

CITAT



" Varje dag är en bra dag.."

Därför att: - Även en dålig dag lär mig något om livet..

- När det regnar, vännerna är på semester, jag inte kan träna, lägenheten är städad, räkningarna betalda och jag läst alla böcker två gånger - går jag och köper en ny.. Ordet tråkigt bör användas sparsamt och vittnar om dålig fantasi. Dessutom behöver man inte alltid göra något; ofta räcker det att istället vara - som i exempelvis meditation..

- Att inte nedslås av bakslag innebär en förståelse för att man ser det större perspektivet. Förutom att det mesta ordnar sig ändå till slut, så kan den tillfälliga motgången innebära en helt ny lösning, som i slutändan blev bättre. Acceptans och tålmod vittnar om vishet och är avgörande för ett lyckligt liv..

- Livet är här och nu; var skulle det annars vara?..

- En förståelse för att lilla jag bara är en - "i det stora sammanhanget"- relativt betydelselös bricka. Trots en mindre lyckad personlig dag, kan man glädjas med någon annans; landets eller varför inte en global framgång..

- Allt är som bekant relativt. Tillhörande medelklass i ett av världens välmående länder, gör att mina bekymmer oftast är av trivial karaktär. Hur mycket jag än lider, finns det alltid miljontals människor som skulle vilja ha mina problem..

- En förståelse för livets - i ett evolutionärt perspektiv - flyktighet, öppnar upp för betydelsen av att leva fullt närvarande och fullt ut, medan vi har chansen. Tänk så kort vi lever och så länge vi är döda..

- Du har ett moraliskt ansvar gentemot dig själv att försöka ta vara på tiden och därigenom göra fullt bruk av dina unika resurser. Hur skulle du annars kunna bli vad du potentiellt är?..

Nu följer fler och betydligt viktigare citat, av personer som vandrat på samma väg som resten av mänskligheten. Varav några dock vid viktiga skeenden i historien vågat - i kraft av kunskap och intuition - ta en annan riktning och på så sätt förändrat världen. Det är dom riktiga hjältarna.

Carlos Castaneda The teachings of Don Juan	" Any path is only a path, and there is no affront, to oneself or to others, in dropping it if that is what your heart tells you... Look at every path closely and deliberately. Try it as many times as you think necessary. Then ask yourself, and yourself alone, one question... Does this path have a heart? If it does, the path is good; if it doesn't it is of no use." " Always remember you're unique; just like everyone else."
Albert Camus	" I have seen many people die because life for them was not worth living. From this I conclude that the question of life's meaning is the most urgent question of all."
Friedrich Nietzsche Zarathustra	" The world is deep: deeper than day can comprehend." " - one must still have chaos in oneself to be able to give birth to a dancing star." " And how could I endure to be a man, if man were not also poet and reader of riddles and ... a way to new dawns." " He who attains his ideal by that very fact transcends it." " In revenge and love, woman is more barbarous than man."
Aristotele	" A friend is a second self." " The unmoved mover." " Song is the sweetest of all things." " The multitude is incapable of making distinctions."
Epicurus	" There is nothing terrible in life for the man who has truly comprehended that there is nothing terrible in not living."
Lao Tzu Tao	" Ordinary men hate solitude. But the master makes use of it, embracing his aloneness, realizing he is one with the whole universe." " I am not this I am not that I Am" " To accept silence - silently..." " The mark of a moderate man is freedom from his own ideas. Tolerant like the sky, all-pervading like sunlight, firm like a mountain, supple like a tree in the wind, he has no distraction in view and makes use of anything life happens to bring his way. Nothing is impossible for him. Because he has let go. " The Taoist sage uses silence to express silence."

" The Tao is unreachable
yet she is humble
and closer to you
than your mind"



Erich Fromm

" I believe that inasmuch as this world of ours seems to become mad and dehumanized, an ever greater number of individuals will feel the need to associate and work with men who share their worries."

" I believe that one can and must hope for the collective regaining of a mental health that is characterized by the capacity to love and to create; by the liberation of man from incestuous ties with the clan and the soil; by a sense of identity based on the experience that the individual has of himself as the subject and agent of his powers; by the capacity to affect reality inside an outside of himself and bring about the development of objectivity and reason."

" I believe in the possible realization of a world in which man can be much, even if he has little; a world in which the dominant motivation of existence is not consumption; a world in which "man" is the end, first and last, a world in which man can find the way of giving a purpose to his life as well as the strength to live free and without illusions."

" Man having lost paradise - the unity with nature - has become the eternal wanderer (Odysseus, Oedipus, Abraham, Faust); he is impelled to go forward, he is craving for absolute oneness."

" We have shown that man is not necessarily evil but becomes evil only if the proper conditions for his growth and development are lacking. The evil has no independent existence of its own, it's the absence of the good, the result of the failure to realize life."

Buddhism

" Mountains represents: solid peace, solid compassion and solid wisdom."

" Alert, alert, yet relax, relax!"

" Life is fleeting and passes away quickly; like dewdrops on the tips of blades of grass, which soon dry up when the sun rises.

Or like the line made by a stick in water, which vanishes soon."

" Being is not to be known, it is what one is.

The ultimate cradling mother-womb.
Reconnect with the all-encompassing womb-nature, the heart of ones heart."

" Rigpa is a primordial, pure, pristine awareness, intelligent, cognizant, radiant and always awake. It is knowledge of knowledge itself."

" Buddha-nature = Is in the sky-like nature of mind."
" For someone who has prepared and practiced, death comes not as a defeat but as a triumph, the crowning and most glorious moment of life."
" The key to finding a happy balance in modern lives is simplicity."
" Better to be secure in your insecurity than lost in your certainty."
" When the futility of all conceptual thinking is recognized, reality is experienced as pure suchness."

" This existence of ours is as transient as autumn clouds. To watch the birth and death of beings is like looking at the movements of a dance.

A lifetime is like a flash of lightning in the sky, rushing by, like a torrent down a steep mountain."

" The only thing we really have is nowness, is now."

" If you want to know the truth of life and death, you must reflect continually on this: There is only one law in the universe that never changes - that all things change, and that all things are impermanent."

" Learning to live is learning to let go."

" We can trade our small-minded struggle for security for a much vaster vision, one of fearlessness, openness, and genuine heroism..."

" Be at home in change and make impermanence your friend."

" If the mind is not stirred, it is spontaneously blissful, just as water, when not agitated, is by nature transparent and clear."

" Oh boundless joy to find at last there is no happiness in this world."

" The View is the realization of the nature of mind, and so of the nature of reality. When that View is there completely, there will be no possibility for the slightest trace of doubt, for then we'll be looking at reality with its own eyes."

" You have arrived at the original ground: the primordial purity of natural simplicity."

Joseph Conrad

" He saw life outside the flattering optical delusions of everlasting hope, of conventional self-deceptions, of an everexpected happiness."

" Going back to Europe was like to be removed from the world of hazard and adventure."

" Invulnerable because elusive..."

" For every age is fed on illusions, lest men should renounce life early and the human race come to an end."

" There is no peace and rest in the development of material interests."

" He quit his job, having nothing else in view, in the inconsequential manner in which a bird flies away from a comfortable branch."

Carl G. Jung

" The least of things with a meaning is worth more in life than the greatest of things without it."

" There is no conflict in the East between religion and science, because no science there is based upon the passion for facts, and no religion upon mere faith; there is religious cognition and cognitive religion."

" Light has need of darkness - otherwise how could it appear as light?"

" A symbolic gesture of great significance - like the hewing down of Wotans oak by the Christian missionaries."

" The Gods whom we are called to dethrone are the idolized values of our conscious World."

" The psychic depths are nature, and nature is creative life. It is true that nature tears down what she herself built up - yet she builds it once again."

" The intellect does indeed do harm to the soul when it dares to possess itself of the heritage of the spirit. It is in no way fitted to do this, for spirit is something higher than intellect since it embraces the latter and includes the feelings as well."

" This attitude is religious in the truest sense, and therefore therapeutic, for all religions are therapies for the sorrows and disorders of the soul."

" They are so detailed and thoroughly adapted to the apparent changes in the dead man's conditions that every serious-minded reader must ask himself whether these wise old lamas might not, after all, have caught a glimpse of the fourth dimension and twitted the veil from the greatest of life's secrets."

" The true genius nearly always intrudes and disturbs. He speaks to a temporal world out of a world eternal. Thus he says the wrong things at the right time."

"Whether you call the principle of existence God, matter, energy, or anything else you like, you have created nothing; you have simply changed a symbol."

" Western psychology knows the mind as the mental functioning of a psyche. It is the mentality of an individual."

" In the East mind is a cosmic factor, the very essence of existence; while in the West we have just begun to understand that it is the essential condition of cognition, and hence of the cognitive existence of the world."

" Psychic existence is the only category of existence of which we have immediate knowledge, since nothing can be known unless it first appears as a psychic image. Only psychic existence is immediately verifiable. To the extent that the world does not assume the form of a psychic image, it is virtually non-existent. This is a fact which, with few exceptions - as for instance in Schopenhauer's philosophy - the West has not yet fully realized. But Schopenhauer was influenced by Buddhism and the Upanishads."

" We shall then discover how great is our fear of the unconscious and how formidable are our resistances. Because of these resistances we doubt the very thing that seems so obvious to the East, namely the self-liberating power of the introverted mind."

" What this means psychologically can be seen from simple reflection that consciousness is always only a part of the psyche and therefore never capable of psychic wholeness: for that the indefinite extension of the unconscious is needed."

" Zen shows how much "becoming whole" means to the East."

" I should like to warn the attentive and sympathetic reader, however, not to underestimate the spiritual depth of the East, or to assume that there is anything cheap and facile about Zen."

" On the contrary, Zen demands intelligence and will-power, as do all greater things that want to become realities."

" In this respect the study of Buddhist literature was of great help to me, since it trains one to observe suffering objectively and to take a universal view of its causes."

" So if, as a doctor, I acknowledge the immense help and stimulation I have received from the Buddhist teachings, I am following a line which can be traced back some two thousand years in the history of human thought."

" All the works of man have their origin in creative fantasy. What right have we then to depreciate imagination? In the ordinary course of things, fantasy does not easily go astray; it is too deep for that, and too closely bound up with the tap-root of human and animal instinct."

" The distinction between mind and body is an artificial dichotomy, a discrimination which is unquestionably based far more on the peculiarity of intellectual understanding than on the nature of things."

" Since this is how matters stand in psychology today, we must admit that what is closest to us is the very thing we know least about, although it seems to be what we know best of all."

" It is the growth of consciousness which we must thank for the existence of problems; they are the dubious gift of civilization. It is just man's turning away from instinct - his opposing himself to instinct - that creates consciousness. Instinct is nature and seeks to perpetuate nature; while consciousness can only seek culture or its denial."

" And where several ways seem possible, there we have turned away from the certain guidance of instinct and are handed over to fear."

" I said just now that we have no schools for forty-year-olds. That is not quite true. Our religions were always such schools in the past, but how many people regard them as such today? How many of us older persons have really been brought up in such a school and prepared for the second half of life, for old age, death and eternity?"

" In primitive tribes we observe that the old people are almost always the guardians of the mysteries and the laws, and it is in these that the cultural heritage of the tribe is expressed. How does the matter stand with us? Where is the wisdom of our old people - where are their precious secrets and their visions?"

" - had they kept nothing back, all that wanted to catch fire would have been consumed, and the quiet of old age would be very welcome to them. But we must not forget that only a very few people are artists in life; that the art of life is the most distinguished and rarest of all the arts. Who ever succeeded in draining the whole cup with grace?"

" I see in all happening the play of opposites, and derive from this conception my idea of psychic energy. I hold that psychic energy involves the play of opposites in much the same way as physical energy involves a difference of potential, which is to say, the existence of such opposites as warm and cold, high and low."

" Because of that I am accused of mysticism. I do not, however, hold myself responsible for the fact that man has, everywhere and always, spontaneously developed religious forms of expression, and that the human psyche from time immemorial has been shot through with religious feelings and ideas."

" The psychotherapist must even be able to admit that the ego is ill for the very reason that it is cut off from the whole, and has lost its connection with mankind as well as the spirit."

" The artist is not a person endowed with free will who seeks his own ends, but one who allows art to realize its purposes through him.."

" It is more a question of his unreasoned need of what we

call a spiritual life, and this he cannot obtain from universities, libraries, or even churches, He cannot accept what these have to offer because it touches only his head, and does not stir his heart."

" But how do we strike men of another colour? What do China and India think of us? What feelings do we arouse in the black man? And what is the opinion of all those whom we deprive of their lands and exterminate with rum and venereal disease?"

" Psychoanalysis itself and the lines of thought to which it gives rise - surely a distinctly Western development - are only a beginner's attempt compared to what is immemorial art in the East."

" In a word, they do not give meaning enough to life. And it is only the meaningful that sets us free."

" But what will he do when he sees only too clearly why his patient is ill; when he sees that it arises from his having no love, but only sexuality; no faith, because he is afraid to grope in the dark, no hope, because he is disillusioned by the world and by life; and no understanding, because he has failed to read the meaning of his existence?"

" Human thought cannot conceive any system or final truth that could give the patient what he needs in order to live: that is, faith, hope, love and insight."

" This is why the the medicine-man is also the priest; he is the saviour of the body as well as the soul, and religions are systems of healing for psychic illness. This is especially true of the two greatest religions of man, Christianity and Buddhism. Man is never helped in his suffering by what he thinks for himself, but only by revelations of a wisdom greater than his own."

" Indeed, I do not forget that my voice is but one voice, my experience a mere drop in the sea, my knowledge no greater than the visual field in a microscope, my mind's eye a mirror that reflects a small corner of the world, and my ideas a subjective confession."

Robert Frost

" I shall be telling this with a sigh
Somewhere ages and ages hence;
Two roads diverged in a wood, and I -

I took the one less travelled by,
And that has made all the difference."



Alber Einstein

" I want to know God's thoughts, the rest are details."
" Imagination is more important than knowledge; knowledge is limited. Imagination encircles the world."
" The most beautiful thing we can experience is the

mysterious. It's the source of all true art and science. He to whom this emotion is a stranger, who can no longer pause to wonder and stand rapt in awe, is as good as dead; his eyes are closed."

" Why does this applied science, which saves work and makes life easier, bring us so little happiness? Because we have not learned to make sensible use of it."

" If there's any religion that would cope the scientific needs it will be Buddhism."

" A table, a chair, a bowl of fruit and a violin; what else does a man need to be happy."

" The true value of a human being, is determined primarily by the measure and the sense in which he has attained liberation from the Self."

" Man tries to make for himself in the fashion that suits him best a simplified and intelligible picture of the world. This is what the painter, poet, philosopher and the scientist do. Each makes this cosmos and its construction the pivot of his emotional life, in order to find in his way peace and security which he cannot find in the narrow whirlpool of personal experience."

Julius Robert
Oppenheimer

" The general notions about human understanding... which are illustrated by discoveries in atomic physics are not in the nature of things wholly unfamiliar, wholly unheard of, or new. Even in our own culture they have a history, and in Buddhist and Hindu thought a more considerable and central place. What we shall find is an exemplification, an encouragement, and refinement of old wisdom."

Niels Bohr

" For a parallel to the lesson of atomic theory... we must turn to those kinds of epistemological problems with which already thinkers like the Buddha and Lao Tzu have been confronted, when trying to harmonize our position as spectators and actors in the great drama of existence."

Somerset Maugham

" Beauty... You seldom see beauty face to face. Look at it well, Mr Hunter, for what you see now you will never see again, since the moment is transitory, but it will be an imperishable memory in your heart - you touch eternity."

" The afternoon came down as imperceptibly as age comes to a happy man."

" Human beings are incalculable and he is a fool who tells himself that he knows what a man is capable of."

" Rule of life: Follow one's instincts with due regard to the policeman round the corner."

" Never forget that you're: just an insignificant creature crawling on a speck of mud, the planet of a minor sun."

" It would be interesting if it could be shown that the fear of death is a European malady; observe with which stolid composure with which the Oriental and African races look forward to it."

" I can imagine no more comfortable frame of mind for the conduct of life than a humorous resignation."

" His rich imagination gave him sway over time and space."

" The art of life , subtle and neglected."

Arthur Schopenhauer

" Man has come into existence within the natural world, man is spiritualized matter - the human spirit is the inner essence of the world rendered conscious. Spirit is invisible Nature, therefore Nature must be visible spirit. The two are in the depths of their being one."

" The man of talent is like a marksman who hits a target others cannot hit, but the man of genius is like a marksman, who hits a target others cannot see."

" Whereas to the ordinary man his faculty of knowledge is a lamp that lights his path, to the man of genius it is the sun that reveals the world."

Zen

"When one tries to get at it,
it flies one thousand miles away.
What can one do with it?
One thousand miles!"

" One mirror reflecting another
with no shadow between them."

" Do you see the invisible cat?
Of course not. That proves it's there."

" Why is the universe here?
Where else would it be? "



" First comes the awakening of great intelligence (Eden, eating the apple; my comment) which makes us wonder what it is that acquaints us with the presence of the great ocean while we ourselves are deeply immersed in it. This separation of ourselves from the all-embracing, all-submerging ocean is the functioning of intelligence, for it's because of this that we crave for the water of life. Here lies the great spiritual tragedy of man; the water of life is desired, and this water surrounds him, soaks him, enters into every fibre and every cell of his tissues, is indeed himself even beyond the great ocean."

" Satori is: To be with God before he cried out - Let there be light!"

" Satori is God's coming to self-consciousness in man."

- Toni Morrison " The functioning of freedom is to free someone else."
- The ancient " I am never less alone then when I am alone..."
- Martin Buber " The decisive heart searching is the beginning of the way in man's life. Every man's foremost task is the actualization of his unique, unprecedented and neverrecurring potentialities."
 " God wishes to come to this world, but he wants to come to it through man. This is the ultimate purpose: to provide a dwelling for the Divine Presence."
- Goethe " The Highest bliss on earth shall be - The joys of personality."
 " East and West can no longer be kept apart."
- The ancient " Mystical experience: An attitude of oneness, not only in oneself but with all life and the universe. I.e. experiencing oneself as but a thread in the texture of the universe."
- Schiller " Man is completely human only when he is playing."
- Schelling " Beauty, is a finite rendering of the infinite."
- Spinoza " All noble things are as difficult as they are rare."
- Rumi " Language does not touch the one who lives in each of us us."
- Kant " Everything has its price, only man has a value."
- Master Eckhart " That I am a man
 this I share with other men.
 That I see and hear and
 that I eat and drink
 is what all animals do likewise.
 But that I am I is only mine
 belongs to me
 and to nobody else;
 to no other man
 not to an angel nor to God -
 except inasmuch
 as I am one with him."
- Plato " Who then are the true philosophers?
 Those who are the lovers of the vision of truth."
- Balzac " - the forces by which man is motivated. Man's fate is his character."



- Bible " Thou shalt love thy neighbour as thyself."
- The ancient " In spending his energies productively he increases his powers, he burns without being consumed."
- Emerson " Belief consists in accepting the affirmations of the soul; unbelief in denying them. "
" Things are in the saddle and ride mankind."
- Sophocles " Wonders are many, and none is more wonderful than man."
- The ancient " Happiness is the answer to having achieved excellency in the art of living, of the meaning it has in humanistic ethics."

" To be wise, a person not only must have knowledge and understanding, have wisdom, but also use it and live it!

" Religion or not? Man can stand the most incredible hardships with it, but is crushed if he is to admit that he is taking part in a tale told by an idiot.."
- Buddhism " The vast truth of the mystical teachings handed down to us is not something that our endangered world can afford to dismiss. Instead of doubting *them*, why don't we doubt ourselves: our ignorance, our assumption that we understand everything already, our grasping and evasion, our passion for so-called explanations of reality that have about them nothing of the awe-inspiring and all-encompassing wisdom of what the masters, the messengers of Reality, have told us?

" To the man who cried out: Do you think God will ever forgive me for my sins? I would say: Forgiveness already exists in the nature of God; it is already there. God has already forgiven you, for God is forgiveness itself. To err is human, and to forgive divine. But can you truly forgive yourself? That's the real question.



" Be ye lamps unto yourselves.
Be your own reliance,
Hold to the truth within yourselves
as to the only lamp."

" The absolute tranquillity is the present moment. Though it is at this moment, there is no limit to this moment, and herein is eternal delight."

"Things derive their being and nature by mutual dependence and are nothing in themselves."

" To the enlightened man...whose consciousness embraces the universe, to him the universe becomes his *body*, while his physical body becomes a manifestation of the Universal Mind, his inner vision an expression of eternal truth and mantric power."

Rousseau

" Man find happiness and fullfillment in an attitude which reconciles the expression of his own innate capacities with the acceptance of his proper place in the universal scheme."

" I love to contemplate *god in his works* while my heart rises up to him."

" Meditation in seclusion, the study of nature, the contemplation of the universe, impel a lonely man to move upwards towards the author of things and to seek with a gentle anxiety the end of all he sees, and the cause of all he feels."

" Religion is natural because it is based solely on the evidence of innate human capacities." (Same view as Jung; my comment.)

" The good use of their faculties, especially their eyes, conscience, and judgement shows men that God has revealed himself through *his works* and their hearts. To find religious truth the individual has only to look inwards at his own being, or outwards to the universal system, see the sight of nature, listen to the inner voice."

" ...fundamental principles accepted by my reason, confirmed by my heart, and which all bear the seal of inner assent in the silence of the passions."

" ...the first idea of man."

"...returning to a basic element of human nature, of understanding it in its authentic function, and of accepting it in all its simplicity, clarity, and universality."

" Their personality is sacrificed to the rigid uniformity of social conventions; everybody has to think and act like the rest and can never truly be himself. Man has thus become alienated from his own being and has acquired an artificial self. This loss of personal reality means that never being in himself, man is always a stranger to himself and ill at ease when he is compelled to withdraw into himself. Unlike the self-sufficient primitive man who lives in himself, modern man lives outside himself, basing his life on *opinion* rather than *nature*, That is, on what others expect him to be rather than on what he really is."

"...he has not found personal unity, for he is constantly at war with himself; restless and tormented, he seeks happiness through activities which never bring him fulfilment." (Same view as Fromm, and samsara in Buddhism; my comment.)

"It is necessary to be oneself at all times and not struggle against nature."

"Supreme enjoyment is contentment with oneself."

"I live in all that I love."

"To be what nature wanted."

J H Wheelock

"To be conscious, is to be separate. This is the dark joy of being."

Byron

"I love not man the less,
but nature more."

Shelley

"Our sweetest songs are those
that tell of saddest thought."

Einstein

"A human being is part of a whole, called by us the *Universe*, a part limited in time and space. He experiences himself, his thoughts and feelings, as something separated from the rest - a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circles of compassion to embrace all living creatures and the whole of nature in its beauty." (Same view as Buddhism; my comment.)

Schopenhauer

"Nature red in tooth and claw."

The ancient

"... there is a Catskill eagle in some souls that can alike dive down into the blackest gorges, and soar out of them again and become invisible in the sunny spaces. And even if he forever flies within the gorge, that gorge is in the mountains; so that even in his lowest swoop the mountain eagle is still higher than other birds upon the plain, even though they soar."

"Quem te Deus esse
Jussit, et humana qua parte
locatus es in re, Disce."

Översatt:

"Lär känna vem Gud bjudit
dig vara och vilken uppgift
du i verkligheten fått
såsom människa."

Bruno Walther

"Music's immediate and affective impact shows how closely cognate are music and the soul of man. How



could it be otherwise, seeing that the vast, transcendental realm of the soul harbors the spring from which music flows?"

Paul Gauguin

" I vår tid och för våra moderna medvetande har problemet *Varifrån kommer vi? Vad är vi? Vart går vi?* blivit belyst endast av förnuftets fackla. Låt fabeln och legenden fortbestå som de är, i underbar skönhet (detta är ovedersägligt); de har ingenting att göra med vetenskapligt resonemang."

" Mitt hjärtas slag är det enda som hörs. Från sängen ser jag i ljuset av månstrålarna bamburören som stå sida vid sida med jämna mellanrum och bilda hyddans vägg. Man skulle kunna inbilla sig att det var ett musikinstrument - forntidens rörflöjt, som tahitierna kalla vivo. Instrumentet tiger hela dagen, men nu på natten, när månen skiner, spelar det för oss de gamla kära melodierna. Vid de tonerna somnar jag. Mellan himlen och mig finns ingenting annat än det höga, lätta taket av pandanusblad, där ödlorna hålla till. I sömnen ser jag rymden fritt över mitt huvud, himlavalvet, stjärnorna. Jag är så långt, långt borta från fångelserna, de europeiska husen. (Min kommentar: romantik per se..)

Konfucius

" The chirping yellowbird
is happy in the corner of a hill.
If the bird knows how to be happy,
ought a man know less than a bird?"

Buddhadasa

" Living plain, aim high."
" Try being a monster to me; I'll kiss you to death."
" Roosters crow on time without being trapped in time."
" Seeing there's no self is to be deluded. Seeing self is not self is to be straight."

" Without mindfulness knowledge is waste."

S. Augustine

" In te ipsum redi in interiore homine habitat veritas"
Translated:
" Enter into yourself, for the truth dwells in the inmost heart of man."

The ancient

" Just as water is always wet and never apart from its wetness. Or energy as such is always alive to itself."

" Awareness swimming in its own awareness."
" The abiding condition of all knowable phenomena."
" The omega point of development."

Buddhism

" Nothing, not even one thing,
does not arise from me.
Nothing, not even one thing,

dwells not within me.
Everything, just everything,
emanates from me.
Thus am I only one,
knowing me is knowing all -
Great Bliss!

Nietzsche

" He who knows how to breath the air of my writings knows that it is an air of the heights, a robust air. One has to be made for it, otherwise there is no small danger one will catch cold. The ice is near, the solitude is terrible - but how peacefully all things lie in the light! How freely one breathes!"

" How much truth can a spirit bear, how much truth can a spirit dare?"

" The man of knowledge must be able not only to love his enemies but also to hate his friends."

" To accept oneself as a fate, not to desire oneself different."

" Few are made for independence - it is a privilege of the strong. And he who attempts it, having the completest right to it but without being compelled to, thereby proves that he is probably not only strong but also daring to the point of recklessness. He ventures into a labyrinth, he multiplies by a thousand the dangers which life as such already brings with it, not to the smallest of which is that no one can behold how and where he goes astray, is cut of from others, and is torn to pieces limb from limb by some cave-minotaur of conscience. If such a one is destroyed, it takes place so far from the understanding of men that they neither feel it nor sympathize - and can no longer go back ! He can no longer go back even to the pity of men !"

"With the strenght of his spritual sight and insight the distance, and as it were space, around man continually expands: his world grows deeper, even new stars, even new images and enigmas come into view. Perhaps everything on which the spirit's eye has exercised its profoundity and acuteness has been really but an opportunity for its exercise, a game, something for children and the childish.

Perhaps the most solemn concepts which have occasioned the most strife and suffering, the concepts "God" and "sin", will one day seem to us of no more importance than a child's toy and a child's troubles seem to an old man - and perhaps "old man" will then have need of another toy and other troubles - still enough of a child, an eternal child !"

" The sage as astronomer. - As long as you still feel the stars as being something "over you", you still lack the eye of the man of knowledge."

" Under conditions of peace the warlike man attacks himself."

" Sensuality often makes love grow too quickly, so that the root remains weak and is easy to pull out."

" That which is done out of love always takes place beyond good and evil."

" Madness is something rare in individuals - but in groups, parties, peoples, ages it is the rule."

" It seems to me more and more that the philosopher, being *necessarily* a man of tomorrow and the day after tomorrow, has always found himself and *had* to find himself in contradiction to his day: his enemy has always been the ideal of today."

" The discipline of suffering, of *great* suffering - do you not know that it is *this* discipline alone which has created every elevation of mankind hitherto?

That tension of the soul in misfortune which cultivates its strength, its terror at the sight of great destruction, its inventiveness and bravery in undergoing, enduring, interpreting, exploiting, misfortune, and whatever of depth, mystery, mask, spirit, cunning and greatness has been bestowed upon it - has not been bestowed through suffering, through the discipline of great suffering ?"

" Men of profound sorrow give themselves away when they are happy: they have a way of grasping happiness as if they wanted to crush and smother it, from jealousy, alas, they know too well that it will flee away."

