

Favorite Quotes

Guillaume Apollinaire said:

“Come to the edge!
But it’s too high...
Come to the edge!
But we might fall...
Come to the edge!
And they came to the edge,
And s/he pushed them-
And they flew!”

“The Way of Life”, According to Lao Tzu.

Translated by Witter Bynner (1944)

#35:

“If the sign of Life is in your face
S/he who responds to it
Will feel secure and fit
As when, in a friendly place,
Sure of hearty care,
A traveler gladly waits.
Though it may not taste like food
And she may not see the fare
Or hear the sound of plates,
How endless it is and how good!”

#51:

“Existence having born them
And fitness bred them,
While matter varied their forms
And breath empowered them,
All created things render, to the existence
And fitness they depend on,
An obedience
Not commanded but of course.
And since this is the way existence bears issue
And fitness raises, attends,
Shelters, feeds and protects,
Do you likewise:
Be parent, not possessor,
Attendant, not master,
Be concerned not with obedience but with benefit,
And you are at the core of living.”

Sanskrit Blessing:

“Look to this day,
for it is Life,
the very Life of Life...
For in its’ brief course, lie all the realities and verities of existence-
The bliss of growth, the splendor of action and the glory of power.
For yesterday is but a dream and tomorrow only a vision.
But today, well-lived, makes every yesterday a dream of happiness
and every tomorrow a vision of hope.
Look well therefore, unto this day!”

“One who is mindful, will first mind their own.”

Thich Nhat Hanh, “The Miracle of Mindfulness: A Manual on Meditation” (1996)

Mohandas Gandhi:

“My life is my message.”
“Be the change you want to see in the world”

Torah teaching:

“Yours is not to finish the task-
but neither are you allowed to lay it down.”

Margaret Mead:

Never doubt for a minute that a small group of concerned citizens can change
the world-
For in truth, it is the only thing that ever has!”

Paul Rogat Loeb, “Soul of a Citizen: Living with conviction in a cynical time.”
(1999)

“Democratic societies progress by democratic means- that is,
when citizens participate fully and fairly in public life,
working for the common good.”

Virginia Satir. “Peoplemaking” (1972)

“The family is the factory in which...people are made. Adults are the people-
makers.

As a family therapist, I have found that four aspects of family life keep popping up
in the troubled families who come to me for help.

They are- The feelings and ideas one has about oneself, which I call self-worth;
The way people work out to make meaning with one another, which I call
communication;

The rules people use for how they should feel and act, which eventually develop
into what I call the family system; and

The way people relate to other people and institutions outside the family, which I
call the link to society.”
