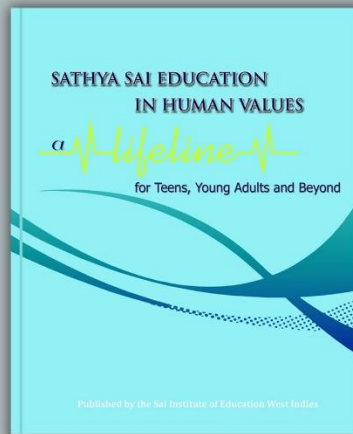


Quotations

A Lifeline FOR SELECTED HUMAN VALUES

A Complement to
Sathya Sai Education in Human Values:
A Lifeline for Teens, Young Adults and Beyond (SIEWI 2018)





*A Complement to
Sathya Sai Education in Human Values:
A Lifeline for Teens, Young Adults and Beyond (SIEWI 2018)*



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FOREWORD

This resource, *Quotations: A Lifeline for Selected Human Values*, is a follow-up to the publication *“Sathya Sai Education in Human Values: A Lifeline for Teens, Young Adults and Beyond”* (Sai Institute of Education West Indies, 2018) and complements it.

The stated purpose of the latter (SIEWI 2018) is to foster positive values in the young in the various spheres in which they operate: home, community, school and the world of work. The values chosen for emphasis in that publication are among those values which the young-teenagers and young adults- and mature adults as well, are certain to need for developing positive attitudes and a personal value system that will enable them to function as decent and productive citizens in their various environments. Those values can be termed *“life skills”*. *Life skills* have been defined by the World Health Organisation (WHO) as *“abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life.”* *Life skills* are a veritable life-line. These skills are needed if we are to live a life of quality: we understand our purpose and we work towards realising our purpose. We are at peace with ourselves, we understand that we are part of a larger whole and we experience a sense of connectivity with all of Creation.

Readers are certain to derive inspiration from the quotations or words of wisdom which have been drawn from some of the world’s great spiritual masters, eminent philosophers, teachers, thinkers, scientists, poets and writers from a wide range of cultures.

Quotes from Sri Sathya Sai Baba, Founder of the *Sathya Sai Education in Human Values (SSEHV)* Program are to be found under every value or *life skill* chosen. He was one of the world’s most eminent teachers and spiritual masters.

Kunti Mathura (Educator, *Retired*)
Trinidad, West Indies

ACKNOWLEDGEMENTS

The Sai Institute of Education wishes to acknowledge the use of quotations from the following websites:

<https://www.brainyquote.com>

<http://www.greatest-inspirational-quotes.com/>

<http://www.quote garden.com/>

https://www.outofstress.com/profound-quotes-by-rumi-on-life/#Rumi_on_letting_go_of_the_self_ego

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<https://www.indeed.com/career-advice/career-development/leadership-quotes>

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QUOTATIONS/QUOTES

The word *quotation* is defined as *the repetition of a sentence, phrase, or passage from speech or text that someone has said or written* (Wikipedia). Among its many uses is a means of inspiration and invocation of philosophical thoughts from the reader.

In the context of the *Sathya Sai Education in Human Values (SSEHV)* Program which was founded by Sri Sathya Sai Baba and which is currently in use in over 120 countries and successfully so, QUOTATION is one of the five teaching techniques of the *Direct Approach*. Children are exposed on an on-going basis to quotations. These are positive thoughts that they read, discuss, memorise and serve as a foundation for values- based actions.

Quotations develop positive attitudes and behaviours and are helpful in counteracting negative thoughts and situations which may be present in children's environment. Quotations encourage self-reflection, critical thinking and healthy social -emotional development. They can inspire children to become their best selves.

Quotations are for all ages. In today's digital world, adults have discovered an intense interest in quotations and share them widely on social media. Quotations contain deep seeds of meaning. Often, quotations help us make sense of the social, cultural, and political culture of our times. They inspire us to live up to our ideals, remind us of our humanity, and enrich our understanding of ourselves.

When we read and reflect on a good quotation or thought to get to its essence, it is similar to engaging with a poem or a piece of music to get its underlying message. It stimulates our thoughts and feelings and expands our capacity to reflect, to self-reflect and to appreciate.

When we engage children and teens with meaningful quotations, we can help them change themselves and their environment. It is useful to think of quotations as teaching tools—not to dictate to children how to live, but to engage them in understanding the purpose of their lives. They are a means of helping children to think and feel deeply and to find meaning and purpose in ideas that make a difference to themselves and society. They can help children discover their identities and find their own voices; they may elicit stories that help them connect with others.

Quotations can be termed a *transformative tool*. They work their magic on our lives as we reflect on them and eventually adopt them as guides for positive living.

The presentation of the quotations in this publication follows the order in which the twenty-one workshops are organised in the *SIEWI 2018* publication alluded to earlier. Each workshop

focuses on a sub-value or related value of the five *basic human values*: Truth, Right Conduct, Peace, Love and Non-violence.

There is a minimum of thirty (30) quotations on each sub-value/related value. The challenge for the writer was to find quotations that resonate with teens, young adults and mature adults in ways that engage them as unique human beings and which echo the teachings of the Founder of the *SSEHV* Program. Meticulous care has been taken to ensure that all the quotations in the publication reflect the values espoused by the Founder. In testing the suitability of each quotation for inclusion in this compilation, the question put by the writer to herself was: “Is this thought in line with the Founder’s teachings?”

It is hoped that readers who are acquainted with the Founder’s teachings will appreciate that each thought/quotation reflects a value cherished by the Founder and which adherents of His teachings strive to emulate. The Founder’s quotations head the list of quotations on each sub-value/related value.

Other criteria used for selection of the quotations were:

- their illustration of simple, understandable ideas
- their illumination of common experiences
- their support of research on positive youth development.

There are four additional *life skills* selected by the writer for which quotations have been presented. These are thought to be of vital importance for the age-group in question. They are: *Attitude, Intra-personal Relationship Skills, Inter-personal Relationship Skills, and Care of the Environment.*

It is hoped that contemplation of the quotes will introduce readers to new and exciting ideas, bring new understandings, provide direction, lead them to seek truths, enable wise choices, develop their powers of discrimination, develop self-confidence, resolve any tensions between who they are and who they want to become, between right and wrong, and help them to live satisfying lives -*a life of quality.*

QUOTATIONS ON SUB-VALUES/RELATED VALUES/LIFE SKILLS

SELF-AWARENESS

SELF-AWARENESS: Conscious knowledge of one's own character and feelings; one's thoughts, abilities, strengths, weaknesses, inner motivations; knowing one's internal states, preferences, resources, and intuitions. This definition places more emphasis on the ability to monitor our inner world, our thoughts and emotions as they arise. It is the ability to examine and understand who we are relative to the world around us. It is key to *self-knowledge: knowing who you are*.

1. "There is no place without God. There is no being without divinity. Each and every being is the embodiment of divinity." *Sathya Sai Baba*
2. "God is within you. Seek him, feel Him, embrace Him. He is there deep inside you, the Self." *Sathya Sai Baba*
3. "Know who you are; do not ask another who he is. Know yourself first, all others next." *Sathya Sai Baba*
4. "You have come from God, you are a spark of His Glory; you are a wave of that ocean of bliss." *Sathya Sai Baba*
5. "Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power." *Tao Te Ching*
6. "Knowing yourself is the beginning of all wisdom." *Aristotle*
7. "Know, first, who you are, and then adorn yourself accordingly." *Epictetus*
8. "He who knows others is wise; he who knows himself is enlightened." *Lao Tzu*
9. "As human beings, our greatness lies not so much in being able to remake the world... as in being able to remake ourselves." *Gandhi*
10. "Everything in the universe is within you. Ask all from yourself." *Rumi*
11. "I saw my lord with the eye of the heart. I said: Who art Thou? He answered: Thou." *Al-Hallaj (888-922) Sufi Mystic*
12. "To know yourself, you must sacrifice the illusion that you already do." *Vironika Tugaleva*
13. "When you meet someone better than yourself, turn your thoughts to becoming his equal. When you meet someone not as good as you are, look within and examine your own self." *Confucius*
14. "True wisdom comes to each of us when we realize how little we understand about life, ourselves, and the world around us." *Socrates*
15. "Kill the cow of your ego as quickly as you can, so that your inner spirit can come to life and attain true awareness." *Rumi*
16. "Inside you there's an artist you don't know about." *Rumi*
17. "You wander from room to room hunting for the diamond necklace that is already around your neck!" *Rumi*
18. "It is better to conquer yourself than to win a thousand battles." *Buddha*

19. "The greatest victory is over self." *Aristotle*
20. "We must each lead a way of life with self-awareness and compassion, to do as much as we can. Then, whatever happens, we will have no regrets." *Dalai Lama*
21. "At the centre of your being, you have the answer; you know who you are and you know what you want." *Lao Tzu*
22. "The most difficult thing in life is to know yourself." *Thales*
23. "And you? When will you begin that long journey into yourself?" *Rumi*
24. "A man sooner or later discovers that he is the master-gardener of his soul, the director of his life." *James Allen*
25. "The final mystery is oneself." *Oscar Wilde*
26. "I searched for God and found only myself. I searched for myself and found only God." *Rumi*
27. "The greatest thing in the world is to know how to belong to oneself." *Michel de Montaigne*
28. "Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?" *1 Corinthians 3:16*
29. "The clear light of innermost awareness pervades all forms of consciousness." *Dalai Lama*
30. "What you are is God's gift to you, what you become is your gift to God." *Hans Urs von Balthasar, Prayer*
31. "To thine own self be true." *William Shakespeare*
32. "Self-reflection is the school of wisdom." *Baltasar Gracian*
33. "Without self-awareness we are as babies in the cradles." *Virginia Woolf*
34. "Our visions will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes." *C. G. Jung.*
35. "Go to your bosom
Knock there and ask your heart what it doth know." *William Shakespeare*
36. "The spirit is the true self, not that physical figure which can be pointed out by your finger." *Cicero*
37. "Full wise is he that can himselfen knowe." *Chaucer*
38. "The test of a civilised person is first self-awareness, and then depth after depth of sincerity in self-confrontation." *Clarence Day*
39. "We are nearer neighbours to ourselves than the whiteness of snow or the weight of stones are to us: if man does not know himself, how should he know his functions and powers?" *Michel de Montaigne*
40. "It is not enough to understand what we ought to be, unless we know what we are; and we do not understand what we are, unless we know what we ought to be." *T.S. Eliot*

HONESTY

HONESTY: Of good moral principles; a facet of moral character that connotes positive and virtuous attributes such as integrity, truthfulness, straightforwardness, including straightforwardness of conduct, along with the absence of lying, cheating, theft, etc. Honesty also involves being trustworthy, loyal, fair, and sincere. Thought, word and deed are in harmony.

1. "Honesty results from a pure heart and pure thoughts. It is also related to the desireless state because in that state there is no need to distort the truth." *Sathya Sai Baba*
2. "Truth must be considered as life-giving as breath itself...Believe that there is nothing greater than truth, nothing more precious, nothing sweeter and nothing more lasting." *Sathya Sai Baba*
3. "An honest man's the noblest work of God." *Alexander Pope*
4. "A man's character is his guardian divinity." *Heraclitus*
5. "Honesty is the first chapter in the book of wisdom." *Thomas Jefferson*
6. "Honesty is the best policy." *Proverb*
7. "Sincerity and truth are the basis of every virtue." *Confucius*
8. "The truth is not always beautiful nor beautiful words the truth." *Lao Tzu*
9. "There's more beauty in truth, even if it is dreadful beauty." *Steinbeck*
10. "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you." *Philippians 4:8-9*
11. "Three things cannot long be hidden: the sun, the moon and the truth." *Confucius*
12. "Truth and oil always come to the surface." *Spanish Proverb*
13. "To love truth for truth's sake is the principal part of human perfection in this world, and the seed plot of all other virtues." *John Locke*
14. "The truth is always the strongest argument." *Sophocles*
15. "This above all: to thine own self be true,
And it must follow, as the night the day,
Thou canst not then be false to any man." *William Shakespeare*
16. "No legacy is so rich as honesty." *William Shakespeare*
17. "The true measure of life is not length, but honesty." *John Lyly*
18. "The greatest truth is honesty, and the greatest falsehood is dishonesty." *Abu Bakr*
19. "Honesty prospers in every condition of life." *Friedrich Schiller*
20. "Honesty and transparency make you vulnerable. Be honest and transparent anyway." *Mother Teresa*
21. "The elegance of honesty needs no adornment." *Mary Browne*
22. "Being honest may not get you a lot of friends but it'll always get you the right ones." *John Lennon*

23. "Honest people don't hide their deeds." *Emily Brontë*
24. "Honest hearts produce honest actions." *Brigham Young*
25. "To make your children capable of honesty is the beginning of education." *John Ruskin*
26. "The real things haven't changed. It is still best to be honest and truthful." *Laura Ingalls Wilder*
27. "Brutal, inner honesty... The three scariest words on the planet, and yet, at the same time, the very KEY that unlocks all the doors." *Ken Dahl*
28. "Honesty is more than not lying. It is truth-telling, truth speaking, truth living, and truth loving." *James E. Faust*
29. "I am not bound to win, but I am bound to be true. I am not bound to succeed, but I am bound to live up to what light I have." *Abraham Lincoln*
30. "To live a life of honesty and integrity is a responsibility of every decent person." *Noam Chomsky*
31. "Honesty will never break you." *Kate Hudson*
32. "Speak with honesty. Think with sincerity. Act with integrity." *Unknown*
33. "You can fool people some of the time, but you can't fool them all of the time." *Aesop*
34. "An honest man is believed without an oath, for his reputation swears for him." *Eliza Cook*
35. "Rather than love, than money, than fame, give me truth." *Henry David Thoreau*
36. "Be impeccable with your word. Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love." *Don Miguel Ruiz*
37. "The greatness of a man is not in how much wealth he acquires, but in his integrity and his ability to affect those around him positively." *Bob Marley*
38. "A pure hand needs no glove to cover it." *Nathaniel Hawthorne*
39. "Character is what you are in the dark." *Dwight L. Moody*
40. "One word of truth outweighs the world." *Solzhenitsyn*
41. "Never be afraid to raise your voice for honesty and truth and compassion against injustice and lying and greed. If people all over the world...would do this, it would change the earth." *William Faulkner*
42. "How happy is he born and taught
That serveth not another's will,
Whose armour is his honest thought
And simple truth his utmost skill." *Sir Henry Wotton*

GOAL -SETTING

GOAL-SETTING: The process of identifying something you want to accomplish and establishing measurable objectives and timeframes to help you achieve it.

1. "The goal of man is to realise the divinity that is in him. Without devotion, awareness of the Divine cannot be experienced. Devotion is the state of mind in which one has no separate existence apart from God." *Sathya Sai Baba*
2. "Life is an opportunity afforded to each not to eat and drink, but to achieve something nobler and higher to merge in the Reality." *Sathya Sai Baba*
3. "Be deaf to negative thoughts if your aim is to reach your goal." *Buddha*
4. "If you want to live a happy life, tie it to a goal. Not to people or things." *Einstein*
5. "Everyone has been made for some particular work, and the desire for that work has been put in every heart." *Rumi*
6. "A journey of a thousand miles begins with a single step." *Confucius*
7. "Don't look back, you are not going that way." *Confucius*
8. "You are not meant for crawling, so don't. You have wings. Learn to use them and fly." *Rumi*
9. "It always seems impossible until it's done." *Nelson Mandela*
10. "It's your road and yours alone. Others may walk it with you, but no one can walk it for you." *Rumi*
11. "The significance of a man is not in what he attains but in what he longs to attain." *Kahlil Gibran*
12. "Things won are done; joy's soul lies in the doing." *William Shakespeare*
13. "You are never too old to set a new goal or dream another dream." *C.S. Lewis*
14. "The great glorious masterpiece of man is to know how to live with purpose." *Michel de Montaigne*
15. "When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action step." *Confucius*
16. "A good archer is known not by his arrows but by his aim." *Thomas Fuller*
17. "Everyone has a purpose in life and a unique talent to give to others. And when we blend this unique talent with service to others, we experience the ecstasy and exultation of our spirit, which is the ultimate goal of all goals." *Kallam Anji Reddy*
18. "A windmill is eternally at work to accomplish one end, although it shifts with every variation of the weathercock, and assumes ten different positions in a day." *Charles Caleb Colton*
19. "When you dig a well, there's no sign of water until you reach it, only rocks and dirt to move out of the way. You have removed enough; soon the pure water will flow." *Buddha*
20. "It never will rain roses. When we want to have more roses we must plant trees." *George Eliot*
21. "The ideal is the beacon. Without ideal, there is no secure direction; without direction, there is no life." *Leo Tolstoy*
22. "Living without an aim is like sailing without a compass." *Alexander Dumas*
23. "An aim in life is the only fortune worth finding." *Robert Louis Stevenson*
24. "If you shed tears when you miss the sun, you also miss the stars." *Rabindranath Tagore*
25. "You'll never find a rainbow if you're looking down." *Charlie Chaplin*

26. "Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success."
Pablo Picasso
27. "The future belongs to those who believe in the beauty of their dreams." *Eleanor Roosevelt*
28. "I am a slow walker, but I never walk backward." *Abraham Lincoln*
29. "If you would go up high, then use your own legs! Do not let yourselves be carried aloft; do not seat yourselves on other people's backs and heads." *Nietzsche*
30. "At the moment of commitment, the entire universe conspires to assist you." *Wolfgang von Goethe*
31. "Where there is a will, there is a way." *Thomas Edison*
32. "There is nothing impossible to him who will try." *Alexander the Great*
33. "No road of flowers leads to glory." *La Fontaine*
34. "Reach high, for stars lie hidden in you. Dream deep, for every dream precedes the goal." *Rabindranath Tagore*
35. "A goal without a plan is just a wish." *Antoine de Saint-Exupéry*
36. "It is not enough to take steps which may someday lead to a goal; each step must be itself a goal and a step likewise." *Wolfgang von Goethe*
37. "If a man knows not to which port he sails, no wind is favorable." *Seneca*
38. "Without dreams and goals, there is no living, only merely existing, and that is not why we are here." *Mark Twain*
39. "Men, like nails, lose their usefulness, when they lose direction and begin to bend."
Walter Savage Landor
40. "Obstacles cannot crush me
Every obstacle yields to stern resolve
He who is fixed to a star does not change his mind." *Leonardo Da Vinci*

HEALTHY LIVING

HEALTHY LIVING: The steps, actions and strategies one puts in place to achieve optimum health. Healthy Living is about taking responsibility and making smart health choices for today and for the future. Eating right, getting physically fit, emotional wellness, spiritual wellness and prevention are all a part of creating a healthy lifestyle. Since the entire YOU, meaning all aspects of one's self, must

work in harmony to achieve wellness, one needs to put balanced energy into each aspect of oneself.

1. "The greatest disease is the absence of peace. When the mind is peaceful, your body will be healthy." *Sathya Sai Baba*
2. "The secret of perfect health lies in keeping the mind always cheerful, never worried, never hurried, never borne down by any fear, thought or anxiety." *Sathya Sai Baba*
3. "The craving is now for the easy life, the smooth life, the life with less and less of physical hardship; but health can only come through a keen appetite and strong limbs and deep hunger and strenuous work." *Sathya Sai Baba*
4. "Illness, both physical and mental, is a reaction on the body caused by poisons in the mind. An uncontaminated mind alone can ensure continuous health." *Sathya Sai Baba*
5. "Purity of motive is the best guarantee that you will have Peace. An uneasy conscience is a tormenting companion. Righteous action will leave no bad effects to disturb your sleep or health." *Sathya Sai Baba*
6. "The body... is a sacred instrument.... keep it in good condition, so that it might serve that high purpose... and always preserve that conviction that it is an instrument, and nothing more. Use it for just the purpose for which it has been designed and given." *Sathya Sai Baba*
7. "The secret of health for both mind and body is...live the present moment wisely and earnestly." *Buddha*
8. "Your body is precious. It is our vehicle for awakening. Treat it with care." *Buddha*
9. "To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear." *Buddha*
10. "Every human being is the author of his own health or disease." *Buddha*
11. "It is health that is real wealth and not pieces of gold and silver." *Gandhi*
12. "Health is the greatest of human blessings." *Hippocrates*
13. "Health is wealth." *Proverb*
14. "The greatest wealth is health." *Virgil*
15. "A healthy mind in a healthy body." *Proverb*
16. "The mind and body are not separate; what affects one affects the other." *Anonymous*
17. "Diseases of the soul are more dangerous and more numerous than those of the body." *Cicero*
18. "Health is not just about what you're eating. It's also about what you're thinking and saying." *Buddha*
19. "Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God?...So glorify God in your body." *1 Corinthians 6: 19-20*

20. "Rest is so necessary for the health of our minds and bodies, and often so difficult to achieve due to the many demands placed on us. But rest is also essential for our spiritual health, so that we can hear God's voice and understand what he asks of us."
Pope Francis
21. "The cheerful mind perseveres, and the strong mind hews its way through a thousand difficulties." *Swami Vivekananda*
22. "A sad soul can be just as lethal as a germ." *John Steinbeck*
23. "Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open." *B.K.S. Iyengar*
24. "The existence of illness in the body may no doubt be called a shadow of the true illness that is held by a man in his mind." *Hazrat Inayat Khan*
25. "Happiness is the highest form of health." *Dalai Lama*
26. "Our bodies are our gardens – our wills are our gardeners." *William Shakespeare*
27. "You can't control what goes on outside, but you can control what goes on inside." *Unknown*
28. "Let thy food be thy medicine and thy medicine be thy food." *Hippocrates*
29. "When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied." *Herophilus*
30. "A bodily disease which we look upon as whole and entire within itself, may after all, be but a symptom of some ailment in the spiritual part." *Nathaniel Hawthorne*
31. "Faith and prayer are the vitamins of the soul; man cannot live in health without them."
Mahalia Jackson
32. "The constant exercise of our faith by lofty thinking, prayer, devotion, and acts of righteousness is just as essential to spiritual health as physical exercise is to the health of the body..." *O. Leslie Stone*
33. "A healthy outside starts from the inside." *Robert Urich*
34. "Take care of your inner, spiritual beauty. That will reflect in your face." *Dolores del Rio*
35. "Positive thoughts revive the spirit, restore the soul and make the body healthy." *Lailah Gifty Akita*

LEADERSHIP

LEADERSHIP: Leadership is the ability to influence, inspire and help others become their best selves, building their skills and achieving goals along the way.

1. "To Be is the source of leadership. TO BE means the aggregate of all there is in a person. It is composed of his values, his qualities and his total being. In other words, his total being. TO BE is the beginning and end of leadership." *Sathya Sai Baba's Mahavakya on Leadership*
2. "A good leader knows his people better than their mothers do and cares even more." *Sathya Sai Baba*
3. "Leadership is idealism in action." *Sathya Sai Baba*
4. "Those who are keen on shaping themselves as good managers should be good at Man-Management. People can become effective in Man-Management only if they possess good character." *Sathya Sai Baba*
5. "Always respect another's opinion and point of view." *Sathya Sai Baba*
6. "Integrity, insight and inclusiveness are the three essential qualities of leadership." *Sadhguru*
7. "To handle yourself, use your head; to handle others use your heart." *Eleanor Roosevelt.*
8. "A leader...is like a shepherd. He stays behind the flock." *Nelson Mandela*
9. "The supreme quality of leadership is unquestionably integrity. Without it, no real success is possible." *Eisenhower*
10. "The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy." *Martin Luther King, Jr.*
11. "Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen." *Winston Churchill*
12. "If your actions inspire others to dream more, learn more, do more and become more, you are a leader." *John Quincy Adams*
13. "It is better to lead from behind and to put others in front, especially when you celebrate victory when nice things occur." *Nelson Mandela*
14. "Leadership and learning are indispensable to each other." *John F. Kennedy*
15. "A leader is best when people barely know he exists; when his work is done, his aim fulfilled, they will say: we did it ourselves." *Lao Tzu*
16. "Example is leadership." *Albert Schweitzer*
17. "Do not worry about holding high position; worry rather about playing your proper role." *Confucius*
18. "The measure of a man is what he does with power." *Plato*
19. "Be the chief but never the lord." *Lao Tzu*
20. "You don't lead by hitting people over the head – that's assault, not leadership." *Eisenhower*
21. "To become a leader, you must first become a human being." *Confucius*
22. "The most important qualification for any leader is not wanting to be a leader." *Plato*

23. "He who knows how to obey knows how to command. Learn obedience first." *Swami Vivekananda*
24. "Do not forget what it is to be a sailor because of being a captain yourself." *African Proverb*
25. "You must be the change you wish to see in the world." *Gandhi*
26. "I am the wisest man alive, for I know one thing, and that is that I know nothing." *Socrates*
27. "What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others." *Marcus Aurelius*
28. "A leader is a dealer in hope." *Napoleon*
29. "The price of greatness is responsibility." *Winston Churchill*
30. "If you want to build a ship, don't drum up the men to gather wood, divide the work, and give orders. Instead, teach them to yearn for the vast and endless sea." *Antoine de Saint-Exupéry*
31. "Leadership does not depend on being right." *Ivan Illich*
32. "The art of communication is the language of leadership." *James Humes*
33. "...whoever would be great among you must be your servant, and whoever would be first among you must be your slave, even as the Son of Man came not to be served but to serve..." *Matthew 20:26–28*
34. "...from everyone who has been given much shall much be required....." *Luke 12:48*
35. "To add value to others, one must first value others." *John Maxwell*
36. "A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. He does not set out to be a leader, but becomes one by the equality of his actions and the integrity of his intent." *Douglas MacArthur*
37. "The quality of a leader is reflected in the standards they set for themselves." *Ray Kroc*
38. "The highest of distinctions is service to others." *King George VI*
39. "The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires." *William Arthur Ward*
40. "Average leaders raise the bar on themselves; good leaders raise the bar for others; great leaders inspire others to raise their own bar." *Orrin Woodward*
41. "You cannot be a leader, and ask other people to follow you, unless you know how to follow, too." *Sam Rayburn*
42. "Leadership is the art of getting someone else to do something you want done because he wants to do it." *Eisenhower*
43. "The task of leadership is not to put greatness into humanity, but to elicit it, for the greatness is already there." *John Buchan*

44. "To do great things is difficult; but to command great things is more difficult." *Nietzsche*
45. "Keep your fears to yourself, but share your courage with others." *Robert Louis Stevenson*
46. "As we look ahead into the next century, leaders will be those who empower others." *Bill Gates*
47. "I suppose leadership at one time meant muscles, but today it means getting along with people." *Gandhi*

RESPONSIBILITY and DUTY

RESPONSIBILITY: the state or fact of having a duty to deal with something or of having authority over someone. Responsibility is also the obligation of an individual to perform the duty or task assigned to him.

DUTY: a moral or legal obligation; a responsibility

1. "One's duty is to act; act well; act in love; continue acting; act within the bounds of morality; act in love; continue acting; the consequences will naturally follow as the fruit follows the flower." *Sathya Sai Baba*
2. "And, what is the best he can contribute? Each has his particular duty, task, role as an individual and as a member of a society to which he belongs. Do that duty, carry on that task, play that role, as best as you can..." *Sathya Sai Baba*
3. "When one is devoted to his duty, one is surrounded by such powerful protecting influences that no injurious forces dare approach. That is the way Grace operates." *Sathya Sai Baba*
4. "Duty is God; work is worship." *Sathya Sai Baba*
5. "You have a right to perform your prescribed duties, but you are not entitled to the fruits of your actions. Never consider yourself to be the cause of the results of your activities, nor be attached to inaction." *Bhagavad Gita 2.47*
6. "You cannot escape the responsibility of tomorrow by evading it today." *Abraham Lincoln*
7. "We are made wise not by the recollection of our past, but by the responsibility for our future." *George Bernard Shaw*
8. "It is not what we do, but also what we do not do, for which we are accountable." *Moliere*
9. "A hero is someone who understands the responsibility that comes with his freedom." *Bob Dylan*

10. "I slept and dreamt life is beauty. I awoke and found life is duty." *Confucius*
11. "The path of duty lies in the thing that is nearby, but men seek it in things far off."
Chinese Proverb
12. "Do your duty and leave the rest to the gods." *Corneille*
13. "To do one's duty is to eat the prized fruit of honour." *Nigerian Proverb*
14. "Without duty, life is soft and boneless; it cannot hold itself together." *Joseph Joubert*
15. "God obligeth no man to more than He hath given him ability to perform." *Koran*
16. "To an honest man, it is an honour to have remembered his duty." *Plautus*
17. "When you think everything is someone else's fault, you will suffer a lot. When you realize that everything springs only from yourself, you will learn both peace and joy."
Dalai Lama
18. "In the long run, we shape our lives, and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility." *Eleanor Roosevelt*
19. "Our privileges can be no greater than our obligations. The protection of our rights can endure no longer than the performance of our responsibilities." *John F. Kennedy*
20. "It is easy to dodge our responsibilities, but we cannot dodge the consequences of dodging our responsibilities." *Sir Josiah Stamp*
21. "A person is always responsible: if his act was accidental or intentional, whether he was awake or asleep." *Jewish Proverb*
22. "No snowflake in an avalanche ever feels responsible." *Voltaire*
23. "Responsibility is like a string we can only see the middle of. Both ends are out of sight."
William Mc Fee
24. "In dreams begins responsibility." *William Butler Yeats*
25. "It is absurd to make external circumstances responsible and not oneself, and to make oneself responsible for noble acts and pleasant objects responsible for base ones."
Aristotle
26. "Attend to your duties and be inwardly detached, knowing that nothing, no one belongs to you." *Dada J.P. Vaswani*
27. "Love and helping others is our duty as spirit." *Bert McCoy*
28. "Infinite striving to be the best is man's duty; it is its own reward. Everything else is in God's hands." *Einstein*
29. "We have to do the best we are capable of. This is our sacred, human responsibility."
Einstein
30. "Freedom without responsibility is like weight without gravity in physics — a logical impossibility." *Robert C. Solomon*
31. "Responsibility is a grace we give ourselves. It is not something imposed from outside of us." *Kristen Moeller*

32. "Action springs not from thought, but from a readiness for responsibility."
Dietrich Bonhoeffer
33. "Man is nothing else but what he makes of himself." *Jean-Paul Sartre*
34. "Being responsible is an enormous privilege... It's what marks anyone a fully grown human." *Barack Obama*
35. "To be a man, is precisely, to be responsible." *Antoine de Saint-Exupéry*
36. "...You cannot change the circumstance, the seasons, or the wind, but you can change yourself. That is something you have charge of." *Jim Rohn*
37. "Taking responsibility for oneself is by definition an act of kindness." *Sharon Salzberg*
38. "In doing what we ought we deserve no praise, because it is our duty. *Saint Augustine*
39. "How can you come to know yourself? Never by thinking, always by doing. Try to do your duty, and you'll know right away what you amount to. *Wolfgang von Goethe*
40. "Do well the duty that lies before you." *Pittacus of Mytilene*

PERSONAL DEVELOPMENT

PERSONAL DEVELOPMENT is a way for people to assess their skills and qualities, consider their aims in life and set goals in order to realise and maximise their potential: become everything they are capable of becoming. It is the belief that one is worth the effort, time and energy needed to develop oneself.

1. "The development of the society, the state and the nation is proportionate to the development of the Human." *Sathya Sai Baba*
2. "Human values should predominate in men's thoughts. Human life has no meaning without these values." *Sathya Sai Baba*
3. "Your thoughts, words, and deeds will shape others, and theirs will shape you. It is your duty to be good, do good, and see good. That is the way to make the world good, and be good yourself." *Sathya Sai Baba*
4. "Watch your words, watch your actions, watch your thoughts, watch your character, watch your heart." *Sathya Sai Baba*
5. "Everyone will be given a chance by God to go and grow closer to the Divine. That is everyone's destiny. How close we actually go is in our hands. That is our effort." *Sathya Sai Baba*
6. "Pay respect to spiritual excellence and intellectual discrimination, wherever it is evident." *Sathya Sai Baba*

7. "A disciplined life is the best offering you can make to the country or to the Divine in you." *Sathya Sai Baba*
8. "Have the Name of God on your tongue, in your breath, ever. That will evoke His Form, as the Inner Core of everything, thought or turn of events. That will provide you with His Company, contact with His unfailing Energy and Bliss. That is the ...good association that gives you maximum benefit." *Sathya Sai Baba*
9. "Every living organism is fulfilled when it follows the right path for its own nature."
Marcus Aurelius
10. "Strive not to be a success, but rather to be of value." *Einstein.*
11. "One can choose to go back toward safety or forward toward growth. Growth must be chosen again and again; fear must be overcome again and again." *Abraham Maslow*
12. "Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So, throw off the bowlines. Sail away from the safe harbour. Catch the trade winds in your sails. Explore. Dream. Discover." *Mark Twain*
13. "Health is the greatest possession. Contentment is the greatest treasure. Confidence is the greatest friend. Non-being is the greatest joy." *Lao Tzu*
14. "Be not afraid of growing slowly; be afraid only of standing still." *Chinese Proverb*
15. "You are the one that possesses the keys to your being. You carry the passport to your own happiness." *Diane von Furstenberg*
16. "What we fear doing most is usually what we most need to do." *Ralph Waldo Emerson*
17. "The will to win, the desire to succeed, the urge to reach your full potential...these are the keys that will unlock the door to personal excellence." *Confucius*
18. "Discovering your identity is the key to fulfilling your destiny." *Sunday Adelaja*
19. "There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self." *Ernest Hemingway*
20. "Don't judge each day by the harvest you reap but by the seeds that you plant." *Robert Louis Stevenson*
21. "It is during our darkest moments that we must focus to see the light." *Aristotle*
22. "The greatest glory in living lies not in never falling, but in rising every time we fall."
Nelson Mandela
23. "The purpose of our lives is to be happy." *Dalai Lama*
24. "Success is not final; failure is not fatal: it is the courage to continue that counts."
Winston Churchill
25. "What lies behind us and what lies ahead of us are tiny matters compared to what lies within us." *Ralph Waldo Emerson*
26. "Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely." *Roy T Bennett*

27. "The key to growth is the introduction of higher dimensions of consciousness into our awareness." *Lao Tzu*
28. "If you look to others for fulfilment, you will never be truly fulfilled." *Lao Tzu*
29. "In dwelling, live close to the ground. In thinking, keep to the simple. In conflict, be fair and generous. In governing, don't try to control. In work, do what you enjoy. In family life, be completely present." *Lao Tzu*
30. "If your happiness depends on money, you will never be happy with yourself." *Lao Tzu*
31. "Growth inside fuels growth outside." John Maxwell
32. "It is not because things are difficult that we do not dare. It is because we do not dare that they are difficult." *Seneca*
33. "There is no fruit that is not bitter before it is ripe." *Publilius Syrus*
34. "Stretch your foot to the length of your blanket." *Persian Proverb*
35. "Man is a born child, his power is the power of growth." *Rabindranath Tagore*

TIME MANAGEMENT

TIME MANAGEMENT is the process of planning and exercising conscious control of time spent on specific activities for increasing effectiveness, efficiency, and productivity. It applies to a wide range of activities: work, family, social life, interests, hobbies and commitments. Time management could be considered as the art of having enough time to do the things one needs to do, without feeling stressed.

1. "Every moment is the right moment." *Sathya Sai Baba*
2. "Time wasted is life wasted." *Sathya Sai Baba*
3. "Life is endless, not punctuated by nights, days, months and years - for all are one, in the eternal stream." *Sathya Sai Baba*
4. "Time flows away like the water in the river." *Confucius*
5. "This moment is all there is." *Rumi*
6. "Time is a created thing. To say, 'I don't have time' is to say, 'I don't want to.'" *Lao Tzu*
7. "The best thing about the future is that it comes one day at a time." *Abraham Lincoln*
8. "One thing you can't recycle is wasted time." *Anonymous*
9. "Never leave till tomorrow that which you can do today." *Benjamin Franklin*
10. "You may delay, but time will not." *Benjamin Franklin*
11. "Lost time is never found again." *Benjamin Franklin*
12. "One always has time enough, if one will apply it well." *Wolfgang von Goethe*

13. "Time is the most valuable coin in your life. You and you alone will determine how that coin will be spent. Be careful that you do not let other people spend it for you." *Carl Sandburg*
14. "A man who dares to waste one hour of life has not discovered the value of life." *Charles Darwin*
15. "All we have to decide is what to do with the time that is given us." *J. R. R. Tolkien*
16. "Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin." *Mother Teresa*
17. "Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment." *Buddha*
18. "Those who make the worst use of their time are the first to complain of its shortness." *Jean De La Bruyere*
19. "All that really belongs to us is time; even he who has nothing else has that." *Baltasar Gracian*
20. "Determine never to be idle. No person will have occasion to complain of the want of time who never loses any. It is wonderful how much can be done if we are always doing." *Thomas Jefferson*
21. "The bad news is time flies. The good news is you're the pilot." *Michael Altshuler*
22. "Don't count every hour in the day. Make every hour in the day count." *Alfred Binet*
23. "Time is free, but it's priceless. You can't own it, but you can use it. You can't keep it, but you can spend it. Once you've lost it you can never get it back." *Harvey Mackay*
24. "Better three hours too soon, than one minute too late." *William Shakespeare*
25. "Even if your watch is full of diamonds, the hour is still sixty minutes." *Anonymous*
26. "Time is the most valuable thing a man can spend." *Theophrastus*
27. "While we are postponing, life speeds by." *Seneca*
28. "There is one kind of robber whom the law does not strike at, and who steals what is most precious to men: time." *Napoleon*
29. "Time is a file that wears and makes no noise." *English Proverb*
30. "You must vie with time's swiftness in the speed of using it, and, as from a torrent that rushes by and will not always flow, you must drink quickly." *Seneca*
31. "We're tight-fisted with property and money, yet think too little of wasting time, the one thing about which we should all be the toughest misers." *Seneca*
32. "Modern man thinks he loses something - time - when he does not do things quickly; yet he does not know what to do with the time he gains - except kill it." *Erich Fromm*
33. "The butterfly counts not months but moments,
And has time enough." *Rabindranath Tagore*
34. "Procrastination is the thief of time." *Proverb*
35. "Time waits for no one." *Folklore*

36. "The days come and go like muffled and veiled figures sent from a distant and friendly party, but they say nothing, and if we do not use the gifts they bring, they carry them as silently away." *Ralph Waldo Emerson*

INNER SILENCE

INNER SILENCE is a sense of stillness within, quietness of mind and emotions. It is the absence of automatic, unconscious or sub-conscious reaction to thoughts or feelings.

1. "You can hear the footsteps of God when silence reigns in the mind." *Sathya Sai Baba*
2. "Meditation is a function of the inner man; it involves deep subjective quiet, the emptying of the mind and the filling oneself with the Light that emerges from the Divine Spark within." *Sathya Sai Baba*
3. "Be still, and know that I am God." *The Bible, Psalm 46: 6, 10*
4. "Among all the secrets, I am the Silence." *Bhagavad Gita 10.38*
5. "True silence is rest of the mind, and is to the spirit what sleep is to the body, nourishment and refreshment." *William Penn*
6. "I always begin my prayer in silence, for it is in silence of the heart that God speaks. God is the friend of silence. Prayer feeds the soul." *Mother Teresa*
7. "The tree of silence bears the fruit of peace." *Proverb*
8. "Silence is more musical than any song." *Christina Rossetti*
9. "Silence is the eternal duty of man." *Thomas Carlyle*
10. "Through the portals of silence, the healing sun of wisdom and peace will shine upon you." *Paramahansa Yogananda*
11. "Only let the moving waters calm down, and the sun and moon will be reflected on the surface of your being." *Rumi*
12. "In the attitude of silence, the soul finds the path in a clearer light, and what is elusive and deceptive resolves itself into crystal clearness." *Gandhi*
13. "The fish in the water is silent, the animals on the earth are noisy, the bird in the air is singing. But man has in him the silence of the sea, the noise of the earth and the music of the air." *Rabindranath Tagore*
14. "Learn silence. With the quiet serenity of a meditative mind, listen, absorb, transcribe, and transform." *Pythagoras*
15. "Silence fertilizes the deep place where personality grows. A life with a peaceful centre can weather all storms." *Norman Vincent Peale*

16. "Look at a tree, a flower, a plant. Let your awareness rest upon it. How still they are, how deeply rooted in Being. Allow nature to teach you stillness." *Eckhart Tolle*
17. "My heart is tuned to the quietness that the stillness of nature inspires."
Hazrat Inayat Khan
18. "Build your inner environment. Practise silence. I remember the wonderful discipline of the great ones. When we used to talk and chatter, they would say: 'Go back into your inner castle.' It was very hard to comprehend then, but now I understand the way of peace." *Paramahansa Yogananda*
19. "Inner silence is the mother of all talents." *Sri Sri Ravi Shankar*
20. "Let silence take you to the core of life." *Rumi*
21. "The closer you are to the truth, the more silent you become inside." *Naval Ravikant*
22. "Within us is the soul of the whole, the wise silence, the universal beauty, the eternal One." *Ralph Waldo Emerson*
23. "After silence, that which comes nearest to expressing the inexpressible is music."
Aldous Huxley
24. "Silence is the perfectest herald of joy." *William Shakespeare*
25. "If we have not quiet in our minds, outward comfort will do no more for us than a golden slipper on a gouty foot." *John Bunyan*
26. "Nowhere can a man find a quieter or more untroubled retreat than in his own soul."
Marcus Aurelius
27. "Silence is a profound melody, for those who can hear it above all the noise." *Socrates*
28. "Silence is as full of potential wisdom and wit as the unhewn marble of great sculpture."
Aldous Huxley
29. "The water in a vessel is sparkling; the water in the sea is dark. The small truth has words which are clear; the great truth has great silence." *Rabindranath Tagore*
30. "In the deep inner silence, we can see the lights of consciousness. Everything else covers our minds with deep darkness." *Debasish Mridha*
31. "External silence can be the doorway to inner silence." *Ram Dass*
32. "Within each of us, there is silence. A silence as vast as the universe. And when we experience that silence, we remember who we are." *Gunilla Norris*
33. "Learn to get in touch with the silence within yourself, and know that everything in life has a purpose. There are no mistakes, no coincidences, all events are blessings given to us to learn from." *Elisabeth Kubler-Ross*
34. "Silence is a great healer. Let yourself block out the noise of the world from time to time and listen to your inner voice – it will tell you what you need." *Anonymous*
35. "Amidst the silence of the mind, emerges the true voice of the inner soul." *Eleesha*
36. "That deep silence has a melody of its own, a sweetness unknown amid harsh discords of the world's sounds." *Paul Brunton*

37. "Do not the most moving moments of our lives find us without words?" *Marcel Marceau*
38. "A soul that has never tasted the sweetness of inner silence is a restless spirit which disturbs the silence of others." *Mary Faustina Kowalska*
39. "In silence alone does a man's truth bind itself together and strike root." *Antoine de Saint- Exupéry*
40. "Elected Silence, sing to me
And beat upon my whorled ear
Pipe me to pastures still and be
The music that I care to hear." *Gerald Manley Hopkins*

SELF-CONFIDENCE

SELF-CONFIDENCE means feeling sure of yourself and your abilities — not in an arrogant way, but in a realistic, secure way. Self-confidence is not about feeling superior to others. It's a quiet inner knowledge that you are capable. It is the courage to know yourself, believe in yourself, and act on your belief. It is a positive feeling about yourself and the world that leads to courageous actions born out of a sense of self-respect.

1. "You should consider self-confidence as the most important asset in life. Without self-confidence you can never attain bliss." *Sathya Sai Baba*
2. "Try to develop self-confidence in order to lead a good life. You are God yourself. God is the eternal resident of your heart." *Sathya Sai Baba*
3. "Nothing is impossible in this world for a person who has self-confidence and courage. One can accomplish anything and everything. Therefore, it is necessary to strengthen self-confidence." *Sathya Sai Baba*
4. "The ultimate step of self-realisation depends upon the base of self-confidence." *Sathya Sai Baba*
5. "For the mansion of life, Self-confidence is the foundation, Self-satisfaction the wall, Self-sacrifice the roof, Self-Realisation is the life." *Sathya Sai Baba*
6. "Education must award self-confidence, the ability to rely on one's own strength." *Shirdi Sai Baba*
7. "With the realization of one's own potential and self-confidence in one's ability, one can build a better world...That sort of confidence is not a blind one; it is an awareness of one's own potential. On that basis, human beings can transform themselves by increasing the good qualities and reducing the negative qualities." *Dalai Lama*

8. "As is our confidence, so is our capacity." *William Hazlitt*
9. "They can do all because they think they can." *Virgil*
10. "To love oneself is the beginning of a lifelong romance." *Oscar Wilde*
11. "You yourself, as much as anybody in the entire universe, deserve your love and affection." *Buddha*
12. "Skill and confidence are an unconquered army." *George Herbert*
13. "Confidence is that feeling by which the mind embarks in great and honourable courses with a sure hope and trust in itself." *Cicero*
14. "If you have no confidence in self, you are twice defeated in the race of life. With confidence, you have won even before you have started." *Cicero*
15. "Nurture your mind with great thoughts, for you will never go any higher than you think." *Benjamin Disraeli*
16. "Don't be satisfied with stories, how things have gone with others. Unfold your own myth." *Rumi*
17. "Believe you can and you're halfway there." *Theodore Roosevelt*
18. "Look well into thyself; there is a source of strength which will always spring up if thou wilt always look." *Marcus Aurelius*
19. "Trust thyself: every heart vibrates to that iron string." *Ralph Waldo Emerson*
20. "Self-trust is the essence of heroism." *Ralph Waldo Emerson*
21. "It generally happens that assurance keeps an even pace with ability." *Samuel Johnson*
22. "Confidence... thrives on honesty, on honour, on the sacredness of obligations, on faithful protection and on unselfish performance. Without them it cannot live." *Franklin D. Roosevelt*
23. "Life is not easy for any of us. But what of that? We must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something and that this thing, at whatever cost, must be attained." *Marie Curie*
24. "A calm mind brings inner strength and self-confidence..." *Dalai Lama*
25. "I was always looking outside myself for strength and confidence but it comes from within. It is there all the time." *Anna Freud*
26. "Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit." *E.E. Cummings*
27. "There's one blessing only, the source and cornerstone of beatitude – confidence in self." *Seneca*
28. "If you hear a voice within you say 'you cannot paint,' then by all means paint, and that voice will be silenced." *Vincent Van Gogh*
29. "With the realization of one's own potential and self-confidence in one's ability, one can build a better world." *Dalai Lama*

30. "If you put a small value on yourself, rest assured that the world will not raise your price." *Anonymous*
31. "The universe is not outside of you. Look inside yourself, everything that you want you already are." *Rumi*
32. "Self-confidence is the first requisite of great undertakings." *Samuel Johnson*.
33. "It's not who you are that holds you back; it's who you think you are not." *Anon*
34. "Above all things, never think that you're not good enough yourself... people will take you at your own reckoning." *Anthony Trollope*
35. "Self-confidence is the most attractive quality a person can have. How can anyone see how awesome you are if you can't see it yourself?" *Unknown*
36. "You are as young as your faith, as old as your doubts;
as young as your self-confidence, as old as your fear;
as young as your hope, as old as your despair." *General Douglas MacArthur*
37. "I celebrate myself, and sing myself." *Walt Whitman*

SELF-CONTROL

SELF-CONTROL is the ability to regulate one's emotions, thoughts, and behaviour in the face of temptations and impulses. Self-control impacts positively on right conduct, health and well-being.

1. "The senses are one's deadly foes for they drag your attention away from the source of joy inside you, to objects outside you." *Sathya Sai Baba*
2. "Instead of making the senses ...his servants, he has made them his masters; he has become a slave of external beauty, evanescent melody, exterior softness, tickling taste, fragile fragrance. He spends all his energies and the fruits of all his toil in the satisfaction of the trivial demands of these untamed underlings." *Sathya Sai Baba*
3. "Man should be master of his behaviour: he should not be carried away by the impulse of the moment; he must be conscious always of what is good for him. He should so discharge his daily duties that he does not make others suffer or suffer himself." *Sathya Sai Baba*
4. "You have power over your mind - not outside events. Realize this, and you will find strength." *Marcus Aurelius*
5. "Let's ask God to help us to self-control, for one who lacks it lacks His grace." *Rumi*
6. "I am very happy because I have conquered myself and not the world. I am very happy because I have loved the world and not myself." *Sri Chinmoy*

7. "He who cannot obey himself will be commanded. That is the nature of living creatures." *Nietzsche*
8. "The intelligent desire self-control; children want candy." *Rumi*
9. "The main factor behind success is self-control." *Rig Veda*
10. "Like a city whose walls are broken through is a person who lacks self-control." *Proverbs 15:28*
11. "For God gave us a spirit not of fear but of power and love and self-control." *2nd Timothy 1:7*
12. "Control yourself or someone else will control you." *Anonymous*
13. "Self-control – what lies in our power to do, it lies in our power not to do." *Aristotle*
14. "In that power of self-control lies the seed of eternal freedom." *Paramahansa Yogananda*
15. "He who reigns within himself, and rules passions, desires, and fears, is more than a king." *John Milton*
16. "We have a spirit not of fear but of power and love and self-control." *Anonymous*
17. "Ultimately, the only power to which man should aspire is that which he exercises over himself." *Elie Wiesel*
18. "The highest possible stage in moral culture is when we recognize that we ought to control our thoughts." *Charles Darwin*
19. "I count him braver who overcomes his desires than him who conquers his enemies; for the hardest victory is over self." *Aristotle*
20. "Rule your mind or it will rule you." *Horace*
21. "Self-reverence, self-knowledge, self-control – these three alone lead life to sovereign power." *Alfred Tennyson*
22. "Prudent, cautious self-control, is wisdom's root." *Robert Burns*
23. "Man who man would be/Must rule the empire of himself." *Percy Bysshe Shelley*
24. "I never prod my nose into another man's porridge." *Miguel De Cervantes*
25. "The man who masters his own soul will forever be called conqueror of conquerors." *Plautus*
26. "Self-control is strength. Right thought is mastery. Calmness is power." *Buddha*
27. "If you can learn self - control you can master anything." *Buddha*
28. "He who conquers himself is the mightiest warrior." *Confucius*
29. "Mastering others is strength. Mastering yourself is true power." *Lao Tzu*
30. "For better or worse, man is the tool-using animal, and as such he has become the lord of creation. When he is lord also of himself, he will deserve his self-chosen title of *homo sapiens*." *William Ralph Inge*

31. "Those who make channels for water control the waters; makers of arrows make the arrows straight, carpenters control their timber, and the holy control their souls." *The Dhammapada 10*
32. "The self-controlled soul, who moves among sense objects, free from either attachment or repulsion, he wins eternal peace." *Bhagavad Gita 2: 64*

SELF-DISCIPLINE

SELF-DISCIPLINE refers to the training one gives oneself to accomplish a particular task or to adopt a particular pattern of behaviour although one would really prefer doing something else. This ability is the expression of inner strength and staying power, which are vital for dealing with the affairs of daily life and for achieving goals. A major characteristic of self-discipline is the ability to forgo instant and immediate gratification and pleasure, in favour of some greater gain or more satisfying results, even if this requires effort and time.

1. "Discipline is like the primordial life principle for every living being. For all human beings, it is like their backbone." *Sathya Sai Baba*
2. "Discipline is the mark of intelligent living." *Sathya Sai Baba*
3. "For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it." *Hebrews 12:11*
4. "Do not consider painful what is good for you." *Euripides*
5. "To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's mind. If a man can control his mind he can find the way to Enlightenment, and all wisdom and virtue will naturally come to him."
Buddha
6. "Freedom means the power to act by soul guidance, not by the compulsions of desires and habits. Obeying the ego leads to bondage; obeying the soul brings liberation."
Paramahansa Yogananda
7. "The first and best victory is to conquer self." *Plato*
8. "The only discipline that lasts is self-discipline." *Anonymous*
9. "Through self-discipline comes freedom." *Aristotle*
10. "The more you let yourself go, the less others let you go." *Nietzsche*
11. "You have power over your mind, not outside events. Realize this, and you will find strength." *Marcus Aurelius*

12. "Self-discipline is that which, next to virtue, truly and essentially raises one man above another." *Joseph Addison*
13. "No person is free who is not master of himself." *Epictetus*
14. "Self-discipline is when your conscience tells you to do something and you don't talk back." *W. K. Hope*
15. "Most powerful is he who has himself in his own power." *Seneca*
16. "Self-discipline is self-caring." *M. Scott Peck*
17. "A disciplined mind leads to happiness." *Dalai Lama*
18. "Rule your mind or it will rule you." *Horace*
19. "The pain of self-discipline will never be as great as the pain of regret." *Anonymous*
20. "Self-discipline creates a brighter tomorrow." *Anonymous*
21. "Develop self-discipline. Do what needs to be done, even if you don't want to do it." *Anonymous*
22. "Self-discipline is a key to many doors. Not least of which is one that leads to a better, stronger, and healthier version of yourself." *Zeno Dean*
23. "Peace and happiness shall fill your mind deep within, if you act according to truth and self-discipline." *Gobind Singh*
24. "Self-command is the main discipline." *Ralph Waldo Emerson*
25. "The centre of bringing any dream into fruition, is self-discipline." *Will Smith*
26. "You will never have a greater or lesser dominion than that over yourself...the height of a man's success is gauged by his self-mastery; the depth of his failure by his self-abandonment..." *Leonardo da Vinci*
27. "Everything one has a right to do is not best to be done." *Benjamin Franklin*
28. "The best of things, beyond their measure, cloy." *Homer*
29. "Day by day, what you choose, what you think, and what you do is who you become." *Heraclitus*
30. "That aim in life is highest which requires the highest and finest discipline." *Henry David Thoreau*
31. "There is no luck except where there is discipline." *Irish Proverb*
32. "He who lives without discipline dies without honour." *Icelandic Proverb*
33. "Does the road wind up-hill all the way? Yes, to the very end." *Christina Rossetti*

CARING

CARING is feeling or showing concern for or kindness to persons, animals and the natural environment. A caring person is affectionate, helpful, sympathetic and empathetic.

1. "The best way to love God is to love all and serve all." *Sathya Sai Baba*
2. "Without cultivating love for others, you can never cultivate love for yourself." *Sathya Sai Baba*
3. "Power is the ability to do good things for others...a kind word, a listening ear, an honest compliment, or the smallest act of caring." *Sathya Sai Baba*
4. "We cannot do great things on this Earth, only small things with great love." *Mother Teresa*
5. "You give little when you give of your possessions. It's when you give of yourself that you truly give." *Kahlil Gibran*
6. "Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world." *Desmond Tutu*
7. "Life's most persistent and urgent question is: 'What are you doing to help others?'" *Martin Luther King*
8. "No act of kindness, no matter how small, is ever wasted." *Aesop*
9. "As human beings we each have a responsibility to care for humanity. Expressing concern for others brings inner strength and deep satisfaction. As social animals, human beings need friendship, but friendship doesn't come from wealth and power, but from showing compassion and concern for others." *Dalai Lama*
10. "Nobody cares how much you know, until they know how much you care." *Theodore Roosevelt*
11. "When we feel love and kindness towards others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace." *Dalai Lama*
12. "Live for yourself and you will live in vain; live for others, and you will live again." *Bob Marley*
13. "I care for myself. The more solitary, the more friendless, the more unsustained I am, the more I will respect myself." *Charlotte Bronte*
14. "I expect to pass through life but once. If therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again." *William Penn*
15. "The happiest people are those who do the most for others. The most miserable are those who do the least." *Booker T. Washington*
16. "Never be so busy as not to think of others." *Mother Teresa*
17. "A candle loses nothing by lighting another candle." *James Keller*
18. "Every one of us needs to show how much we care for each other and, in the process, care for ourselves." *Princess Diana*
19. "To be successful is to be helpful, caring, and constructive, to make everything and everyone you touch a little bit better." *Norman Vincent Peale*
20. "Only a life lived for others is a life worthwhile." *Einstein*

21. "From caring comes courage." *Lao Tzu*
22. "My guiding principles in life are to be honest, genuine, thoughtful and caring." *Prince William*
23. "We rise by lifting others." *Robert Ingersoll*
24. "There is no charm equal to tenderness of heart." *Jane Austen*
25. "Help a hand or hand a help; always be handing out help or simply be a helping hand." *Peter Cole*
26. "Kindness in words creates confidence/Kindness in thinking creates profoundness/
Kindness in giving creates love." *Lao Tzu*
27. "Help one another; there's no time like the present and no present like time." *James Durst*
28. "It's much better to do good in a way that no one knows anything about it." *Leo Tolstoy*
29. "One person caring about another represents life's greatest value." *Jim Rohn*
30. "Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." *Leo Buscaglia*
31. "Three keys to more abundant living: caring about others, daring for others, sharing with others." *William Arthur Ward*
32. "No one is useless in this world who lightens the burden of it for anyone else." *Charles Dickens*
33. "Civility is the art and act of caring for others." *Deborah King*
34. "Wherever there is a human being, there is an opportunity for kindness." *Seneca*
35. "When words are both true and kind, they can change the world." *Buddha*
36. "Be kind whenever possible. It is always possible." *Dalai Lama*
37. "Love others as you would love yourself, judge others as you would judge yourself, cherish others as you would cherish yourself. When you wish for others as you wish for yourself and when you protect others as you would protect yourself, that's when you can say it's true love." *Confucius*
38. "The best portion of a good man's life,
His little, nameless, unremembered acts
Of kindness and of love." *William Wordsworth*
39. "All, everything that I understand, I understand only because I love." *Leo Tolstoy*
40. "Life without love is like a tree without blossoms or fruit." *Khalil Gibran*
41. "Spread love everywhere you go. Let no one ever come to you without leaving happier." *Mother Teresa*
42. "Kindness it is that brings forth kindness always." *Sophocles*
43. "Keep love in your heart. A life without it is like a sunless garden when the flowers are dead." *Oscar Wilde*

44. "Thou shalt love thy neighbour as thyself." *Matthew 22:39*
45. "Only by love can men see me, and know me, and come unto me." *Bhagavad Gita, 11:54*
46. "Blessed are the hearts that can bend; they shall never be broken." *Albert Camus*
47. "It is only with the heart that one can see rightly; what is essential is invisible to the eye." *Antoine de Saint-Exupéry*
48. "Where Mercy, Love and Pity dwell
There God is dwelling too." *William Blake*
49. "The quality of mercy is not strained;
It droppeth as the gentle rain from heaven
Upon the place beneath. It is twice blest;
It blesseth him that gives and him that takes." *William Shakespeare*
50. "Nature, in giving tears to man, confessed that he
Had a tender heart; this is our noblest quality." *Juvenal*

COMMUNICATION

INTRAPERSONAL COMMUNICATION: This is the communication done with oneself. Included are the thoughts, assessments, contemplations, and feelings that are associated with one's inner communication. It is communication between you and yourself. We may think of it as the voice inside our head. By learning, training and directing intrapersonal skills we can open our inner potential and lead ourselves towards better mental wellness.

1. "You are seeking joy and peace in far-off places. But the spring of joy is in your heart. The haven of peace is in yourself." *Sathya Sai Baba*
2. "You must enshrine in your hearts the spiritual urge towards light and love." *Sathya Sai Baba*
3. "All things are beautiful seen through the eyes of love." *Sathya Sai Baba*
4. "Discover the fountain of joy within you, which rises from God." *Sathya Sai Baba*
5. "The intake must always be pure, blameless... The sounds, the sights, the impressions, the ideas, the lessons, the contacts, the impacts—all must promote reverence, humility, balance, equanimity and simplicity." *Sathya Sai Baba*
6. "Inner charm is the genuine beauty; inner cleanliness is godliness." *Sathya Sai Baba*
7. "The heart with compassion is the temple of God." *Sathya Sai Baba*

8. "Directing of our own awareness is the most fundamental intrapersonal skill." *Dr Helena Lass*
9. "The most important opinion you have is the one you have of yourself, and the most significant things you say all day are those things you say to yourself." *Unknown Author*
10. "Words matter. And the words that matter most are the ones you say to yourself." *David Taylor-Klaus*
11. "Be mindful of your self-talk. It's a conversation with the universe." *David James*
12. "The more man meditates upon good thoughts, the better will be his world and the world at large." *Confucius*
13. "Don't be pushed around by the fears in your mind. Be led by the dreams in your heart." *Roy T. Bennett*
14. "Self-trust is the first secret of success." *Ralph Waldo Emerson*
15. "The universe is not outside of you. Look inside yourself; everything that you want, you already are." *Rumi*
16. "To the mind that is still, the whole universe surrenders." *Lao Tzu*
17. "You are what you think." *Confucius*
18. "There are days I drop words of comfort on myself like falling leaves and remember that it is enough to be taken care of by myself." *Brian Andreas*
19. "Because one believes in oneself, one doesn't try to convince others. Because one is content with oneself, one doesn't need others' approval. Because one accepts oneself, the whole world accepts him or her." *Lao Tzu*
20. "The happiness of your life depends on the quality of your thoughts; therefore, guard accordingly." *Marcus Aurelius.*
21. "The desire for connection with the Divine and our formless inner self is at the foundation of all desire for human connection." *Donna Goddard*
22. "There is no inspiration without being armed with the ability of self-talk." *Mwanandeke Kindembo*
23. "I can speak to my soul only when the two of us are off exploring deserts or cities or mountains or roads." *Paulo Coelho*
24. "Ours is the one ever-present voice in our lives." *Sue Thoele*
25. "The inner speech, your thoughts, can cause you to be rich or poor, loved or unloved, happy or unhappy, attractive or unattractive, powerful or weak." *Ralph Charell*
26. "Her own thoughts and reflections were habitually her best companions." *Jane Austen*
27. "Your mind will always believe everything you tell it. Feed it faith, feed it truth, feed it with love." *Buddha*
28. "The mind is its own place, and in itself can make a heaven of hell, a hell of heaven." *John Milton*

29. "With our thoughts, we make the world." *Buddha*
30. "There is a voice that doesn't use words. Listen." *Rumi*
31. "It is man's foremost duty to awaken the understanding of the inner self and to know his own real inner greatness. Once he knows his true worth, he can know the worth of others." *Swami Muktananda*
32. "Only in quiet waters, things mirror themselves undistorted. Only in a quiet mind is the adequate perception of the world." *Hans Margolius*
33. "Follow your intuition. It will always lead you to the right destination." *Eckhart Tolle*
34. "Dare to love yourself as if you were a rainbow with gold at both ends." *Author-Poet Aberjhani*
35. "The true inner self must be drawn up like a jewel from the bottom of the sea, rescued from confusion, from indistinction, from immersion in the common, the non-descript, the trivial, the sordid, the evanescent." *Thomas Merton*

INTERPERSONAL COMMUNICATION

INTERPERSONAL COMMUNICATION SKILLS: Interpersonal communication is how we communicate with one another. It can mean sharing information and expressing thoughts or feelings, either face-to-face or through a medium, such as a phone, email, or social media. Interpersonal skills are behaviours that help us interact with others effectively: in the family, workplace, school, or in the larger world. It refers to both verbal and non-verbal communication, including body language, facial expressions and tone.

1. "Be simple and sincere." *Sathya Sai Baba*
2. "Practice the vocabulary of love - unlearn the language of hate and contempt." *Sathya Sai Baba*
3. "Before you speak, think is it necessary? Is it true? Is it kind? Will it hurt anyone? Will it improve on the silence?" *Sathya Sai Baba*
4. "The spoken word, though it may be short and appear to be only a sound, has in it the power of an atom bomb.... Words can confer strength; they can drain it off.... They can elevate or lower the individual. One must learn the habit of making one's words sweet, soft, and pleasant." *Sathya Sai Baba*
5. "Silence is the speech of the spiritual seeker." *Sai Baba*
6. "Sometimes it's better to be kind than to be right. We do not need an intelligent mind that speaks but a patient heart that listens." *Buddha*

7. "If someone does not smile at you, be generous and offer your own smile. Nobody needs a smile more than the one that cannot smile to others." *Dalai Lama*
8. "Relationships are based on four principles: respect, understanding, acceptance and appreciation." *Gandhi*
9. "Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it." *Rumi*
10. "Speech is the mirror of the soul. As a man speaks, so is he." *Publius Cyrus*
11. "The beauty you see in me is a reflection of you." *Rumi*
12. "If you judge people, you have no time to love them." *Mother Teresa*
13. "Loose lips sink ships." *Anonymous*
14. "The oldest, shortest words - 'yes' and 'no' - are those which require the most thought." *Pythagoras*
15. "The less you speak, the more you will hear." *Alexander Solzhenitsyn*
16. "The most basic of all human needs is the need to understand and be understood." *Ralph Nichols*
17. "It's important to make sure that we are talking with each other in a way that heals, not in a way that wounds." *Barack Obama*
18. "Wise men speak because they have something to say; fools because they have to say something." *Plato*
19. "The first duty of love is to listen." *Paul Tillich*
20. "When people talk, listen completely. Most people never listen." *Ernest Hemingway*
21. "Interacting with someone who is unlike yourself is like looking into a mirror, and it suddenly makes you aware of your own assumptions and attitudes." *Cristina Ho*
22. "First learn the meaning of what you say and then speak." *Epictetus*
23. "Kind words can be short and easy to speak, but their echoes are truly endless." *Mother Teresa*
24. "Much unhappiness has come into the world because of bewilderment and things left unsaid." *Fyodor Dostoevsky*
25. "Assumptions are the termites of relationships." *Henry Winkler*
26. "Words are the source of misunderstandings." *Antoine de Saint-Exupéry*
27. "Communicate unto the other person that which you would want him to communicate unto you if your positions were reversed." *Aaron Goldman*
28. "Good words are worth much and cost little." *George Herbert*
29. "We have two ears and one mouth so that we can listen twice as much as we speak." *Epictetus*
30. "If there is a communication issue, it is not the fault of the other person but of both people." *Jeffrey G. Duarte*
31. "Better to build a bridge than a wall." *Elton John*
32. "Where you tend a rose, my lad, a thistle cannot grow." *Frances Hodgson Burnett*
33. "Lord, make me an instrument of thy peace. Where there is hatred, let me sow love." *St Francis of Assisi*

34. "Words, empty as the wind, are best left unsaid." *Homer*
35. "Silence isn't empty. It's full of answers." *Buddha*
36. "Examine what is said, not who speaks." *Arabian Proverb*
37. "If your eyes are positive, you will love the world, but if your tongue is positive, the world will love you." *Mother Teresa*
38. "Our days are happier when we give people a bit of our heart rather than a piece of our mind." *Unknown*
39. "There's a lot of difference between listening and hearing." *G.K. Chesterton*
40. "To listen closely and reply well is the highest perfection we are able to attain in the art of conversation." *La Rochefoucauld*
41. "The soothing tongue is a tree of life, but a perverse tongue crushes the spirit." *Proverbs 15:4*
42. "Good nature is more agreeable in conversation than wit, and gives a certain air to the countenance which is more amiable than beauty." *Joseph Addison*

FRIENDSHIP

FRIENDSHIP is a bond of affection between two or more people. The relationship is characterized by positive interpersonal qualities such as kindness, generosity, supportiveness, loyalty, and honesty.

1. "Heart must understand heart, heart must be drawn to heart...Friendship must bind two hearts and affect both of them beneficially, whatever may happen to either ...The bond must survive all the blows of fate, and be unaffected by time, place and circumstance. Each must correct the other; for each knows that they come from sympathy and love. Each must be vigilant that the other does not slide from the ideal, cultivate habits that are deleterious, or hide thoughts and plans that are productive of evil. The honour of each is in the safe keeping of the other. Each trusts the other and places reliance on the other's watchful love." *Sathya Sai Baba*
2. "Only those deserve the name "friends" - who help in uplifting life, cleansing ideals, elevating emotions and strengthening resolves... See into the very soul, the inner motives and motivator, the deeper aspirations and achievements, and then, yield your loyalty to such." *Sathya Sai Baba*
3. "Yearn for and earn good friends, who will keep you on an even keel. Have above all, God, as your unfailing guide and friend." *Sathya Sai Baba*

4. "Friendship is the expression of unshakeable love, love that is noble, pure, free from desire or egoism." *Sathya Sai Baba*
5. "People talk of friends and friendships, but what do they mean by it? Friendship must serve as the lids serve the eyes, or sandals for the feet. The 'friend' should be another 'me'. He/she must experience in equal depth the joy and the grief of the other." *Sathya Sai Baba*
6. "Friendship is the only cement that will ever hold the world together." *Woodrow Wilson*
7. "Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom." *Marcel Proust*
8. "Friendship is the golden thread that ties the heart of all the world." *John Evelyn*
9. "A good friend knows all your best stories, but a best friend has lived them with you." *Unknown*
10. "If you choose to make friendship with a pig, you must be prepared to live in the mud." *African Proverb*
11. "A good friend is like a four-leaf clover; hard to find and lucky to have." *Irish Proverb*
12. "That man travels the longest journey that undertakes it in search of a sincere friend." *Ali Ibin-Abi-Talib*
13. "The best mirror is a friend's eyes." *Chinese Proverb*
14. "Hold a true friend with both your hands." *Nigerian Proverb*
15. "The greatest gift of life is friendship." *Hubert H. Humphrey*
16. "A man's friendships are one of the best measures of his worth." *Charles Darwin*
17. "What is a friend? A single soul dwelling in two bodies." *Aristotle*
18. "Sometimes me think 'what is friend?' and then me say, 'someone to share the last cookie with.'" *Cookie Monster*
19. "A friend is one who overlooks your broken fence and admires the flowers in your garden." *Unknown*
20. "The only way to have a friend is to be one." *Ralph Waldo Emerson*
21. "One of the most beautiful qualities of true friendship is to understand and be understood." *Seneca*
22. "Walking with a friend in the dark is better than walking alone in the light." *Helen Keller*
23. "Life has no blessing like a prudent friend." *Euripides*
24. "We are each of us angels with only one wing, and we can only fly by embracing one another." *Marcus Aurelius*
25. "Nothing but heaven itself is better than a friend who is really a friend." *Plautus*
26. "Without friends the world is but a wilderness." *Francis Bacon*
27. "Friendship is the shadow of the evening which strengthens with the setting sun of life." *Jean de la Fontaine*
28. "The language of friendship is not words, but meanings." *Thoreau*

29. "Friends show their love in times of trouble, not in happiness." *Euripides*
30. "Be slow to fall into friendship; but when thou art in, continue firm and constant."
Socrates
31. "A friend is one that knows you as you are, understands where you have been, accepts what you have become, and still, gently allows you to grow." *William Shakespeare*
32. "Friend, our closeness is this: anywhere you put your foot, feel me in the firmness under you." *Rumi*
33. "Friendship is unnecessary, like philosophy, like art... It has no survival value; rather it is one of those things that give value to survival." *C. S. Lewis*
34. "Sweet friendships refresh the soul and awaken our hearts with joy, for good friends are like the anointing oil that yields the fragrant incense of God's presence." *Proverbs 27:9*
35. "Friendship is the source of the greatest pleasures, and without friends even the most agreeable pursuits become tedious." *Saint Thomas Aquinas*
36. "Friendship makes prosperity more brilliant, and lightens adversity by dividing and sharing it." *Cicero*
37. "Friendship is always a sweet responsibility, never an opportunity." *Kahlil Gibran*
38. "Your friend is your needs answered.
He is your field which you sow with love and reap with thanksgiving.
And he is your board and your fireside. For you come to him with your hunger, and you seek him for peace.
When your friend speaks his mind you fear not the 'nay' in your own mind, nor do you withhold the 'ay.'
And when he is silent your heart ceases not to listen to his heart;
For without words, in friendship, all thoughts, all desires, all expectations are born and shared, with joy that is unclaimed." *Kahlil Gibran*

CEILING ON DESIRES

"**CEILING ON DESIRES**" is a practical tool given by Sri Sathya Sai Baba to help us reduce our desires by placing limits on the usage of four key resources: **money**, **food**, **time** and **energy**. If there is no limit to desires, they keep multiplying with the effect that one does not experience a sense of satisfaction however much one possesses. Avoiding wastage of money, food, time and energy enables us to feel peace.

1. "Ceiling on desires means exercising control over them. You can be happy once the desires are controlled." *Sathya Sai Baba*
2. "Do not waste food/ Do not waste money/ Do not waste time/ Do not waste energy/ Do not exploit Nature." *Sathya Sai Baba*
3. "Your life is a long journey. You should have less luggage (desires) in this long journey of life. ... less luggage more comfort makes travel a pleasure. ...You are under the mistaken notion that happiness lies in the fulfilment of desires. But, in fact, happiness begins to dawn when desires are totally eradicated." *Sathya Sai Baba*
4. "Wherever you look today, there are only desires, desires, and more desires. Put a ceiling on these desires! Only then will your mind become steady ...They are like passing clouds... Ultimately, nothing accompanies you at the time of your leaving this mortal body." *Sathya Sai Baba*
5. "Desires are the root cause of man's disturbance. Sense control and ceiling on desires will help him to see God all around and experience bliss." *Sathya Sai Baba*
6. "Man is the embodiment of divine consciousness. Only when he is pure, he can experience that consciousness. Through attachment to worldly pleasures man gets bound to the physical and becomes oblivious to his essential divinity." *Sathya Sai Baba*
7. "Money is the embodiment of Divinity. When you talk of wealth, you should be careful to avoid avaricious accumulation and extravagant expenditure." *Sathya Sai Baba*
8. "Today we waste time on unnecessary and unwanted things, in indulging in unnecessary talk and doing meaningless actions. In all these actions we are sacrificing the body to time. Instead, we should try to make time our servant. It means spending our time in good thoughts and good deeds." *Sathya Sai Baba*
9. "How are we wasting our energies?" If you see bad things, your energy is wasted. Hearing bad things, speaking evil, thinking evil thoughts, and doing evil deeds wastes your energy. Conserve your energy in all these five areas, and make your life more meaningful." *Sathya Sai Baba*
10. "Any use of the elements over and above legitimate bounds is a sacrilege. So too, each element must be used under some limitations, not as and how you like. Treat the elements as a vesture of the Almighty." *Sathya Sai Baba*
11. "Human life will find fulfilment only when ecological balance is maintained. Balance in human life and balance in nature, both are equally important." *Sathya Sai Baba*
12. "Whatever man seeks to achieve, he has to rely on Nature. Nature is not anyone's private property. It belongs to God. Without the grace of the Lord no one can enjoy the benefits of Nature. Not realising this truth, some people embark on the exploitation of Nature, out of arrogance and self-conceit. This is highly misconceived." *Sathya Sai Baba*

13. "As a boat on the waters is carried off course by a gale, so an individual's discrimination is driven from its intended path when the mind succumbs to the wandering senses."
Bhagavad Gita 2:67
14. "He who knows that enough is enough will always have enough." *Lao Tzu*
15. "Fill your bowl to the brim and it will spill. Keep sharpening your knife and it will blunt."
Lao Tzu
16. "The greatest wealth is to live content with little." *Plato*
17. "Peaceful is the one who's not concerned with having more or less. Unbound by name and fame, he is free from sorrow from the world and mostly from himself." *Rumi*
18. "Anything which is more than our necessity is poison. It may be power, wealth, hunger, ego, greed, laziness, love, ambition, hate or anything." *Rumi*
19. "Enjoy present pleasures in such a way as not to injure future ones." *Seneca*
20. "It is not the man who has too little, but the man who craves more, that is poor." *Seneca*
21. "Until we have begun to go without them, we fail to realize how unnecessary many things are. We've been using them not because we needed them but because we had them." *Seneca*
22. "I want the road to be covered with my treasure so that everybody sees that material wealth acquired on earth, stays on earth." *Alexander the Great*
23. "Money is like manure, of very little use except it be spread." *Francis Bacon*
24. "Even where sleep is concerned, too much is a bad thing." *Homer*
25. "There is a sufficiency in the world for man's need but not for man's greed." *Gandhi*
26. "A poor person isn't he who has little, but who needs a lot." *Proverb*
27. "Great desire obtains little." *Burmese Proverb*
28. "The desire for imaginary benefits often involves the loss of present blessings." *Aesop*
29. "How few are our real wants and how easy is it to satisfy them. Our imaginary ones are boundless and insatiable." *Julius Charles Hare & Augustus William Hare*
30. "No man can have all he wants, but a man can refrain from wanting what he has not, and cheerfully make the best of a bird in the hand." *Seneca*
31. "If a little is not enough for you, then nothing is." *Epicurus*
32. "He who is greedy is always in want." *Horace*
33. "Manifest plainness, embrace simplicity, reduce selfishness, have few desires." *Lao Tzu*
34. "The discipline of desire is the background of character." *John Locke*
35. "Do not indulge in dreams of having what you have not, but reckon up the chief of the blessings you do possess, and then thankfully remember how you would crave for them if they were not yours." *Marcus Aurelius*
36. "Do not spoil what you have by desiring what you have not; but remember that what you now have was once among the things only hoped for." *Epicurus*
37. "A harvest of peace is produced from the seed of contentment." *Proverb*

38. "Better a little fire to warm us than a great one to burn us." *Thomas Fuller*
39. "The world is big enough to satisfy everyone's needs, but will always be too small to satisfy everyone's greed." *Gandhi*
40. "He is richest who is content with the least, for content is the wealth of nature."
Socrates
41. "Whoever considers the nearness of death in his heart, will see what he has and owns as being abundant." *Umar b. 'Abd al-'Aziz [d. 101H/719CE]*
42. "Mother Earth is not a resource; she is an heirloom." *David Ipina, Yurok*
43. "All things are connected. Whatever befalls the Earth, befalls the children of the Earth."
Chief Seattle
44. "Everything is perfect coming from the hands of the Creator; everything degenerates in the hands of man." *Rousseau*
45. "Do no dishonour to the Earth, lest you dishonour the spirit of man." *Henry Beston*
46. "The Earth will not continue to offer its harvest, except with faithful stewardship. We cannot say we love the land and then take steps to destroy it for use by future generations." *John Paul II*

CITIZENSHIP

CITIZENSHIP is the relationship between an individual and a country or state to which the individual owes allegiance. The individual is in turn entitled to its protection. Citizenship implies the status of freedom with accompanying responsibilities. It is the most privileged form of nationality.

1. "The individual by his thoughts, words and deeds develops or undermines the welfare of Society, and thus affects the World." *Sathya Sai Baba*.
2. "An opportunity to be of some service to fellowmen comes to you as a gift from God."
Sathya Sai Baba
3. "Citizenship consists in the service of the country." *Jawaharlal Nehru*
4. "A good citizen owes his life to his country." *Russian Proverb*
5. "Let us at all times remember that all...citizens are brothers of a common country and should dwell together in bonds of fraternal feeling." *Abraham Lincoln*
6. "The test of good citizenship is loyalty to country." *Bainbridge Colby*
7. "To be a good citizen, it's important to be able to put yourself in other people's shoes and see the big picture." *Eli Pariser*
8. "United we stand, divided we fall." *Aesop*

9. "Every human activity can be put at the service of the divine and of love. We should all exercise our gift to build community." *Jean Vanier*
10. "The driving force of a nation lies in its spiritual purpose, made effective by free, tolerant but unremitting national will." *Franklin D Roosevelt*
11. "Citizenship is an attitude, a state of mind, an emotional conviction that the whole is greater than the part and that the part should be humbly proud to sacrifice itself that the whole may live." *Robert A. Heinlein*
12. "A man's value to the community depends primarily on how far his feelings, thoughts, and actions are directed towards promoting the good of his fellows." *Einstein*
13. "I am a part of all that I have met." *Alfred Lord Tennyson*
14. "No man is an island, entire of itself, every man is a piece of the continent." *John Donne*
15. "Alone we can do so little; together we can do so much." *Helen Keller*
16. "Community is about sharing my life; about allowing the chaos of another's circumstances to infringe on mine; about permitting myself to be known without constraint; about resigning myself to needing others." *Sandy Oshiro Rosen*
17. "Every good citizen adds to the strength of a nation." *Gordon Hinckley*
18. "Our true nationality is humankind." *H.G. Wells*
19. "We need to become good citizens in the global village, instead of competing. What are we competing for – to drive more cars, eat more steaks? That will destroy the world." *Yuan Lee*
20. "What do I owe to my times, to my country, to my neighbours, to my friends? Such are the questions which a virtuous man ought often to ask himself." *Johann Kaspar Lavater*
21. "The worth of the state, in the long run, is the worth of the individuals composing it." *John Stuart Mill*
22. "This city is what it is because our citizens are what they are." *Plato*
23. "And as we let our light shine, we unconsciously give other people permission to do the same." *Nelson Mandela*
24. "You are a citizen, and citizenship carries responsibilities." *Paul Collier*
25. "Ask not what your country can do for you – ask what you can do for your country." *John F. Kennedy*
26. "The world is my country, all mankind are my brethren, and to do good is my religion." *Thomas Paine*
27. "I am a citizen of the world, and my nationality is goodwill." *Socrates*
28. "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*
29. "In a global world, we should be citizens. Dignity has no nationality." *Tania Bruguera*
30. "A person is a person because of other people." *African Proverb*

31. "Every good citizen makes his country's honour his own, and cherishes it not only as precious but as sacred." *Andrew Jackson*
32. "It's our responsibility as citizens of the world to ground ourselves in selflessness and all do our part." *Solange Knowles*
33. "To be of use to the world is the only way to be happy." *Hans Christian Anderson*
34. "There is no patent recipe for getting good citizenship. You get it by applying the old, old rules of decent conduct, the rules in accordance with which decent men have had to shape their lives from the beginning ... fundamental precepts, put forth in the Bible and embodied consciously or unconsciously in the code of morals of every great and successful nation from antiquity to modern times." *Theodore Roosevelt*

COOPERATION

COOPERATION is working together to accomplish shared goals. Within cooperative situations, individuals seek outcomes that are beneficial to themselves and beneficial to all other group members.

1. "Willingness to compromise with others' ways of living and cooperation in common tasks, these make living happy and fruitful." *Sathya Sai Baba*
2. "All is divine, all is God, and unity is divinity." *Sathya Sai Baba*
3. "I love to hear a choir. I love the humanity, to see the faces of real people devoting themselves to a piece of music. I like the teamwork. It makes me feel optimistic about the human race when I see them cooperating like that." *Paul Mc Cartney. Beatle*
4. "In everyone's life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit." *Albert Schweitzer*
5. "It is probably not love that makes the world go around, but rather those mutually supportive alliances through which partners recognize their dependence on each other for the achievement of shared and private goals." *Fred A. Allen*
6. "No matter what accomplishments you make, somebody helped you." *Althea Gibson*
7. "The world basically and fundamentally is constituted on the basis of harmony. Everything works in co-operation with something else." *Preston Bradley*
8. "Sticks in a bundle are unbreakable." *Kenyan Proverb*
9. "If we don't all row, the boat won't go." *Author Unknown*
10. "If you don't believe in cooperation, watch what happens to a wagon when one wheel comes off." *American Proverb*
11. "When spider webs unite, they can tie up a lion." *African Proverb*

12. "If you want to go fast, go alone. If you want to go far, go together." *African Proverb*
13. "Three, helping one another, bear the burden of six." *Latin Proverb*
14. "Many hands make light work." *Proverb*
15. "Only when all contribute their firewood can they build up a strong fire." *Chinese Proverb*
16. "Clapping with the right hand only will not produce a noise." *Malay Proverb*
17. "Two heads are better than one." *Polish Proverb*
18. "We can see that all the desirable experiences that we cherish or aspire to attain are dependent upon cooperation and interaction with other sentient beings." *Dalai Lama*
19. "In union there is strength." *Aesop*
20. "When was ever honey made with one bee in a hive?" *Thomas Hood*
21. "No man is an island, entire of itself; every man is a piece of the continent." *John Donne*
22. "No one can whistle a symphony. It takes a whole orchestra to play it." *Halford Edward Luccock*
23. "If you want to lift yourself up, lift up someone else." *Booker T. Washington*
24. "None of us, including me, ever do great things. But we can all do small things, with great love, and together we can do something wonderful." *Mother Teresa*
25. "If I have seen further, it is by standing on the shoulders of giants." *Isaac Newton*
26. "Great discoveries and improvements invariably involve the cooperation of many minds." *Alexander Graham Bell*
27. "Individually we are one drop. Together we are an ocean." *Ryunosuke Satoro*
28. "Life is not a game of Solitaire; people depend on one another. When one does well, others are lifted. When one stumbles, others also are impacted. There are no one-man teams--either by definition or natural law." *Jon M. Huntsman Sr.*
29. "Cooperation will solve many problems. Even freckles would form a nice tan if they would ever get together." *Anonymous*
30. "None of us is as smart as all of us." *Ken Blanchard*
31. "Collaboration is the essence of life. The wind, bees and flowers work together, to spread the pollen." *Amit Ray*
32. "The main ingredient of stardom is the rest of the team." *John Wooden*
33. "It takes two flints to make a fire." *Louisa May Alcott*
34. "The only thing that will redeem mankind is cooperation." *Bertrand Russell*
35. "One man may hit the mark, another blunder, but heed not these distinctions. Only from the alliance of the one, working with and through the other, are great things born." *Antoine de Saint-Exupéry*

GOOD MANNERS

GOOD MANNERS are the treatment of other people with courtesy and politeness, and showing correct public behaviour. They can help us appear more confident, maintain more fulfilling personal relationships, lead to us prospering at work and generally enjoying happier and healthier lives. When we practise basic good manners, we are showing those around us that we respect them and are considerate of their feelings. This makes them feel better, and us too.

1. "The sign of a person who has had an education is good manners." *Sathya Sai Baba*
2. "Good manners are the hallmark of a true man." *Sathya Sai Baba*
3. "Manners maketh man." *English Proverb*
4. "With fowls, the pedigree, with men, breeding." *Burmese Proverb*
5. "A man's manners are a mirror in which he shows his portrait." *Wolfgang von Goethe*
6. "Whoever one is, and wherever one is, one is always in the wrong if one is rude."
Maurice Baring
7. "Good manners are just a way of showing other people that we have respect for them."
Bill Kelly
8. "Treat everyone with politeness, even those who are rude to you — not because they are nice, but because you are." *Author Unknown*
9. "Nothing is weightier on the Scale of Deeds than one's good manners." *Prophet Muhammad PBUH*
10. "Learn good manners before seeking knowledge." *Imam Malik*
11. "Manners are a sensitive awareness of the feelings of others. If you have that awareness, you have good manners, no matter what fork you use." *Emily Post*
12. "Respect for ourselves guides our morals, respect for others guides our manners."
Laurence Sterne
13. "Your manners are your beauty." *Imam Ali*
14. "Life is not so short but that there is always time enough for courtesy." *Ralph Waldo Emerson*
15. "Better good manners than good looks." *Irish Proverb*
16. "Good manners are a sign of strength." *Dick Francis*
17. "Good manners are ageless, priceless and classless." *Diana Mather*
18. "Manners cost nothing." *Anonymous*
19. "Good manners will open doors that the best education cannot." *Justice Clarence Thomas*

20. "Your mood should not dictate your manners." *Anonymous*
21. "Manners easily and rapidly mature into morals." *Horace Mann*
22. "Your wealth is your good manners." *Anonymous*
23. "Good manners reflect something from inside – an innate sense of consideration for others and respect for self." *Emily Post*
24. "No person who is well bred, kind and modest is ever offensively plain; all real deformity means want for manners or of heart." *John Ruskin*
25. "Good manners and kindness are always in fashion." *Anonymous*
26. "Manners and politeness will never become old-fashioned." *Auliq Ice*
27. "The real test of good manners is to be able to put up with bad manners pleasantly." *Kahlil Gibran*
28. "The purest people are the ones with good manners." *Arabic Proverb*
29. "Good manners open the closed doors; bad manners close the open doors." *Mehmet Murat Ildan*
30. "Politeness is the flower of humanity." *Joseph Joubert*
31. "Serenity of manners is the zenith of beauty." *Fredrika Bremer*
32. "Good manners have much to do with the emotions. To make them ring true, one must feel them, not merely exhibit them." *Amy Vanderbilt*
33. "Manners are the happy ways of doing things; each once a stroke of genius or of love, now repeated and hardened into usage, they form at last a rich varnish, with which the routine of life is washed, and its details adorned. If they are superficial, so are the dew-drops which give such a depth to the morning meadows." *Ralph Waldo Emerson*
34. "There is no nobility with bad manners." *Ali Ibn Abi Talib*
35. "Your manners will depend very much upon the quality of what you frequently think on; for the soul is as it were tinged with the colour and complexion of thought." *Marcus Aurelius*
36. "Vulgarity of manners defiles fine garments more than mud." *Plautus*

VOLUNTEERISM

VOLUNTEERISM is a form of helping in which people actively seek out opportunities to assist others in need, make considerable and continuing commitments to provide assistance, and sustain these commitments over extended periods of time, often at considerable personal cost. Several features mark it as a distinctive form of helping. Unlike the helping that occurs

spontaneously in response to emergencies, volunteers typically seek out opportunities to help. Unlike the obligated helping that occurs in the context of ongoing relationships, volunteers typically do not know those they help in advance and have no prior bonds of obligation to help them.

<https://www.sciencedirect.com/referencework/9780080430768/international-encyclopedia-of-the-social-and-behavioral-sciences>

1. "Service brings out all that is great in man. It broadens the heart and widens one's vision. It fills one with joy. It promotes unity. It must be regarded as a great spiritual discipline. You are born to serve, not to dominate. Everyone in the world is a servant and not a master...It is only when man is filled with the spirit of service that his divine nature is recalled. He then experiences the peace that passeth understanding." *Sathya Sai Baba*
2. "All service should be regarded as an offering to God, and every opportunity to serve should be welcomed as a gift from God. When service is done in this spirit, it will lead to self-realization." *Sathya Sai Baba*
3. "Love must express itself as service." *Sathya Sai Baba*
4. "Selfless service alone gives the needed strength and courage to awaken the sleeping humanity in one's heart." *Sathya Sai Baba*
5. "In this troubled world, it's refreshing to find someone who still has the time to be kind. Someone who still has the faith to believe that the more you give, the more you receive. Someone who's ready by thought, word, or deed to reach out a hand, in the hour of need." *Helen Steiner Rice*
6. "Only those who have learned the power of sincere and selfless contribution experience life's deepest joy: true fulfilment." *Tony Robbins*
7. "I am of the opinion that my life belongs to the community, and as long as I live, it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die, for the harder I work, the more I live. Life is no 'brief candle' to me. It is a sort of splendid torch which I have got hold of for a moment, and I want to make it burn as brightly as possible before handing it on to future generations." *George Bernard Shaw*
8. "Love cannot remain by itself... it has no meaning. Love has to be put into action, and that action is service." *Mother Teresa*
9. "We make a living by what we get. We make a life by what we give." *Winston Churchill*
10. "Volunteers do not necessarily have the time; they have the heart." *Elizabeth Andrew*
11. "We cannot live only for ourselves. A thousand fibres connect us with our fellow men." *Herman Melville*

12. "Volunteers don't get paid, not because they're worthless, but because they're priceless." *Sherry Anderson*
13. "There is no better exercise for your heart than reaching down and helping to lift someone up." *Bernard Meltzer*
14. "The intelligent way to be selfish is to work for the good of others." *Dalai Lama*
15. "Those who bring sunshine into the lives of others cannot keep it from themselves."
J.M. Barrie
16. "Service to others is the rent you pay for your room here on Earth." *Muhammad Ali*
17. "What is the essence of life? To serve others and to do good." *Aristotle*
18. "The best way to find yourself is to lose yourself in the service of others." *Gandhi*
19. "If you're looking for a helping hand, there's one at the end of your arm."
Yiddish Proverb
20. "The smallest act of kindness is worth more than the grandest intention." *Oscar Wilde*
21. "There is nothing stronger than the heart of a volunteer." *James Dolittle*
22. "You have not lived until you have done something for someone who can never repay you." *John Bunyan*
23. "If you become a helper of hearts, springs of wisdom will flow from your heart." *Rumi*
24. "One can pay back the loan of gold, but one dies forever in debt to those who are kind."
Malayan Proverb
25. "Even if it's a little thing, do something for those who have need of a man's 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*
26. "I slept and I dreamed that life is all joy. I woke and I saw that life is all service. I served and I saw that service is joy." *Kahlil Gibran*
27. "At the end of the day it's not about what you have or even what you've accomplished. It's about who you've lifted up, who you've made better. It's about what you've given back." *Denzel Washington*
28. "Benevolence doesn't consist in those who are prosperous pitying and helping those who are not. Benevolence consists in fellow feeling that puts you upon actually the same level with the fellow who suffers." *Woodrow Wilson*
29. "Be grateful to the man you help, think of him as God. Is it not a great privilege to be allowed to worship God by helping our fellow men?" *Swami Vivekananda*
30. "It is a privilege to serve mankind, for this is the worship of God." God is here, in all these human souls. He is the soul of man." *Swami Vivekananda*
31. "This life is short, the vanities of the world are transient, but they alone live who live for others, the rest are more dead than alive." *Swami Vivekananda*
32. "To serve is beautiful, but only if it is done with joy and a whole heart and a free mind."
Pearl S. Buck

33. "All service ranks the same with God –
With God, whose puppets, best and worst,
Are we: there is no last nor first." *Robert Browning*
34. "The noblest service comes from nameless hands
And the best service does his work unseen." *Oliver Wendell Holmes*
35. "There is something better, if possible that a man can give than his life. That is his living
spirit to a service that is not easy, to resist counsels that are hard to resist, to stand
against purposes that are difficult to stand against." *Woodrow Wilson*
36. "Inasmuch as ye have done it unto one of the least of these my brethren, ye have done
it unto me." *Matthew 25:40*
37. "Treat all the creation of God with such deep love as though they are your close family
members." *Koran*
38. "Serve wholeheartedly as if you were serving the Lord, not people." *Ephesians 6:7*
39. "The small share of happiness attainable by man exists only insofar as he is able to cease
to think of himself." *Theodore Reik*
40. "He who wants to do good knocks at the gate; he who loves finds the gate open."
Rabindranath Tagore
41. "'Let me light my lamp,' says the star
And never debate
If it will help to remove the darkness." *Rabindranath Tagore*
42. "Strive constantly to serve the welfare of the world; by devotion to selfless work one
attains the supreme goal of life. Do your work with the welfare of others always in
mind." *Bhagavad Gita*

ATTITUDE

ATTITUDE: Attitude refers to a set of emotions, beliefs, and behaviours toward a particular object, person, thing, or event. It can have a powerful influence over behaviour and affects how people act in various situations. While attitudes are enduring, they can also change.

1. "Look at the world with the vision of peace, love, and compassion. Then the whole
world will appear loving and peaceful." *Sathya Sai Baba*
2. "The attitude today is the root on which the future grows." *Sathya Sai Baba*
3. "Your attitude is like a box of crayons that colour your world around you. Choose it
wisely." *Shirdi Sai Baba*

4. "More than those who hate you, more than all your enemies, an undisciplined mind does greater harm." *Buddha*
5. "Building a positive attitude begins with having confidence in yourself." *Roger Fritz*
6. "If you look the right way, you can see that the whole world is a garden." *Frances Hodgson Burnett*
7. "Could we change our attitude, we should not only see life differently, but life itself would come to be different." *Katherine Mansfield*
8. "Where the loser saw barriers, the winner saw hurdles." *Robert Brault*
9. "A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes." *Hugh Downs*
10. "Your positivity can become a castle around you which will protect you from the arrow of negativity." *Gurudev Shree Chitrabhanu*
11. "With the right attitude, self-imposed limitations vanish." *Alexander the Great*
12. "The only disability in life is a bad attitude." *Dale Carnegie*
13. "Keep your face always toward the sunshine —and shadows will fall behind you." *Walt Whitman*
14. "Nurture your mind with great thoughts, for you will never go any higher than you think." *Benjamin Disraeli*
15. "When you think everything is someone else's fault, you will suffer a lot. When you realize that everything springs only from yourself, you will learn both peace and joy." *Dalai Lama*
16. "We can complain because rose bushes have thorns, or rejoice because thorns have roses." *Unknown*
17. "Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude." *Thomas Jefferson*
18. "Attitude is the frame in which you view the world, the hue in which people see you, the tone in which they hear you and the mood for all your day's activities." *Unknown*
19. "Two things define you: Your patience when you have nothing and your attitude when you have everything." *George Bernard Shaw*
20. "Attitude is a way of life. We have a choice every day regarding the attitude we embrace for that day." *Puneet Sharma*
21. "If you don't like something change it. If you can't change it, change your attitude." *Maya Angelou*
22. "When my attitudes are right, there is no barrier too high, no valley too deep, no dream too extreme, no challenge too great for me." *Charles W. Swindoll*
23. "It is very important to generate a good attitude, a good heart, as much as possible. From this, happiness in both the short term and the long term for both yourself and others will come." *Dalai Lama*

24. "The meaning of things lies not in the things themselves, but in our attitude towards them." *Antoine de Saint-Exupéry*
25. "Our environment, the world in which we live and work, is a mirror of our attitudes and expectations." *Earl Nightingale*
26. "Our attitudes control our lives. Attitudes are a secret power working twenty-four hours a day, for good or bad. It is of paramount importance that we know how to harness and control this great force." *Irving Berlin*
27. "Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens." *Khalil Gibran*
28. "A man sees in the world what he carries in his heart." *Wolfgang von Goethe*
29. "Weakness of attitude becomes weakness of character." *Einstein*
30. "Attitude determines the altitude of life." *Edwin Louis Cole*
31. "Attitude is a little thing that makes a big difference." *Winston Churchill*
32. "Every wall is a door." *Ralph Waldo Emerson*
33. "Don't worry about a thing, every little thing is gonna be alright." *Bob Marley*
34. "Our attitude towards life determines life's attitude towards us." *John N. Mitchell*
35. "The ultimate source of happiness is our mental attitude." *Dalai Lama*
36. "There is no object on earth which cannot be looked at from a cosmic point of view." *Dostoevsky*
37. "It is the disposition of the thought that altereth the nature of the thing." *John Lyly*
38. "The eye of the master fattens the steed." *Spanish Proverb*
39. "The important thing is to pull yourself up by your own hair,
To turn yourself inside out and see the whole world with fresh eyes." *Peter Weiss*
40. "All seems infected that the infected spy,
As all looks yellow to the jaundiced eye." *Alexander Pope*

CARE OF THE ENVIRONMENT

CARE OF THE ENVIRONMENT is an ongoing process. It aims at safeguarding nature through responsible use and protection of the natural environment through conservation and sustainable practices to enhance ecosystem resilience and human well-being.

1. "Nature is not anyone's private property it belongs to God." *Sathya Sai Baba*

2. "Man should treat nature with reverence. He has no right to talk of conquering nature or exploiting the force of nature. He must proceed to visualize in Nature its God." *Sathya Sai Baba*
3. "Spend your time in the contemplation of the beauties of Nature that are spread out before you in earth and sky: green expanses of the crops you have raised, cool breezes that waft contentment and joy, the panorama of coloured clouds, the music of birds." *Sathya Sai Baba*
4. "There is no greater example of selfless love than Nature." *Sathya Sai Baba*
5. "We have forgotten how to be good guests, how to walk lightly on the earth as its other creatures do." *Barbara Ward*
6. "He who knows what sweets and virtues are in the ground, the waters, the plants, the heavens, and how to come at these enchantments, is the rich and royal man." *Ralph Waldo Emerson*
7. "Adopt the pace of nature: her secret is patience." *Ralph Waldo Emerson*
8. "Acts of creation are ordinarily reserved for gods and poets. To plant a tree one need only own a shovel." *Aldo Leopold*
9. "If you want to be happy for a year, plant a garden; if you want to be happy for life, plant a tree." *English Proverb*
10. "The Great Spirit is in all things. He is in the air we breathe. The Great Spirit is our Father, but the Earth is our Mother. She nourishes us. That which we put into the ground she returns to us." *Big Thunder (Bedagi) Wabanaki, Algonquin*
11. "...Whatever befalls the earth befalls the sons and daughters of the earth...All things are connected. Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web we do to ourselves." *Chief Seattle*
12. "Do not disturb the sky and do not pollute the atmosphere." *Yajur Veda 5: 43*
13. "He who cheats the earth will be cheated by the earth." *Chinese Proverb*
14. "The earth is God's bride - she feeds the living and cherishes the dead." *Malagasy Proverb*
15. "We are all visitors to this time, this place. We are just passing through. Our purpose here is to observe, to learn, to grow, to love and then to return home." *Australian Aboriginal Proverb*
16. "The earth is man's only friend." *Bulgarian Proverb*
17. "The earth is a bee-hive, we all enter by the same door." *African Proverb*
18. "Treat the earth well: it was not given to you by your parents, it was loaned to you by your children. We do not inherit the Earth from our ancestors, we borrow it from our children." *Ancient Indian Proverb*
19. "Put not thy hand between the bark and the tree." *English Proverb*
20. "Regard heaven as your father, earth as your mother, and all things as your brothers and sisters." *Native American Proverb*

21. "What is the good way? It is the path that reflects on how it may avoid killing any living creature." *Kural 34*
22. "The Lord God took the man and put him in the garden of Eden to work it and keep it." *Genesis 2: 15*
23. "When all the trees have been cut down,
When all the animals have been hunted,
When all the waters are polluted,
When all the air is unsafe to breathe,
Only then will you discover you cannot eat money." *Cree Prophecy*
24. "The earth has music for those who listen." *Shakespeare*
25. "The poetry of the earth is never dead." *John Keats*
26. "When one tugs at a single thing in Nature, he finds it attached to the rest of the world." *John Muir*
27. "Man shapes himself through decisions that shape his environment." *Rene Dubos*
28. "Plans to protect air and water, wilderness and wildlife, are in fact plans to protect man." *Stewart L. Udall*
29. "In conservation, the motto should always be 'never say die'." *Gerald Durrell*
30. "Conservation is a state of harmony between men and land." *Aldo Leopold*
31. "We abuse land because we regard it as a commodity belonging to us. When we see land as a community to which we belong, we may begin to use it with love and respect." *Aldo Leopold*
32. "It is our collective and individual responsibility to preserve and tend to the world in which we live." *Dalai Lama*
33. "The earth laughs in flowers." *Ralph Waldo Emerson*
34. "To cherish what remains of the Earth and to foster its renewal is our only legitimate hope of survival." *Wendell Berry*
35. "Keep close to Nature's heart... and break clear away, once in a while, and climb a mountain or spend a week in the woods. Wash your spirit clean." *John Muir*
36. "All things are nourished together without their injuring one another. The courses of the seasons, and of the sun and moon, are pursued without any collision among them. The smaller energies are like river currents; the greater energies are seen in mighty transformations. It is this which makes heaven and earth so great." *Confucius*
37. "Nature is not a place to visit. It is home." *Gary Snyder*
38. "Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts.... There is something infinitely healing in the repeated refrains of Nature—the assurance that dawn comes after night, and spring after winter." *Rachel Carson*

39. "We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence. See how Nature—trees, flowers, grass—grows in silence; see the stars, the moon and the sun, how they move in silence.... We need silence to be able to touch souls." *Mother Teresa*
40. "For most of history, man has had to fight nature to survive; in this century he is beginning to realize that, in order to survive, he must protect it." *Jacques-Yves Cousteau*
41. "Love the world as your own self. Then you can truly care for all things." *Lao Tzu*
42. "Look deep into Nature and then you will understand everything better." *Einstein*
43. "Our task must be to free ourselves by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty." *Einstein*
44. "How sad to think that nature speaks and mankind doesn't listen." *Victor Hugo*
45. "I believe in God, only I spell it Nature." *Frank Lloyd Wright*
46. "I wonder if the snow loves the trees and fields, that it kisses them so gently. And then it covers them up snug, you know, with a white quilt; and perhaps it says 'Go to sleep, darlings, till the summer comes again.'" *Lewis Carroll: Through the Looking Glass*
47. "The goal of life is to make your heartbeat match the beat of the universe, to match your nature with Nature." *Joseph Campbell*
48. "Live in each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influence of the earth." *Henry David Thoreau*
49. "This grand show is eternal. It is always sunrise somewhere; the dew is never all dried at once; a shower is forever falling; vapor is ever rising. Eternal sunrise, eternal sunset, eternal dawn and gloaming, on sea and continents and islands, each in its turn, as the round earth rolls." *John Muir*
50. "As I walk, as I walk
The universe is walking with me
In beauty it walks before me
In beauty it walks behind me
In beauty it walks below me
In beauty it walks above me
Beauty is on every side." *Navajo Prayer*
51. "There is a pleasure in the pathless woods,
There is a rapture on the lonely shore,
There is society where none intrudes,
By the deep Sea, and music in its roar:
I love not Man the less, but Nature more,
From these our interviews, in which I steal
From all I may be, or have been before,

To mingle with the Universe, and feel
What I can ne'er express, yet cannot all conceal."

Lord Byron: Childe Harold's Pilgrimage

52. "...this prayer I make,
Knowing that Nature never did betray
The heart that loved her; 'tis her privilege,
Through all the years of this our life, to lead
From joy to joy: for she can so inform
The mind that is within us, so impress
With quietness and beauty, and so feed
With lofty thoughts, that neither evil tongues,
Rash judgments, nor the sneers of selfish men,
Nor greetings where no kindness is, nor all
The dreary intercourse of daily life,
Shall e'er prevail against us, or disturb
Our cheerful faith, that all which we behold
Is full of blessings."

William Wordsworth: Lines Composed a Few Miles above Tintern Abbey

"A good aphorism is too hard for the tooth of time, and is not worn away by all the centuries, although it serves as food for every epoch." Nietzsche