

FOOD FOR SPIRIT

Liberty is the right of every man to be honest, to think and to speak without hypocrisy.
Jose Marti

Like stones rolling down hills, fair ideas reach their objectives despite all obstacles and barriers. It may be possible to speed or hinder them, but impossible to stop them.
Jose Marti

"The beginning of knowledge is the discovery of something we do not understand."
Frank Herbert

If you could kick the person in the pants responsible for most of your trouble, you wouldn't sit for a month."
Theodore Roosevelt

A diamond is just a piece of coal that withstood the pressure.
Change is the law of life. And those who look only to the past or present are certain to miss the future.
Robert F. Kennedy

It is from numberless diverse acts of courage and belief that human history is shaped. Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and crossing each other from a million different centers of energy and daring, those ripples build a current that can sweep down the mightiest walls of oppression and resistance.
Robert F. Kennedy (1925 - 1968), South Africa, 1966

One needs something to believe in, something for which one can have whole-hearted enthusiasm. One needs to feel that one's life has meaning, that one is needed in this world.
Hannah Sennesh

Besides the noble art of getting things done, there is the noble art of leaving things undone. The wisdom of life consists in the elimination of non-essentials.
Lin Yutang

However beautiful the strategy, you should occasionally look at the results.
Sir Winston Churchill

Start with what is right rather than what is acceptable.
Franz Kafka

When a sinister person means to be your enemy, they always start by trying to become your friend.

William Blake

"What befalls the earth befalls all the sons of the earth. This we know: the earth does not belong to man, man belongs to the earth.

All things are connected like the blood that unites us all. Man does not weave this web of life. He is merely a strand of it. Whatever he does to the web, he does to himself."

-Native American Chief Seattle (1786-1866)

Bad times have a scientific value. These are occasions a good learner would not miss.

Ralph Waldo Emerson

The fact that man knows right from wrong proves his *intellectual* superiority to the other creatures; but the fact that he can *do* wrong proves his *moral* inferiority to any creatures that *cannot*.

Mark Twain, What Is Man, 1906

Man is subject to innumerable pains and sorrows by the very condition of humanity, and yet, as if nature had not sown evils enough in life, we are continually adding grief to grief and aggravating the common calamity by our cruel treatment of one another.

Joseph Addison

In matters of style, swim with the current; in matters of principle, stand like a rock

Thomas Jefferson

When the Earth is sick, the animals will begin to disappear, when that happens, The Warriors of the Rainbow will come to save them.

Native Indian chief Seattle

Each person has an ideal, a hope, a dream which represents the soul. We must give to it the warmth of love, the light of understanding and the essence of encouragement.

Colby Dorr Dam

A thinker sees his own actions as experiments and questions--as attempts to find out something. Success and failure are for him answers above all.

Friedrich Nietzsche

"The man who views the world at 50 the same as he did at 20 has wasted 30 years of his life."

Muhammad Ali

Work isn't to make money; you work to justify life.

Marc Chagall

A mind always employed is always happy. This is the true secret, the grand recipe, for felicity.

Thomas Jefferson

If you once forfeit the confidence of your fellow citizens, you can never regain their respect and esteem. It is true that you may fool all of the people some of the time; you can even fool some of the people all of the time; but you can't fool all of the people all of the time.

Abraham Lincoln

It does not take a majority to prevail... but rather an irate, tireless minority, keen on setting brushfires of freedom in the minds of men.

Samuel Adams - American Revolution leader

But there is suffering in life, and there are defeats. No one can avoid them. But it's better to lose some of the battles in the struggles for your dreams than to be defeated without ever knowing what you're fighting for.

Paulo Coelho - Author

We loose our health to save money

Then loose our money to save our health

With our thoughts on the future we forget the present, And so we do not live - not for the present nor for the future

And while we live as if we will never die

We die as if we have never lived.

Confucius (551-479 BC).

All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident.

Arthur Schopenhauer

"Of all the rights of women, the greatest is to be a mother."

Lin Yutang

By and large, mothers and housewives are the only workers who do not have regular time off. They are the great vacationless class.

Anne Morrow Lindbergh (1907-)

"Kites fly highest against the wind, not with it"

Sir Winston Churchil

Focusing your life solely on making a buck shows a poverty of ambition. It asks too little of yourself. And it will leave you unfulfilled.

Barack Obama

"The future belongs to those who believe in the beauty of their dreams."

Eleanor Roosevelt (1884-1962)

Be not ashamed of mistakes and thus make them crimes.

Confucius

Good ideas are not adopted automatically. They must be driven into practice with courageous patience.

Hyman Rickover (1900 - 1986)

"Proverbs are a daughter of experience"

Burundian proverb

"The person who is being carried does not realize how far the town is"

Nigerian proverb

The great enemy of the truth is very often not the lie -- deliberate, contrived and dishonest, but the myth, persistent, persuasive, and unrealistic.

Belief in myths allows the comfort of opinion without the discomfort of thought.

John F. Kennedy

Woman must not accept; she must challenge.

She must not be awed by that which has been built up around her; she must reverence that woman in her which struggles for expression.

Margaret Sanger

I've loved the stars too fondly to be fearful of the night.

Galileo Galilei

Measure what is measurable, and make measurable what is not so.

Galileo Galilei

Collective fear stimulates herd instinct, and tends to produce ferocity toward those who are not regarded as members of the herd.

Bertrand Russell

You must be the change you want to see in the world.

Mahatma Gandhi

Happiness is when what you think, what you say, and what you do are in harmony.

Mahatma Gandhi

“Live as if you were to die tomorrow. Learn as if you were to live forever.”

Mahatma Gandhi

"We find comfort among those who agree with us--growth among those who don't."

Frank A. Clark

With this faith, we will be able to hew out of the mountain of despair a stone of hope. With this faith, we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood. With this faith, we will be able to work together, to pray together, to struggle together, to go to jail together, to stand up for freedom together, knowing that we will be free one day.

Martin Luther King Jr.

We who in engage in nonviolent direct action are not the creators of tension. We merely bring to the surface the hidden tension that is already alive.

Martin Luther King, Jr.

We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us. When we discover this, we are less prone to hate our enemies.

Martin Luther King, Jr.

The reasonable man adapts himself to the world.
The unreasonable one persists in trying to adapt the world to himself.
Therefore, all progress depends on the unreasonable man.

George Bernard Shaw, 1903.

Now, make no mistake: History is on the side of these brave Africans, not with those who use coups or change constitutions to stay in power. (Applause.) Africa doesn't need strongmen, it needs strong **institutions**.

Obama in his visit to Ghana

I have one life and one chance to make it count for something . . . I'm free to choose what that something is, and the something I've chosen is my faith. Now, my faith goes beyond theology and religion and requires considerable work and effort. My faith demands -- this is not optional -- my faith demands that I do whatever I can, wherever I am, whenever I can, for as long as I can with whatever I have to try to make a difference.

Jimmy Carter

"To those who cling to power through corruption and deceit and the silencing of dissent, know that you are on the wrong side of history; but that we will extend a hand if you are willing to unclench your fist."

Barrack Obama in his inaugural address

Today, more than ever before, life must be characterized by a sense of Universal responsibility, not only nation to nation and human to human, but also human to other forms of life.

Dalai Lama

The if poem

If you are beaten, you are
If you think you dare not, you don't
If you'd like to win but think you can't,
It is almost certain you won't
If you think you'll lose, you've lost.
For out of the world we find
Success begins with a fellow's will –
It's all in the state of mind
If you think you're outclassed, you are
You've got to be sure of yourself before
You can ever win a prize.
Life's battles don't always go
To the stronger or faster man
But sooner or later the man who wins
Is the one who thinks he can!

R Kipling

"Like development, democratization is not something that one people does for another. People must do it for themselves or it does not happen."

Claude Ake, Journal of Democracy (1991:38)

Wisdom ceases to be wisdom when it becomes too proud to weep, too grave to laugh, and too selfish to seek other than itself.

Kahlil Gibran

I have come to the conclusion that politics are too serious a matter to be left to the politicians.

Charles de Gaulle

"We can do no great things; only small things with great love."

Mother Teresa

Few men are willing to brave the disapproval of their fellows, the censure of their colleagues, the wrath of their society. Moral courage is a rarer commodity than bravery in

battle or great intelligence. Yet it is the one essential, vital quality for those who seek to change a world which yields most painfully to change.

Robert F. Kennedy

“We cannot solve our problems with the same thinking we used when we created them.”

Albert Einstein

To live content with small means; to seek elegance rather than luxury, and refinement rather than fashion; to be worth, not respectable, and wealthy, not, rich; to listen to stars and birds, babes and sages, with open heart; to study hard; to think quietly, act frankly, talk gently, await occasions, hurry never; in a word, to let the spiritual, unbidden and unconscious, grow up through the common – this is my symphony.

William Henry Channing

The function of leadership is to produce more leaders, not more followers.

Ralph Nader

Here is the test to find whether your mission on earth is finished. If you're alive, it isn't.

Richard Bach

The fact that man knows right from wrong proves his intellectual superiority to the other creatures; but the fact that he can do wrong proves his moral inferiority to any creatures that cannot.

Mark Twain, What Is Man, 1906

Grief can take care of itself, but to get the full value of a joy you must have somebody to divide it with.

Mark Twain

"Everyone is wise until he speaks"

An Irish Saying

“Nothing has to happen for me to feel good! I feel good because I'm alive! Life is a gift, and I revel in it.”

Anthony Robbins

Those who make peaceful revolution impossible will make violent revolution inevitable

John F. Kennedy

When a man says that he approves something in principal, it means he hasn't the slightest intention of putting it in practice.

Otto von Bismarck

All men dream: but not equally. Those who dream by night in the dusty recesses of their minds wake in the day to find that it was vanity: but the dreamers of the day are dangerous men, for they may act their dream with open eyes, to make it possible.

T. E. Lawrence

“Good courage in a bad affair is half of the evil overcome.”

Titus Maccius Plautus (254–184 BC)

“I have had dreams, and I have had nightmares.

I overcame the nightmares because of my dreams.”

“Work is love made visible. If you cannot work with love but only with distates, it is better that you should leave your work and sit at the gate of the temple and take alms of those who work with joy”

Prophet Kahlil

“We should learn more from our defeats, by examining them more carefully, than we do from our victories”.

Mack Douglas

He that gives good advice, builds with one hand; he that gives good counsel and example, builds with both; but he that gives good admonition and bad example, builds with one hand and pulls down with the other.

Francis Bacon

We had no locks or keys, and so had no thieves. If a man was so poor that he had no horse, tipi or blanket, someone gave him these things. We were too uncivilized to set much value on personal belongings.

Lame Deer - Sioux (India)

An activist is one who is actively involved in creating community, whether that is locally in their neighborhood or internationally. It is an admirable quality.

Jasmine Guy

Enthusiasm is not the same as just being excited. One gets excited about going on a roller coaster. One becomes enthusiastic about creating and building a roller coaster.

Bo Bennett

“Nothing in this world can take the place of persistence. Talent will not; nothing is more common than unsuccessful people with talent. Genius will not; unrewarded genius is

almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan "press on" has solved and always will solve the problems of the human race"

Calvin Coolidge

He who perseveres finds and he who sows harvests

A bad workman blames his tools

You cannot tempt providence and always triumph.
Arab sayings

He who fights with monsters might take care lest he thereby become a monster. And if you gaze for long into an abyss, gazes also into you.
Friedrich Nietzsche

You need chaos in your soul to give birth to a dancing star.
Friedrich Nietzsche

"I would rather be ashes than dust!
I would rather that my spark should burn out in a brilliant blaze
than it should be stifled by dry-rot.
I would rather be a superb meteor, every atom of me in magnificent glow,
than a sleepy and permanent planet.

The function of man is to live, not to exist.
I shall not waste my days trying to prolong them, I shall use my time."
Jack London

Our greatest glory is not in never falling, but in getting up every time we do.
Confucius

Success is the ability to go from failure to another with no loss of enthusiasm.
Sir Winston Churchill

Try not to become a man of success but rather to become a man of value.

Albert Einstein

Freedom means you have a choice:
"You may be governed by God or ruled by tyrants."

William Penn

Each problem that I solved became a rule which served afterwards to solve other problems.

Boss or Leader

*The boss drives the men
The leader coaches them
The boss depends on authority
The leader on goodwill
The boss inspires fear
The leader inspires enthusiasm
The boss says "I"
The leader says "We"*

*The boss says, "Get here on time"
The leader gets in ahead of time
The boss fixes blame for breakdown
The leader fixes the breakdown
The boss knows how it is done
The leader shows how
The boss says "Go"
The leader says "Let's go"*

*The boss uses people
The leader develops them
The boss sees today
The leader also looks at tomorrow
The boss commands
The leader asks
The boss never has enough time
The leader makes time for things that count*

*The boss is concerned with things
The leader is concerned with people
The boss lets people know where he/she stands
The leader lets people know where they stand
The boss works hard to produce
The leader works hard to help people produce
The boss takes the credit
The leader gives it*

Source Unknown
