

Fear Less      Hope More  
Whine Less     Breathe More  
Talk Less      Say More  
Hate Less      Love More  
And all good things are yours

To be surprised, to wonder, is to  
begin to understand.

The new gullibility of our particular time is not that of the man who believes too much, but that of the man who believes too little—the man who has lost his sense of the miracle. When awe and wonder depart from our awareness depression sets in, and after its blanket has lain smotheringly upon us for a while, despair may ensue, or the quest for kicks begin. The loss of wonder, of awe, or the sense of the sublime, is a condition leading to the death of the soul. There is no more withering state than that which takes all things for granted. The blasé attitude means spiritual, emotional, intellectual and creative death.

EDMOND FULLER,  
*Man in Modern Fiction*

You can observe a lot just by watching.

Yogi Berra

O Lord,  
help me not to despise  
or oppose  
what I do not  
understand.

—William Penn (1644-1718)

“It is in knowledge as in swimming: he who flounders and splashes on the surface makes more noise, and attracts more attention, than the pearl-diver who quietly dives in quest of treasures to the bottom.”

Washington Irving  
(1783-1859)  
*Knickerbocker History of New York*

"The last creature in the world to discover water would be the fish, precisely because he is always immersed in it."

“As much of heaven  
is visible as we have  
eyes to see.”

William Winter (1836-1917)

We take a handful of sand from the endless landscape of awareness  
around us and call that handful of sand the world.  
—Robert Pirsig