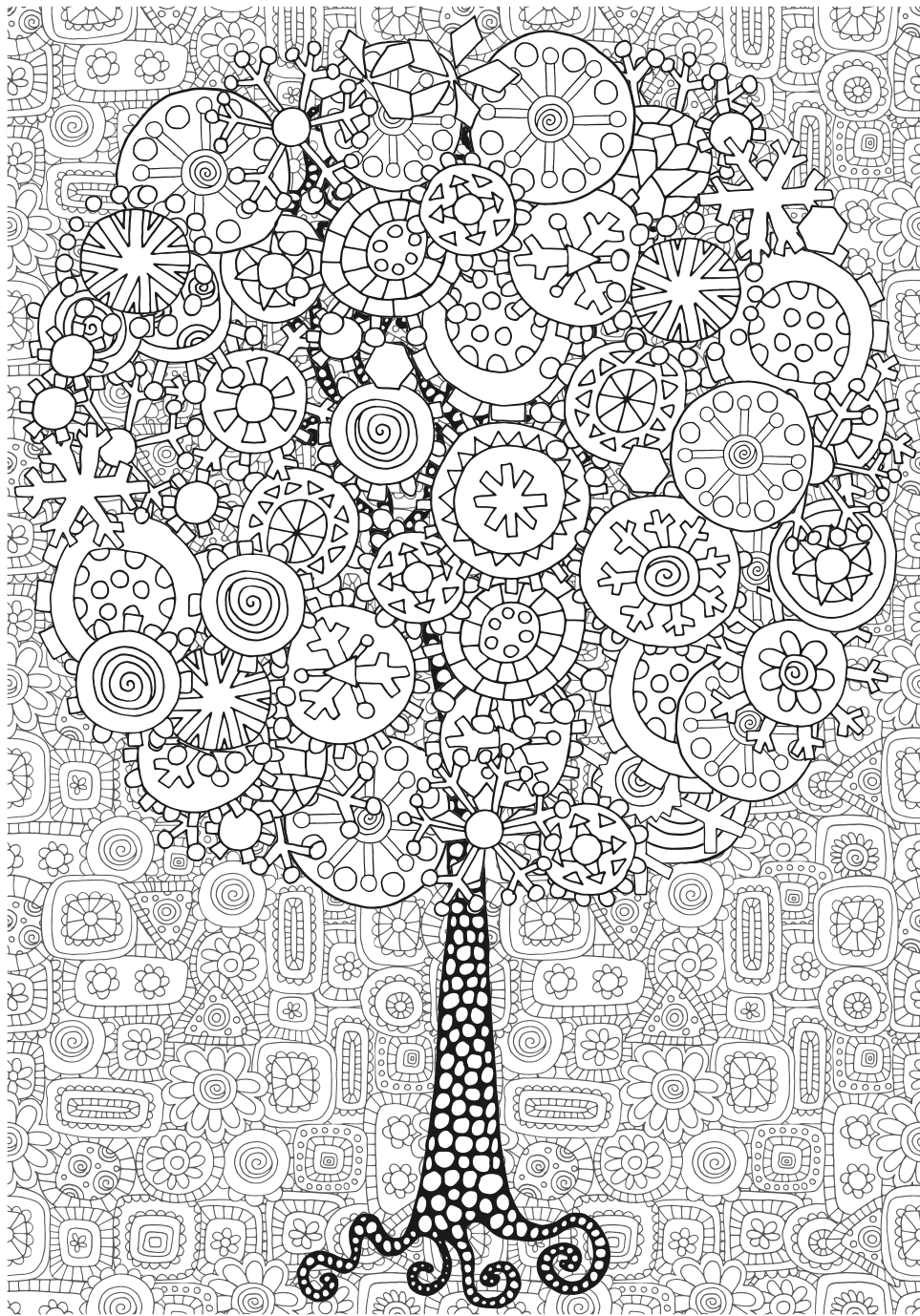
“To see a world in a grain of sand and heaven in a wild flower,
Hold infinity in the palm of your hand and eternity in an hour.”

William Blake



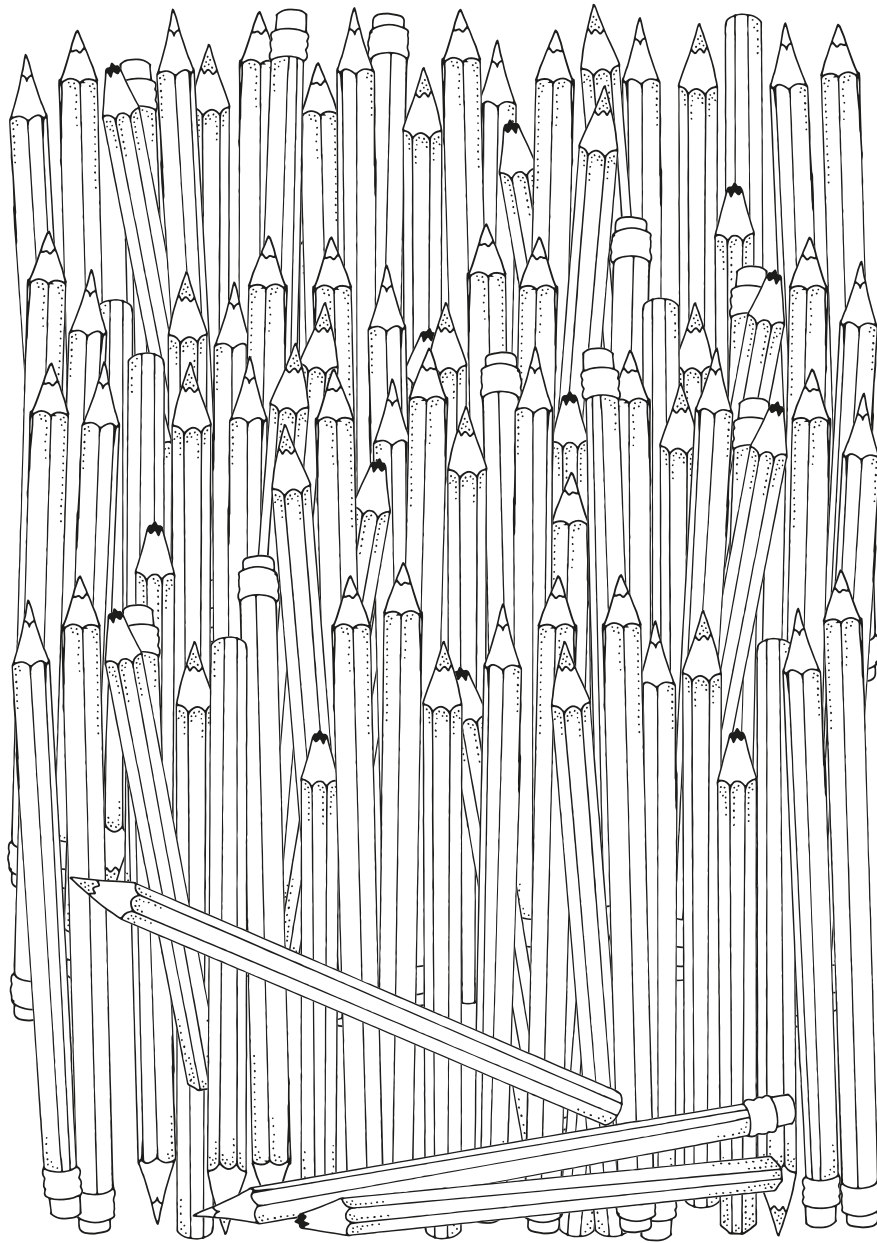
“Drink your tea slowly and reverently, as if it is the axis
on which the world earth revolves – slowly, evenly,
without rushing toward the future; live the actual moment.
Only this moment is life.”

Thich Nhat Hanh



“Be happy in the moment, that’s enough.
Each moment is all we need, not more.”

Mother Teresa



“Mindfulness is simply being aware of what is happening right now
without wishing it were different; enjoying the pleasant
without holding on when it changes (which it will);
being with the unpleasant without fearing it will always be this way
(which it won’t).”

James Baraz