



The Book of Wisdom

Quotes & notes from books,
compiled by Dan Savery Raz

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BUDDHISM

The Art Of Living

William Hart, as taught by S.N Goenka

“I do not carry anyone on my shoulders to take him to the final goal. **Nobody can carry anyone** else on his shoulders to the final goal. At most, one can say, ‘Well, this is the path, and this is how I walked on it. **You also work**, you also work, and you will reach the final goal.’”

“The Buddha also examined the mind and found that in broad, overall terms it consisted of four processes: consciousness (**vinnana**), perception (**sanna**), sensation (**vedana**) and reaction (**sankhara**).”

“If someone is angry and tries to hide his anger, to **swallow it**, then, yes, it is suppression. But by **observing** the anger, you will find that automatically it passes away. You become free from the anger if you learn to **observe it objectively**.”

“**Samsara** is not the popular idea of the transmigration of a soul or self that maintains a **fixed identity** through repeated **incarnations**. This, the Buddha said, is precisely what does not happen. He insisted that there is no unchanging identity that passes from life to life.”

“The Buddha held neither that a fixed **ego-principle** is **reincarnated** in successive lives, nor that there is no past or future existence. Instead he realized and taught that only the process of **becoming** continues from one existence to another.”

“If your **plan** does not succeed and you start crying, then you know that you were **attached** to it. But if you are unsuccessful and can still smile, thinking, ‘Well, I did my best. **So what if I failed?** I’ll try again!’ – then you are working in a **detached** way, and you remain happy.”

“For ordinary people involved in a **worldly life**, the way to implement right speech and right action is to practise the **Five Precepts**, which are:

1. to abstain from **killing any living creature**;
2. to abstain from **stealing**;
3. to abstain from **sexual misconduct**;
4. to abstain from **false speech**;
5. to abstain from **intoxicants**.”

“If we remain content merely to contemplate truth, to investigate and understand it **intellectually**, but make no effort to **experience** it directly, then all our **intellectual understanding** becomes a **bondage** instead of an aid to **liberation**.”

“The entire **effort** is to learn how **not to react**, how not to produce a **new sankhara**... But if we are aware at the point where the process of reaction begins—that is, if we are **aware** of the **sensation**—we can choose not to allow any reaction to occur or intensify.”

“When the mind is calm and balanced, whatever decision you make will be a good one. When the mind is unbalanced, any decision you make will be a reaction. You must learn to change the pattern of life from **negative reaction** to **positive action**... You must act. **Life is for action**; you should not be inactive. But the action should be performed with a **balanced mind**.”

“All these blessings fall into two categories: performing actions that contribute to the **welfare of others** by fulfilling responsibilities to **family and society**, and performing actions that **cleanse the mind**...

This is the logical conclusion of Vipassana meditation: **metta-bhavana**, the development of good will towards others.”

“In **psychoanalysis** you try to recall to **consciousness** **past events** that had a strong influence in conditioning the mind. **Vipassana**, on the other hand, will lead the meditator to the **deepest level** of the mind where **conditioning** actually begins.”

“With this experience now one understands at last what body, sensations, mind, and mental contents really are: a **flux of impersonal**, constantly changing phenomena...

If a meditator abides observing the **impermanence of neutral sensation** within the body, then his underlying conditioning of **ignorance toward neutral sensation** within the body is **eliminated**.”

“Awareness and equanimity – this is Vipassana meditation. When practised together, they lead to liberation from suffering. If either is weak or lacking, it is not possible to progress on the path toward the goal. **Both are essential**, just as a bird requires two wings to fly...”

“Developing **awareness and equanimity** does not make us impassive and inert like vegetables, allowing the world to do what it likes with us.... We perform whatever actions are needed to help others, but always keeping **balance of mind**.... Jumping after others into the quicksand of **craving and aversion** will not help anyone. We must bring others to the **firm ground** of mental balance..”

The Tibetan Book Of Living and Dying

by Sogyal Ringpoche

“The more and more you **listen**, the more and more
you **hear**; the more and more you hear, the **deeper**
your **understanding** becomes.”

“We tell ourselves we want to spend time on the important things in life, but **there never is any time**. Even simply to get up in the morning, there is much to do: open the window, make the bed, take a shower, brush your teeth, feed the dog or cat, do last night’s washing up, discover you are out of sugar or coffee, go and buy them, make breakfast, the list is endless...

Helpless we watch our days fill up with telephone calls and petty projects, with so many responsibilities—or shouldn’t we call them **“irresponsibilities”**.”

“Breath is life, the basic and most fundamental expression of our life. In **Judaism** *ruah* (or *neshama*), ‘breath’, means the spirit of God that infuses the creation; in Christianity also there is a profound link between **the Holy Spirit**... and the breath. In the teaching of Buddha, the breath, or **prana** in Sanskrit, is said to be ‘**the vehicle of the mind**’.”

“The kind of birth we will have in the next life is determined, then, by the nature of our actions in this one. And it is important never to forget that the effect of our actions depends entirely upon the **intention or motivation** behind them, and **not upon their scale**.”

“When you go on **searching** all the time, the searching itself becomes an obsession and takes you over. You become a **spiritual tourist**, bustling about and never getting anywhere... Following one teaching is not a way of confining you or jealously monopolizing you. It’s a compassionate and skillful way of keeping you **centred** and always on the path...”

“Sometimes you may be **tempted** to **preach to the dying**, or to give them your own spiritual formula. **Avoid this temptation** absolutely, especially when you suspect that it is not what the dying person wants! No one wishes to be **‘rescued’** with someone else’s beliefs. Remember your task is **not to convert** anyone to anything, but to help the person in front of you get in touch with his own strength, confidence, faith, and spirituality, whatever that may be.... If the person is really open to spiritual matters, and really wants to know what you think about them, **don’t hold back** either.”

“Traditionally the position generally recommended for dying is to lie down on the right side, taking the position of the ‘**sleeping lion**’... The left hand rests on the right thigh; the right hand is placed under the chin, closing the right nostril. The legs are stretched out and very slightly bent. Lying on the right side blocks these channels of delusion and facilitates a person’s recognition of **luminosity** when it dawns at death. It also helps the **consciousness to leave** the body through the aperture **crow**n in the head...”

“Technology and the spirit can and must exist side by side, if our fullest **human potential** is to be developed.

Many masters believe that the Tibetan teachings are now entering into a new age; there are a number of prophecies by **Padmasambhava** (8th century) and others that foretell of their coming to the **West**. Now that this time has come, I know that the teachings will take on a new life. This new life will necessitate changes, but I believe that any adaptations must spring from a very **deep understanding**, in order to avoid betraying the purity of the tradition or its power, or the **timelessness of its truth**.”

Beyond Religion

His Holiness the Dalai Lama

“**Ethics** and inner values based in a religious context are more like **tea**. The tea we drink is mostly composed of **water**, but it also contains some other ingredients—tea leaves, spices, perhaps some sugar, at least in Tibet, salt... But however the tea is prepared, the primary ingredient is always water. While we can live without tea, we **can't live without water**. Likewise we are born **free of religion**, but we are not born free of the need for **compassion**.”

“It is vital that **when educating our children’s brains** we **do not neglect their hearts**, and a key element of educating their hearts has to be **nurturing** their **compassionate** nature.”

“We can learn from the great achievements of Mahatma **Gandhi** and **Martin Luther King Jr.** to recognize that **nonviolence** is the best **long-term** approach to redressing injustice. If the twentieth century was a century of violence, let us make the twenty-first a century of **dialogue**.”

“Some time ago, a very wealthy Indian couple from Mumbai came to see me. They asked for my blessings. I told them... that the only **real blessings** will come from **themselves**. To find blessings in their lives, I suggested, they should use their wealth to benefit the poor.... So, I told them, having **made your money as capitalists**, you should **spend it as socialists!**”

“However, while anger may sometimes have a constructive element, hatred never does. **Hatred** is always **destructive.**”

“If one’s motivation is in any way connected to seeking **one’s own benefit**, this is not **genuine generosity**. Giving disproportionately, or giving to someone at a wrong time, might do **more harm than good**.”

“To be in denial about suffering or to expect life to be easy only causes a person additional misery. I do not mean to suggest that suffering is somehow good in itself; I simply mean that accepting it will make it easier to bear...

It seems that **hardship**, in forcing us to exercise greater patience and forbearance in life, actually makes us **stronger** and more **robust**.”

“Often I notice that if people are not listening to **music**, watching **television**, talking on the **telephone**, and so on, they feel **bored or restless** and don’t know what to do. This suggests that their sense of well-being is heavily dependent on the **sensory level** of satisfaction.”

“What is important is that when pursuing our own self-interest we should be “**wise selfish**” and not “foolish selfish”. Being foolish selfish means pursuing our own interests in a narrow, short-sighted way. Being wise-selfish means taking a **broader view** and recognizing that our own long-term individual interest lies in the **welfare of everyone**. Being wise selfish means being compassionate.”

“As to the specifics of practice, **early morning** is generally the best time of day. At that time, the mind is at its **freshest** and clearest...

I should also point out that the mind will tend to be **sluggish** if you have eaten a lot beforehand. Ideally you should **not eat too much in the evening** if you hope to practice well the following morning.”

“There are few worthwhile skills that can be achieved without a good deal of **effort** expended over a long period of time.

There are two principal obstacles to good practice. One is **distraction**, while the other is laxity or what we call ‘**mental sinking**’.”

“Mental training does not prevent us from experiencing life to the full, but it helps us to be more moderate in our **responses**. This may sound like a recipe for a boring existence, but if we reflect for a moment, we can see that having a **mind** which is like a **small boat** being tossed this way and that on a **wild sea** is not a very satisfactory state of affairs. Similarly, it is not helpful if the **light** in our room is one moment so **bright** that we can hardly see, and the next so **dark** that we see nothing at all. What we want is a **moderate**, steady light which enables us to see objects around us **clearly**.”

The Dhammapada

Translated by Juan Mascaro

“Science walks on the earth. Poetry flies above the earth.
Both are necessary for the progress of man.”

“The Upanishads are the path of light; the Bhagavad Gita is
the path of love; the Dhammapada is the path of life.”

“The four great virtues of Buddhism, and indeed of all
spiritual religion or humanism: *Maitri*, *Karuna*, *Mudita*,
Upeksha.

Maitri or *Metta* in Pali is friendliness, good-will, benevolence,
love, loving-kindness to all. *Karuna* is compassion, pity,
sorrow for the suffering of all. *Mudita* is joy in the good of all.
Upeksha is forgiveness, overlooking the faults of all.”

(From the Introduction)

“For hate is not conquered by hate; hate is conquered by
love. This is a law eternal.”

“Watchful amongst the unwatchful, awake amongst those who sleep, the wise man like a swift horse runs his race, outrunning those who are slow.”

“The mind is fickle and flighty, it flies after fancies wherever it likes; it is difficult indeed to restrain. But it is a great good to control the mind; a mind self-controlled is a source of great joy.”

“Even as a great rock is not shaken by the wind, the wise man is not shaken by praise or by blame.”

“Better than a thousand useless words is one single word that gives peace.”

“He who has broken the five fetters - lust, hate, delusion, pride, false views - is one who has crossed to the other shore.”

Anger: Wisdom for Cooling the Flames

Thich Nhat Hanh

AWARENESS

“When you sit in a cafe, with a lot of **music in the background** and a lot of **projects in your head**, you’re not really drinking your coffee or your tea. You’re drinking your projects, you’re drinking your worries... **Tea meditation** is a practice.”

“So while you practice **walking or breathing** to take care of your anger, don’t do anything else. **Don’t listen to the radio**, don’t watch television, don’t read a book. Cover the pot and **just do one thing.**”

“It is thanks to the practice of **mindful walking** and **mindful breathing** that I can enjoy deeply every **moment** of my daily life.”

“Ideas are not nourishing. In fact, **ideas and notions** very often become obstacles. They can become **like a prison**.”

“The Five Remembrances:

- * I am of the nature to **grow old**. I cannot escape old age.
- * I am of the nature to have **ill health**. I cannot escape ill health.
- * I am of the nature **to die**. I cannot escape dying.
- * All that is dear to me and everyone I love are of the **nature to change**.
- * **My actions** are my only true belongings. I cannot escape the consequences of my actions.”

“**Breathing in**, I know I am breathing in. **Breathing out**, I know I am breathing out.”

RELATIONSHIPS

“Darling, it’s **wonderful** that **you are here, alive**. It makes me happy. Not only are you happy, but the other person is happy, too, because she or he has been embraced by your mindfulness.”

“**Darling, I suffer**, and I want you to know it. Darling, **I am doing my best**, I’m trying not to blame anymore else. Darling, **I need your help**, please help me.”

“When we lose, our beloved ones lose. But when we win a victory, we win for the other person as well. So, even if the other person does not practice, **we can practice for both ourselves and him or her.**”

“You are willing to put aside six years for a diploma; do you have the wisdom to use just as much time to **work out a relationship?** To deal with your anger.”

“We have to realize that even when **anger** does **not manifest**, it is **still there.**”

ANGER

“What we **read**, what we **view on television**, can also be **toxic**. It may also contain anger and frustration. A film is like a piece of **beefsteak**. It can contain anger. If you consume it, you are eating anger, you are eating frustration.”

“If you **eat anger**, you will become and express anger. If you **eat despair**, you will express despair. If you **eat frustration**, you will express frustration. We have to eat **happy eggs** from happy chickens.”

“When you **turn off a fan**, it continues to spin a few **thousand times** before stopping. **Anger is like that.**”

“Every time the United States Army tries to **punish Iraq**, not only does Iraq suffer, but the **US also suffers**. Every time Iraq tries to **punish the US**, the US suffers, but **Iraq also suffers**. The same is everywhere; between the **Israeli and Palestinian**, between the **Muslim and Hindu**, between you and the other person... So let us wake up; let us be aware that punishing the other is not an intelligent strategy.”

“**Mahatma Gandhi** was just one person. He did not have any bombs, any guns, or any political party. He acted simply on the insight of **non-duality**, the strength of **compassion**, not on the basis of anger.”

“Energy Zone One is anger, and Energy Zone Two is mindfulness... You should not believe that mindfulness is good and correct, while anger is evil and wrong. You only need to recognize that anger is a negative energy and mindfulness is positive.”

“When someone insults you or behaves violently towards you, you have to be intelligent enough to see that the person suffers from his own violence and anger... We want to punish the other person because we suffer. Then, we have anger in us; just as they do.”

“A **good practitioner** is someone who knows how to **take good care** of her **anger** and suffering **as soon as they arise.**”

PARENTING

“You and your daughter are just a **continuation** of many **generations** of ancestors. You are part of a **long stream** of life... Your happiness and suffering are your child’s happiness and suffering and vice versa.”

“While you **pound the pillow**, you are not calming or reducing your anger – you are **rehearsing it**. If you practice hitting a pillow every day, then the seed of anger in you will grow every day.... So every time we get angry, we practice **mindful breathing and mindful walking**...”

“As a mother, pregnant with your child, you had this **insight**, that **your child is you**. You ate for your baby, you drank for your baby, you took care of your baby... But by the time your child reaches the age of 13 or 14, you begin to lose this insight... Your relationship becomes very difficult and **full of conflict**... It may seem like you are **two separate entities**, but if you look **deeper**, you will see that you are still one.”

“When a father says he does **not want to speak to his son**, he is saying he does not want to speak to **himself**.”

HEALING

“If we do not know how to transform and **heal the wounds** in ourselves, we are going to **transmit** them to our **children and grandchildren**. This is why we have to go back to the **wounded child** in us, to help him or her heal.”

“In our consciousness, there are many negative seeds and also many positive seeds. The practice is to **avoid watering the negative seeds**, and to identify and **water the positive seeds** every day.”

“Some of us keep a **pebble in our pocket...** when anger arises, the pebble becomes the **dharma**.”

“If you don’t **love yourself**, you cannot love someone else. If you cannot **accept yourself**, if you cannot treat yourself with kindness, you cannot do this for another person.”

“Embracing your pain and sorrow with the **energy of mindfulness** is exactly the practice of **massaging**, not our body, but **our consciousness**.”

“**Scan your body** with the **loving beam** of mindfulness from the top of your **head** until you arrive at the soles of your **feet**... before going to sleep, the whole family can lie down comfortably on the floor and practice **total relaxation** for 20 or 30 minutes. Turn off the television and invite everyone to participate.”

Peace is Every Step

Thich What Hanh

“Although attempting to bring about **world peace** through the **internal transformation of individuals** is difficult, it is the only way.” The Dalai Lama

“Often we tell ourselves, ‘Don’t just sit there, do something! But when we practice awareness, we discover something unusual. We discover that the opposite may be more helpful: **Don’t just do something, sit there!**”

“When you **hold a child in your arms**, or hug your mother, or your husband, or your friend, if you **breathe in and out three times**, your happiness will be multiplied at least **ten fold**.”

“All of us – people, animals, and plants – **consume the sun**, directly and indirectly. We cannot begin to describe all the effects of the sun, that **great heart outside of our body**.”

“We need to use the **suffering of the twentieth century as compost**, so that together we can create **flowers for the twenty-first century**.”

“Before starting the car,
I know where I am going.
The car and I are one.
If the car goes fast, I go fast.”

“The **foundation of happiness is mindfulness**. The basic condition for being happy is our **consciousness of being happy**.”

What's Beyond Mindfulness?

Stephen Fulder, 2019

“We are **human beings not human havings**. And too often, when the having loses its magic, we are left with depression.”

“If you look at the lifestyles of communities or individuals who tend to live a long time and are healthy and energetic into old age, they generally engage in **physical work**, are not overweight, **eat little and regularly**, don't use industrial or processed food, and are **not under stress** or subject to a great many contagious diseases.”

“RAIN: R is Recognize... A is Accept... I is Investigate... N is Non-Identify.”

“The ‘**near enemy**’ of **compassion**, which sometimes looks a bit like it, is **pity**. When we pity somebody we feel higher than them.”

“Buddhism contains such a sophisticated and refined knowledge of **inner space**, and, further, it describes our **spiritual life** more as a quest for truth, for liberation, rather than for God’s blessings. Indeed Buddhism itself arose as an **agnostic inquiry** into existential reality...”

“When thoughts, commenting, memories, pictures, stories about the past or future or any other **mental content** or pattern arises, let them appear and **pass by like clouds** in the sky, in the background... it can be helpful to step back and **give it a label** such as ‘**judgemental thought**’.”

“Where I live, **Israel, anxiety is a cultural emotion**, waving like the national flag, embedded so deep in the national consciousness that it is **assumed** to be the **way people naturally are**. But it has disastrous consequences for the region and for the children that grow up in such an emotional climate.”

“People usually consider **walking on water** or in thin air a miracle. But I think the **real miracle** is not to walk either on water or thin air, but to **walk on earth**. Every day we are engaged in a miracle which we don't even recognize: a blue sky, white clouds, green leaves, the black, curious eyes of a child – our own two eyes. **All is a miracle.**” Thich Nhat Hanh

Who is pulling the strings? Equanimity

Ajahn Amaro, 2016

“To cultivate a radical acceptance (metta) toward all of the influences arriving in the present; to accept this present reality with an open heart. This means to fully accept the effects of all past causes, whether they be physical, chemical, biological, karmic, psychological or spiritual.”

“In making these efforts it is important not to drift into the self-view of: ‘Me doing something, to get somewhere,’ but rather to let the practice be guided by mindfulness and wisdom (sati-panna).”

“As long as you conceive yourself as being somebody who has to do something in order to become something else, you are still caught in a trap, a condition of mind, as being a self, and you will never really understand anything properly. No matter how many years you meditate, you will never really understand the teaching, you will always be just off the mark. The direct way of seeing things now – that whatever arises passes away – doesn’t mean that you are throwing anything away. It means that you’re looking as you’ve never bothered to look before.”

“To me, then, evil is not something outside of nature, but I would say that it entails a depth of delusion whereby the mind is completely lost in its own self-obsessions.”

HINDUISM

The Upanishads

Translated by Juan Mascaro

“And in **dreams** the mind beholds its own **immensity**. What has been seen is seen again, and what has been heard is heard again. What has been felt in different places or faraway regions returns to the mind again. **Seen and unseen**, heard and unheard, felt and not felt, the mind sees all, since **the mind is all**.”

“The soul is the wood below that can **burn and be fire**,
and **OM is the whirling** friction-rod above. **Prayer is**
the power that makes OM turn round and then the
mystery of God comes to light.”

“As when a lump of **salt** is thrown into water and therein being **dissolved** it cannot be grasped again, but wherever the water is taken it is found salt, in the same way, the supreme Spirit is an **ocean** of pure **consciousness** boundless and infinite. Arising out of the elements, into them it **returns** again: there is no consciousness after death....

How can **the Knower** be known?”

“Who **denies** God, denies himself. Who affirms God, **affirms** himself.

“If a man places a **gulf** between himself and **God**, this gulf will bring **fear**. But if a man finds the support of the **Invisible and Ineffable**, he is free from fear.”

“We should consider that in the inner world Brahman is **consciousness**; and we should consider that in the outer world Brahman is **space**.”

“The chariot of the mind is drawn by **wild horses**, and those wild horses have to be tamed.”

“Meditation is in truth **higher than thought**.”

“Let him not ponder on many words,
for many **words are weariness.**”

The Bhagavad Gita

Translated by W. J. Johnson

“Son of Kunti, I am **taste in the waters, light in the moon** and sun, the **sacred syllable of the Vedas**, sound in air, manhood in men.

Desire, anger, and greed: that is the destruction of the self, the **triple gate of hell**, so abandon those three.”

“That action which is prescribed, unaccompanied by **attachment**, undertaken without **desire** or aversion by one who is not interested in the result, is said to be **purely constituted**.

But that action strained after with some desire in mind, out of **egoism**, is said to be **passionately constituted**.

That action undertaken through **delusion**, **reckless** of consequence, death, or injury, ignoring one's human capacity, is said to be **darkly constituted**.”

My Experiments with Truth

M. K Gandhi

“**Truth** is like a vast **tree**, which yields more and more **fruit** the more you **nurture** it. The **deeper** the search in the mine of truth the **richer** the discovery of the gems buried there, in the shape of openings for an even greater variety of **service**.”

“To see the **universal** and **all-pervading** Spirit of **Truth**
face to face one must be able to **love the meanest** of
creation as **oneself**.”

JUDAISM

“A **human** being is a part of the **whole**, called by us ‘**Universe**,’ a part limited in time and space. He experiences himself, his thoughts and feelings as something **separated** from the rest — a kind of optical delusion of his consciousness. This delusion is a kind of **prison** for us, restricting us to our personal desires and to affection for a **few persons** nearest to us. Our task must be to free ourselves from this prison by **widening our circle of compassion** to embrace all living creatures and the whole nature in its beauty. Nobody is able to achieve this completely, but the striving for such achievement is in itself a part of the liberation and a foundation for inner security.”

Albert Einstein

“In days gone by, **Rosh Hashanah** had dominated my life. I knew that my sins grieved the Almighty and so I pleaded for forgiveness. In those days, I fully believed that the salvation of the world **depended** on every one of my **deeds**, on every one of my **prayers**.

But now, I no longer pleaded for anything. I was no longer able to **lament**. On the contrary, I felt very strong. I was the **accuser**, God the **accused**.”

“And in spite of myself, a prayer formed inside me, a prayer to this God in whom I no longer believed.”

Eli Wiesel, *Night*

“And then I explained to him how naive we were, that the world did know and remained silent. And that is why I swore **never to be silent** whenever and wherever human beings endure suffering and humiliation. We must always take sides. **Neutrality helps the oppressor, never the victim.** Silence encourages the tormentor, never the tormented. **Sometimes we must interfere.** When human lives are endangered, when human dignity is in jeopardy, national borders and sensitivities become irrelevant. Wherever men or women are persecuted because of their **race, religion, or political views**, that place must – at that moment – become the center of the universe.”

Eli Wiesel, Nobel Peace Prize Speech,

1986

“I sometimes think there are **two Israels**. The real one is territorially insignificant. The other, the **mental Israel**, is **immense**, a country **inestimably important**, playing a major role in the world, as broad as all history—and perhaps as deep as sleep.”

“Mark Twain wrote: ‘Palestine sits in sackcloth and ashes... It is desolate and unlovely... Palestine is no more of this work-day world. It is sacred to poetry and tradition—it is dream-land.’

In this **unlovely dreamland** the Zionists **planted orchards**, sowed fields, and built a **thriving society**. There are few successes among the new states that came into existence after World War II. Israel is one of them. Lebanon is, or was, another.”

Saul Bellow, *To Jerusalem and Back*, 1976

“Kedourie said in London that it was a pity the Jews had to become political. Was it necessary for them to establish a new state in one of the world’s **danger zones**? **Nationalism**, he implied, **was an evil** the Jews did not need to add to their painful history... But it is difficult to apply **reasonable propositions** to the **survivors** of the **Holocaust**.... Perhaps many of those who had gone through the horror of the death camps wanted to be together afterward. Their desire was to live **together as Jews**... The founding of a state was inevitable. It was a desperate, naked need that sent the Jewish survivors to the Middle East. They were not working out historical problems in the abstract. They had had to **face extinction**.”

Saul Bellow, *To Jerusalem and Back*,

1976

“Sooner or later in life everyone discovers that **perfect happiness** is **unrealizable**, but there are few who pause to consider the antithesis: that **perfect unhappiness** is **equally unattainable**.”

“He told me his **story**, and today I have forgotten it, but it was certainly a **sorrowful, cruel and moving** story; because so are all our stories, **hundreds of thousands** of stories, all different and all full of tragic, disturbing necessity. We tell them to each other in the evening, and they take place in Norway, Italy, Algeria, the Ukraine, and are simply **incomprehensible** like stories in the Bible. But are they not themselves **stories of a new Bible?**”

Primo Levi, *If This Is a Man*

“It is not less remarkable that, of the few men who in the last hundred years have most **profoundly** determined the course of **human thought, three were Jews** of **German** culture, **Karl Marx, Albert Einstein**, and **Sigmund Freud**. They illustrate three different aspects of the Jewish genius which are found among many Jews of a lesser stature.”

Norman Bentwich, *The Jews of Our Time*, 1960

“Hitherto the Jews have failed to build up their country peacefully, just as the Christian nations have failed to carry out the **ethics** of their religion in international relations. Yet **Israelis**, if they are to live up to their **moral law** and the tradition of loving the stranger, which is constantly repeated in the Law of Moses, must not only **seek peace** with the **Arabs**, but **pursue it unceasingly** and with **infinite patience**.”

Norman Bentwich, *The Jews of Our Time*, 1960

“On the other hand, by the end of the day I felt something within me had broken down **irreparably**; from then on, every morning I believed that would be the **last morning** I would get up; with every step I took, that I could not possibly take another; with every movement I made, that I would be **incapable** of making another; and yet for all that, for the time being, I still managed to **accomplish it** each and every time.”

Imre Kertesz, *Fateless*, 1975

“...I was already feeling a growing and accumulating readiness to **continue my uncontinuable life**... For even there, next to the chimneys, in the intervals between the torments, there was something that **resembled happiness**. Everyone asks only about the hardships and the ‘**atrocities**’, whereas for me perhaps it is that experience which will remain the most memorable. Yes, the next time I am asked, I ought to speak about that, **the happiness of the concentration camps**.

If indeed I am asked. And provided I myself **don't forget**.”

Imre Kertesz, *Fateless*, 1975

“If the **future of humanity** is decided in **your absence**, because you are too busy **feeding and clothing your kids** – you and they will not be exempt from the consequences. This is very **unfair**; but who ever told you **history** was fair?”

Yuval Harari, *21 Lessons for the 21st Century*, 2019

“Our life is fulfilled by **what we become**, not by what we were at birth. Endowment and heritage mean much and then again nothing; the **essential** thing is what we make of them.”

L

eo Baeck

“We are told by the **Psalmist** first to **leave evil** and then to **do good**. I will add that if you find it difficult to follow this advice, you may **first do good**, and the **evil** will automatically **depart** from you.”

Yitzchak Meir of Ger

“Every man was endowed with a **free will**; if he desires to **bend himself** toward the **good path** and to be just it is within the power of his hand to reach out for it, and if he desires to bend himself to a **bad path** and to be wicked it is within the power of his hand to reach out for it. This is known from what it is written in the Torah, saying: "Behold, the man is become as one of us, to know good and evil" (Gen. 3.22), that is as if saying: "Behold, this species, man, **stands alone** in the world, and there is **no other kind** like him, as regards this subject of being able of his own accord, by his reason and thought, to know the good and the evil, and **to do whatever** his **inclination** dictates him with none to stay his hand from either doing good or evil; and, being that he is so, 'Lest he put forth his hand, and take also from the **tree of life**, and eat, and live forever.'"

Maimonides, *Mishneh Torah*

“Feelings dwell in man; but man dwells in his **love**. That is no metaphor, but the actual truth. Love does not **cling** to the I in such a way as to have the Thou only for its ‘content’ its object, but **love is between I and Thou.**”

“I **consider a tree**. I can look on it as a picture: stiff column in a shock of light, or splash of green shot with the delicate blue and silver of the background... It can, however, also come about, if I have both **will and grace**, that in considering the tree I become bound up in relation to it. The **tree is no longer an It**. I have been seized by the power of exclusiveness.”

Martin Buber, *I and Thou*

“The **essence** of the **Jewish concept** of life seems to me to be the affirmation of life for all creatures. For the life of the individual has meaning only in the service of enhancing and ennobling the life of **every living thing**. **Life is sacred** – it is the highest worth on which all other values depend. The sanctification of the life which transcends the individual brings with it reverence for the spiritual, a peculiarly characteristic trait of Jewish tradition.

There remains, however, something more in the Jewish traditions, so gloriously revealed in certain of the psalms; namely, a kind of **drunken joy** and surprise at the **beauty** and incomprehensible **sublimity** of this world, of which man can attain but a **faint intimation**. It is the feeling from which genuine research draws its intellectual strength, but which also seems to manifest itself in the song of birds.”

Albert Einstein

“So many people go through life filling the **storeroom of their minds** with **odds and ends** of a **grudge** here, a **jealousy** there, a **pettiness**, a **selfishness** – all ignoble. Our **true task** is to create a noble memory, a mind filled with **grandeur**, **forgiveness**, restless ideals, and the dynamic **ethical** ferment preached by **all religions** at their best.”

Leo Baeck

“We cannot all pray from our own creative resources because we are not all **religious geniuses**. We cannot all write words such as **Shakespeare’s**, or compose music such as **Bach’s**. But we can still **make these our own**.

In prayer, too, we can turn to the great religious geniuses, the **Isaiahs**, the **Jeremiahs**, and the **Psalms**. We can take the **visions** they have seen, the communion they have established, the messages they have brought back, the words they have spoken, and make them our own.

The **future is open**; there is no limitation on the wonder of insight and creation. But each of us, in our own **time and place**, must conserve the resources already available and **warm our hands** at the **fires already lighted**.”

Henry Slonimsky

“The **whole world** is a very **narrow bridge** and the important thing is
not to be afraid.”

Nachman of Bratslav

“**Prayer cannot mend a broken bridge**, rebuild a ruined city, or bring water
back to parched fields. But **prayer can mend a broken heart**, lift up a
discouraged soul, and strengthen a weakened will.”

Ferdinand M Isserman, 1898–1972

“To be hopeful in bad times is not just foolishly romantic. It is based on the fact that human history is a history not only of cruelty, but also compassion, sacrifice, courage, kindness.

What we choose to emphasize in this complex history will determine our lives. If we see only the worst, it destroys our capacity to do something. If we remember those times and places -- and there are so many -- where people behaved magnificently, this gives us the energy to act, and at least the possibility of **sending this spinning top of a world in a different direction.**

And if we do act, in however small a way, we don't have to wait for some grand utopian future. **The future is an infinite succession of presents**, and to live now as we think human beings should live, in defiance of all that is bad around us, is itself a marvelous victory.”

Howard Zinn

“In our right pocket there should be a piece of paper saying ‘For my sake was the world created’, and in the left, ‘I am but dust and ashes.’”

Rabbi Bunam, Chasidic

“What will fill us? Remorse, certainly. So much error and needless pain. And joy: remembered moments of love and right doing. We are too complex for single-sided emotions. And we are too simple to be excused by our complexity.”

Rami Shapiro

“That life is both fleeting and uncertain is a truth that presses upon the mind with special force as the old year ends and the new begins. Time speeds on, and we go with it, and though we have seen the old year close, we can never be sure of seeing the end of the new. We are utterly in your hands, O God... But since life is so fleeting and frail, we must begin this serious use of it at once, and begin it by entering upon the task of self-examination and self-enoblement which is its essential preliminary. A New Year, say the rabbis, should inaugurate a new life.”

Morris Joseph

Celebrating Life

Jonathan Sacks

“The more friendship I share, the more I have. The more love I give, the more I possess. The best way to learn something is to teach it to others.”

“Politics is about the pursuit and distribution of power. Economics is about the pursuit and distribution of wealth... Neither, though, has been successful in addressing the real problems that have stayed... violence, crime, the rise of depressive illness, the breakdown of family relationships, the pervasive sense of loneliness and despair – which brings back houses of worship and communities of faith.”

“Better the sinner who knows he is a sinner than the saint who believes he is a saint.”

“Prayer is the act of listening to God listening to us... in that silence, we know and are known by God.”

“Shema Yisrael, does not mean, ‘Hear, O Israel’. It means ‘Listen’. Listening, we hear. Searching, we find.”

“Faith is not certainty. It is the courage to live with uncertainty. It is not knowing all the answers. It is often the **strength to live with the questions.**”

“In the beginning people believed in many gods. Monotheism came and reduced them to one. Science came and reduced them to none.”

“The name of God’s creation is nature. The name of our creation is society... In relation to nature, God is creator, but in relation to society, God is a teacher.”

“**Life is short and the bill for our mistakes is long.** A child may bear the scars of a broken family for a lifetime. Trust, once broken, is hard to repair.”

“Optimism is the belief that things are going to get better. Hope is the belief that we can make things better. **Optimism is a passive virtue, hope an active one.**”

“**Spirituality is the poetry of the soul.** Religion is the behaviour we adopt when we express our sense of belonging to a group... We cannot spend our lives speaking poetry alone.”

“Nations, like men, are teachable only in their youth; with age they become incorrigible.” (Jean-Jacques Rousseau)

“I knew that people who change our lives do not die. They live on in us as we live on in our children. **That is as much of immortality as we will ever know this side of the grave,** and it is enough.”

“Having created the natural world, He asks us to create the social world. He gives us guidance, encouragement, and most of all His faith in us that we can do it. **Beyond that, however, He leaves us free.**”

An Interrupted Life

Etty Hillesum

“There is a **really deep well inside** me. And it dwells in God. Sometimes I am there, too. But more often stones and grit block the well, and **God is buried** beneath.”

“I often wonder why this war and everything connected with it afflicts me so little. Perhaps because it is my second great war? I was in the thick of the first, and then relived it in all the postwar literature. So much rebelliousness, so much hatred, the passion, the arguments, the call for social justice, the class struggle, etc.—we have been through it all. **To go through it a second time just won't do**, it becomes like a cliché. It's happening all over again: every country praying for its own victory, the same old slogans, but now it's like a déjà vu and there is really no point in flying into a passion about it.”

“My sadness has become a springboard. In the past I used to think that I would always be sad, but now I know that those moments too are part of **life's ebb and flow** and that all is well.”

“And if God does not help me to go on, then I **shall have to help God**.”

“I believe that I know and share the many sorrows and sad circumstances that a human being can experience, but I do not cling to them, I do not prolong such moments of agony. They pass through me, like life itself, as a broad, eternal stream,
they become part of that stream, and life continues.”

“Life is hard, but that is no bad thing. If one starts by taking one's own importance seriously, the rest follows. It is not morbid individualism to work on oneself.
True peace will come only when every individual finds peace within himself; when we have all vanquished and transformed our hatred for our fellow human beings of whatever race--even into love one day, although perhaps that is asking too much.”

“It seems to me that I am going to have to draw a line under everything and continue in a different tone. I must admit a new insight into my life and find a place for it: **what is at stake is our impending destruction and annihilation,** we can have no more illusions about that. They are out to destroy us completely, we must accept that and go on from there.”

“If I knew for certain that I should die next week, I would still be able to sit at my desk all week and study with **perfect equanimity**, for I know now that life and death make a meaningful whole.”

“Ultimately, we have just one moral duty: to **reclaim large areas of peace** in ourselves, more and more peace, and to reflect it toward others. And the more peace there is in us, the more peace there will also be in our troubled world.”

“And if we should survive unhurt in body and soul, but **above all in soul**, without bitterness and without hatred, then we shall have a right to a say after the war.”

Man's Search for Meaning

Viktor Frankl

“The truth —that love is the ultimate and the highest goal to which man can aspire. Then I grasped the meaning of the greatest secret that human poetry and human thought and belief have to impart: The salvation of man is through love and in love.”

“Set me like a seal upon thy heart, love is as strong as death.”
(From Song of Solomon, verses 8:6 and 8:7)

“Nietzsche's words, ‘He who has a why to live for can bear with almost any how,’ could be the guiding motto for all psychotherapeutic and psychohygienic efforts regarding prisoners.”

“We needed to stop asking about the meaning of life, and instead to think of ourselves as those who were being questioned by life—daily and hourly. Our answer must consist, not in talk and meditation, but in right action and in right conduct.”

“From all this we may learn that there are two races of men in this world, but only these two—the "race" of the decent man and the "race" of the indecent man. Both are found everywhere; they penetrate into all groups of society. No group consists entirely of decent or indecent people.”

“When he heard the same phrases nearly everywhere—'We did not know about it,' and 'We, too, have suffered,' then he asked himself, have they really nothing better to say to me?

The experience of disillusionment is different. Here it was not one's fellow man (whose superficiality and lack of feeling was so disgusting that one finally felt like creeping into a hole and neither hearing nor seeing human beings any more) but fate itself which seemed so cruel.”

“The more one forgets himself—by giving himself to a cause to serve or another person to love—the more human he is and the more he actualizes himself. What is called self-actualization is not an attainable aim at all, for the simple reason that the more one would strive for it, the more he would miss it. In other words, self-actualization is possible only as a side-effect of self-transcendence.”

“Freedom is in danger of degenerating into mere arbitrariness unless it is lived in terms of responsibility. That is why I recommend that the Statue of Liberty on the East Coast be supplemented by a Statue of Responsibility on the West Coast.”

“On the other hand, as soon as the patient stops fighting his obsessions and instead tries to ridicule them by dealing with them in an ironical way—by applying paradoxical intention—the vicious circle is cut, the symptom diminishes and finally atrophies.”

“Our generation is realistic, for we have come to know man as he really is. After all, man is that being who invented the gas chambers of Auschwitz; however, he is also that being who entered those gas chambers upright, with the Lord's Prayer or the *Shema Yisrael* on his lips.”

“There is no reason to pity old people. Instead, young people should envy them. It is true that the old have no opportunities, no possibilities in the future. But they have more than that. Instead of possibilities in the future, they have realities in the past—the potentialities they have actualized, the meanings they have fulfilled, the values they have realized—and nothing and nobody can ever remove these assets from the past.”

“So, let us be alert—alert in a twofold sense: Since Auschwitz we know what man is capable of. And since Hiroshima we know what is at stake.”

SUFISM

The Pocket Rumi

Jalâluddîn Rûmî (1207–1273)

“Afterwards, as a human being, you developed reason, consciousness,
faith.

See how this body has risen from the dust like a rose?
When you have surpassed the human state, **your angelic nature will
unfold**
in a world beyond this world.”
From “This Body is a Rose”

“Think of nothing but the source of thought.
Feed the soul; let the body fast.”
From “Empty the Glass of Your Desire”

“Don’t go to the neighborhood of despair;
There is hope.
Don’t go in the direction of darkness:suns exist.”
From “Companionship with the Holy”

“He lays the house in ruins;
Then in a moment He makes it **more livable than before.”**
From “Permission to Destroy”

“The unbeliever worships God, but unwillingly,
intending some other desire.
Yes, he keeps the King’s fortress in good repair,
but claims to be in command.”
From “Willingly, or Unwillingly”

“When you have indulged a lust, your wing drops off;
You become lame and that fantasy flees.
Preserve the wing and don’t indulge such lust,
so that the wing of desire may bear you to Paradise.”
From “Wings of Desire”

“The word is like the nest,
and meaning is the bird:
The body is the riverbed,
and spirit, the rolling water.”
From “Essence and Form”

“**Each of us was made for some particular work,**
and the desire for that work has been placed in our hearts.”
From “Unfold Your Wings”

“Even though you’re not equipped, **keep searching...**
Whoever you see engaged in search, become her friend...
for choosing to be a neighbor of seekers,
You become one yourself.”
From “The Search”

“Giving thanks for the abundance is sweeter than the abundance itself:
Should one who is absorbed with the **Generous One**
be distracted by the gift?”
From “Thankfulness, Alertness”

“But when He brings trouble upon some ill-fated person,
he ungratefully packs off in flight.
Whereas when God brings trouble upon a blessed man,
he just draws nearer to God.”
From “Heroes”

“Stop trying to be the sun and become a speck!
Dwell at My door and be homeless.
Don’t pretend to be a candle, be a moth.”
From “Whispers of Love”

“The **human being resembles a tree**;
your root is a covenant with God:
that root must be cherished with all one’s might.”
From “The Good Root”

“The **one-way pull on the straight Path** is better
than the **two-way pull of perplexity**.
Though You are the only goal of these two ways,
still this duality is agonizing to the spirit.”
From “The One-Way Pull”

WESTERN WISDOM

“I am the wisest man alive, for I know one thing, and that is that **I know nothing.**”

Socrates

“Ask, and it shall be given you; seek, and ye shall find;

knock, and it shall be opened unto you:

For every one that asketh receiveth; and he that seeketh findeth;

and to him that knocketh it shall be opened.”

Matthew 7:7-8

“God grant me the serenity

To **accept the things I cannot change;**

Courage to change the things I can;

And **wisdom to know the difference.**”

The Serenity Prayer, Reinhold Niebuhr

“But **do not distress** yourself with **dark imaginings**.
Many fears are born of fatigue and loneliness.
Beyond a wholesome discipline, be gentle with yourself.
You are a **child of the universe**, no less than the trees and the
stars; you have a right to be here. And whether or not it is clear to
you, no doubt the **universe is unfolding** as it should.”

Desiderata, translated by Max Ehrmann

“Poetry is what gets lost in translation.”

Robert Frost

“Genuine poetry can communicate before it is understood.”

T.S. Eliot

**“Dance like nobody's watching; love like you've never been hurt.
Sing like nobody's listening; live like it's heaven on earth.”**

Mark Twain

“Thank God I’m an atheist.”

Luis Bunuel

“There is only one difference between myself and a madman. I’m not mad.”

Salvador Dali

**“Oh no, not me, we never lost control.
You’re face to face, with the man who sold the world.”**

David Bowie

“Humans are a virus with shoes.”

Bill Hicks

“What is **precious**, is **never to forget**
The essential delight of the blood drawn from ageless springs...
Never to allow gradually the **traffic to smother**
With noise and fog, the **flowering of the Spirit.**”

Stephen Spender, *The Truly Great*

Strength to Love

by Martin Luther King, Jr.

“Even the most intractable evils of our world—the triple evils of **poverty, racism, and war**—can only be eliminated by **non-violent** means.

We are **responsible human** beings, not **blind automatons; persons not puppets**. By endowing us with **freedom**, God relinquished a measure of his own sovereignty and imposed certain limitations upon himself. If his children are free, they must do **his will** by a voluntary choice.”

“Man’s inhumanity to man is not only **perpetrated** by the **actions** of those who are **bad**. It is also perpetrated by the **inaction** of those who are **good**.”

“In short, we must **shift the arms race** into a **peace race**.”

“Wisdom born of **experience** should tell us that **war is obsolete**. There may have been a time when war served as a **negative good** by preventing the spread and growth of an evil force, but the destructive power of **modern weapons** eliminates even the possibility that war may serve as a negative good. If we assume that **life is worth living** and that man has a right to survival, then we must find an **alternative to war**.”

“We have experiences when the light of day vanishes, leaving us in some **dark and desolate midnight**—moments when our highest hopes are turned into shambles of despair when we are the victims of some tragic injustice and some terrible exploitation. During such moments our spirits are almost overcome by **gloom and despair**, and we feel that there is no light anywhere. But ever and again, we look toward the east and discover that **there is another light which shines even in the darkness...**

This would be an unbearable world were God to have only a single light, but we may be consoled that **God has two lights**: a light to guide us in the brightness of the day when hopes are fulfilled and circumstances are favorable, and **a light to guide us in the darkness of the midnight** when we are thwarted and the slumbering giants of gloom and hopelessness rise in our souls.”

“I am **convinced** that the **universe** is under the control of a loving purpose, and that in the struggle for **righteousness** man has **cosmic** companionship.”

The Road Less Travelled

by M. Scott Peck

“Delaying gratification is a process of **scheduling** the **pain and pleasure** of life in such a way as to enhance the pleasure by meeting and experiencing the **pain first** and getting it over with. It is the only decent way to live.”

“I define **love** thus: The will to **extend one’s self** for the purpose of **nurturing** one’s own or another’s **spiritual growth**.”

I Know Why the Caged Bird Sings

by Maya Angelou, 1969

“God helps those who help themselves.”

“In order to avoid this bitter end, we would all have to be born again, and **born with the knowledge of alternatives**. Even then?”
The next morning she smiled her ‘**everything is everything**’ smile..

“The dread of futility has been my life-long plague.”

“The special person that I was, the **intelligent mind** that **God and I had created together**, was to depart this life without **recognition or contribution**.”

Fahrenheit 451

by Ray Bradbury, 1953

“Mr Montag, you are looking at a coward. **I saw the way things were going, a long time back.** I said **nothing.** I’m one of the innocents who **could’ve spoken up** and out when no one would listen to the ‘guilty’, but I did not speak and thus **became guilty myself.**”

“Everyone must leave **something behind** when he **dies**, my grandfather said. **A child or a book or a painting** or a **house or a wall built** or a pair of shoes made. Or a **garden planted**. Something **your hand touched** some way so **your soul has somewhere to go** when you die, and when **people look at that tree** or that flower you planted, **you’re there.**”

The Little Prince

by Antoine de Saint-Exupery, 1940

“And now here is my secret, a very simple secret: It is only with the heart that one can see rightly; what is essential is invisible to the eye.”

“No one is ever satisfied where he is... They are pursuing nothing at all.”

“What makes the desert beautiful... is that somewhere it hides a well.”

“The men where you live... raise five thousand roses in the same garden – and they do not find what they are looking for... And yet what they are looking for could be found in one single rose, or in just a little water.”

“And when your sorrow is comforted (time soothes all sorrows) you will be content that you have known me.”

“Look up at the sky. Ask yourselves: is it yes or no?”

“Experience one beautiful thing a day. However small. However trivial. Read a poem. Play a favorite song. Laugh with a friend... Eat a slice of lemon drizzle cake. Whatever. Just give yourself one simple reminder that the world is full of wonders.”

“Life is short. Be kind.”

“How can we just be when there is so much to do? The hardest dream of all to achieve is the dream of not being tormented by our un-lived dreams. To cope with unfulfillment as a natural human condition.”

“The most powerful moment in life is when you decide not to be scared anymore.”

“There is nothing lonelier than being with people who aren't on your wavelength.”

“You don't have to cope with everything. You don't have to handle everything... You can cry. You can feel. You can show what you are.”

“Nothing is stronger than a small hope that doesn't give up.”
The Comfort Book, Matt Haig

WALDORF EDUCATION

The Education of the Child

Rudolf Steiner

“A spiritual understanding of the world, as represented by Anthroposophy, sees in this process of birth of the physical body, but not as yet of the etheric or life-body. Even as man is surrounded, until the moment of birth, by the **physical envelope** of the mother-body, so until the time of change of teeth - until about the **seventh** year - he is surrounded by an **etheric envelope** and by an astral envelope... An **astral envelope** remains until the time of puberty, when the astral or sentient body becomes free on all sides...”

“There are two magic words which indicate how the child enters into relation with his environment. They are: **Imitation**, and **Example**.

Indeed, it is good for him to paint the letters by **imitation first**, and only **later learn** to understand their **meaning**. For imitation belongs to this period when the physical body is developing; while the meaning speaks to the etheric, and the etheric should not be worked on until the **change of teeth**.”

“For early childhood it is important to realise the value of children’s songs, for example, as means of education... the beauty of sound is to be valued more than the meaning.

The fact must always be remembered: it is **not abstract ideas** that have an influence on the developing etheric body, but **living pictures** that are seen and comprehended inwardly.”

“If it was impossible during these years to look up to another person with unbounded **reverence**, one will have to suffer for the loss throughout the whole of one’s later life. Where reverence is lacking, the living forces of the **etheric body** are stunted in their growth.

It is of **vast importance** for the child that he should receive the secrets of **Nature in parables**, before they are brought before his soul in the forms of ‘natural laws’ and the like.”

“There are many who do not consider themselves materialists, who yet regard an **intellectual conception** of things as the only kind of understanding. Such people profess an idealistic or even **spiritual outlook**. But in their soul they relate themselves to it in a **materialistic way**. For the intellect is in effect the instrument of the soul for understanding what is material.”

“Jean Paul: “Have no fear of going **beyond** the childish understanding, even in whole sentences. Your expression and the tone of your voice, aided by the child’s intuitive eagerness to understand, will light up the meaning... A child of five understands the word ‘yet’, ‘even’, ‘of course’ or ‘just’; but now try to give an explanation of them - not to the child, but to his father! Talk to the **one-year-old** as if he were **two**, to the **two-year-old** as if he were **six**.”

“We are far too prone to credit the teachers with everything the children learn. **We should remember that the child we have to educate bears half his world within him all there and ready taught.**

The teacher has to know how to treat the several faculties of the soul - **Thinking, Feeling and Willing**, - so that their development may react on the etheric body, which in this period between the change of teeth and puberty can attain more and more perfect form under the influences that affect it from without.”

“During the first seven years of childhood, the foundation is laid for the development of a strong and healthy **Will**.

The world of **Feeling** is developed in the right way through the parables and pictures we have spoken of, and especially through the pictures of great men and women, taken from **History** and other sources... A deep study of the secrets and beauties of **Nature** is also important for the right formation of the world of feeling. Last but not least, there is the cultivation of the sense of beauty and the **awakening** of the **artistic feeling**.”

“Man is not in a position to **judge** until he has collected in his **inner life** material for judgement and comparison.... Educational mistakes of this kind are the cause of all **narrow onesideness** in life, all barren creeds that take their stand on a few scraps of knowledge and are ready on this basis to condemn ideas experienced and proved by man often long through the ages.”

“Only when it is perceived, in **anthroposophical circles** everywhere, that the point is not simply to theorize about the teachings, but to let them **bear fruit** in the most far-reaching way in all the relationships of life,-only then will life itself open up to Anthroposophy with sympathy and understanding.”

The Recovery of Man in Childhood

A.C. Harwood

“But the far more important distinction is something which as yet only Rudolf Steiner has fully recognised, namely, that the **whole human body**, and not the brain alone, is a **vehicle of consciousness**. No mechanism is conscious. Even the electronic brain... is no more conscious than a clock or mouse-trap. It is a good deal more **elaborate**.”

“...Growth proceeds from the head downwards, while the **awakening to consciousness**—a process for which the word ‘awakeness’ might well be coined—develops from the limbs upwards. We are right to speak of children as ‘**waking up**’; but we ought to really describe them as ‘**growing down**’.”

“The new-born child should be disturbed as little as possible; he should be protected from the bright light and loud sounds; he should always be near his mother, for a common force of life is still **enveloping** them both...

As he becomes active it is important to let him take his own time and not to stimulate him in grasping or looking or crawling. It is equally important to not to try to advance his talking, not to keep encouraging him to say the names of things but to leave him to his own tempo. What he needs is that the adults, whose talk he hears and **imitates**, should speak clearly and **beautifully** and with **affection**. For the child is sensitive to **mood** as he is to the sound of the tones around him...

A **mother's singing**, however poor, is far better for her baby than the best of **records**.”

“The difficulty of men in **ancient times** was to come to terms with the **physical world**. Modern man experiences the opposite difficulty—he is so **imprisoned in the physical** that he can hardly **conceive** the existence of a **spiritual world**.”

“Man is today responsible both for **his neighbour** and for **the earth** in a way he has never been **responsible** before. The youth not only needs, he longs to be **aware** of this responsibility.”

Theosophy

Rudolf Steiner, 1922

“Anyone who reflects on the **nature of biography** becomes aware that in respect of the spiritual **each man is a species** by himself.... anyone who depicts in a biography the real individuality of a man, grasps the fact that he has in the biography of one human being something that corresponds to the description of a whole **genus** in the **animal** kingdom.”

“**Sleep** has often been called the **younger brother of death**. I get up in the morning. My consecutive activity has been interrupted by the night...

The human spirit is just as newly created when it begins its earthly life, as is a man newly created every morning...

A physical body, receiving its form through the laws of heredity, comes **upon the scene**. This body becomes the **bearer of a spirit**, which repeats a previous life in a **new form**. Between the two **stands the soul**, which leads a self-contained life of its own.”

“The **body** is subject to the **law of heredity**; the **soul** is subject to its **self-created fate**. One calls this fate, created by the man himself, his *karma*. And the **spirit** is under the law of **re-embodiment**, repeated earth-lives.

...the **spirit is immortal**; birth and death reign over the body according to the laws of the physical world; the soul-life, which is subject to **destiny**, mediates the **connection** of both during an **earthly life**.”

“A man is the more perfect, the more his **soul sympathises** with the manifestations of **the spirit**; he is the more imperfect the more the **inclinations** of his soul are satisfied by the functions of the **body**.”

“After **death** the soul is no longer **bound to the body**, but **only to the spirit**. It lives now within soul surroundings.”

“There are **individuals** who, though highly **gifted**, do not think about much more than occurrences of the **physical world**. This belief can be called **materialistic**.”

“And that is one of the fundamental thoughts of ancient Indian Vedanta Wisdom. The ‘sage’ acquires, even during his earthly life, what others experience after death, namely, ability to **grasp** the thought that he himself is **related to all things**, the thought ‘**Thou art that**’.

In the ‘**Land of the Spirit**’ it is an immediate fact, one which grows ever clearer to us through spiritual experience. And the man himself comes to know ever more and more clearly in this land that in his own **inner being** he belongs to the spirit world. He perceives himself to be a **spirit among spirits...**”

“A **great pleasure** will no longer make him merely jubilant, but may be the messenger to him of qualities in the world which have hitherto escaped him. It will leave him **calm**: and through the calm, the characteristics of the pleasure-giving beings will reveal himself to him. **Pain** will no longer merely fill him entirely with grief, but will be able to tell him what are the **qualities** of the being that causes the pain.

It is incorrect to think that the **Seeker of the Path** becomes a dry, colourless being, incapable of pleasure or suffering. Pleasure and suffering are present in him—when he investigates in the spiritual world—in a transformed shape, they have become ‘**eyes and ears**’.”

Our Twelve Senses

Albert Soesman, 1988

“In anthroposophy, the soul realm that enables us to use our intelligence is called the intellectual or **mind soul**. The essence of what is meant here is hard to grasp because we have almost **lost the capacity** in question. When, however, you think of the term ‘common sense’ you are coming close. We often **confuse intelligence with intellect**. But intellect has often become entirely separated from intelligent common sense. At heart, we still know what common sense is. Now and then it comes to the surface. It is that by which we discern whether something is senseless or has meaning. This capacity is called the intellectual / mind soul. This has nothing to do with intellect but **neither is it only a feeling**; feelings are, so to speak, too subconscious, too dreamy. This **common sense soul** lives between dreaming and waking.”

“And this brings me right away to the great errors we continually make. On the one hand we continually allow ourselves to be **seduced by impressive advertising slogans**, etc. And, on the other hand, we continually try to **impose our own opinions or convictions on others**. These are both **tremendous attacks on the I** – in the one instance on our own I, and in the other on the I of someone else. We are often so convinced of being right that we do not consider the opinion of others; we do not allow them to judge for themselves.”

“Steiner says, ‘Every idea that does not become your ideal kills a power in your soul; every idea that becomes an ideal engenders life-forces within you.’

It is a very radical statement. If you do not do anything with the spiritual scientific knowledge you take in and transform this knowledge into deeds in the world, you are actually becoming a weaker and weaker person.”

Humanity's Last Stand, Nicanor Perlas

Verses & Meditations

Rudolf Steiner, first published 1961

“Vain fancyings and **figments of illusion**,
What have you to do
With the **high purpose** that is set before me?
The **spiritual Beings** want it of me.
Then will I be my own **soul’s adversary**,
And summon up this vacillating heart
To clear and honest thinking—
The heart that serves me, strong and true,
If I but **will it so**.”

Shirking Responsibility



THE END

APPENDIX

“When you only get outraged when one side’s babies are killed, then your moral compass is broken and your humanity is broken. And therefore in your quiet moments alone, all of us on planet earth need to really ask ourselves “Do I aspire to be human? Or am I swept up in the enticing and delicious world of hatred? This is not a phenomenon unique to Israel or Gaza. This is everywhere on the planet. I understand that hatred of the other, whoever we decide that other is, is seductive, sensuous and most importantly it is easy. **Hatred is easy. But hatred is not helpful. Nor is it constructive....**”

Rachel Goldberg, mother of kidnapped Hersch

“And then I had a dream that I saw that, with our cry and tears of humanity of all mankind, we can be healed and cured. **And those tears can wash the blood from the Holy Land.** And our tears can bring or can create the path to peace.”

Maoz Inon, whose parents were killed at Kibbutz Be’eri

“And we always say **pain, anger, those things are like nuclear power**, you can either use it to destroy, or you can **use it to make light** and we trying through and from our pain, to do something that brings light rather than brings destruction.”

Aziz Abu Sarah, Palestinian tour guide

“That’s why it especially infuriates me when people claim: “We have no partner on the other side!” I personally know so many Palestinians who yearn for peace no less than we do.”

“We need to stop talking about ending the occupation of land if we want to win over mainstream Israel, but we can talk about **occupying a people.**”

“Peace is not just for those on the Left, and Zionism is not just for those on the Right. The reality is far **more complex.**”

“I had to acknowledge that after 40 years of peace activism, the Left, of which I was a proud member, **had not succeeded** in achieving its goal of ending the Israeli-Palestinian conflict. I decided that I would **no longer do more of the same** thing, that I must find another way.”

Vivien Silver, Women Wage Peace

“I’ll let you form your own picture.”

“I’m honest but I’m also a good white liar...”

“**People are like trees**, they either go together or not.”

“The **volunteer receives more** than what they give.”

“**Don’t be a ‘yes’ man** - my husband wasn’t a ‘yes’ man and he paid heavily for it, but he would turn in his grave if he saw what is happening today.”

“A couple need to be friends. The children have their own lives. Amnon is in my heart.”

Tirtza HaLivni, Holocaust survivor

Quotes from My Notes

Lines from my own poems & books,
Dan Savery Raz

“When you think you know it all, you don’t.
You only know it all, when you realise
you’ll never know it all.”
Fresh Air, 1994

“Love forever. Love together. **Love whatever.** Find the answer, it’s
within you.”
Mountain Chant, 2001

“Nobody is complete – ever.
Life is a film but we all play our own separate leading roles.”

“The language I use isn’t mine - I’m just a **mish mash** of others like
you are.”

“Life has been **handed to us on a plate**, the light bulb has been
invented, what have you added to the plate?”

“Reality **feeds the imagination**, and imagination **creates reality**.”

“It’s not difficult to be **introspective**, just **open the door**.”

From My Fucking Theory, 2000

“Modern life can be summed up in one word – **contradiction**. This is what we say to ourselves: I’m sick, I’m pure. I’m good but I’m evil. I care for others, I care for myself. **I’m alternative, I’m the same** as everyone else. I’m old, I’m young. I’m clever, I’m stupid. I’m happy, I’m sad. I’m talented, I’m useless. I’m attractive, I’m ugly. Life is a huge contradiction. That is why all we can do is keep searching for the explanation.”

From *My Fucking Theory*, 2000

“I indulge in **pyramids and ghettos** that I have never seen, heard or listened out for.”

“So whilst slipping over for the **16th time in 4 hours** I realized 17 things.”

“Unsung heroes who keep memory alive and **record the future.**”

*“Love is when you do not pretend. **Love is a suitcase**, you put your life in it.”*

“I can’t write **fast enuff**. I can’t write FAST. ENOUGH!”

“I can make **grown men cry** snowballs.”

“If man is the **fontana of the universe**, how come we no play golf on the moon, eh?”

Quotes from *Sock Book*, 2001

“Modern life is a fantasy...

Instead of getting distracted by media hype, money and technology, let's look deep inside ourselves and enjoy the real show, **the beauty of life.**”

“Therefore, the key to peace is not to retaliate with violence, but to **retaliate with love.**”

We are in **control of our future**, yet we also have **no control**, life seems to take us wherever it wants, all we can do is **nudge it** in the right direction.

The Friendly Enemy, 2003

“Israel, now we’re **seven million people** stuck in a **traffic jam**,
how long can this last?”
Israel, 2008

“He **gave his mind** to a friend, so that his **soul** would **never be dead**.”
Alfred’s Spiritual Growth, 2008

“In London I lost the hatred that ran in my veins,
I remember reading **M.K Gandhi on trains**,
thinking this world’s **not always insane**,
suffering leads to inspiration again.”
Lost Luggage, 2009

“**Life is not a resume**, you don’t need to fill in a form when you die.”
Life is Not a Resume, 2010

“Write down your **graceful thoughts**, lest you forget them.”

“**I’m still convinced** by my **inner feeling** behind the thought,
that moment of **breath not death**.”

“I must be the father, the son, and the husband. But also the **holy spirit**. I must be the holy spirit incarnate. I must find the spirit. I must **be at one** with the spirit, and **not just convinced**. Amen.”

I’m Convinced I’m Not an Atheist, 2020

The ancient Chinese said life is about deeds.
Have lots of children. Write lots of songs and stories.
Be active.”

Chinese wisdom, Dr. Tal Belo, 2013



THE END