

Old Path Sangha

Useful Reflections For Our Practice



(St. Philips Chapel – Home to Old Path Sangha in New Hope PA)

QUOTES FOR REFLECTION

"Happiness is when you get what you want, but joy comes from giving."

- Ajahn Sumedho



"Nobody sees a flower really---it is so small it takes time and to see takes time, like to have a friend takes time."

- Georgia O'Keefe



"...like clay in the hand of the potter, so are you in my hands...."

- Jeremiah 18:1-6



"Ask and you shall receive that your joy may be full."

- John 16:24



"My true religion is kindness."

- His Holiness the Dalai Lama



"Kindness is compassion in action."

- Sharon Salsberg, *The Force of Kindness*



"Living in our heads we become estranged from our bodies, thinking of them as material things that exist for our use and enjoyment. Our minds thereafter need always to be busy, to be occupied, trying either to control the world or squeeze some pleasure from it. This modern

mind of ours does not like to be quiet, still receptive. It does not like to be empty. When emptiness or silence threatens it seeks to protect itself with images, words and sounds."

- Rex Ambler, *The Light to Live By*



"If it looks like wisdom, but is unkind rather than loving, it's not wisdom. If it feels like love, but is not wise, it's not love. Like two wings that together enable a bird to fly, love and wisdom are interdependent."

- Lama Surya Das



"At the highest level [of consciousness] the statement 'Love thy neighbor as thyself' is not a moral injunction but a description of a state of consciousness which you and your neighbor are experienced as one in the same."

- Ken Wilbur



"Meanwhile, let us have a sip of tea. The afternoon glow brightens the bamboo, the fountains are bubbling with delight, the sighing of the pines is heard on our kettle. Let us dream of evanescence and linger in the beautiful foolishness of things."

- Kakuzo Okakura, *The Book of Tea*



"Boil water, infuse tea and drink. That is all you need to know."

- Sen Rikyo, 16th century tea master



"Be patient toward all that is unsolved in your heart....try to love the questions themselves."

- Rainer Maria Rilke



"With understanding and compassion you will be able to heal the wounds in your heart and the wounds in the world."

- Thich Nhat Hanh, *The Heart of the Buddha's Teachings*



"Mindfulness provides a simple but powerful route for getting ourselves unstuck, back in touch with our wisdom and vitality."

- Jon Kabat-Zinn, *Wherever You Go There You Are*



"Consciousness is the only organ. It is consciousness that feels, consciousness that sees, consciousness that hears."

- Sri Aurobindo, *Adventures in Consciousness*



"As long as we live in this world, our greatest and foremost duty (dharma) is to be of some benefit to others."

- Sri Amritanandamayi Devi



"A person often becomes what he believes himself to be."

- Mahatma Gandhi



"...Let yourself be silently drawn by the stronger pull of what you really love."

- Jalal al Din Rumi (1207-1273) from the poem *An Empty Garlic*



"What we see depends on how we look."

- Mark Burrows, *Jesus Goes to the Yard Sales*, a short story



"Love is not only a special way of being alive, it is the perfection of life."

- Thomas Merton, *Love and Living*



"The ground of love is found beyond judgment and blame."

- Jack Kornfield, *The Art of Forgiveness, Lovingkindness and Peace*



"Let me be learning to trust in the darkness and to seek its subtle blessings."

- J. Philip Newell, *Celtic Benediction, Morning and Night Prayers*



"Beautiful as a dandelion-blossom golden in the green grass, this life can be."

- Edna St. Vincent Millay



"One comes in the end to realize that there is not permanent pure relationship and there should not be."

- Anne Morrow Lindbergh, *Gift From the Sea*

"You are never beyond a beginner."

- BKS Iyengar



"Although counterintuitive, exhaling more fully will naturally result in a spontaneous deepening of your inhalations."

- Donna Farhi, *The Breathing Book*



"Who is it that hears behind the ear...?"

- Upanishads 1:1



"Spiritual perfection is not found in fulfillment of any rigid blueprint. It is found rather in the surprising moments of meeting God's active grace and our spontaneous willingness."

- Tilden Edwards, *Living in the Presence*



"I have found no better way than to value and savor the sacredness of daily living, to rely on repetition, the humdrum rhythm which heals and steadies."

- Gunilla Norris, *Being Home*



"There is nothing that God can not heal, and God's forgiveness is given before we even approach God."

- Douglas V. Steere, *Dimensions of Prayer*



"Whenever man is guided by his ego, and insult in the court of God is guaranteed. Ego and divinity never walk together."

- Yogi Bajan

"Whoever you are, no matter how lonely, the world offers itself to your imagination, calls to you like the wild geese, harsh and exciting--- over and over, announcing your place in the family of things."

- Mary Oliver, from the poem *Wild Geese*



"Joy is a kind of happiness that does not depend on what happens."

- David Steindl-Rast



"Your friend is your needs answered. He is your field which you sow with love and reap with thanksgiving."

- Kahlil Gibran, *The Prophet*



"To go in the dark with a light is to know the light..."

- Wendell Berry, from the poem *To Know the Dark*



"Whenever I go through a time of darkness, I almost always feel called to let go of something and to accept being out of control in some way. I fight this but eventually I see how I am not the sole manager of my spiritual journey."

- Joyce Rupp, *Little Pieces of Light, Darkness and Personal Growth*



"It is very easy to break attachments to worldly games when you're sitting in a cave in the Himalayas."

- Ram Dass

“You carry with you, in you and around you, the atmosphere created by your actions, and if what you do is beautiful good and harmonious, your atmosphere is beautiful, good and harmonious...Concentrate exclusively on what you want to be...forget entirely as possible what you do not want to be.”

- *The Mother, The Sunlight Path*



“A garden is never finished, much as it may evolve. In the end, we never complete our growth, we just keep growing...We don’t grow continuously or smoothly or even noticeably at times, but stumbling, glacially or at a gallop. We grow”.

- *Diane Ackerman, Cultivating Delight*

