

"I take each day as it comes as the only reality and never worry about tomorrow because it is what you do today that governs your future. So you must get up and get going in a very determined way to succeed."

"We have learned not to let what we hope 'will be' interfere with fully savoring the living experience of today's 'what is.'"

"In order to appreciate today's good in our marriage, we have had to learn to live with imperfection... and to forgive minor and major faults... We couldn't put off enjoying each other until the marriage was fine-tuned to that perfection which would only come with time and patience."

*Each instant of our lives can be regarded as a present opportunity for a new awakening or rebirth.*

Gerald Jampolsky, M.D.

*Consider the lilies, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass which is alive today and tomorrow is thrown into the oven, how much more will He clothe you...*

(Lk. 12:27)

'If a man loses reverence for any part of life, he will lose his reverence for all life'.

*to the degree that  
we are spontaneous -  
here and now  
reacting in the moment,  
we have much more  
of our potential available.*

H.C. LYON JR.

**Lay hold of today's task and you will not depend so much upon tomorrow's. Seneca**

**Everyman has his Bethlehem where new possibilities and hopes are born, where his history is invaded by novelty and the potency for new action. At such times the tyranny of the past and the terror of the future give way before a new time of open possibility--- the vibrant present. Sam Keen**

**The greatest power, the highest attainment a person can have is detachment.**

When nothing in this world has power over you you are a liberated being.

All of the miracles of great beings manifest because of detachment.

Their hearts are continuously open.

They have no defenses.

They are nothing but open channels for the manifestation of morality and responsibility of serenity and love.

**Consider the lilies how they grow: they toil not, they spin not; and yet I say unto you, that Solomon in all his glory was not arrayed like one of these. Luke 12:27**

**The same mind that seeks a grand concept the same mind that grasps for the meaning of the whole the same mind that wishes to possess the secrets of life is the mind that blocks us from Realization. It is the mind that obstructs. Realization is a lived-through experience. It is not a commitment to a philosophy. Philosophies are words and ideas, nothing more. Let them be your tools, not your limitations. The hammer and drill are not the whole house nor are they the whole story of carpentry.**

*I shall do so much in the years to come,  
But what have I done today?  
I shall give out gold in princely sum,  
But what did I give today?  
I shall lift the heart and dry the tear,  
I shall plant a hope in the place of fear,  
I shall speak with words of love and cheer,  
But what have I done today?  
I shall be so kind in the after while,  
But what have I been today?  
I shall bring to each lonely life a smile,  
But what have I brought today?  
I shall give to truth a grander birth,  
And to steadfast faith a deeper worth,  
I shall feed the hungering souls of earth,  
But whom have I fed today?*

Author unknown