

SIXTEEN GREAT QUOTATIONS

- (1) Power tends to corrupt and absolute power corrupts absolutely.
—Lord Acton
- (2) You grow up the day you have the first real laugh—
at yourself.
—Ethel Barrymore
- (3) When a man has pity on all living creatures then only is he noble.
—Buddha
- (4) Nothing in life is to be feared. It is only to be understood.
—Marie Curie
- (5) Anyone who has begun to think places some portion of the world in jeopardy.
—John Dewey
- (6) Our concern is not how to worship in the catacombs but how to remain human in the skyscrapers.
—Abraham Joshua Heschel
- (7) Do not take life too seriously. You will never get out of it alive.
—Elbert Hubbard
- (8) A great many people think they are thinking when they are merely rearranging their prejudices.
—William James
- (9) He that is without sin among you, let him first cast a stone.
—Jesus

Acceptance

My whole message is:
accept the you
that you are
because God accepts it,
God respects it
and you,
have not respected
your being yet.
It is very rare
to find a person
who respects himself.
Why is it so rare?
— because
you have been
taught to imitate.
From the very childhood
you have
always been taught
to be somebody else.
Nobody has told you:
by yourself,
and be respectful
to your being—
it is God's gift.
Never imitate—
that's what I say to you.
Never imitate.
Be yourself—
that much you owe to God.

He that breaks a thing to find
out what it is has left the path of
wisdom.

J. R. R. Tolkien
(1892-1973)
The Fellowship of the Ring

F a i t h I s...

...Clinging to Christ for grace to resist
when I am keenly tempted,
knowing He has endured the same,
has tender compassion
on my weakness,
and will help me stand strong.

"If you do away with the yoke,

the clenched fist,

the wicked word,

if you give your bread to the hungry,

and relief to the oppressed,

your light will rise in the darkness,

and your shadows become like noon.

Yahweh will always guide you,

giving you relief in desert places."

ISAIAH

I went out to find a friend.
But could not find one there.
I went out to be a friend.
And friends were everywhere!

(10) Who shall guard the guardians themselves?

—Juvenal

(11) The more the change, the more it is the same thing.

—Alphonse Karr

(12) And what doth the Lord require of thee, but to do
justly, and to love mercy, and to walk humbly with
thy God?

—The Bible (Micah 6:8)

(13) What is honored in a country will be cultivated there.

—Plato

(14) Those who cannot remember the past are condemned
to repeat it.

—George Santayana

(15) I am a man; nothing human is alien to me.

—Terence

(16) He who hates vices hates mankind.

—Thrasea

BOOMERANG Eight-year-old Christopher Haynes from Peterborough, England, threw a bottle into the surf at Sheringham with a message inside asking for a pen pal. A few weeks later he received a reply from a Dutch citizen who found the bottle on the beach at Zandvoort, The Netherlands, telling him never to throw rubbish in the sea again.

**"We are made wise not by the recollections of our past
but by the responsibility for our future!"**

—George Bernard Shaw

RELIEF AND ACTIONS A truth seeker once said to Pascal: "I wish I had your creed so that I could live your kind of life." Pascal snapped back, "Start living my kind of life, and you will soon have my creed."

A man wrapped up
in himself makes a very
small package.



*A fool finds no pleasure in understanding but
delights in airing his own opinions.*

Proverbs 18:2 (NIV)

Humor is to life
what shock absorbers are
to automobiles.



*A merry heart doeth good like a medicine:
but a broken spirit drieth the bones.*

Proverbs 17:22

HUMAN NATURE It is human nature to think wisely and to act in an absurd fashion.
Anatole France

***Never give up.
Miracles happen every day.***

●Always bear in mind the tremendously important truth that whatever knowledge you have gained, unless guided by wisdom, will avail you nothing.

Old Spanish proverb:

Love, pain and money cannot be kept secret.
They soon betray themselves.

Show me a man who can eat, drink
and be merry and I'll show you a
fat, grinning drunk.

Includes admission to the park & bus transportation.
BRING: Money for food, snacks, games, towel if riding
water rides & change of clothes, sunscreen.

1. War is obsolete.
2. We are one.
3. One person can make a difference.

KNOWLEDGE comes by taking things apart;
analysis. Wisdom comes by putting things
together.

JOHN A. MORRISON

Dumb Don't be afraid to ask dumb questions; they're easier to handle than dumb mistakes.

Help Is Near The best place to find a helping hand is at the end of your own arm.

How To Live So live that you wouldn't be ashamed to sell the family parrot to the town gossip.

Start Right Begin every day with a good breakfast, and you'll probably be late for work four days a week.

Perspective If a man has limburger cheese on his upper lip, he thinks the whole world smells.

Trust, But Trust everybody, but cut the cards.

The Last Word The best way to get the last word in is to apologize.

Last-Minute Gifts . . .

... that money can't buy:

Keep a promise
Keep a secret
Share a dream
Send her favorite flower
Let someone have the last word
Return a smile
Laugh at his favorite story—again
Let someone in line, in front of you
Listen to a child
Listen to an adult
Say something nice to someone you like
Say something nice to someone you don't like

—Hecht's department store ad

To bear up under loss, to fight the bitterness of defeat and the weakness of grief, to be victor over anger, to smile when tears are close, to resist evil men and base instincts, to hate hate and to love love, to go on when it would seem good to die, to seek ever after the glory and the dream, to look up with unquenchable faith in something evermore about to be, that is what any man can do, and so be great.

ZANE GREY

Don't read in your study, Pick up a Musical Instrument
Let the Beauty of Love Be What We do
There are a million Ways to Kiss the Earth
Not to transcend our humanity - But to
Not to evolve upward to be up above our peers
But to be One With All
Don't Seek to be the Most Evolving Person on Your Block

F a i t h I s . . .

● "Be Yourself!" is about the worse advice you can give to some people.

● My idea of an agreeable person is one who agrees with me.

—Samuel Johnson

● Admiration: Our polite recognition of another person's resemblance to ourselves.

● Some people have a keen sense of humor. The more you humor them, the better they like it.

● You can always tell when a man's well-informed. His views are pretty much like your own.

—Louie Morris

● For an impenetrable shield, stand inside yourself.

—Thoreau

● Most people enjoy the inferiority of their best friends.

—Lord Chesterfield

● He that falls in love with himself will have no rivals.

—Franklin

● Talk to a man about himself and he will listen for hours.

—Disraeli

● He who thinks himself good for everything is often good for nothing.

—Picard

● The smallest package we have ever seen is a man wrapped up in himself.

*... Knowing
that it is not
what I am doing
but
what He is doing in me
that really matters.*

How To Change the World

A wise, old middle-eastern mystic said this about himself. "I was a revolutionary when I was young and all my prayer to God was: 'Lord, give me the energy to change the world.' As I approached middle age and realized that my life was half-gone without my changing a single soul, I changed my prayer to: 'Lord, give me the grace to change all those who come into contact with me. Just my family and friends and I shall be satisfied.' Now that I am an old man and my days are numbered, I have begun to see how foolish I have been. My one prayer now is: 'Lord, give me the grace to change myself.' If I had prayed for this right from the start, I would not have wasted my life."

To live content with small means;
To seek elegance rather than luxury,
and refinement rather than fashion;
To be worthy, not respectable,
and wealthy, not rich;
To study hard, think quietly, talk gently,
act frankly;
To listen to stars and birds,
to babes and sages, with open heart;
To bear all cheerfully, do all bravely,
await occasion, hurry never;
In a word, to let the spiritual, unbidden and
unconscious, grow up through the common
This is to be my symphony.
William Ellery Channing

Gentleness

The wind and the sun once had a quarrel. The wind boasted that he was much stronger than the sun. He said, "I'll show you that I am stronger. See that old man over there with the big coat on? I bet I can make him take off his coat much quicker than you can." "All right," said the sun, "we'll see."

So the sun went behind a cloud, but left a little hole so that he could peep through and see what the wind did. The wind blew and blew as hard as he could, causing a terrible storm; but the harder he blew, the tighter the old man wrapped the coat around himself. In the end, the poor old wind had to become calm and give up.

Then it was the sun's turn. He came out from behind the cloud and smiled with sunshine at the old man. After a while, the old man began to mop his brow, then he pulled off his coat. So the sun beat the wind.

Ethnic Proverbs

A father is a banker provided by nature. French Proverb

Never answer a letter while you are angry. Chinese Proverb

No one is rich enough to do without a neighbor.

Danish Proverb

Little drops of water wear down big stones. Russian Proverb

Wherever man goes to dwell, his character goes with him.

African Proverb

A wise son makes a glad father.

Hebrew Proverb

Knowledge without wisdom is a load of books on the back of an ass.

Japanese Proverb

They who give have all things; they who hold back have nothing.

Hindu Proverb

WATCH IT

Watch your thoughts;
They become words.

Watch your words;
They become actions.

Watch your actions;
They become habits.

Watch your habits;
They become character.

Watch your character;
It becomes destiny.

I resolved every day to:

1. Do something for someone else.
2. Do something for myself.
3. Do something I don't want to do that needs doing.
4. Do a physical exercise.
5. Do a mental exercise.
6. Do an original prayer that always includes counting my blessings.

●Friendship doubles our joy and divides our grief.

ONE DAY AT A TIME MAKES A LIFETIME An old English proverb is "From little acorns great oak trees grow. Here's how they say it in other countries:

CHINA: Enough shovels of earth, a mountain; enough pails of water, a river.

JAPAN: Daylight will peep through a very small hole.

INDIA: Joined together, even little things are strong; a wild elephant can be bound with a few straws if the straws are formed into a rope.

FRANCE: Drop by drop fills the tub.

ETHIOPIA: When spider webs unite, they can tie up a lion.

GERMANY: Little and often fills the purse.

LIBERIA: A little rain each day will fill the rivers to overflowing.

TANZANIA: The heap in the barn consists of single grains.

SUDAN: A little shrub grows into a tree.

CONGO: Little by little grow the bananas.

"O MAN
YOU KNOW
WHAT IS ASKED OF YOU:
SIMPLY THIS-
TO BRING ABOUT JUSTICE,
TO LOVE TENDERLY
AND TO WALK HUMBLLY
WITH YOUR GOD."
-MICAH 6:8

*To Bear up under loss
To fight the Bitterness of defeat
and the weakness of grief
To be victor over anger
To smile when tears are close
To hate hate
and love love
To go on when it would
seem good to die
this is what
any man can do
and be great.*

POINT ^{OF} VIEW | 7 Notions — Short and Certain

LET OTHER COUNTRIES criticize the United States all they want; I still say immigration is the sincerest form of flattery.

• Success is not permanent. The same is also true of failure.

• The best cure for love at first sight is to take a second look.

• Some parents think that having children is a punishment that has been visited on them. But then, some children think the same thing about having parents.

• When people cease to complain, they cease to think.

• At every baseball game there are a few persons who can play every position superbly without making a single error. Now if we can just get them to put down their hot dogs and climb down from the bleachers . . .

• The only fallacy in raising taxes to reduce the federal debt is that it increases our own.

— Marvin R. Aaron in *The Wave*, the weekly newspaper of Rockaway

“To expect common sense of people proves you’re lacking in it yourself.”

Eugene O'Neill
(1888-1953)

Strange Interlude, Act IV

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

• Always remember the soundest way to progress in any organization is to help the man ahead of you to get promoted.

— L. S. Hamaker

• It is one of the most beautiful compensations of life that no man can sincerely try to help another without helping himself.

— Ralph Waldo Emerson

• The lion has need of the mouse.

— English

• Soon or late, the strong needs the help of the weak.

— French

• Every ten years, one man has need of another.

— Italian

JUDGING

I dreamt death came the other night,
And Heaven's gate swung wide;
An angel with a halo bright
Then ushered me inside;
And there to my astonishment
Stood folks I'd judged and labeled

As "quite unfit," "of little worth"
And "spiritually disabled."
Indignant words rose to my lips
But never were set free;
For every face showed stunned surprise
-- Not one expected ME!

- Never forget ① That each one
of us was once an infant & should
still consider ourselves a child
- ② That we came here together
- ③ That each one of us will leave here
- ④ That this is an adventure
- ⑤ That we each work best when we
are in Love

I LIVE LIFE WITH COURAGE AND FORTITUDE,
CONFIDENT OF THE LORD'S STRENGTH WITHIN
ME.

Strength

Although challenges can seem overwhelming at times, I am not disheartened. The limitless strength of the Lord working through me is made manifest in the successful out-working of any and every challenge in my life. I live life with courage and fortitude.

The Lord is my strength, and I greet each day with confidence. I am secure in the knowledge that I will not fail, for I am not relying on my own strength. I rely on the strength of the Lord within me for physical, emotional, and mental strength. I will succeed in each endeavor, for the Lord's eternal strength supports and uplifts me.

The strength of the Lord is flowing through me. I feel refreshed and renewed, and I am thankful. I live each day with courage, confident of the Lord's strength within me.

"The Lord is my strength and my song,
and he has become my salvation."

—Exod. 15:2

We're free to go where we wish
and to be what we are.
How much more there is now
to living.

We can lift ourselves out of
Ignorance.

We can find ourselves
as creatures of excellence
and intelligence
and skill.

We can be free and
we can learn to fly.
J.L.S.

PRICELESS GIFTS

To your enemy -- forgiveness
To your opponent -- tolerance
To your friends -- your heart
To children -- a good example
To yourself -- respect
To everyone else -- charity

Be bold in what you stand for. Don't be afraid to stand alone.

BE GOOD TO YOU

by William Arthur Ward

BE YOURSELF - truthfully
ACCEPT YOURSELF - gratefully
VALUE YOURSELF - joyfully
FORGIVE YOURSELF - completely
TREAT YOURSELF - generously
BALANCE YOURSELF - harmoniously
BLESS YOURSELF - abundantly
TRUST YOURSELF - confidently
LOVE YOURSELF - wholeheartedly
EMPOWER YOURSELF - prayerfully
GIVE YOURSELF - enthusiastically
EXPRESS YOURSELF - radiantly.

...and compare yourself only to the person
you are called to be and never to another. The
only person you have to be better than is the
person you are right now.

“He that breaks a thing to find
out what it is has left the path of
wisdom.”

YOU'LL BE A MAN, MY SON

If you can keep your head,
When all about are losing theirs,
And blame it on you . . .

If you can dream,
And not make dreams your master . . .

If you can think,
And not make thoughts your home . . .

If you can meet with triumph and disaster,
And treat those two imposters just the same . .

If you can fill the unforgiving minute
With 60 seconds of distance run,

Yours is the earth and everything that's in it,
And what is more, You'll be a man, my son.

If you go through life contemplating your navel, you'll end up with a narrow
mind and a stiff neck.

I AM A CONSTANT
SOURCE OF ENERGY.

I PLAY AS HARD AS

I WORK. I KEEP ON

RIDING AND CONQUER

MY CHALLENGES. MY

ENERGY FUELS MY

CAREER, MY PASSIONS

AND MY WELL-BEING.

I CELEBRATE LIFE AND

ALL THAT IT OFFERS.

NEVER BUY A USED CAR
OFF A GUY THAT RUNS
A TOWING SERVICE.

OF DAYS AND YEARS

Your life unfolds
In a continuous succession
Of experiences and expectations.
No two days are the same,
No year leaves you unaltered.

Your way through life
Will not remain the same.
There are years of happiness and years of
suffering.

There are years of abundance,
And years of poverty;
Years of hope, and of disappointment;
Of building up, and of breaking down.
But God has a firm hold on you through
everything.

There are years of strength
And years of weakness;
Years of certainty, years of doubt.
It is all part of life,
And it is worth the effort
To live it to the end
And not give up before it is
accomplished.

You need never stop growing.
A new future is always possible.
Even on the other side of death
A new existence waits for you
In the fullness of that glory
Which God has prepared for you
From the beginning.

Time is more valuable than
money because time is
irreplaceable.



Redeeming the time, because the days are evil.
Ephesians 5:16

JESUS IS THE LADDER BETWEEN HEAVEN AND EARTH

"In all truth I tell you, you will see heaven open and the angels of
God ascending and descending over the Son of man."
JOHN 1:51

Take time to laugh. It is the
music of the soul.

Take time to think. It is the
source of power.

Take time to play. It is the
source of perpetual youth.

Take time to read. It is the foun-
tain of wisdom.

Take time to pray. It is the
greatest power on earth.

Take time to love and be loved.
It is a God-given privilege.

Take time to be friendly. It is
the road to happiness.

Take time to give. It is too short
a day to be selfish.

Take time to work. It is the
price of success.

TRUST
THE PAST
TO THE MERCY
OF GOD

THE PRESENT
TO HIS LOVE

THE FUTURE
TO HIS
PROVIDENCE

Saint Augustine

The Indian sage, Narada, was a devotee of the Lord Hari. So great was his devotion that he was one day tempted to think that in all the world there was no one who loved God more than he.

The Lord read his heart and said, "Narada, go to this town on the banks of the Ganges, for a devotee of mine dwells there. Living in his company will do you good."

Narada went and found a farmer who rose early in the morning, pronounced the name of Hari only once, then lifted his plough and went out to his fields where he worked all day. Just before he fell asleep at night he pronounced the name of Hari once again. Narada thought, "How can this rustic be a devotee of God? I see him immersed all day in his worldly occupations."

Then the Lord said to Narada, "Fill a bowl to the brim with milk and walk all around the city. Then come back without spilling a single drop." Narada did as he was told.

"How many times did you remember me in the course of your walk around the city?" asked the Lord.

"Not once, Lord," said Narada. "How could I when you commanded me to watch that bowl of milk?"

The Lord said, "That bowl so absorbed your attention that you forgot me altogether. But look at that peasant who, though burdened with the cares of supporting a family, remembers me twice every day!"

Know yourself and the heavens and the earth.

Contemplate with wonder

the miraculous creation all around you.

Be endlessly astonished at your brief,

breath-taking consciousness of the universe.

Be a cosmic, divine being,

an integral, conscious

part of the universe.

Thank God every moment

for the tremendous gift of life.

Lift your heart to the heavens always.

—Robert Muller

Assistant Secretary-General
of the United Nations

MY SPOKEN WORDS CARRY FORTH TRUTH
FROM MY MIND AND HEART.

Words of
Truth

We gain inner peace and security when words of truth abide in our minds and hearts. These abiding words of truth are instantly available for our use in making positive, life-affirming statements such as: "I am a child of God, guided, healed, and protected by my loving Father."

As we affirm Truth, we begin to live Truth. We find ourselves walking in ways that lead us to higher ground on our pathway of life.

Words of truth held in our own minds and hearts will become the right spoken words at the right time and to the right people. The words of truth we speak are important, for they go forth to inspire others. The peaceful union between mind and heart is achieved as we speak words of Truth in all circumstances.

O Lord, who shall sojourn in thy tent?

Who shall dwell on thy holy hill?

*He who walks blamelessly, and does what is right,
and speaks truth from his heart.*

—Psalms 15:1-2

ILLUMINATION: Divine wisdom fills me with inspiration, and I make right decisions.

HEALING: Divine life calls forth a healthy response in my body. I am totally well and strong.

PROSPERITY: Divine substance expresses itself abundantly and fills me with rich ideas that prosper my life.

GENERAL: Divine love, everywhere present, blesses me with a victorious, all-conquering spirit. My life is full and enriched.

WEATHER CONDITIONS: The love of God harmonizes the atmosphere. Order and safe conditions are manifested in the weather.

PEACE: Divine wisdom reveals the way to live in love and peace. We now declare unity among all nations.

IRISH TOAST May you have the hindsight to know where you've been, the foresight to know where you're going and the insight to know when you're going too far.

*He who tells the truth should have one
foot in the stirrup*

The Stonecutter

There was once a stonecutter who was dissatisfied with his position in life. One day he passed a wealthy merchant's house, and through the open gateway, he saw many fine possessions and important visitors. "How powerful that merchant must be!" thought the stonecutter. He became very envious and wished that he could be like the merchant. Then he would no longer have to live the life of a mere stonecutter.

To his great surprise he suddenly became the merchant, enjoying more luxuries and power than he had ever dreamed of, envied and detested by those less wealthy than himself. But soon a high official passed by, carried in a sedan chair, accompanied by attendants, and escorted by soldiers beating gongs. Everyone, no matter how wealthy, had to bow low before the procession. "How powerful that official is!" he thought. "I wish I could be a high official!"

Then he became the high official, carried everywhere in his embroidered sedan chair. It was a hot summer day, and the official felt very uncomfortable in the sticky sedan chair. He looked up at the sun. It shone proudly in the sky, unaffected by his presence. "How powerful the sun is!" he thought. "I wish I could be the sun!"

Then he became the sun, shining down fiercely on everyone. But a huge black cloud moved between him and the earth, so that his light could no longer shine on everything below. "How powerful that storm cloud is!" he thought. "I wish that I could be a cloud!"

Then he became the cloud. But soon he found that he was being pushed away by some great force, and realized that it was the wind. "How powerful it is!" he thought. "I wish I could be the wind!"

Then he became the wind. But after a while, he ran up against something that would not move, no matter how forcefully he blew against it—a huge, towering stone. "How powerful that stone is!" he thought. "I wish I could be a stone!"

Then he became the stone, more powerful than anything on earth. But as he stood there, he heard the sound of a hammer pounding a chisel into solid rock, and he felt himself being changed. "What could be more powerful than I, the stone?" he thought. He looked down and saw far below him the figure of a stonecutter.

THESE thoughts were discovered inscribed on the walls of an ancient Persian temple:

Do not say all you know, for he who says all he knows often says more than he knows.

Do not tell all you hear, for he who tells all he hears often tells more than he hears.

Do not spend all you have, for he who spends all he has often spends more than he has.

Do not covet all you see, for he who covets all he sees often wants more than he sees.

MAKE THE MOMENTS COUNT!

Make the moments count,
You've only one life to live!
Our days and years so swiftly mount —
Today's the day to give!

Why waste precious time
On empty and foolish things?
For there are heights sublime to climb —
Attainment sweet vict'ry brings.

Give your days to God!
He'll omniscient counsel give
And guide you by His holy Word —
Today's the day to live!

Give your all today,
Let Christ be Lord of all things!
With rich reward our God will pay;
Great joy and peace He'll bring!

Kathryn Thorne Bowsher

**“I know we grow
more lovely
Growing wise.”**

Alice Corbin
(1881-1949)
"Two Voices"

Wisdom . . . is the intelligence that keeps you from getting into situations that require -- wisdom.

Whatever your mind can conceive and believe, it will achieve. Dream great dreams and make them come true. Do it now.

You are unique. In all the history of the world there was never anyone else exactly like you, and in all the infinity to come there will never be another you. Never affirm self-limitations. What you believe yourself to be, you are.

To accomplish great things, you must not only act, but also dream; not only plan, but also believe. If you have built castles in the air, your work need not be lost-but put foundations under them. Yes you can. Beleiving is magic.

You can always better your best. You don't know what you can do until you try. Nothing will come of nothing. If you don't go out on a limb, you're never going to get the fruit. There is no failure except in no longer trying.

Hazy goals produce hazy results. Clearly define your goals. Write them down, Make a plan for achieving them, set a deadline, visualize the results and go after them. Just don't look back unless you want to go that way.

Defeat may test you; it need not stop you. If at first you don't succeed, try another way. For every obstacle there is a solution. Nothing in the world can take the place of persistence. The greatest mistake is giving up.

Wishing will not bring success, but planning, persistence and a burning desire will. There is a gold mine within you from which you can extract all the necessary ingredients. Success is an attitude. Get yours right.

“Life is a Bridge, Don't Build a House on it...”

SEVEN RULES FOR SELF-DISCOVERY

We may be known by the following:

What we want most
What we think about most
How we use our money
What we do with our leisure time
The company we enjoy
Whom and what we admire
What we laugh at

“I love what I'm doing. My only advice is to fall in love with your future. That's what I've always done and it works.”

—George Burns

*Do more than exist, live.
Do more than touch, feel.
Do more than look, observe.
Do more than read, absorb.
Do more than hear, listen.
Do more than think, ponder.
Do more than talk, say something.*

JOHN H. RHOADES

10 Guidelines for Living Well by Frederic Luskin, M.F.C.C.

1. You will not live forever...Don't expect it!
2. You are not the center of the universe...Don't act like it!
3. Your life will not always be easy...Don't whine about it!
4. Your body may hurt at times...Accept it with care!
5. You will not understand enough about any thing...Remain in awe of the mystery!
6. You will sometimes be discouraged...Don't stop trying!
7. There is incredible beauty everywhere...Constantly look for it!
8. Friends will disappoint you...Forgive them!
9. You will age and grow older...Observe the changes with interest!
10. There is no certainty about tomorrow...Love well today!

A WORD FOR KINDERGARTEN BASICS Socrates insisted that the unexamined life is not worth living and there's wisdom in that, to be sure. But the examined life isn't always a picnic either. In such times I fall back on what I've come to think of as a Kindergarten State of Mind. Most of what I really need to know about how to live, and what to do, and how to be, I learned in kindergarten. Wisdom was not at the top of the graduate school mountain but there in the sandpile at nursery school. These are the things I learned: Share everything. Play fair. Don't hit people. Put things back where you found them. Clean up your own mess. Don't take things that aren't yours. Say you're sorry when you hurt somebody. Wash your hands before you eat. Flush. Warm cookies and cold milk are good for you. Live a balanced life. Learn some and think some and draw and paint and sing and dance and play and work every day some. Take a nap every afternoon.

When you go out into the world watch out for traffic, hold hands and stick together. Be aware of wonder. Remember the little seed in the plastic cup. The roots go down and the plant goes up and nobody really knows how or why, but we are all like that. Goldfish and hamsters and white mice and even the little seed in the plastic cup -- they all die, and so do we.

And then remember the book Dick and Jane and the first word you all learned, the biggest word of all: LOOK. Everything you need to know is in there somewhere. The Golden Rule and love and basic sanitation. Ecology and politics and equality and sane living. Take any one of those items and extrapolate them into sophisticated adult terms and apply them to your family life or your work or your government or your world and they hold true and clear and firm.

Think what a better world it would be if we all -- the whole world -- had cookies and milk about 3 o'clock every afternoon and then lay down with our blankets for a nap. Or if the United States of America had as a basic policy to always put things back where it found them and cleaned up its own mess. And it is still true, no matter how old you are, when you go out into the world it is best to hold hands and stick together.

Wild White Horses

In the Tibetan map of the world, the world is a circle and at the center there is an enormous mountain guarded by four gates. And when they draw a map of the world, they draw the map in sand, and it takes months and then when the map is finished, they erase it and throw the sand into the nearest river.

Last fall the Dalai Lama came to New York City to do a two-week ceremony called the Kalachakra which is a prayer to heal the earth. And woven into these prayers were a series of vows that he asked us to take and before I knew it I had taken a vow to be kind for the rest of my life. And I walked out of there and I thought: "For the rest of my life?? What have I done? This is a disaster!"

And I was really worried. Had I promised too much? Not enough? I was really in a panic. And there were all these monks walking around. They had come from Tibet for the cere-

mony and they were walking around midtown in their new brown shoes and I went up to one of the monks and said, "Can you come with me to have a cappuccino right now and talk?" And so we went to this little Italian place. He had never had coffee before so he kept talking faster and faster and I kept saying, "Look, I don't know whether I promised too much or too little. Can you help me please?"

And he was really being practical. He said, "Look, don't limit yourself. Don't be so strict! Open it up!" He said, "The mind is a wild white horse and when you make a corral for it make sure it's not too small. And another thing: when your house burns down, just walk away. And another thing: Keep your eyes open."

And one more thing: Keep moving. Cause it's a long way home.