Symbols – Principles to Live By

1. Selflessness (Service) – *Alzheimer’s Assoc. symbol* 12. Persistence – *Check boxes*

2. Discernment - *Glasses* 13. Trustworthiness - *Star*

3. Compassion - *2 Hearts* 14. Generosity – *Pie with slice*

4. Forgiveness – *Band-aide* 15. Gratitude – *Cornucopia*   

5. Humility – *Circle with dots* 16. Courage – *Sun*  

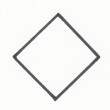
6. Open-mindedness – *Empty bowl* 17. Trust (Faith) – *Water*

7. Honesty – *Opened lotus* 18. Mindfulness – *Eye*

8. Simplicity – *Square*  19. Acceptance – *Palm of hand*

9. Contentment – *Smile*  20. Kindness – *Heart with spiraled arrow*

10. Patience – *Crescent moon*  21. Justice – *Scales*

11. Dedication (Commitment) – *Mountains* 22. Equanimity – *Alchemical symbol for earth*

Reflecting on Spiritual Principles

To be **selfless** means to be of service to others without expectation. How is selflessness a part of my life? In what area do I need to cultivate it?

To be **discerning** is to be able to see clearly and objectively. Where is discernment a part of my life? Where is it blocked?

To be **compassionate** means to turn toward a person who is suffering with a desire to relieve their pain. How is compassion a part of my life? In what area do I need to cultivate it?

To be **forgiving** is to accept the reality of what has happened and find a way to live peacefully with it. Where is forgiveness a part of my life? Where is blocked?

To be **humble** means to feel neither inferior to nor more important than another person. How is humility a part of my life? In what area do I need to cultivate it?

To be **open-minded** is to be receptive to new ideas and viewpoints other than my own. Where is open-mindedness a part of my life? Where is it blocked?

To be **honest** requires that I be truthful and genuine in my words and actions. How is honesty a part of my life? In what area do I need to cultivate it?

To be **simple** means living a life that is straightforward and uncomplicated. Where is simplicity a part of my life? Where is it blocked?

To be **content** is to be satisfied with what I have. How is contentment a part of my life? In what area do I need to cultivate it?

To be **patient** means to tolerate without complaint. Where is patience a part of my life? Where is it blocked?

To be **dedicated** is to be committed to a purpose or cause. How is dedication a part of my life? In what area do I need to cultivate it?

To be **persistent** means I am not easily distracted or discouraged. Where is persistence a part of my life? Where is it blocked?

To be **trustworthy** is to be dependable and responsible. How is trustworthiness a part of my life? In what area do I need to cultivate it?

To be **generous** means to willingly share my resources, including my time, energy and attention. Where is generosity a part of my life? Where is it blocked?

To be **grateful** is to be deeply appreciative of what I have received. How is gratitude a part of my life? In what area do I need to cultivate it?

To be **courageous** means to act with purpose, even in the face of uncertainty. Where is courage a part of my life? Where is it blocked?

To be **trusting** is to be confident rather than fearful. How is trust a part of my life? In what area do I need to cultivate it?

To be **mindful** means to be aware of the present moment. Where is mindfulness a part of my life? Where is it blocked?

To be **accepting** is to be receptive of “what is” without feeling uniquely targeted. How is acceptance a part of my life? In what area do I need to cultivate it?

To be **kind** means to have a caring attitude which leads to benevolent action. Where is kindness a part of my life? Where is it blocked?

To be **just** is to be without bias, guided by fairness and reason. How is justice a part of my life? In what area do I need to cultivate it?

To be **equanimous** means to be level-headed and even-tempered. Where are calmness and equanimity a part of my life? Where is they blocked?



Quotes for Spiritual Principles

1, Selflessness (Service)

~Philippians 2:4 – *Do not merely look out for your own personal interests, but also for the interests of others.*

~Dalai Lama – *Our prime purpose in this life is to help others, and if you can’t help them, at least don’t hurt them.*

~Dhammapada 1:2 (Buddha) – *Those whose minds are shaped by selfless thoughts give joy when they speak or act. Joy follows them like a shadow that never leaves them.*

~Hafiz (Sufi poet) – *The sun never says to the earth, ‘You owe me.’ Look what happens with a love like that. It lights up the whole sky.*

~Martin Luther King, Jr. – *Find a need and fulfill it. Service is the greatest form of spiritual practice.*

2. Discernment

~David Bohm – *In the long run, it is far more dangerous to adhere to illusion than to face what the actual fact is.*

~William James – *A great many people think they are thinking when they are really rearranging their prejudices.*

~Richard Rohr – *The spiritual life is very much a matter of cleaning the lens, clarifying how you see. So the shadow is what you don’t want to see. Shadowboxing never stops, that you keep seeing the parts of yourself that are paranoid, angry, defensive, accusatory, fearful, attacking.*

~Andrew Carnegie – *As I grow older I pay less attention to what men say, I just watch what they do.*

~Rumi – *Everyone sees the unseen in proportion to the clarity of his heart, and that depends upon how much he has polished it.*

3. Compassion

~Joanna Macy – *Compassion literally means to feel with, to suffer with. Everyone is capable of compassion, and yet everyone tends to avoid it because it's uncomfortable. And the avoidance produces psychic numbing -- resistance to experiencing our pain for the world and other beings.*

~Pema Chodron *– Compassion is not a relationship between the healer and the wounded. It's a relationship between equals. Only when we know our own darkness well can we be present with the darkness of others. Compassion becomes real when we recognize our shared humanity.*

~Karen Armstrong – *Compassion doesn't mean feeling sorry for people. It doesn't mean pity. It means putting yourself in the position of the other, learning about the other.*

~Margaret Paul – *If, instead of judging ourselves for our feelings and behavior, we were to move into compassion for ourselves, we would open the door to learning about the beliefs that are causing our pain.*

~Abraham Lincoln – *To ease another's heartache is to forget one's own.*

4. Forgiveness

~Lance Morrow – *Not to forgive is to be imprisoned by the past, by old grievances that do not permit life to proceed with new business. Not to forgive is to yield oneself to another's control... to be locked into a sequence of act and response, of outrage and revenge, tit for tat, escalating always. The present is endlessly overwhelmed and devoured by the past.*

~Louis B. Smedes – *A healed memory is not a deleted memory. Instead, forgiving what we cannot forget creates a new way to remember. We change the memory of our past into a hope for our future.*

~Henry Wadsworth Longfellow – *If we could read the secret history of our enemies, we should find in each man's life sorrow and suffering enough to disarm all hostility*.

~Henri J.M. Nouwen – *The hard truth is that all people love poorly. We need to forgive and be forgiven every day, every hour increasingly*.

~Jack Kornfield – *In the end, forgiveness simply means never putting another person out of our heart*.

5. Humility

~ Ernest Hemingway – *There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self.*

~C.S. Lewis – *True humility is not thinking less of yourself; it is thinking of yourself less.*

~ Anne Lamott – *You can safely assume that you've created God in your own image when it turns out that God hates all the same people you do.*

~Bill Wilson – …*humility amounts to a clear recognition of what and who we really are, followed by a sincere attempt to become what we could be.*

~ Sandra Day O'Connor – *We don't accomplish anything in this world alone ... and whatever happens is the result of the whole tapestry of one's life and all the weavings of individual threads from one to another that creates something.*

6. Open-mindedness

~ Russ Harris – *Openness means without defense, without hostility, without an agenda; instead of crossed arms, clenched fists or pointed fingers, it's as if we open our arms wide to welcome the other person with a hug or embrace.*

~ Isaac Asimov – *Your assumptions are your windows on the world. Scrub them off every once in a while, or the light won't come in.*

~ Robert Fulghum – *Only an open mind still has room for new knowledge. What is outgrown and used up must be discarded to make room for what is yet to be learned.*

~ Virginia Satir – *Feelings of worth can flourish only in an atmosphere where individual differences are appreciated, mistakes are tolerated, communication is open, and rules are flexible...*

~Talmud – *Who is wise? One who learns from all.*

7. Honesty

~Bhikkhu Analayo – *The habit of employing self-deception to maintain one’s self esteem has often become so ingrained that the first step to developing accurate self-awareness is honest acknowledgment of the existence of hidden emotions, motives and tendencies in the mind without immediately suppressing them.*

~Margaret Guenther – *We all need friends with whom we can speak of our deepest concerns, and who do not fear to speak the truth in love to us.*

~Tad Williams – *We tell lies when we are afraid... afraid of what we don't know, afraid of what others will think, afraid of what will be found out about us. But every time we tell a lie, the thing that we fear grows stronger.*

~Elizabeth Cady Stanton – *The moment we begin to fear the opinions of others and hesitate to tell the truth that is in us, and from motives of policy are silent when we should speak, the divine floods of light and life no longer flow into our souls.*

~Mahatma Gandhi – *Truth never damages a cause that is just.*

8. Simplicity

~ Henry David Thoreau – *So simplify the problem of life, distinguish the necessary and the real.*

~ William James– *The art of being wise is the art of knowing what to overlook.*

~Edsger Kijkstra – *Simplicity is prerequisite for reliability.*

~ E.F. Schumacher – *Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius - and a lot of courage - to move in the opposite direction.*

~ Hans Hofmann – *The ability to simplify means to eliminate the unnecessary so that the necessary may speak.*

9. Contentment

~ Lao Tzu – *Be content with what you have; rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you.*

~ Andrew Weil – *I think instead [of happiness] we should be working for contentment... an inner sense of fulfillment that's relatively independent of external circumstances.*

~ John Lubbock – *All those who love Nature she loves in return, and will richly reward…with bright and happy thoughts, contentment and peace of mind.*

~ Socrates – *If all our misfortunes were laid in one common heap whence everyone must take an equal portion, most people would be content to take their own and depart.*

~ Alain de Botton – *Being content is perhaps no less easy than playing the violin well: and requires no less practice.*

10. Patience

~ Norman Fischer – *Patience is the capacity to welcome difficulty when it comes, with a spirit of strength, endurance, forbearance, and dignity rather than fear, anxiety, and avoidance.*

~ Paulo Coelho – *Why is patience so important? Because it makes us pay attention.*

~ May Sarton – *Everything that slows us down and forces patience, everything that sets us back into the slow circles of nature, is a help*.

~ Chinese Proverb – *If you are patient in one moment of anger, you will escape a hundred days of sorrow.*

~ Francis de Sales – *The truly patient man neither complains of his hard lot nor desires to be pitied by others. He speaks of his sufferings in a natural, true, and sincere way, without murmuring, complaining, or exaggerating them.*

11. Dedication (Commitment)

~ Thomas Carlyle – *A person with half volition goes backwards and forwards, but makes no progress on even the smoothest of roads.*

~ Ramakrishna – *What is the use of merely listening to lectures? The real thing is practice.*

~ Jack Kornfield – *Spiritual transformation is a profound process that doesn't happen by accident. We need a repeated discipline, a genuine training, in order to let go of our old habits of mind and to find and sustain a new way of seeing.*

~ Tenzin Wangyal Rinpoche – *…while there is no limit to what we can learn from others, it is important to narrow down the number of practices you engage in, because practice requires long and deep commitment in order to bear fruit.*

~ M. Scott Peck – *A life of total dedication to the truth also means a life of willingness to be personally challenged.*

12. Persistence

~ Elisabeth Kübler-Ross – *The most beautiful people are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths.*

~ Harriet Beecher Stowe – *When you get into a tight place and it seems that you can't go on, hold on - for that's just the place and the time that the tide will turn.*

~ Jim Watkins – *A river cuts through rock, not because of its power, but because of its persistence.*

~ Masai Proverb – *There is no hill that never ends.*

~ George Carlin – *Just keep movin' straight ahead. Every now and then you find yourself in a different place.*

13. Trustworthiness

~ Samuel Johnson – *Hell is paved with good intentions.*

~ Abraham Lincoln – *We must not promise what we ought not, lest we be called on to perform what we cannot.*

~ Martin Van Buren – *It is easier to do a job right than to explain why you didn’t*.

~Mother Teresa – *Be faithful in small things because it is in them that your strength lies.*

~Luke 16:10 – *Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much*.

14. Generosity

~Henry Taylor – *He who gives what he would as readily throw away gives without generosity; for the essence of generosity is in self-sacrifice.*

~Rumi – *A candle loses none of its light by lighting another.*

~Kahlil Gibran – *You give but little when you give of your possessions. It is when you give of yourself that you truly give.*

~Simone Weil – *Attention is the rarest and purest form of generosity.*

~Roshi Bernie Glassman – *When we don’t ask, we don’t let others give. When we fear rejection, we don’t let generosity arise.*

15. Gratitude

~Gary Kowalski – *Feelings of awe, reverence, and gratitude are primary, and these can never be learned from books. We gain them from sitting high on a cliff side, gazing at the sea, lost in reverie and listening to the laughter of children.*

~Melody Beattie – *Gratitude unlocks the fullness of life. It turns what we have into enough, and more*.

~Joan Chittister – *Darkness deserves gratitude. It is the alleluia point at which we learn to understand that all growth does not take place in the sunlight.*

~Henri Nouwen – *Gratitude as a discipline involves a conscious choice*.

~Meister Eckhart – *If the only prayer you ever say in your entire life is thank you, it will be enough*.

16. Courage

~Anais Nin – *Life shrinks or expands in proportion to one's courage.*

~James Niel Hollingworth – *Courage is not the absence of fear, but rather the judgment that something else is more important than fear.*

~Alan Cohen – *It takes a lot of courage to release the familiar and seemingly secure, to embrace the new. But there is no real security in what is no longer meaningful. There is more security in the adventurous and exciting, for in movement there is life, and in change there is power.*

~Maya Angelou *– One isn't necessarily born with courage, but one is born with potential. Without courage, we cannot practice any other virtue with consistency. We can't be kind, true, merciful, generous, or honest.*

~Martin Luther King, Jr. – *Our lives begin to end the day we become silent about things that matter.*

17. Trust (Faith)

~Shunryu Suzuki – *Faith is a state of openness or trust…the attitude of faith is to let go, and become open to the truth, whatever it might turn out to be.*

~Sharon Salzberg – *Abiding faith does not depend on borrowed concepts. Rather, it is the magnetic force of a bone-deep, lived understanding, one that draws us to realize our ideals, walk our talk, and act in accord with what we know to be true.*

~Nelson Mandela *– I am fundamentally an optimist. Whether that comes from nature or nurture, I cannot say. Part of being optimistic is keeping one's head pointed toward the sun, one's feet moving forward.*

~Jos Slabbert – *Even faith in the total mystery of Tao will lead to perversion if it is separated from compassion and wisdom.*

~Rumi – *Trust Allah, but tie up your camel.*

18. Mindfulness

~James Baraz – *Mindfulness is simply being aware of what is happening right now without wishing it were different; enjoying the pleasant without holding on when it changes (which it will); being with the unpleasant without fearing it will always be this way (which it won’t).*

~Pema Chödrön – *If someone comes along and shoots an arrow into your heart, it’s fruitless to stand there and yell at the person. It would be much better to turn your attention to the fact that there’s an arrow in your heart...*

~David Steindl-Rast – *At any moment the fully present mind can shatter time and burst into Now.*

~Thich Nhat Hanh – *Whenever your mind becomes scattered, use your breath as the means to take hold of your mind again.*

~Victor Frankl – *Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.*

19. Acceptance

~Joseph Campbell – *We must let go of the life we have planned, so as to accept the one that is waiting for us.*

~Wayne Dyer – *If I could define enlightenment briefly, I would say it is “the quiet acceptance of what is.”*

~Nathaniel Branden – *Accepting does not necessarily mean liking, enjoying, condoning. I can accept what is - and be determined to evolve from there. It is not acceptance but denial that leaves me stuck.*

~Sri Swami Satchidananda - *Any kind of expectation creates a problem. We should accept, but not expect. Whatever comes, accept it. Whatever goes, accept it. The immediate benefit is that your mind is always peaceful.*

~Hugh Prather – *Unless I accept my faults, I will most certainly doubt my virtues.*

20. Kindness

~Jack Kornfield – *Life is so hard, how can we be anything but kind?*

~Rabbi Milton Steinberg – *When I was a young man, I admired clever people. Now that I am older, I admire kind people.*

~Aesop – *No act of kindness, no matter how small, is ever wasted*.

~Albert Schweitzer – *Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate.*

~William Arthur Ward – *A warm smile is the universal language of kindness.*

21. Justice

~Matthew 7:2 – *For as you judge, so will you be judged, and the measure with which you measure will be measured out to you.*

~Carl Holmes – *Justice, like rain, must fall evenly and without bias.*

~Martin Luther King Jr. – *Power at its best is love implementing the demands of justice, and justice at its best is power correcting everything that stands against love.*

~Erich Fromm – *I must try to see the difference between my picture of a person and his behavior, as it is narcissistically distorted, and the person's reality as it exists regardless of my interests, needs and fears.*

~Malcolm X - *You can never make an intelligent judgment without evidence.*

22. Equanimity (Calm)

~Miguel Ruiz – *There is a huge amount of freedom that comes to you when you take nothing personally.*

~Marcus Aurelius – *You always own the option of having no opinion. There is never any need to get worked up or to trouble your soul about things you can't control. These things are not asking to be judged by you. Leave them alone.*

~Swami Satchidananda – *Doesn't the bible say "blessed are the pure in the heart, so they shall see God?" When? Only when there is purity in the heart; a heart peaceful and free from egoism--the "I" and the "mine."*

~Zhuangzi – *He who has mastered the true nature of life does not labor over what life cannot do. He who has mastered the true nature of fate does not labor over what knowledge cannot change.*

~Phil Jackson – *Everything is always in flux. Until you accept this, you won’t be able to find true equanimity.*