

A resumé of the AKM for those in a hurry

The Australian Kindness Movement has been promoting kindness in Australia since 1994. The group was formed to help overcome the drift toward a cold and impersonal society. Our major goal is to generate a greater sense of friendliness in the community through the medium of simple acts of kindness. When this is achieved, citizens will experience greater levels of caring and safety in the community.

Staffed by volunteers, our funding is by way of small donations from people who share our vision of a kinder, friendlier world. Being a totally autonomous group, there are no affiliations with religious, political, or philosophical bodies.

In 1996 we initiated Australia's first National Kindness Day. Held annually on the 6th November, it celebrates the positive impact that kindness has on ourselves, our community, and our country. Australia's National Kindness Day is now incorporated in a 12 day celebration, which includes World Kindness Day and UNESCO's International Day of Tolerance. The celebration is conducted from the 6th to 17th November. Further details of 'The Twelve Days of Kindness,' and our organisation, can be found on our Web site (www.kindness.com.au).

In 1997 we became a foundation member of the World Kindness Movement (WKM). With it's headquarters in Tokyo, the WKM has, at the moment, 10 member countries – Australia, Canada, England, Japan, South Korea, New Zealand, Scotland, Singapore, Thailand, and the US. The combined membership of the organisations belonging to the WKM is almost 3 million people.

The results of a survey based on the mood of the nation were released in February last year. Australians revealed that they believed "community and family life would continue to deteriorate, and that their personal and spiritual lives would be poorer . . . The future they wanted was described in terms like: simple, happy, peace, community, tolerant, safe and ordered." These are the words of Richard Eckersley of the Australian National University.

How do we achieve the 'simple, happy, peace, community, tolerant, safe and ordered' life that Australians expressed such a strong desire for? It is accomplished by incorporating these things into our daily lives, by us being and promoting these things. This involves people like you and me going about our daily activities with a calm, caring and cheerful attitude, unaffected by whatever chaos may be going on around us. We can choose not to be caught up in the frustration, anger and meanness of our surroundings. It will work if I remember to do the little things – smiling at everyone I make eye contact with, giving my full attention when someone is talking to me, staying calm, not focussing on the things that annoy me, counting my blessings, complimenting, supporting, or any little act of kindness that gives someone an "I care" message.

If 'The 12 Days of Kindness' celebration is well publicised, then it will be a success, and Australians will be well on the way to achieving their desire for a kinder community. When this happens we can rightly call the Australian media our Fairy Godmother.

Quotations

Kind and inspiring quotations gathered over the past ten years. We suggest you copy one or two that appeal to you each week and paste them up in your home and work environment. This will act as a subtle reminder to you (and others who read them) to bring a little more kindness and understanding to a world that is becoming colder and more impersonal.

Kind words are the music of the world. They have a power which seems to be beyond natural causes, as though they were some angel's song which had lost its way and come down to earth.

Frederick W Faber

Show charity and goodwill to others and it will return to enhance your own life in many wonderful ways.

Brian Adams, 'How to Succeed.'

Always be a little kinder than necessary.

James M Barrie

The older you get the more you realise that kindness is synonymous with happiness.

Lionel Barrymore

The smallest act of kindness is worth more than the grandest intentions.

H Jackson Brown

Dedicate some of your life to others. Your dedication will not be a sacrifice. It will be an exhilarating experience.

Thomas Dooley

All human beings hunger for appreciation.

David Dunn, 'Try Giving Yourself Away'

I feel the capacity to care is the thing which gives life its deepest significance.

Pablo Casals

Giving means extending one's love with no conditions, no expectations and no boundaries. . . Peace of minds occurs, therefore, when we put all our attention into giving and have no desire to get anything from, or to change, another person. . . The giving motivation leads to a sense of

inner peace and joy that is unrelated to time.

Gerald Jampolsky, 'Love is Letting Go of Fear.'

We make a living by what we get, but we make a life by what we give.

Norman MacEwan

A kindness done is never lost. It may take a while, but like a suitcase on a luggage carousel, it will return again.

Anon

A man who has his initials on his pyjamas must be uncertain of himself. Surely you should know who you are at bed time. Robert Morley

My religion is very simple - my religion is kindness

The Dalai Lama

When I look back at my experience of being confronted with death and ask myself what, in that hour, were the memories I treasured, I have little difficulty in answering. I cared not at all for my personal success. What I did care about were the thoughts that I had made a few happier, that I had done a few kindnesses, that I had won some love.

Arthur Benson

It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself.

Ralph Waldo Emerson

Always do what's right. It will gratify half of mankind and astound the other.

Mark Twain

There are never enough "I love yous."

Lenny Bruce

I don't know what your destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve.

Albert Schweitzer

There is hunger for ordinary bread, and there is hunger for love, for kindness, for

thoughtfulness; and this is the great poverty that makes people suffer so much.

Mother Teresa

Life is short and we have not too much time for gladdening the hearts of those who are travelling the dark way with us. Oh, be swift to love! Make haste to be kind.

Henry Amiel

The best portion of a good man's life,

His little, nameless, unremembered acts

Of kindness and love. William Wordsworth

You give but little when you give of your possessions. It is when you give of yourself that you truly give.

Kahlil Gibran

You'll never change the world by telling people what they should or shouldn't do. Teach by example - be living proof of the joys of kindness. People's admiration will be such, that they'll fall over themselves to emulate you.

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Remember that happiness doesn't depend upon who you are, or what you have, it depends solely on what you think. Dale Carnegie

A miracle is never lost. It may touch many people you have never met, and produce undreamed of changes in situations of which you are not even aware.

A Course in Miracles

You make people happy and you bring happiness to yourself when you do unexpected acts of kindness without fanfare and without thought of reward.

Marcus Bach

No joy can equal the joy of serving others.

Sai Baba

No act of kindness, no matter how small, is ever wasted.

Aesop

To be able to practise five things everywhere under heaven constitutes perfect virtue - gravity, generosity of soul, sincerity, earnestness, and kindness.

Confucius

Do not ask me to be kind; just ask me to act as though I were.

Jules Renard

When we make the choice to care, we set into motion a snowball effect that touches many people, most of whom we will never know about . . . never underestimate the importance of a kind act.

Alan Cohen, 'I Had It All the Time.'

Nothing is good or bad, but thinking makes it so. William Shakespear

Opportunities for kindness are flowing past us continuously, during the hours we spend at home, in the office or store or shop or laboratory where we work, as we walk along the street, as we drive hither and yon, as we travel by train or plane or bus - in short, wherever we are and whatever we are doing.

David Dunn, 'Try Giving Yourself Away'

Treat everyone as if they have a sign around their neck saying, "Help me to feel good about myself." Author unknown

Give what you can. To someone it may be better than you dare to think.

Henry Wadsworth Longfellow

I shall pass through this world but once. If, therefore, there be any kindness I can show, or any good thing I can do, let me do it now.

Étienne De Grellet

The luxury of doing good surpasses every other personal enjoyment.

John Gay

If the world seems cold to you, kindle fires to warm it.

Lucy Larcom

Our goal is to make heaven a 'down to earth' experience.

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The various features and aspects of human life, such as longevity, good health, success, happiness, and so forth, which we consider desirable, are all dependent on kindness and a good heart.

The Dalai Lama, 'The World of Tibetan Buddhism.'

Some pursue happiness, others create it.

Author unknown

It is the greatest of all mistakes to do nothing because you can only do a little. Do what you can.

Sydney Smith

He who praises another enriches himself far more than he does the one praised. To praise is an investment in happiness.

George Adams

A day without laughter is a day wasted. Charles Chaplin

Always, Sir, set a high value on spontaneous kindness.

Samuel Johnson, 'Life of Johnson' (J Boswell)

If you start to give of yourself, be it ever so simple a fashion, the world will observe your spirit and show you many needs that you can supply. There are a hundred ways of giving away little margins of time you will never miss, which could be riches to someone.

David Dunn, 'Try Giving Yourself Away'

It is the human things that make life good, the unexpected kindness, the friendly note, the bracing word, the neighbour's extra loaf of bread she leaves at our back door.

Raymond J Baughan

Through our willingness to help others we can learn to be happy rather than depressed.

Gerald Jampolsky

Wherever there is a human being there is an opportunity for kindness.

Seneca

Tenderness and kindness are not signs of weakness and despair but manifestations of strengths and resolutions.

Kahlil Gibran

We are the ones who suffer when we hold on to past grievances. Louise Hay, 'Life!'

The ability to give kindness and receive appreciation in return is the one thing that proves that man has climbed up out of the jungle and gotten hold of something higher than just the satisfaction of survival.

Joseph Harsch

So many times each day we support each other informally without ever becoming 'helper' or 'helped.' Perhaps we're finding an article of clothing for a partner, cutting bread for one of the children, collecting the mail for the person at the next desk, holding the coat for someone at a restaurant.

Ram Das & Paul Gorman, 'How Can I Help?'

Be aware that the difference between heaven and earth is not so much altitude but attitude.

Ken Keys Jnr, 'The Power of Unconditional Love.'

Little words of kindness, little words of love,

Make this earth an Eden, like the heaven above. Julia Carney, 'Little Things'

The great acts of love are done by those who are habitually performing small acts of kindness.

Author Unknown

Remember that everyone is influenced by kindness.

H Jackson Brown

If we work for social change - and it is good to do such things - let us always do it with an awakened heart big enough for all. There is no enemy; there is only ignorance. There is no one to hate, only many to love.

John Kehoe, 'A Vision of Power and Glory.'

Life is mostly froth and bubble,

Two things stand like stone,

Kindness in another's trouble,

Courage in your own. Adam Lindsay Gordon, 'Ye Wearie Wayfarer'

A friend is a gift you give to yourself, Robert Louis Stevenson

Giving connects two people, the giver and the receiver, and this connection gives birth to a new sense of belonging.

Deepak Chopra

Look at everything as though you were seeing it either for the first or last time. Then your time on earth will be filled with glory.

Betty Smith, 'A Tree Grows in Brooklyn.'

The enjoyment that comes from our acts of kindness give us a glimpse of the world that might be, hopefully our future world. Good natured, friendly, human.

David Dunn, 'Try Giving Yourself Away'

Try finding love, rather than finding fault.

Gerald Jampolsky, 'Change Your Mind, Change Your Life.'

It's not enough merely to exist. It's not enough just to say, "I'm earning enough to support my family. I do my work well. I'm a good father, husband, churchgoer." That's all very well. But you must do something more. Seek always to do some good, somewhere. Every man has to seek his own way to realise his true worth. You must give some time to your fellow man. Even if it's a little thing, to do something for those who need help, something for which you get no pay but the privilege of doing it. For remember, you don't live in a world all your own. Your brothers are here too.

Albert Schweitzer

The act of giving expands one's entire life experience because nothing is more fulfilling than one's capacity to give.

Phylicia Rashad

Be kind to each other. It is better to commit faults with gentleness than to work miracles with unkindness.

Mother Teresa, 'No Greater Love'

So many gods, so many creeds,

So many paths that wind and wind,

While just the art of being kind,

Is all this sad world needs. Ella Wheeler Wilcox, 'The World's Need'

Mankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect.

Chief Seattle

A kind word is like a spring day Russian proverb

To err is dysfunctional, to forgive co-dependent. Susan Baxter

Our lives are also fed by kind words and gracious behaviour. We are nourished by expressions like 'excuse me', and other such simple courtesies. Our spirits are richly fed on compliments just as our bodies are on whole wheat bread.

Ed Hays

Strive to acknowledge something good in everyone you meet - their skills, their qualities, the positive impact they have on the world around them. Let this be your gift to them.

AKM

The means to gain happiness is to throw out from oneself like a spider in all directions an adhesive web of love, and to catch in it all that comes.

Leo Tolstoy

Success means we go to sleep at night knowing that our talents and abilities were used in a way that served others.

Marian Williamson, 'A Return to Love'

When your happiness comes primarily from the happiness of others, you know you have moved from a 'me' experience to a 'we' experience. And the whole problem-solving and opportunity-seizing process changes.

Stephen Covey, 'The 7 habits of Highly Effective Families'

The act of giving expands one's entire life experience because nothing is more fulfilling than one's capacity to give.

Patricia Rashad

Events are always in flux. One day they love you; the next day you're their target. One day a situation is running smoothly; the next day chaos reigns. One day you feel like you're an OK person; the next day you feel like you're an utter failure. These changes in life are always going to happen; they're part of the human experience. What can change, however, is how we perceive those experiences. And that shift in our perception is the meaning of miracles.

Marianne Williamson, 'A Return to Love'

If you knew who walks beside you at all times on this path that you have chosen, you would never experience fear again.

A Course in Miracles

There is nothing

I can tell you

That you do not already know.

There is no question

That you can ask me

That you

Yourself

Cannot answer.

You

Have just forgotten David Littlewood, 'Start to Live'

We live in a perfect Universe, and whether we like it or not, everything happens for a reason.

Simon Peter Fuller, 'Rising out of Chaos'

Help me see this brother through the eyes of truth and not of judgement.

Kenneth Wapnick, 'Absence from Felicity'

In uncertain times it is optimism that we need. Unless they are challenged vigorously, the pessimists who rejoice in the predictions of apocalypse may prove themselves right. Their prophecies may prove self-fulfilling because of the despair they have engendered.

Michael Allaby, 'Facing the Future: The Case for Science'

No snowflake ever falls in the wrong place

Zen saying

People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within.

Elizabeth Kübler-Ross

Your task is not to seek for love, but merely to seek and find all of the barriers within yourself that you have built against it.

A Course in Miracles

The future is in the hands of those who can give tomorrow's generations valid reasons to live and hope.

Pierre Teilhard de Chardin, 'The Phenomenon of Man'

Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has.

Margaret Mead

Next to physical survival, the greatest need of a human being is psychological survival – to be understood, to be affirmed, to be validated, to be appreciated.

Steven Covey, 'The 7 Habits of Highly Effective People'

All we need to begin with is a dream that we can do better than before. All we need to have is faith, and that dream will come true. All we need to do is act, and the time for action is now.

Carl Sandburg

Humanity faces a quantum leap forward. It faces the deepest social upheaval and creative restructuring of all time. Without clearly recognising it, we are engaged in building a remarkable new civilisation from the ground up.

Alvin & Heidi Toffler, 'Creating a New Civilisation'

It's not enough to have good thoughts for the world. You must get out there! It is also really important that each person realise their own worth. If you don't think you're good enough, how can you turn around and help save the world?

Ted Danson

Making our goal anything other than peace is emotionally self-destructive.

Marianne Williamson, 'A Return to Love'

We have not been given a spirit of fear, but of power and of love and of a sound mind.

Unknown

Each time a person stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he or she sends forth a tiny ripple of hope. Crossing each other from a million different centres of energy and daring, those ripples build a current that can sweep down the mightiest walls of oppression and resistance.

Robert F Kennedy

What we think about and talk about expands into action.

Wayne Dyer, 'Everyday Wisdom'

What wisdom can we find that is greater than kindness?

Jean Jacques Rousseau

Life begets life. Energy creates energy. It is by spending oneself that one becomes rich.

Sarah Bernhardt

Few parents teach their children how phoney the ads on TV are, how many lies and exaggerations they contain. How could they? These parents were also raised on television ballyhoo.

Louise Hay, 'Life!'

Hopelessness kills. Numerous studies in humans show that we can die as a result of dire beliefs and a sense of overwhelming futility.

Dr Larry Dossey, 'Prayer is Good Medicine'

Fear grows out of the things we think; it lives within our minds. Compassion grows out of the things we are, and lives in our hearts.

Barbara Garrison

Helping others can truly be one of our most self-servicing acts.

Allan Luks, 'The Healing Power of Doing Good'

Everybody appreciates a compliment.

Abraham Lincoln

The secret of living is giving.

Kate Samperi, 'Silver Linings'

The world is but a canvas to our imaginations.

Thoreau

Attachment to being right creates suffering. When you have a choice to be right, or to be kind, choose kind, and watch your suffering disappear.

Wayne Dyer

A gift consists not in what is done or given, but in the intention of the giver or doer.

Seneca

To do more for the world than the world does for you, that is success!

Henry Ford

People wait for the big moment, the great event, and forget that happiness comes from building steadily on the small daily things of life. People wait for that special moment to express love and forget that love springs from thoughtfulness practised every day. People wait, but waiting is future and NOW is always the time.

Mehr Baba

If you cannot see the bright side, polish the dull side. Anon

If we understood the power of our thoughts, we would guard them more closely. If we understood the awesome power of our words, we would prefer silence to almost anything negative. In our thoughts and words we create our own weaknesses and our own strengths. Our limitations and joys begin in our hearts. We can always replace negative with positive.

Betty Eadie, 'Embraced by the Light'

Don't believe what your eyes are telling you. All they show is limitation. Look with your understanding, find out what you already know, and you'll see the way to fly.

Richard Bach, 'Jonathan Livingstone Seagull'

I saw lots of things when I was gone. Some I can remember, some I can't. The one thing that stood out for me was when I saw my spirit guide. You may call it a guardian angel, a guide, or just help, but I came back from the other side knowing beyond a shadow of a doubt that we're never, ever alone.

A man describing a near death experience, as told in 'Finding Your Way Home' by Melody Beattie

Things are beautiful if you love them Anon

Wealth without work, pleasure without conscience, knowledge without character, business without morality, science without humanity, worship without sacrifice, politics without principle.

Mahatma Gandhi's list of seven deadly sins

It is our duty as women and men to proceed as though the limits of our abilities do not exist.

Teilhard de Chardin

The worst thing you can possibly do is worry about what you should have done. Lichtenberg

We cannot fill up our emptiness with objects, possessions or people. We have to go deeper into that emptiness, then we will find beneath nothingness the flame of love to warm us.

John O'Donohue, 'Anam Cara'

Nothing can hurt you unless you give it the power to do so. A Course in Miracles

Gratitude helps you to grow and expand; gratitude brings joy and laughter into your lives and into the lives of all those around you.

Eileen Caddy, 'The Dawn of Change'

Children are our most precious resource. They will create a future based on what they learn now, yet they often have little choice about what is taught to them. Sandi Smith

If there is righteousness in the heart

There will be beauty in the character.

If there is beauty in the character

There will be harmony in the home.

When there is harmony in the home

There will be order in the nation.

When there is order in the nation

There will be peace in the world. Anon

Doing good is as important as doing well. Liz Hunt

The whole course of human history may depend on a change of heart in one solitary and even humble individual – for it is the solitary mind and soul of the individual that the battle between good and evil is waged, and ultimately won or lost.

M Scott Peck, 'People of the Lie'

Meditation is not a way of making your mind quiet. It is a way of entering into the quiet that is already there – buried under the 50,000 thoughts the average person thinks every day.

Deepak Chopra, 'Perfect health'

For every action, there is an equal and opposite reaction. If you push hard on the world, the world pushes back on you. If you touch the world gently, the world will touch you gently in return.

Paul Hewitt, 'Conceptual Physics'

It is almost impossible to watch a sunset and not dream. Ben Williams

When you hear a kind word spoken about a friend, tell him so. H Jackson Brown

You don't have to search so hard for meaning and destiny. If you focus on keeping yourself clear and in balance and you live from your heart, destiny and your highest-good path will unfold naturally at your feet. Melody Beattie, 'Finding Your Way Home'

The future belongs to those who believe in the beauty of their dream. Eleanor Roosevelt

We have no right to dictate, through irresponsible action or narrow-mindedness, the future of our children and our children's children. There has been enough destruction, enough death, enough waste. We are moving in the right direction. I believe that very sincerely, and may God bless our efforts.

Portion of an address given by King Hussein of Jordan at the Middle East Peace Accord

Vision is the art of seeing things invisible. Jonathan Swift

Ordinary citizens are so accepting of what is going on, grumbling when their material interests were affected, but seemingly accepting the spiritual poverty so characteristic of today.

Charles Handy, 'The Hungry Spirit'

Always be a first rate version of yourself, rather than a second rate version of somebody else.

Judy Garland

May you always be inspired to stand tall in the sunlight, to seek out the bright face of beauty, to see the world through the eyes of tenderness, to love with openheartedness, to speak the quiet word of comfort, to look up to the mountain and not be afraid to climb. May you always be aware of the needs of others, believe in the wonder of life, the miracle of creation, the joy of love, the beauty of the universe, the dignity of the human being.

Hadin Marshall

The mind is in its own place, and in itself

Can make a Heav'n of Hell, a Hell of Heav'n John Milton

Children smile 400 times a day on average, adults 15 times. Children laugh 150 times a day, adults 6 times per day. Children play between 4 to 6 hours a day, adults only 20 minutes a day. What's happened?

Robert Holden, 'Living Wonderfully'

We are too hasty to criticise, too slow to acknowledge good. AKM

We need 4 hugs a day for survival. We need 8 hugs a day for maintenance. We need 12 hugs a day for growth.

Virginia Satir

A loving heart is always young. French proverb

The only real mistake is the one from which we learn nothing. John Powell

If you can't stand solitude, maybe you bore others, too. Bob Gorden

Love is a way of living, and not something that you give. Deepak Chopra

Choose a job you love, and you will never have to work a day in your life. Confucius

The ideals which have lighted my way, and time after time given me new courage to face life cheerfully, have been Kindness, Beauty and Truth. The trite subjects of human possessions, outward success, luxury – have always seemed to me contemptible.

Alfred Einstein

No one can make you feel inferior without your consent. Eleanor Roosevelt

Happiness is not having what you want, but wanting what you have. H J Chachitel

Never ask a barber if you need a haircut. H Jackson Brown

To love and be loved is to feel the sun from both sides.

Dr David Viscott, 'How to Live With Another Person'

It is on being the caterpillar that you become the butterfly.

John Harricharan, 'Morning Has Been All Night Coming'

The two most common elements in the universe are hydrogen and stupidity. Anon

Stress is not so much what you do, but how you react to what you do. Dean Ornish, MD

Anything that offers hope has the potential to heal. Bernie Siegal, 'Loving, Living & Healing'

A careless word may kindle strife;

A cruel word may wreck a life.

A bitter word may hate instil;

A brutal word may smite and kill.

A gracious word may smooth the way;

A joyous word may light the day.

A timely word may lessen stress;

A loving word may heal and bless. Anon

The voyage of discovery lies not in finding new landscapes, but in having new eyes. Marcel Proust

The worst sin towards our fellow creatures is not to hate them, but to be indifferent to them. That's the essence of humanity.

George Bernard Shaw

Life does not have to be perfect to be wonderful. Annette Funicello

Few will have the greatness to bend history itself, but each of us can work to change a small portion of events, and in the total of all those acts will be written the history of this generation. It is from numberless diverse acts of courage and belief that history is shaped.

Robert F Kennedy

Cherish yesterday . .

dream tomorrow . .

live today Richard Bach, 'Jonathan Livingston Seagull'

Get your priorities right. No one ever said on their deathbed, "Gee, if only I'd spent more time at the office!" H Jackson Brown

We are all born into families and cultures we didn't choose, given names we didn't pick, instructed in behaviour and values we might not have freely chosen, and too often we end up expected to live lives designed by others.

Sheldon Kopp, "All God's Children are Lost, but only a few can play the piano'

As human beings, we are only able to survive in dependence upon the co-operation, help and kindness of other fellow humans. The Dalai Lama

Keep an open mind, but don't let your brain fall out. Dr Joan Borysenko

What angers us in another person is more often than not an unhealed aspect of ourselves. If we had already resolved that particular issue, we would not be irritated by its reflection back to us.

Simon Peter Fuller, 'Rising out of Chaos'

Most people do not listen with the intent to understand; they listen with the intent to reply.

Stephen Covey, 'The 7 Habits of Highly Effective People'

The possibilities you see in others, are possible for you as well.

The beauty you see around you, is your beauty.

Whatever you care about, is your responsibility.

What you see in others, shows you yourself.

See the best in others, and you will be your best.

Give to others, and you give to yourself.

Appreciate beauty, and you will be beautiful.

Admire creativity, and you will be creative.

Love, and you will be loved.

Seek to understand, and you will be understood.

Listen, and your voice will be heard.

Teach, and you will learn.

Show your best face to the mirror, and you'll be happy with the face looking back at you.

From the Women's Spiritual Network Web site

Be kind. Everyone you meet is fighting a harder battle. Plato

The happiness of life is made up of little charities – a kiss or smile, a kind look, a heartfelt compliment. Samuel Taylor Coleridge

Don't let yesterday use up too much of today. Will Rogers

The spiritual journey consists of simply ceasing to be an enemy of ourselves.

Annette Noontil, 'The Body is the Barometer of the Soul'

The purpose of life is to matter –

to count

to stand for something

to have it make some

difference that

we lived at all. Leo Rosten

The best way to cheer yourself up is to cheer somebody else up. Mark Twain

Scatter joy. Emerson

The most important thing in an argument, next to being right, is to leave an escape hatch for your opponent, so that he can gracefully swing over to your side without too much apparent loss of face. Sydney Harris

Some people walk in the rain. Others just get wet Roger Miller

The highest wisdom is loving kindness. The Talmud

The true perfection of man lies not in what man has, but in what man is. Oscar Wilde

The way to be happy is to make others so. Robert Ingersoll

There is not a crime, there is not an injustice which does not live in secrecy. Get these things out into the open, describe them, ridicule them in the press, and sooner or later public opinion will sweep them away. Joseph Pulitzer

Think nothing profitable to you which compels you to break a promise, to lose your self respect, to hate any person, to curse, to act the hypocrite. Marcus Aurelius

The only reward for virtue is virtue; the only way to have a friend is to be one.

Ralph Waldo Emerson

Better to try all things and to find all empty, than to try nothing and leave your life a blank.

Charlotte Bronte

Don't exclude yourself from precious moments, warm encounters, beautiful attitudes, majestic discoveries, flowing intimacies, sensory development – for these are the jewels placed in the crown of your destiny. Walter Rinder

Make every day a kindness day Anon

Once we throw away the frustrating myth of "more," we can relax into the satisfying experience of enjoying "enough."

Jacqueline Blix & David Heitmiller, 'Getting a Life'

The young people . . . share the spirit of adventure, the joy of living, the exuberance and delight of youth. Governor General Sir William Dean

True sacrifice should be an enriching experience, far removed from attempts to feed emptiness or assuage feelings of neediness. Angela Rossmann, 'The Sacrifice Trap'

Unfortunately, in our society, children do not receive enough touch because of increasing concern about the occurrence of inappropriate touch. And although these concerns are important, our research gives every indication that touch is more than beneficial – we should consider touch as essential as diet and exercise are to the growth and well-being of children.

Tiffany Field, PhD, Touch Research Institute of Miami School of Medicine

Switch off the television and get outside. Get bored, for God's sake. Stop being entertained.

Film director Peter Weir's advice to over-stimulated children

The mist of familiarity obscures from us the wonder of our being. Shelly

Try not to become a man of success, but rather try to become a man of value. Albert Einstein

For those who believe, no proof is necessary. For those who don't believe, no proof is possible.

John & Lyn St Clair, 'Eyes of the Beholder'

The most exciting breakthroughs of the 21st century will occur not because of technology but because of an expanding concept of what it means to be human.

John Naisbitt & Patricia Aburdene, 'Megatrends 2000'

If you don't know where you're going, any route will take you there.

Harry Adler, 'The Ultimate How To Book'

If you use your heart instead of your head to navigate through the byways of life, you will rarely lose your way. AKM

In the mountains of truth, you never climb in vain. Either you reach a higher point today or you exercise your strength in order to be able to climb tomorrow. Friedrich William Nietzsche

The value of a dog is its constant reminder of how much fun it is to be idiotic. Charlotte Johnstone

Managerial ethics aren't dead but they have been anaesthetised, or more accurately, taken out of the vocabulary and language of management ideology. Amanda Sinclair

To drop the need to understand the world and simply to be in the world, in life, in music – this may be the new direction of humanity. Joanne Crandell, 'Self-Transformation through Music'

In the beginner's mind there are many possibilities, but in the expert's there are few.

Shunryu Suzuki, 'Zen Mind. Beginner's Mind'

To be at peace in any endeavour, we must release our need to control the outcome.

Diane Dreher, 'The Tao of Inner Peace'

Phew! And what a job it was, typing all that with only two fingers (plus a thumb for the space bar). My shoulders are killing me. What's that? Someone just told me that nobody has ever died

from shoulders that were killing them. There are something like two hundred quotes, hope you found some of them to your liking.