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There is no matter as such—mind is the matrix of all matter.

- Planck, Max

Science…means unresting endeavor and continually progressing development toward an aim which the poetic intuition may apprehend, but the intellect can never fully grasp.

- Planck, Max

All matter originates and exists only by virtue of a force… We must assume behind this force the existence of a conscious and intelligent Mind. This Mind is the matrix of all matter.

- Planck, Max

There can never be any real opposition between religion and science; for the one is the complement of the other. Every serious and reflective person realizes, I think, that the religious element in his nature must be recognized and cultivated if all the powers of the human soul are to act together in perfect balance and harmony. And indeed it was not by accident that the greatest thinkers of all ages were deeply religious souls.

- Planck, Max

Under these conditions it is no wonder, that the movement of atheists, which declares

religion to be just a deliberate illusion, invented by power-seeking priests, and which has for the pious belief in a higher Power nothing but words of mockery, eagerly makes use of progressive scientific knowledge and in a presumed unity with it, expands in an ever faster pace its disintegrating action on all nations of the earth and on all social levels. I do not need to explain in any more detail that after its victory not only all the most precious treasures of our culture would vanish, but – which is even worse – also any prospects at a better future.

- Planck, Max

Trees are sanctuaries. Whoever knows how to speak to them, whoever knows how to listen to them, can learn the truth. They do not preach learning and precepts, they preach undeterred by particulars, the ancient law of life.

- Hesse, Hermann

Words stand between silence and silence: between the silence of things and the silence of our own being. Between the silence of the world and the silence of God. When we have really met and known the world in silence, words do not separate us from the world nor from other men, nor from God, nor from ourselves because we no longer trust entirely in language to contain reality.

- Merton, Thomas

It is in deep solitude that I find the gentleness with which I can truly love my brothers. The more solitary I am the more affection I have for them…. Solitude and silence teach me to love my brothers for what they are, not for what they say.

- Merton, Thomas

A memorandum is not written to inform the reader, but to protect the writer.

- Acheson, Dean

The greatest thing a human soul ever does in this world is to see something, and tell what it saw in a plain way. Hundreds of people can talk for one who can think, but thousands can think for one who can see. To see clearly is poetry, prophecy, and religion, — all in one.

- Ruskin, John

The best work never was and never will be done for money.

- Ruskin, John

No matter how far you have gone on a wrong road, turn back.

- Proverb, Turkish

Justice is conscience, not a personal conscience but the conscience of the whole of humanity. Those who clearly recognize the voice of their own conscience usually recognize also the voice of justice.

- Solzhenitsyn, Alexander

Violence can only be concealed by a lie, and the lie can only be maintained by violence. Any man who has once proclaimed violence as his method is inevitably forced to take the

lie as his principle.

- Solzhenitsyn, Alexander

Everything you add to the truth subtracts from the truth.

- Solzhenitsyn, Alexander

The moment the slave resolves that he will no longer be a slave. His fetters fall... freedom and slavery are mental states.

- Gandhi, Mahatma

Freedom is not worth having if it does not connote freedom to err. It passes my comprehension how human beings, be they ever so experienced and able, can delight in depriving other human beings of that precious right.

- Gandhi, Mahatma

The weak can never forgive. Forgiveness is the attribute of the strong.

- Gandhi, Mahatma

Faith must be enforced by reason. When faith becomes blind it dies.

- Gandhi, Mahatma

The only tyrant I accept in this world is the still voice within.

- Gandhi, Mahatma

A new world is not made simply by trying to forget the old. A new world is made with a new spirit, with new values. Our world may have begun that way, but today it is caricature. Our world is a world of things. What we dread most, in the face of the impending debacle, is that we shall be obliged to give up our gewgaws, our gadgets, all the little comforts that have made us so uncomfortable. We are not peaceful souls; we are smug, timid, queasy and quaky.

- Miller, Henry

It is not worth an intelligent man's time to be in the majority. By definition, there are already enough people to do that.

- Hardy, G. H.

We have learnt that the exploration of the external world by the methods of physical science leads not to a concrete reality but to a shadow world of symbols, beneath which those methods are unadapted for penetrating. Feeling that there must be more behind, we return to our starting point in human consciousness - the one centre where more might become known. There we find other stirrings, other revelations than those conditioned by the world of symbols... Physics most strongly insists that its methods do not penetrate behind the symbolism. Surely then that mental and spiritual nature of ourselves, known in our minds by an intimate contact transcending the methods of physics, supplies just that... which science is admittedly unable to give.

- Eddington, Arthur Stanley

Religion will not regain its old power until it can face change in the same spirit as does science. Its principles may be eternal, but the expression of these principles requires continual development.

- Whitehead, Alfred North

The religion that is afraid of science dishonors God and commits suicide.

- Emerson, Ralph Waldo

Advertising is the modern substitute for argument; its function is to make the worse appear the better.

- Santayana, George

Advertising may be described as the science of arresting the human intelligence long enough to get money from it.

- Leacock, Stephen B.

When we look into the heart of a flower, we see clouds, sunshine, minerals, time, the earth, and everything else in the cosmos in it. Without clouds, there could be no rain, and there would be no flower. Without time, the flower could not bloom. In fact, the flower is made entirely of non-flower elements; it has no independent, individual existence. It ‘inter-is’ with everything else in the universe.

- Thich Nhat Hahn

To think in terms of either pessimism or optimism oversimplifies the truth. The problem is

to see reality as it is.

- Thich Nhat Hahn

Understanding and love are values that transcend all dogma.

- Thich Nhat Hahn

When you shine the light, darkness disappears. We may understand this as a kind of fight between light and darkness, but in reality, it is an embrace. Mindfulness, if practiced continuously, will be strong enough to embrace your fear or anger and transform it. We need not chase away evil. We can embrace and transform it in a nonviolent, nondualistic way.

- Thich Nhat Hahn

In mindfulness one is not only restful and happy, but alert and awake. Meditation is not evasion; it is a serene encounter with reality.

- Thich Nhat Hahn

When we come into contact with the other person, our thoughts and actions should express our mind of compassion, even if that person says and does things that are not easy to accept. We practice in this way until we see clearly that our love is not contingent upon the other person being lovable.

- ThÃ-ch Nhat Hanh

In true dialogue, both sides are willing to change.

- ThÃ-ch Nhat Hanh

When you plant lettuce, if it does not grow well, you don't blame the lettuce. You look into the reasons it is not doing well. It may need fertilizer, or more water, or less sun. You never blame the lettuce. Yet if we have problems with our friends or our family, we blame the other person. But if we know how to take care of them, they will grow well, like lettuce. Blaming has no positive effect at all, nor does trying to persuade using reason and arguments. That is my experience. No blame, no reasoning, no argument, just understanding. If you understand, and you show that you understand, you can love, and the situation will change. -

- ThÃ-ch Nhat Hanh

The practice of peace and reconciliation is one of the most vital and artistic of human actions.

- ThÃ-ch Nhat Hanh

We really have to understand the person we want to love. If our love is only a will to possess, it is not love. If we only think of ourselves, if we know only our own needs and ignore the needs of the other person, we cannot love.

- ThÃ-ch Nhat Hanh

Man knows more than he understands.

- Adler, Alfred

The best moments in reading are when you come across something - a thought, a feeling, a way of looking at things - which you had thought special and particular to you. And now, here it is, set down by someone else, a person you have never met, someone even who is long dead. And it is as if a hand has come out, and taken yours.

- Bennett, Alan

Some men's words I remember so well that I must often use them to express my thought. Yes, because I perceive that we have heard the same truth, but they have heard it better.

- Emerson, Ralph Waldo

There is a time in every man's education when he arrives at the conviction that envy is ignorance; that imitation is suicide.

- Emerson, Ralph Waldo

Respect the child. Be not too much his parent. Trespass not on his solitude.

- Emerson, Ralph Waldo

But there is greater comfort in the substance of silence than in the answer to a question.

- Merton, Thomas

Art enables us to find ourselves and lose ourselves at the same time.

- Merton, Thomas

When your tongue is silent, you can rest in the silence of the forest. When your imagination is silent, the forest speaks to you, tells you of its unreality and of the Reality of God. But when your mind is silent, then the forest becomes magnificently real and blazes transparently with the Reality of God.

- Merton, Thomas

The light of truth burns without a flicker in the depths of a house that is shaken with storms of passion and fear.

- Merton, Thomas

The beginning of love is to let those we love be perfectly themselves, and not twist them to fit our own image. Otherwise we love only the reflection of ourselves we find in them.

- Merton, Thomas

Solitude is a way to defend the spirit against the 'murderous din of our materialism'.

- Merton, Thomas

At the center of our being is a point of nothingness which is untouched by sin and by illusion, a point of pure truth, a point or spark which belongs entirely to God, which is never at our disposal, from which God disposes of our lives, which is inaccessible to the fantasies of our own mind or the brutalities of our own will.

- Merton, Thomas

In the last analysis, the individual person is responsible for living his own life and for

finding himself. If he persists in shifting his responsibility to somebody else, he fails to find out the meaning of his own existence.

- Merton, Thomas

We stumble and fall constantly even when we are most enlightened. But when we are in true spiritual darkness, we do not even know that we have fallen.

- Merton, Thomas

When you come to see you are not as wise today as you thought you were yesterday, you are wiser today.

- de Mello, Anthony

Wisdom tends to grow in proportion to one's awareness of one's ignorance.

- de Mello, Anthony

When you are guilty, it is not your sins you hate but yourself.

- de Mello, Anthony

It is easy when we are in prosperity to give advice to the afflicted.

- Aeschylus

I have repeatedly said that in my opinion the idea of a personal God is a childlike one, but I do not share the crusading spirit of the professional atheist whose fervor is mostly due to

a painful act of liberation from the fetters of religious indoctrination received in youth. I prefer an attitude of humility corresponding to the weakness of our intellectual understanding of nature and of our own being.

- Einstein, Albert

Of all the communities available to us there is not one I would want to devote myself to, except for the society of the true searchers, which has very few living members at any time.

- Einstein, Albert

One had to cram all this stuff into one's mind for the examinations, whether one liked it or not. This coercion had such a deterring effect on me that, after I had passed the final examination, I found the consideration of any scientific problems distasteful to me for an entire year.

- Einstein, Albert

Then there are the fanatical atheists whose intolerance is the same as that of the religious fanatics, and it springs from the same source ... They are creatures who can't hear the music of the spheres.

- Einstein, Albert

Perfection of means and confusion of goals seem -- in my opinion -- to characterize our age.

- Einstein, Albert

It is wrong to think that love comes from long companionship and persevering courtship. Love is the offspring of spiritual affinity and unless that affinity is created in a moment, it will not be created for years or even generations.

- Gibran, Kahlil

Think like a wise man but communicate in the language of the people.

- Yeats, William Butler

Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be encumbered with your old nonsense.

- Emerson, Ralph Waldo

One of the greatest necessities in America is to discover creative solitude.

- Sandburg, Carl

First, I do not sit down at my desk to put into verse something that is already clear in my mind. If it were clear in my mind, I should have no incentive or need to write about it. We do not write in order to be understood; we write in order to understand.

- Day-Lewis, Robert Cecil

The boy gathers materials for a temple, and then when he is thirty, concludes to build a woodshed.

- Thoreau, Henry David

The twentieth century has been characterized by three developments of great political importance: the growth of democracy, the growth of corporate power, and the growth of corporate propaganda as a means of protecting corporate power against democracy.

- Carey, Alex

Underneath the superficial self, which pays attention to this and that, there is another self more really us than I. And the more you become aware of the unknown self if you become aware of it the more you realize that it is inseparably connected with everything else that is.

- Watts, Alan W.

This is the real secret of life - to be completely engaged with what you are doing in the here and now. And instead of calling it work, realize it is play.

- Watts, Alan W.

In other words, a person who is fanatic in matters of religion, and clings to certain ideas about the nature of God and the universe, becomes a person who has no faith at all.

- Watts, Alan W.

But the attitude of faith is to let go, and become open to truth, whatever it might turn out to

be.

- Watts, Alan W.

And the attitude of faith is the very opposite of clinging to belief, of holding on.

- Watts, Alan W.

You are an aperture through which the universe is looking at and exploring itself.

- Watts, Alan W.

The moralist is the person who tells people that they ought to be unselfish, when they still feel like egos, and his efforts are always and invariably futile.

- Watts, Alan W.

Zen does not confuse spirituality with thinking about God while one is peeling potatoes. Zen spirituality is just to peel the potatoes.

- Watts, Alan W.

Things are as they are. Looking out into it the universe at night, we make no comparisons between right and wrong stars, nor between well and badly arranged constellations.

- Watts, Alan W.

To be angry about trifles is mean and childish; to rage and be furious is brutish; and to maintain perpetual wrath is akin to the practice and temper of devils; but to prevent and

suppress rising resentment is wise and glorious, is manly and divine.

- Watts, Alan W.

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