
Fifth Precept Sangha: 'Sit-&-Share' Meeting

Some Additional Example Topics for
Contemplation

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Fifth Precept Sangha

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Letting Go

<http://www.goodreads.com/quotes/tag/letting-go>

“The truth is, unless you let go, unless you forgive yourself, unless you forgive the situation, unless you realize that the situation is over, you cannot move forward.”

– **Steve Maraboli, *Unapologetically You: Reflections on Life and the Human Experience***

“If you want to forget something or someone, never hate it, or never hate him/her. Everything and everyone that you hate is engraved upon your heart; if you want to let go of something, if you want to forget, you cannot hate.”

– **C. JoyBell C.**

“Some birds are not meant to be caged, that's all. Their feathers are too bright, their songs too sweet and wild. So you let them go, or when you open the cage to feed them they somehow fly out past you. And the part of you that knows it was wrong to imprison them in the first place rejoices, but still, the place where you live is that much more drab and empty for their departure.”

– **Stephen King, *Rita Hayworth and Shawshank Redemption: A Story from Different Seasons***

“Letting go doesn't mean that you don't care about someone anymore. It's just realizing that the only person you really have control over is yourself.”

– **Deborah Reber, *Chicken Soup for the Teenage Soul***

“You will find that it is necessary to let things go; simply for the reason that they are heavy. So let them go, let go of them. I tie no weights to my ankles.”

– **C. JoyBell C.**

“No matter how much suffering you went through, you never wanted to let go of those memories.”

– **Haruki Murakami**

“If people refuse to look at you in a new light and they can only see you for what you were, only see you for the mistakes you've made, if they don't realize that you are not your mistakes, then they have to go.”

– **Steve Maraboli, *Life, the Truth, and Being Free***

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“Letting go means to come to the realization that some people are a part of your history, but not a part of your destiny.”

– **Steve Maraboli**

“Cry. Forgive. Learn. Move on. Let your tears water the seeds of your future happiness.”

– **Steve Maraboli**

“We can't be afraid of change. You may feel very secure in the pond that you are in, but if you never venture out of it, you will never know that there is such a thing as an ocean, a sea. Holding onto something that is good for you now, may be the very reason why you don't have something better.”

– **C. JoyBell C.**

“Incredible change happens in your life when you decide to take control of what you do have power over instead of craving control over what you don't.”

– **Steve Maraboli, Life, the Truth, and Being Free**

“There is no such thing as a "broken family." Family is family, and is not determined by marriage certificates, divorce papers, and adoption documents. Families are made in the heart. The only time family becomes null is when those ties in the heart are cut. If you cut those ties, those people are not your family. If you make those ties, those people are your family. And if you hate those ties, those people will still be your family because whatever you hate will always be with you.”

– **C. JoyBell C.**

“Some people believe holding on and hanging in there are signs of great strength. However, there are times when it takes much more strength to know when to let go and then do it.”

– **Ann Landers**

“A star falls from the sky and into your hands. Then it seeps through your veins and swims inside your blood and becomes every part of you. And then you have to put it back into the sky. And it's the most painful thing you'll ever have to do and that you've ever done. But what's yours is yours. Whether it's up in the sky or here in your hands. And one day, it'll fall from the sky and hit you in the head real hard and that time, you won't have to put it back in the sky again.”

– **C. JoyBell C.**

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“Last night I lost the world, and gained the universe.”

– **C. JoyBell C.**

“Sometimes the hardest part isn't letting go but rather learning to start over.”

– **Nicole Sobon, Program 13**

“There ain't no way you can hold onto something that wants to go, you understand? You can only love what you got while you got it.”

– **Kate DiCamillo, Because of Winn-Dixie**

“You must learn to let go. Release the stress. You were never in control anyway.”

– **Steve Maraboli, Life, the Truth, and Being Free**

“It is important that we forgive ourselves for making mistakes. We need to learn from our errors and move on.”

– **Steve Maraboli, Life, the Truth, and Being Free**

“Never rearrange your life in order to meet Mr. Darcy half way. If he couldn't see your worth at the moment you met then he won't two years later. May the halls of Pemberly be filled with his regrets and your life filled with thankfulness because of this revelation.”

– **Shannon L. Alder**

“Renew, release, let go. Yesterday's gone. There's nothing you can do to bring it back. You can't “should've” done something. You can only DO something. Renew yourself. Release that attachment. Today is a new day!”

– **Steve Maraboli, Unapologetically You: Reflections on Life and the Human Experience**

“Before you can live a part of you has to die. You have to let go of what could have been, how you should have acted and what you wish you would have said differently. You have to accept that you can't change the past experiences, opinions of others at that moment in time or outcomes from their choices or yours. When you finally recognize that truth then you will understand the true meaning of forgiveness of yourself and others. From this point you will finally be free.”

– **Shannon L. Alder**

“I just wanted to tell you that I understand if you go. It's okay if you have to leave us. It's okay if you want to stop fighting.”

– **Gayle Forman, If I Stay**

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“I have always found it odd that people who think passive aggressively ignoring a person is making a point to them. The only point it makes to anyone is your inability to articulate your point of view because deep down you know you can't win. It's better to assert yourself and tell the person you are moving on without them and why, rather than leave a lasting impression of cowardness on your part in a person's mind by avoiding them.”

– **Shannon L. Alder**

“There are times in life when people must know when not to let go. Balloons are designed to teach small children this.”

– **Terry Pratchett**

“If you spend your time hoping someone will suffer the consequences for what they did to your heart, then you're allowing them to hurt you a second time in your mind.”

– **Shannon L. Alder**

“If you didn't love him, this never would have happened. But you did. And accepting that love and everything that followed it is part of letting it go.”

– **Sarah Dessen, Dreamland**

“Even on my weakest days
I get a little bit stronger”

– **Sara Evans**

“So I placed my heart under lock and key
To take some time, and take care of me
But I turn around and you're standing here”

– **Deborah Cox**

“The day I understood everything, was the day I stopped trying to figure everything out. The day I knew peace was the day I let everything go.”

– **C. JoyBell C.**

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Generosity

<http://www.goodreads.com/quotes/tag/generosity/>

“True generosity consists precisely in fighting to destroy the causes which nourish false charity. False charity constrains the fearful and subdued, the "rejects of life," to extend their trembling hands. True generosity lies in striving so that these hands--whether of individuals or entire peoples--need be extended less and less in supplication, so that more and more they become human hands which work and, working, transform the world.”

– **Paulo Freire, Pedagogy of the Oppressed**

“The wise man does not lay up his own treasures.
The more he gives to others,
the more he has for his own.”

– **Lao Tzu**

“You make all kinds of mistakes, but as long as you are generous and true and also fierce, you cannot hurt the world or even seriously distress her.”

– **Winston S. Churchill**

“You can't live a perfect day without doing something for someone who will never be able to repay you.”

– **Debbie Macomber, One Simple Act: Discovering the Power of Generosity**

“[G]iving yourself some loving attention is not selfish. It is sensible. If you feel loved and cherished--even if it is only by yourself--then you will have more love to give to others, too. (83)”

– **Penelope Quest, Reiki for Life: A Complete Guide to Reiki Practice**

“Sir, I did not count your glasses of wine, why should you number up my cups of tea?”

– **Samuel Johnson, The Life of Samuel Johnson, Vol 2**

“It was our belief that the love of possessions is a weakness to be overcome. . . . Children must early learn the beauty of generosity. They are taught to give what they prize most, that they may taste the happiness of giving. . . . The Indians in their simplicity literally give away all that they have—to relatives, to guests of other tribes or clans, but above all to the poor and the aged, from whom they can hope for no return.”

– **Charles Alexander Eastman**

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“If truth doesn't set you free, generosity of spirit will.”

– Katerina Stoykova Klemmer

“Pride only helps us to be generous; it never makes us so, any more than vanity makes us witty.”

– George Eliot, Middlemarch

“Very often the test of one's allegiance to a cause or to a people is precisely the willingness to stay the course when things are boring, to run the risk of repeating an old argument just one more time, or of going one more round with a hostile or (much worse) indifferent audience. I first became involved with the Czech opposition in 1968 when it was an intoxicating and celebrated cause. Then, during the depressing 1970s and 1980s I was a member of a routine committee that tried with limited success to help the reduced forces of Czech dissent to stay nourished (and published). The most pregnant moment of that commitment was one that I managed to miss at the time: I passed an afternoon with Zdenek Mlynar, exiled former secretary of the Czech Communist Party, who in the bleak early 1950s in Moscow had formed a friendship with a young Russian militant with an evident sense of irony named Mikhail Sergeyevitch Gorbachev. In 1988 I was arrested in Prague for attending a meeting of one of Vaclav Havel's 'Charter 77' committees. That outwardly exciting experience was interesting precisely because of its almost Zen-like tedium. I had gone to Prague determined to be the first visiting writer not to make use of the name Franz Kafka, but the numbing bureaucracy got the better of me. When I asked why I was being detained, I was told that I had no need to know the reason! Totalitarianism is itself a cliché (as well as a *tundra* of pulverizing boredom) and it forced the cliché upon me in turn. I did have to mention Kafka in my eventual story. The regime fell not very much later, as I had slightly foreseen in that same piece that it would. (I had happened to notice that the young Czechs arrested with us were not at all frightened by the police, as their older mentors had been and still were, and also that the police themselves were almost fatigued by their job. This was totalitarianism practically yawning itself to death.) A couple of years after that I was overcome to be invited to an official reception in Prague, to thank those who had been consistent friends through the stultifying years of what 'The Party' had so perfectly termed 'normalization.' As with my tiny moment with Nelson Mandela, a whole historic stretch of nothingness and depression, combined with the long and deep insult of having to be pushed around by boring and mediocre people, could be at least partially canceled and annealed by one flash of humor and charm and generosity.”

– Christopher Hitchens, Hitch-22: A Memoir

“If you are a Buddhist, inspire yourself by thinking of the bodhisattva. If you are a Christian, think of the Christ, who came not to be served by others but to serve them in joy, in peace, and in generosity. For these things, these are not mere words, but acts, which go all the way, right up to their last breath. Even their death is a gift, and resurrection is born from this kind of death. (157)”

– Jean-Yves Leloup, Compassion and Meditation: The Spiritual Dynamic between Buddhism and Christianity

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“Generosity without delicacy, like wit without judgement, generally gives as much pain as pleasure.”

– **Fanny Burney, Evelina**

“The most truly generous persons are those who give silently without hope of praise or reward.”

– **Carol Ryrie Brink, Caddie Woodlawn's Family**

“Real generosity is anonymous to the extent that a man should be prepared even to be considered ungenerous rather than explain it to others.”

– **Idries Shah, Learning How to Learn: Psychology and Spirituality in the Sufi Way**

“Children must early learn the the beauty of generosity. They are taught to give what they prize most, that they may taste the happiness of giving.”

– **Charles Alexander Eastman**

“When it comes to giving, some people stop at nothing.”

– **Vernon McLellan**

“People do more for their fellows than return favors and punish cheaters. They often perform generous acts without the slightest hope for payback ranging from leaving a tip in a restaurant they will never visit again to throwing themselves on a live grenade to save their brothers in arms. [Robert] Trivers together with the economists Robert Frank and Jack Hirshleifer has pointed out that pure magnanimity can evolve in an environment of people seeking to discriminate fair weather friends from loyal allies. Signs of heartfelt loyalty and generosity serve as guarantors of one s promises reducing a partner s worry that you will default on them. The best way to convince a skeptic that you are trustworthy and generous is to be trustworthy and generous.”

– **Steven Pinker, The Blank Slate: The Modern Denial of Human Nature**

“I mean a man whose hopes and aims may sometimes lie (as most men's sometimes do, I dare say) above the ordinary level, but to whom the ordinary level will be high enough after all if it should prove to be a way of usefulness and good service leading to no other. All generous spirits are ambitious, I suppose, but the ambition that calmly trusts itself to such a road, instead of spasmodically trying to fly over it, is of the kind I care for.”

– **Charles Dickens, Bleak House**

“I've never heard anyone say "I wish I hadn't forgiven.”

– **Katerina Stoykova Klemer**

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“Because there is no nation so powerful it cannot be wounded, nor a people so small they cannot offer mighty comfort.”

– **Carmen Agra Deedy, 14 Cows for America**

“Money is not the only commodity that is fun to give. We can give time, we can give our expertise, we can give our love or simply give a smile. What does that cost? The point is, none of us can ever run out of something worthwhile to give.”

– **Steve Goodier**

“No, it is not a commonplace, sir! If up to now, for example, I have been told to 'love my neighbor,' and I did love him, what came of it? . . . What came of it was that I tore my caftan in two, shared it with my neighbor, and we were both left half naked, in accordance with the Russian proverb which says: If you chase several hares at once, you won't overtake any one of them. But science says: Love yourself before all, because everything in the world is based on self-interest. If you love only yourself, you will set your affairs up properly, and your caftan will also remain in one piece. And economic truth adds that the more properly arranged personal affairs and, so to speak, whole caftans there are in society, the firmer its foundations are and the better arranged its common cause. It follows that by acquiring for everyone, as it were, and working so that my neighbor will have something more than a torn caftan, not from private, isolated generosity now, but as a result of universal prosperity.”

– **Fyodor Dostoyevsky, Crime and Punishment**

“Either the key to a man's wallet is in his heart, or the key to a man's heart is in his wallet.

So, unless you express your charity, you are locked inside your greed.”

– **Noah Benshea, Jacob the Baker: Gentle Wisdom For a Complicated World**

“Generosity is the most natural outward expression of an inner attitude of compassion and loving-kindness.”

– **Dalai Lama XIV**

“Impatient men are generous ones. Or haven't you learned that by now?”

– **Megan Chance, The Spiritualist**

“Don't touch my plumbtree!

Said my friend and saying so...

Broke the branch for me”

– **Taigi, Japanese Haiku**

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“Of the various kinds of intelligence, generosity is the first.

Gienka Home from the Ball Bearing Plant (1943) ”

– **John Surowiecki**

“I've been so bothered with my property, that I'm tired of it, and don't mean to save up any more, but give it away as I go along, and then nobody will envy me, or want to steal it, and I shan't be suspecting folks and worrying about my old cash.”

– **Louisa May Alcott, Little Men**

“Ah, they said. Qué bueno. And after and for a long time to come he'd have reason to evoke the recollection of those smiles and to reflect upon the good will which provoked them for it had power to protect and to confer honor and to strengthen resolve and it had power to hear men and to bring them to safety long after all other resources were exhausted.”

– **Cormac McCarthy, All the Pretty Horses**

“No one has ever become poor by giving.”

– **Anne Frank, diary of Anne Frank: the play**

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Ethics

<http://www.goodreads.com/quotes/tag/ethics>

“There may be times when we are powerless to prevent injustice, but there must never be a time when we fail to protest.”

– **Elie Wiesel**

“It is forbidden to kill; therefore all murderers are punished unless they kill in large numbers and to the sound of trumpets.”

– **Voltaire**

“The greatness of a nation and its moral progress can be judged by the way its animals are treated.”

– **Mahatma Gandhi**

“Educating the mind without educating the heart is no education at all.”

– **Aristotle**

“Education without values, as useful as it is, seems rather to make man a more clever devil.”

– **C.S. Lewis**

“I count him braver who overcomes his desires than him who conquers his enemies, for the hardest victory is over self.”

– **Aristotle**

“This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness.”

– **Dalai Lama XIV, *The Dalai Lama: A Policy of Kindness: An Anthology of Writings By and About the Dalai Lama***

“There are two types of people in this world, good and bad. The good sleep better, but the bad seem to enjoy the waking hours much more.”

– **Woody Allen**

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“Until he extends the circle of his compassion to all living things, man will not himself find peace.”

– **Albert Schweitzer**

“The word "good" has many meanings. For example, if a man were to shoot his grandmother at a range of five hundred yards, I should call him a good shot, but not necessarily a good man.”

– **G.K. Chesterton**

“Laws and principles are not for the times when there is no temptation: they are for such moments as this, when body and soul rise in mutiny against their rigour ... If at my convenience I might break them, what would be their worth?”

– **Charlotte Brontë, Jane Eyre**

“For, after all, how do we know that two and two make four? Or that the force of gravity works? Or that the past is unchangeable? If both the past and the external world exist only in the mind, and if the mind itself is controllable – what then?”

– **George Orwell, 1984**

“I'm worried that students will take their obedient place in society and look to become successful cogs in the wheel - let the wheel spin them around as it wants without taking a look at what they're doing. I'm concerned that students not become passive acceptors of the official doctrine that's handed down to them from the White House, the media, textbooks, teachers and preachers.”

– **Howard Zinn**

“Am I a good person? Deep down, do I even really want to be a good person, or do I only want to seem like a good person so that people (including myself) will approve of me? Is there a difference? How do I ever actually know whether I'm bullshitting myself, morally speaking?”

– **David Foster Wallace, Consider the Lobster and Other Essays**

“A quiet conscience makes one strong!”

– **Anne Frank, The Diary of a Young Girl**

“We keep on being told that religion, whatever its imperfections, at least instills morality. On every side, there is conclusive evidence that the contrary is the case and that faith causes people to be more mean, more selfish, and perhaps above all, more stupid.”

– **Christopher Hitchens**

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“People who try hard to do the right thing always seem mad.”

– **Stephen King, The Stand**

“Non-violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all other living beings, we are still savages.”

– **Thomas A. Edison**

“About once or twice every month I engage in public debates with those whose pressing need it is to woo and to win the approval of supernatural beings. Very often, when I give my view that there is no supernatural dimension, and certainly not one that is only or especially available to the faithful, and that the natural world is wonderful enough—and even miraculous enough if you insist—I attract pitying looks and anxious questions. How, in that case, I am asked, do I find meaning and purpose in life? How does a mere and gross materialist, with no expectation of a life to come, decide what, if anything, is worth caring about?

Depending on my mood, I sometimes but not always refrain from pointing out what a breathtakingly insulting and patronizing question this is. (It is on a par with the equally subtle inquiry: Since you don't believe in our god, what stops you from stealing and lying and raping and killing to your heart's content?) Just as the answer to the latter question is: self-respect and the desire for the respect of others—while in the meantime it is precisely those who think they have divine permission who are truly capable of any atrocity—so the answer to the first question falls into two parts. A life that partakes even a little of friendship, love, irony, humor, parenthood, literature, and music, and the chance to take part in battles for the liberation of others cannot be called 'meaningless' except if the person living it is also an existentialist and elects to call it so. It could be that all existence is a pointless joke, but it is not in fact possible to live one's everyday life as if this were so. Whereas if one sought to define meaninglessness and futility, the idea that a human life should be expended in the guilty, fearful, self-obsessed propitiation of supernatural nonentities... but there, there. Enough.”

– **Christopher Hitchens, Hitch-22: A Memoir**

“Whatever is my right as a man is also the right of another; and it becomes my duty to guarantee as well as to possess.”

– **Thomas Paine, Rights of Man**

“People often say that humans have always eaten animals, as if this is a justification for continuing the practice. According to this logic, we should not try to prevent people from murdering other people, since this has also been done since the earliest of times.”

– **Isaac Bashevis Singer**

“Rejection is an opportunity for your selection.”

– **Bernard Branson**

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“We have a choice. We have two options as human beings. We have a choice between conversation and war. That's it. Conversation and violence. And faith is a conversation stopper.”

– **Sam Harris**

“Just because I do not accept the teachings of the devotaries does not mean I've discarded a belief in right and wrong.”

"But the *Almighty* determines what is right!"

"Must someone, some unseen *thing*, declare what is right for it to *be* right? I believe that my own morality -- which answers only to my heart -- is more sure and true than the morality of those who do right only because they fear retribution.”

– **Brandon Sanderson, The Way of Kings**

“Think occasionally of the suffering of which you spare yourself the sight.”

– **Albert Schweitzer**

“I count him braver who overcomes his desires than him who overcomes his enemies.”

– **Aristotle**

“I suppose therefore that all things I see are illusions; I believe that nothing has ever existed of everything my lying memory tells me. I think I have no senses. I believe that body, shape, extension, motion, location are functions. What is there then that can be taken as true? Perhaps only this one thing, that nothing at all is certain.”

– **René Descartes**

“A person may cause evil to others not only by his actions but by his inaction, and in either case he is justly accountable to them for the injury.”

– **John Stuart Mill, On Liberty**

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Kindness

<http://www.goodreads.com/quotes/tag/kindness>

“The Paradoxical Commandments

People are illogical, unreasonable, and self-centered.
Love them anyway.

If you do good, people will accuse you of selfish ulterior motives.
Do good anyway.

If you are successful, you will win false friends and true enemies.
Succeed anyway.

The good you do today will be forgotten tomorrow.
Do good anyway.

Honesty and frankness make you vulnerable.
Be honest and frank anyway.

The biggest men and women with the biggest ideas can be shot down by the smallest men and women with the smallest minds.
Think big anyway.

People favor underdogs but follow only top dogs.
Fight for a few underdogs anyway.

What you spend years building may be destroyed overnight.
Build anyway.

People really need help but may attack you if you do help them.
Help people anyway.

Give the world the best you have and you'll get kicked in the teeth.
Give the world the best you have anyway.”

– **Kent M. Keith, The Silent Revolution: Dynamic Leadership in the Student Council**

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“For attractive lips, speak words of kindness.

For lovely eyes, seek out the good in people.

For a slim figure, share your food with the hungry.

For beautiful hair, let a child run his fingers through it once a day.

For poise, walk with the knowledge you’ll never walk alone.

...

We leave you a tradition with a future.

The tender loving care of human beings will never become obsolete.

People even more than things have to be restored, renewed, revived, reclaimed and redeemed and redeemed and redeemed.

Never throw out anybody.

Remember, if you ever need a helping hand, you’ll find one at the end of your arm.

As you grow older, you will discover that you have two hands: one for helping yourself, the other for helping others.

Your “good old days” are still ahead of you, may you have many of them.”

– **Sam Levenson, In One Era & Out the Other**

“Indifference and neglect often do much more damage than outright dislike.”

– **J.K. Rowling, Harry Potter and the Order of the Phoenix**

“Be kind, for everyone you meet is fighting a harder battle.”

– **Plato**

“Three things in human life are important: the first is to be kind; the second is to be kind; and the third is to be kind.”

– **Henry James**

“Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world.”

– **Desmond Tutu**

“Kindness is a language which the deaf can hear and the blind can see.”

– **Mark Twain**

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“I hope you will have a wonderful year, that you'll dream dangerously and outrageously, that you'll make something that didn't exist before you made it, that you will be loved and that you will be liked, and that you will have people to love and to like in return. And, most importantly (because I think there should be more kindness and more wisdom in the world right now), that you will, when you need to be, be wise, and that you will always be kind.”

– **Neil Gaiman**

“Let the first act of every morning be to make the following resolve for the day:

- I shall not fear anyone on Earth.
- I shall fear only God.
- I shall not bear ill will toward anyone.
- I shall not submit to injustice from anyone.
- I shall conquer untruth by truth. And in resisting untruth, I shall put up with all suffering.”

– **Mahatma Gandhi**

“My religion is very simple. My religion is kindness.”

– **Dalai Lama XIV**

“Guard well within yourself that treasure, kindness. Know how to give without hesitation, how to lose without regret, how to acquire without meanness.”

– **George Sand**

“Life is mostly froth and bubble,
Two things stand like stone.
Kindness in another's trouble,
Courage in your own.”

– **Adam Lindsay Gordon**

“A good head and good heart are always a formidable combination. But when you add to that a literate tongue or pen, then you have something very special.”

– **Nelson Mandela**

“How would your life be different if...You stopped making negative judgmental assumptions about people you encounter? Let today be the day...You look for the good in everyone you meet and respect their journey.”

– **Steve Maraboli, Life, the Truth, and Being Free**

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“The beauty of a woman is not in a facial mole, but true beauty in a woman is reflected in her soul. It is the caring that she lovingly gives, the passion that she knows.”

– **Audrey Hepburn**

“Be a little kinder than you have to.”

– **E. Lockhart, We Were Liars**

“Sensitive people are the most genuine and honest people you will ever meet. There is nothing they won’t tell you about themselves if they trust your kindness. However, the moment you betray them, reject them or devalue them, they become the worse type of person. Unfortunately, they end up hurting themselves in the long run. They don’t want to hurt other people. It is against their very nature. They want to make amends and undo the wrong they did. Their life is a wave of highs and lows. They live with guilt and constant pain over unresolved situations and misunderstandings. They are tortured souls that are not able to live with hatred or being hated. This type of person needs the most love anyone can give them because their soul has been constantly bruised by others. However, despite the tragedy of what they have to go through in life, they remain the most compassionate people worth knowing, and the ones that often become activists for the broken hearted, forgotten and the misunderstood. They are angels with broken wings that only fly when loved.”

– **Shannon L. Alder**

“I don't care if you're black, white, straight, bisexual, gay, lesbian, short, tall, fat, skinny, rich or poor. If you're nice to me, I'll be nice to you. Simple as that.”

– **Robert Michaels MD - 2007 - Graduation Speaker**

“Courage. Kindness. Friendship. Character. These are the qualities that define us as human beings, and propel us, on occasion, to greatness.”

– **R.J. Palacio, Wonder**

“Tenderness and kindness are not signs of weakness and despair, but manifestations of strength and resolution.”

– **Kahlil Gibran**

“You cannot do a kindness too soon, for you never know how soon it will be too late.”

– **Ralph Waldo Emerson**

“But remember, boy, that a kind act can sometimes be as powerful as a sword.”

– **Rick Riordan, The Battle of the Labyrinth**

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“We cannot tell the precise moment when friendship is formed. As in filling a vessel drop by drop, there is at last a drop which makes it run over; so in a series of kindnesses there is at last one which makes the heart run over.”

– Ray Bradbury, Fahrenheit 451

“This is my simple religion. No need for temples. No need for complicated philosophy. Your own mind, your own heart is the temple. Your philosophy is simple kindness.”

– Dalai Lama XIV

“All I'm saying is, kindness don't have no boundaries.”

– Kathryn Stockett, The Help

“The lotus is the most beautiful flower, whose petals open one by one. But it will only grow in the mud. In order to grow and gain wisdom, first you must have the mud --- the obstacles of life and its suffering. ... The mud speaks of the common ground that humans share, no matter what our stations in life. ... Whether we have it all or we have nothing, we are all faced with the same obstacles: sadness, loss, illness, dying and death. If we are to strive as human beings to gain more wisdom, more kindness and more compassion, we must have the intention to grow as a lotus and open each petal one by one. ”

– Goldie Hawn

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

– Aesop

“We must learn to regard people less in the light of what they do or omit to do, and more in the light of what they suffer.”

– Dietrich Bonhoeffer, Letters and Papers from Prison

“Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.”

– Lao Tzu

Fifth Precept Sangha

Forgiveness

<http://www.goodreads.com/quotes/tag/forgiveness>

“Always forgive your enemies; nothing annoys them so much.”

– **Oscar Wilde**

“The weak can never forgive. Forgiveness is the attribute of the strong.”

– **Mahatma Gandhi, All Men are Brothers: Autobiographical Reflections**

“To be a Christian means to forgive the inexcusable because God has forgiven the inexcusable in you.”

– **C.S. Lewis**

“Dumbledore says people find it far easier to forgive others for being wrong than being right.”

– **J.K. Rowling, Harry Potter and the Half-Blood Prince**

“The truth is, unless you let go, unless you forgive yourself, unless you forgive the situation, unless you realize that the situation is over, you cannot move forward.”

– **Steve Maraboli, Unapologetically You: Reflections on Life and the Human Experience**

“Any fool knows men and women think differently at times, but the biggest difference is this. Men forget, but never forgive; women forgive, but never forget.”

– **Robert Jordan**

“I could easily forgive his pride, if he had not mortified mine.”

– **Jane Austen, Pride and Prejudice**

“To err is human, to forgive, divine.”

– **Alexander Pope, An Essay on Criticism**

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“There is no such thing as a "broken family." Family is family, and is not determined by marriage certificates, divorce papers, and adoption documents. Families are made in the heart. The only time family becomes null is when those ties in the heart are cut. If you cut those ties, those people are not your family. If you make those ties, those people are your family. And if you hate those ties, those people will still be your family because whatever you hate will always be with you.”

– **C. JoyBell C.**

“One of the keys to happiness is a bad memory.”

– **Rita Mae Brown**

“Forgiveness is an act of the will, and the will can function regardless of the temperature of the heart.”

– **Corrie ten Boom**

“We are told that people stay in love because of chemistry, or because they remain intrigued with each other, because of many kindnesses, because of luck. But part of it has got to be forgiveness and gratefulness. ”

– **Ellen Goodman**

“True forgiveness is when you can say, "Thank you for that experience.”

– **Oprah Winfrey**

“Last night I lost the world, and gained the universe.”

– **C. JoyBell C.**

“Sigh no more, ladies, sigh no more,

Men were deceivers ever,-

One foot in sea and one on shore,

To one thing constant never.”

– **William Shakespeare, Much Ado About Nothing**

“Keep in mind, hurting people often hurt other people as a result of their own pain. If somebody is rude and inconsiderate, you can almost be certain that they have some unresolved issues inside. They have some major problems, anger, resentment, or some heartache they are trying to cope with or overcome. The last thing they need is for you to make matters worse by responding angrily.”

– **Joel Osteen, Your Best Life Now: 7 Steps to Living at Your Full Potential**

“Forgiveness is not an occasional act, it is a constant attitude.”

– **Martin Luther King Jr.**

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“Forgiveness is the fragrance that the violet sheds on the heel that has crushed it.”

– **Mark Twain**

“Forgiveness is not about forgetting. It is about letting go of another person's throat.....Forgiveness does not create a relationship. Unless people speak the truth about what they have done and change their mind and behavior, a relationship of trust is not possible. When you forgive someone you certainly release them from judgment, but without true change, no real relationship can be established.....Forgiveness in no way requires that you trust the one you forgive. But should they finally confess and repent, you will discover a miracle in your own heart that allows you to reach out and begin to build between you a bridge of reconciliation.....Forgiveness does not excuse anything.....You may have to declare your forgiveness a hundred times the first day and the second day, but the third day will be less and each day after, until one day you will realize that you have forgiven completely. And then one day you will pray for his wholeness.....”

– **Wm. Paul Young, The Shack**

“I wondered if that was how forgiveness budded; not with the fanfare of epiphany, but with pain gathering its things, packing up, and slipping away unannounced in the middle of the night.”

– **Khaled Hosseini, The Kite Runner**

“People have to forgive. We don't have to like them, we don't have to be friends with them, we don't have to send them hearts in text messages, but we have to forgive them, to overlook, to forget. Because if we don't we are tying rocks to our feet, too much for our wings to carry!”

– **C. JoyBell C.**

“We are all mistaken sometimes; sometimes we do wrong things, things that have bad consequences. But it does not mean we are evil, or that we cannot be trusted ever afterward.”

– **Alison Croggon**

“Throughout life people will make you mad, disrespect you and treat you bad. Let God deal with the things they do, cause hate in your heart will consume you too.”

– **Will Smith**

“Resentment is like drinking poison and then hoping it will kill your enemies.”

– **Nelson Mandela**

“Forgive your enemies, but never forget their names.”

– **John F. Kennedy**

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“Forgiveness has nothing to do with absolving a criminal of his crime. It has everything to do with relieving oneself of the burden of being a victim--letting go of the pain and transforming oneself from victim to survivor.”

– **C.R. Strahan**

“It is important that we forgive ourselves for making mistakes. We need to learn from our errors and move on.”

– **Steve Maraboli, Life, the Truth, and Being Free**

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Mindfulness and Meditation

<http://www.goodreads.com/quotes/tag/mindfulness>

<http://www.goodreads.com/quotes/tag/meditation>

“Walk as if you are kissing the Earth with your feet.”

– **Thich Nhat Hanh, *Peace Is Every Step: The Path of Mindfulness in Everyday Life***

“Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.”

– **Thich Nhat Hanh, *Stepping into Freedom: Rules of Monastic Practice for Novices***

“The most fundamental aggression to ourselves, the most fundamental harm we can do to ourselves, is to remain ignorant by not having the courage and the respect to look at ourselves honestly and gently.”

– **Pema Chödrön, *When Things Fall Apart: Heart Advice for Difficult Times***

“If you want to conquer the anxiety of life, live in the moment, live in the breath.”

– **Amit Ray, *Om Chanting and Meditation***

“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...”

– **Pema Chödrön, *Start Where You Are: A Guide to Compassionate Living***

“The present moment is filled with joy and happiness. If you are attentive, you will see it. (21)”

– **Thich Nhat Hanh, *Peace Is Every Step: The Path of Mindfulness in Everyday Life***

“Looking at beauty in the world, is the first step of purifying the mind.”

– **Amit Ray, *Meditation: Insights and Inspirations***

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“In the end, just three things matter:

How well we have lived
How well we have loved
How well we have learned to let go”

– **Jack Kornfield**

“Do every act of your life as though it were the very last act of your life.”

– **Marcus Aurelius, Meditations**

“Everything is created twice, first in the mind and then in reality.”

– **Robin S. Sharma, The Monk Who Sold His Ferrari: A Fable About Fulfilling Your Dreams & Reaching Your Destiny**

“Feelings, whether of compassion or irritation, should be welcomed, recognized, and treated on an absolutely equal basis; because both are ourselves. The tangerine I am eating is me. The mustard greens I am planting are me. I plant with all my heart and mind. I clean this teapot with the kind of attention I would have were I giving the baby Buddha or Jesus a bath. Nothing should be treated more carefully than anything else. In mindfulness, compassion, irritation, mustard green plant, and teapot are all sacred.”

– **Thich Nhat Hanh, The Miracle of Mindfulness: An Introduction to the Practice of Meditation**

“Do not ruin today with mourning tomorrow.”

– **Catherynne M. Valente, The Girl Who Circumnavigated Fairyland in a Ship of Her Own Making**

“Am I crazy?” she asked. “I feel like I am sometimes.”

“Maybe,” he said, rubbing her forehead. “But don't worry about it. You need to be a little bit crazy. Crazy is the price you pay for having an imagination. It's your superpower. Tapping into the dream. It's a good thing not a bad thing.”

– **Ruth Ozeki, A Tale for the Time Being**

“Be happy in the moment, that's enough. Each moment is all we need, not more.”

– **Mother Teresa**

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“Few of us ever live in the present. We are forever anticipating what is to come or remembering what has gone.”

– **Louis L'Amour**

“I am grateful for all those dark years, even though in retrospect they seem like a long, bitter prayer that was answered finally.”

– **Marilynne Robinson**

“I don't need anyone else to distract me from myself anymore, like I always thought I would.”

– **Charlotte Eriksson**

“In this moment, there is plenty of time. In this moment, you are precisely as you should be. In this moment, there is infinite possibility. (17)”

– **Victoria Moran, Younger by the Day: 365 Ways to Rejuvenate Your Body and Revitalize Your Spirit**

“There are a thousand thousand reasons to live this life, everyone of them sufficient”

– **Marilynne Robinson**

“Mind is a flexible mirror, adjust it, to see a better world.”

– **Amit Ray, Mindfulness : Living in the Moment - Living in the Breath**

“True happiness, we are told, consists in getting out of one's self; but the point is not only to get out - you must stay out; and to stay out you must have some absorbing errand.”

– **Henry James, Roderick Hudson**

“Without giving up hope—that there's somewhere better to be, that there's someone better to be—we will never relax with where we are or who we are.”

– **Pema Chödrön, When Things Fall Apart: Heart Advice for Difficult Times**

“Let go of your mind and then be mindful.

Close your ears and listen!”

– **Rumi, Love's Ripening: Rumi on the Heart's Journey**

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“In meditation we discover our inherent restlessness. Sometimes we get up and leave. Sometimes we sit there but our bodies wiggle and squirm and our minds go far away. This can be so uncomfortable that we feel it’s impossible to stay. Yet this feeling can teach us not just about ourselves but what it is to be human...we really don’t want to stay with the nakedness of our present experience. It goes against the grain to stay present. These are the times when only gentleness and a sense of humor can give us the strength to settle down...so whenever we wander off, we gently encourage ourselves to “stay” and settle down. Are we experiencing restlessness? Stay! Are fear and loathing out of control? Stay! Aching knees and throbbing back? Stay! What’s for lunch? Stay! I can’t stand this another minute! Stay!”

– **Pema Chödrön, The Places That Scare You: A Guide to Fearlessness in Difficult Times**

“Do not speak about anyone who is not physically present.”

– **Allan Lokos, Pocket Peace: Effective Practices for Enlightened Living**

“Breath is the finest gift of nature. Be grateful for this wonderful gift.”

– **Amit Ray, Beautify your Breath - Beautify your Life**

“Life is a dance. Mindfulness is witnessing that dance.”

– **Amit Ray, Mindfulness : Living in the Moment - Living in the Breath**

“There are two types of seeds in the mind: those that create anger, fear, frustration, jealousy, hatred and those that create love, compassion, equanimity and joy. Spirituality is germination and sprouting of the second group and transforming the first group.”

– **Amit Ray**

“I said to my soul, be still and wait without hope, for hope would be hope for the wrong thing; wait without love, for love would be love of the wrong thing; there is yet faith, but the faith and the love are all in the waiting. Wait without thought, for you are not ready for thought: So the darkness shall be the light, and the stillness the dancing.”

– **T.S. Eliot**

“Keep your best wishes, close to your heart and watch what happens”

– **Tony DeLiso, Legacy: The Power Within**

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“Through my love for you, I want to express my love for the whole cosmos, the whole of humanity, and all beings. By living with you, I want to learn to love everyone and all species. If I succeed in loving you, I will be able to love everyone and all species on Earth... This is the real message of love.”

– **Thich Nhat Hanh, Teachings on Love**

“I'm simply saying that there is a way to be sane. I'm saying that you can get rid of all this insanity created by the past in you. Just by being a simple witness of your thought processes.

It is simply sitting silently, witnessing the thoughts, passing before you. Just witnessing, not interfering not even judging, because the moment you judge you have lost the pure witness. The moment you say “this is good, this is bad,” you have already jumped onto the thought process.

It takes a little time to create a gap between the witness and the mind. Once the gap is there, you are in for a great surprise, that you are not the mind, that you are the witness, a watcher.

And this process of watching is the very alchemy of real religion. Because as you become more and more deeply rooted in witnessing, thoughts start disappearing. You are, but the mind is utterly empty.

That's the moment of enlightenment. That is the moment that you become for the first time an unconditioned, sane, really free human being.”

– **Osho**

“If you want to conquer the anxiety of life, live in the moment, live in the breath.”

– **Amit Ray, Om Chanting and Meditation**

“One thing: you have to walk, and create the way by your walking; you will not find a ready-made path. It is not so cheap, to reach to the ultimate realization of truth. You will have to create the path by walking yourself; the path is not ready-made, lying there and waiting for you. It is just like the sky: the birds fly, but they don't leave any footprints. You cannot follow them; there are no footprints left behind.”

– **Osho**

“It does not matter how long you are spending on the earth, how much money you have gathered or how much attention you have received. It is the amount of positive vibration you have radiated in life that matters,”

– **Amit Ray, Meditation: Insights and Inspirations**

“The problem with introspection is that it has no end.”

– **Philip K. Dick**

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“Nobody can say anything about you. Whatsoever people say is about themselves. But you become very shaky, because you are still clinging to a false center. That false center depends on others, so you are always looking to what people are saying about you. And you are always following other people, you are always trying to satisfy them. You are always trying to be respectable, you are always trying to decorate your ego. This is suicidal. Rather than being disturbed by what others say, you should start looking inside yourself...”

Whenever you are self-conscious you are simply showing that you are not conscious of the self at all. You don't know who you are. If you had known, then there would have been no problem— then you are not seeking opinions. Then you are not worried what others say about you— it is irrelevant!

When you are self-conscious you are in trouble. When you are self-conscious you are really showing symptoms that you don't know who you are. Your very self-consciousness indicates that you have not come home yet.”

– **Osho**

“Looking at beauty in the world, is the first step of purifying the mind.”

– **Amit Ray, Meditation: Insights and Inspirations**

“With me, illusions are bound to be shattered. I am here to shatter all illusions. Yes, it will irritate you, it will annoy you - that's my way of functioning and working. I will sabotage you from your very roots! Unless you are totally destroyed as a mind, there is no hope for you.”

– **Osho**

“The mind can go in a thousand directions, but on this beautiful path, I walk in peace. With each step, the wind blows. With each step, a flower blooms.”

– **Thich Nhat Hanh**

“I have lived with several Zen masters -- all of them cats.”

– **Eckhart Tolle, The Power of Now: A Guide to Spiritual Enlightenment**

“Happiness is part of who we are. Joy is the feeling”

– **Tony DeLiso, Legacy: The Power Within**

“To understand the immeasurable, the mind must be extraordinarily quiet, still.”

– **Jiddu Krishnamurti**

“Meditation is a way for nourishing and blossoming the divinity within you.”

– **Amit Ray, Meditation: Insights and Inspirations**

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“Undisturbed calmness of mind is attained by cultivating friendliness toward the happy, compassion for the unhappy, delight in the virtuous, and indifference toward the wicked.”

– **Patañjali, The Yoga Sutas of Patanjali**

“Moments before sleep are when she feels most alive, leaping across fragments of the day, bringing each moment into the bed with her like a child with schoolbooks and pencils. The day seems to have no order until these times, which are like a ledger for her, her body full of stories and situations.”

– **Michael Ondaatje, The English Patient**

“Everyone in your culture knows this. Man was born to turn the world into paradise, but tragically he was born flawed. And so his paradise has always been spoiled by stupidity, greed, destructiveness, and shortsightedness.”

– **Daniel Quinn, Ishmael: An Adventure of the Mind and Spirit**

“The true miracle lies in our eagerness to allow, appreciate, and honor the uniqueness, and freedom of each sentient being to sing the song of their heart.”

– **Amit Ray**

“Beautify your inner dialogue. Beautify your inner world with love light and compassion. Life will be beautiful.”

– **Amit Ray, Meditation: Insights and Inspirations**

“Self-observation is the first step of inner unfolding.”

– **Amit Ray, Yoga and Vipassana: An Integrated Life Style**

“Have love for your inner Self and everything else is done for you.”

– **Amit Ray**

“Perfect prayer does not consist in many words, silent remembering and pure intention raises the heart to that supreme Power.”

– **Amit Ray, Om Chanting and Meditation**

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Good Friends

<http://www.goodreads.com/quotes/tag/fellowship>

<http://www.goodreads.com/quotes/tag/sangha>

<http://www.goodreads.com/quotes/tag/community>

“It's the job that's never started as takes longest to finish.”

– **J.R.R. Tolkien, The Lord of the Rings**

“It is an absolute human certainty that no one can know his own beauty or perceive a sense of his own worth until it has been reflected back to him in the mirror of another loving, caring human being.”

– **John Joseph Powell, The Secret of Staying in Love**

“What greater thing is there for two human souls, than to feel that they are joined for life--to strengthen each other in all labor, to rest on each other in all sorrow, to minister to each other in all pain, to be one with each other in silent unspeakable memories at the moment of the last parting?”

– **George Eliot, Adam Bede**

“I rather spend every Sunday of my life hanging off a cliff to rescue someone than spend one more time sitting in a pew next to hypocrites that talk about what they will do to better themselves and the world when they get around to it.”

– **Shannon L. Alder**

“And as ridiculous as it may sound, sometimes all any of us needs in life is for someone to hold our hand and walk next to us.”

– **James Frey, The Final Testament of the Holy Bible**

“We must cherish one another, watch over one another, comfort one another, and gain instruction that we may all sit down in heaven together.”

– **Lucy Mack Smith**

“The next best thing to being wise oneself is to live in a circle of those who are.”

– **C.S. Lewis**

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“Fellowship is a place of grace, where mistakes aren't rubbed in but rubbed out. Fellowship happens when mercy wins over justice.”

– **Rick Warren, The Purpose Driven Life: What on Earth Am I Here for?**

“How shrunk, how dwindled, in our times
Creation's mighty seed -
For Man has broke the Fellowship
With murder, lust, and greed.”

– **Margaret Atwood**

“In the mainstream, with its illusion of unlimited relational possibilities, we can counter dissatisfaction in relationships by simply moving on in search of the "right people." But community...demands we cultivate friendships with people we might not choose ordinarily. Founding friendship on commitment rather than "chemistry" often requires adjustment...At the end of the day, however, we have found that any loss of chemistry in relationships is more than made up for with gains in meaning.”

– **Jose Panate-Aceves and John Hayes**

“Resilient communities relied on informal networks of deep trust to contend with and heal disruption.”

– **Andrew Zoll, Resilience: Why Things Bounce Back**

“...once again I saw that incredulous question, that dawning hope: We are not alone, then? We have brothers in other places? We have friends we never knew?”

– **Brother Andrew, God's Smuggler**

“If in our daily life we can smile, if we can be peaceful and happy, not only we, but everyone will profit from it. This is the most basic kind of peace work.”

– **Thich Nhat Hanh, Being Peace**

“Depending on their psychic make up, for some people, closing the eyes or being quiet produces anxiety and increases mental agitation. In such situations it is better to undertake the practice of yoga—whether physical yoga or meditation—with other people with whom one is comfortable and at ease. Gradually, as we see more and more clearly their roots, the fears and the imaginings will diminish. Mental distractions are harder to overcome when practicing alone. (109)”

– **Ravi Ravindra, The Wisdom of Patanjali's Yoga Sutras: A New Translation and Guide by Ravi Ravindra**

“When we speak of the sangha, we speak of the "[arya sangha](#)," which means the "exalted sangha". At the time of the Buddha this referred to the [arhats](#) and [bodhisattvas](#), the disciples who studied under him and achieved various levels of realization through their practice. But now who is the arya sangha? It is all of us, all of the

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practitioners of the present time. The moment we take refuge, which is to begin on the path, we hold the title of "sangha". As such, you should understand that you are one of the [Three Jewels](#). You shouldn't put the Three Jewels outside of yourselves; you should always think of yourselves as being one of the Three Jewels—and that includes your body, your speech, and your mind."

– **Dhomang Yangthang, The Union of Dzogchen and Mahamudra**

"One can acquire everything in solitude except character."

– **Stendhal, Five Short Novels of Stendhal: The Duchess of Palliano, Vittoria Accoramboni, The Abbess of Castro, Vanina Vanini and The Cenci**

"Pull up a chair. Take a taste. Come join us. Life is so endlessly delicious."

– **Ruth Reichl**

"Heroes didn't leap tall buildings or stop bullets with an outstretched hand; they didn't wear boots and capes. They bled, and they bruised, and their superpowers were as simple as listening, or loving. Heroes were ordinary people who knew that even if their own lives were impossibly knotted, they could untangle someone else's. And maybe that one act could lead someone to rescue you right back."

– **Jodi Picoult, Second Glance**

"What should young people do with their lives today? Many things, obviously. But the most daring thing is to create stable communities in which the terrible disease of loneliness can be cured."

– **Kurt Vonnegut, Palm Sunday: An Autobiographical Collage**

"No man is an island, entire of itself; every man is a piece of the continent, a part of the main. If a clod be washed away by the sea, Europe is the less, as well as if a promontory were, as well as if a manor of thy friend's or of thine own were: any man's death diminishes me, because I am involved in mankind, and therefore never send to know for whom the bells tolls; it tolls for thee."

– **John Donne, No man is an island – A selection from the prose**

"Educate a boy, and you educate an individual. Educate a girl, and you educate a community."

– **Adelaide Hoodless**

"People use drugs, legal and illegal, because their lives are intolerably painful or dull. They hate their work and find no rest in their leisure. They are estranged from their families and their neighbors. It should tell us something that in healthy societies drug use is celebrative, convivial, and occasional, whereas among us it is

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lonely, shameful, and addictive. We need drugs, apparently, because we have lost each other.”

– **Wendell Berry, The Art of the Commonplace: The Agrarian Essays**

“The world is so empty if one thinks only of mountains, rivers & cities; but to know someone who thinks & feels with us, & who, though distant, is close to us in spirit, this makes the earth for us an inhabited garden.”

– **Johann Wolfgang von Goethe**

“I know there is strength in the differences between us. I know there is comfort, where we overlap.”

– **Ani DiFranco**

“Strength lies in differences, not in similarities”

– **Stephen R. Covey**

“In a society in which nearly everybody is dominated by somebody else's mind or by a disembodied mind, it becomes increasingly difficult to learn the truth about the activities of governments and corporations, about the quality or value of products, or about the health of one's own place and economy.

In such a society, also, our private economies will depend less and less upon the private ownership of real, usable property, and more and more upon property that is institutional and abstract, beyond individual control, such as money, insurance policies, certificates of deposit, stocks, and shares. And as our private economies become more abstract, the mutual, free helps and pleasures of family and community life will be supplanted by a kind of displaced or placeless citizenship and by commerce with impersonal and self-interested suppliers...

Thus, although we are not slaves in name, and cannot be carried to market and sold as somebody else's legal chattels, we are free only within narrow limits. For all our talk about liberation and personal autonomy, there are few choices that we are free to make. What would be the point, for example, if a majority of our people decided to be self-employed?

The great enemy of freedom is the alignment of political power with wealth. This alignment destroys the commonwealth - that is, the natural wealth of localities and the local economies of household, neighborhood, and community - and so destroys democracy, of which the commonwealth is the foundation and practical means.”

– **Wendell Berry, The Art of the Commonplace: The Agrarian Essays**

“We speak not only to tell other people what we think, but to tell ourselves what we think. Speech is a part of thought.”

– **Oliver Sacks, Seeing Voices**

“Healing is impossible in loneliness; it is the opposite of loneliness. Conviviality is healing. To be healed we must come with all the other creatures to the feast of Creation.

(pg.99, "The Body and the Earth")”

– **Wendell Berry, The Art of the Commonplace: The Agrarian Essays**

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“Once you educate the boys, they tend to leave the villages and go search for work in the cities, but the girls stay home, become leaders in the community, and pass on what they’ve learned. If you really want to change a culture, to empower women, improve basic hygiene and health care, and fight high rates of infant mortality, the answer is to educate girls.”

– **Greg Mortenson, *Three Cups of Tea: One Man's Mission to Promote Peace ... One School at a Time***

“If man is to survive, he will have learned to take a delight in the essential differences between men and between cultures. He will learn that differences in ideas and attitudes are a delight, part of life's exciting variety, not something to fear.”

– **Gene Roddenberry**

“The single greatest lesson the garden teaches is that our relationship to the planet need not be zero-sum, and that as long as the sun still shines and people still can plan and plant, think and do, we can, if we bother to try, find ways to provide for ourselves without diminishing the world. ”

– **Michael Pollan, *The Omnivore's Dilemma: A Natural History of Four Meals***

“We have all known the long loneliness and we have learned that the only solution is love and that love comes with community.”

– **Dorothy Day, *The Long Loneliness: The Autobiography of the Legendary Catholic Social Activist***

“Lovers must not, like usurers, live for themselves alone. They must finally turn from their gaze at one another back toward the community. If they had only themselves to consider, lovers would not need to marry, but they must think of others and of other things. They say their vows to the community as much as to one another, and the community gathers around them to hear and to wish them well, on their behalf and its own. It gathers around them because it understands how necessary, how joyful, and how fearful this joining is. These lovers, pledging themselves to one another "until death," are giving themselves away, and they are joined by this as no law or contract could join them. Lovers, then, "die" into their union with one another as a soul "dies" into its union with God. And so here, at the very heart of community life, we find not something to sell as in the public market but this momentous giving. If the community cannot protect this giving, it can protect nothing...”

– **Wendell Berry, *Sex, Economy, Freedom, and Community: Eight Essays***

“Many people are good at talking about what they are doing, but in fact do little. Others do a lot but don't talk about it; they are the ones who make a community live.”

– **Jean Vanier, *Community And Growth***

“But many of us seek community solely to escape the fear of being alone. Knowing how to be solitary is central to the art of loving. When we can be alone, we can be with others without using them as a means of escape.”

– **Bell Hooks, *All About Love: New Visions***

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“Beauty is not who you are on the outside, it is the wisdom and time you gave away to save another struggling soul like you.”

– **Shannon L. Alder**

“No settled family or community has ever called its home place an “environment.” None has ever called its feeling for its home place “biocentric” or “anthropocentric.” None has ever thought of its connection to its home place as “ecological,” deep or shallow. The concepts and insights of the ecologists are of great usefulness in our predicament, and we can hardly escape the need to speak of “ecology” and “ecosystems.” But the terms themselves are culturally sterile. They come from the juiceless, abstract intellectuality of the universities which was invented to disconnect, displace, and disembody the mind. The real names of the environment are the names of rivers and river valleys; creeks, ridges, and mountains; towns and cities; lakes, woodlands, lanes roads, creatures, and people.

And the real name of our connection to this everywhere different and differently named earth is “work.” We are connected by work even to the places where we don’t work, for all places are connected; it is clear by now that we cannot exempt one place from our ruin of another. The name of our proper connection to the earth is “good work,” for good work involves much giving of honor. It honors the source of its materials; it honors the place where it is done; it honors the art by which it is done; it honors the thing that it makes and the user of the made thing. Good work is always modestly scaled, for it cannot ignore either the nature of individual places or the differences between places, and it always involves a sort of religious humility, for not everything is known. Good work can be defined only in particularity, for it must be defined a little differently for every one of the places and every one of the workers on the earth.

The name of our present society’s connection to the earth is “bad work” – work that is only generally and crudely defined, that enacts a dependence that is ill understood, that enacts no affection and gives no honor. Every one of us is to some extent guilty of this bad work. This guilt does not mean that we must indulge in a lot of breast-beating and confession; it means only that there is much good work to be done by every one of us and that we must begin to do it.”

– **Wendell Berry**

“One of the marvelous things about community is that it enables us to welcome and help people in a way we couldn’t as individuals. When we pool our strength and share the work and responsibility, we can welcome many people, even those in deep distress, and perhaps help them find self-confidence and inner healing.”

– **Jean Vanier, Community And Growth**

“Community is a sign that love is possible in a materialistic world where people so often either ignore or fight each other. It is a sign that we don’t need a lot of money to be happy--in fact, the opposite.”

– **Jean Vanier, Community And Growth**

Fifth Precept Sangha

“You make a difference about your life it's a knock on the head of mind setting your life you see the stars they shine across the way you build a bridge you make it shine the only way to make a difference is to help the community!”

– **Demi Lovato**

“To build community requires vigilant awareness of the work we must continually do to undermine all the socialization that leads us to behave in ways that perpetuate domination.”

– **Bell Hooks, Teaching Community: A Pedagogy of Hope**

“A person with ubuntu is open and available to others, affirming of others, does not feel threatened that others are able and good, for he or she has a proper self-assurance that comes from knowing that he or she belongs in a greater whole and is diminished when others are humiliated or diminished, when others are tortured or oppressed.”

– **Desmond Tutu**

“Teaching kids how to feed themselves and how to live in a community responsibly is the center of an education.”

– **Alice Waters**

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Vince Cullen

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