Man’s character is his message. Henry Drummond

1. Find and cross off words: COURAGE LOVE KINDNESS HONESTY COMPASSION HUMILITY MERCY GODDESS LONELINESS LOYALTY TOLERANCE UNDERSTANDING FORGIVENESS UNSELFISHNESS PATIENCE POISE EQUANIMITY TRUTHFUL GRATITUDE SELF SACRIFICE WISDOM
2. Letters (left) not included in any words - check rows from top, from right to left and encircle letters for quotation: /n

In true love you attain freedom. Thich Nhat Hanh

The power of real love always tends to draw out into expression the finer elements of mind, character and life. Christian D. Larson

Character of every man is, in some degree, formed by his profession. Mary Woolstencraft

Through our actions, may we invoke peace and honor the Truth that resides in all. Rig Veda

Suffering is common to all humanity the ending of suffering means Love. J. Krishnamurti

Noble deeds that are concealed are most esteemed. Blaise Pascal

Always aim at complete harmony of thought and word and deed. Mahatma Gandhi

Who checks the evil deeds he did by doing wholesome deeds instead, he illuminates the world like the moon freed from a cloud. Angulimala - former murderer

1. The thought manifests as the word, the word manifests as the deed, the deed develops into habit, and habit hardens into character. So watch the thought and its ways with care, and let it spring from love born out of concern for all beings. Buddha
2. The simplest words, we do not know what they mean except when we love and aspire. Ralph Emerson
3. Purify yourself by a well-ordered and useful life. Watch over your thoughts, feel your words and actions. This will clear your vision. Nisargadatta Maharaj - I AM THAT - 4. I learned that no one judges us but ourselves, because I experienced the result of every thought, word and deed of my life, how I made others feel, my effect on the planet and all of life. Edwin C. Steinbrecher - 5. Due to attachment, anger, and foolishness, I have committed numberless mistakes in speech, deed and thought. I bow my head and repent. Thich Nhat Hanh - 6. Where deeds, however brilliant and apparently successful, are done from love of self, there is ignorance. James Allen - THE WAY OF PEACE - 7. It is often better for a person to recognize a sin than to do a good deed. Recognizing a sin makes a person humble. Doing a good deed can feed a person’s pride. Leo Tolstoy - 8. Ill deeds are doubled with an evil word. William Shakespeare - 9. So think as if your every thought were to be etched in fire upon the sky for all and everything to see, for so, in truth, it is. So speak as if the world entire were but a single ear intent on hearing what you say. And so, in truth, it is. So do as if your every deed were to recoil upon your heads. And so, in truth, it does. Mikhail Naimy - THE BOOK OF MIRRAQ - 10. From this moment onwards you can be an entirely different person, filled with love and understanding, ready with an outstretched hand, uplifted and positive in every thought and deed. Eileen Caddy

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Neither fire nor wind, birth nor death can erase our good deeds. Buddha

Use every moment to think the highest thought, say the highest word, do the highest deed. Neale Donald Walsch

The last temptation is the greatest treasure to do the right thing by doing wrong. Francis Bacon

A man for good deeds only by chance, a man for evil deeds on purpose. Swami Vivekananda
All over the world, the spirit of man is crying for Freedom. Love for Freedom and search for Freedom are the principal characteristics of humanity, in all races and under all climes, in all countries and at all times, the watch-word for the groping and struggling humanity has always been Freedom! Meher Baba

“Peace and freedom go together.”

J. Krishnamurti

“Freedom is absolute and unlimited when it is won through love, without the bondage of time and space. Freedom is only knowing, only being, only the mind without a mind.”

Thich Nhat Hanh

“Freedom is the destruction of all limitations.”

Kahlil Gibran

“Freedom is the natural process and in the long run, inevitable. But in the world of duality, it is love which gives meaning and value to all the happenings and concord between beings becomes divine, and old enemies become lovers. We are then in a position to make friends with all our universe, not just one half of it.”

Ken Wilber

“Enlightenment is without duality, therein are no minds and no things.”

Vimalakirti

“Only in love are unity and duality not in conflict.”

Rabindranath Tagore

Duality and Non-duality are merely concepts of the mind.

Avadhut - AVADHUT GITA

Opposite Words - Duality

ACROSS
1. Unconsciousness
2. Hate / 7. Violence
3. Death / 4. Vice
11. Ugliness
12. Dark / 15. Greed

DOWN
1. Cowardice
2. Weakness
3. Anger / 6. Suffering
14. War

You must love God as not-God, not-Spirit, not-Sun, not-image, but as He is - sheer, pure absolute Oneness, without any duality.

Meister Eckhart

Although all dualities come from the One, do not be attached even to this One.

Seng t’san - HSIN HSIN MING

True freedom comes when good and bad balance each other and become so merged into each other that they leave no room for any choice by the limited self of desire.

Meher Baba - GOD SPEAKS

Since the Self is non-dual, establishing oneself in the Self alone is the vision of the Self, Ramana Maharshi

Your destiny is to be free from living and from dying: from Heaven and Hell and all the warring opposites incumbent on Duality. For both Heaven and Hell are states inherent in Duality. Except man becomes single of mind, single of heart and single of body; except he be shadowless and simple of will, he shall always have one foot in Heaven and another in Hell and that is Hell indeed.

- A stage in Time is Duality. As it proceeds from Unity, so does it lead to Unity. The quicker you traverse this stage the sooner you embrace your freedom. And never shall the balance be adjusted till man have learned to knead all their desires in the kneading trough of Love and bake them the bread of Holy Understanding.

- Except you be buried to duality of Life and death you shall not rise to singleness of being.

Mikhael Naityn

THE BOOK OF MIRADAD
If you are certain of your death, why suffer a lowly death? 
Die nobly and honorably. Before death, be the Highest, 
be the Infinite, the Absolute. Nisargadatta Maharaj - I AM THAT 

Don't take life too seriously. You'll never get out of it alive. Elbert Hubbard 1856 - 1915 

Peace and freedom go together. J. Krishnamurti 
In true love, you attain freedom. Thich Nhat Hanh 

The practice of peace is the essence of the Gospel, 
preached by all the Enlightened Ones. Jainism 

If life is the fear of death, 
then death is the greatest loss in life. 
The greatest loss is what dies. 

Denying death makes us tense; accepting it brings peace. 
Kathleen McDonald 

But the fruit of the Spirit is love, joy, peace... Gal 5.22, 24 

1. Sooner or later, all the people of the world will have to discover a way to live together in peace... The foundation of such a method is love. Martin Luther King Jr. 1929-1968 
2. You can obtain freedom and peace alone by your own efforts, by yielding up that which binds the soul, and which is destructive of peace. James Allen - THE WAY OF PEACE 

1. Peace and Universal Love is the essence of the Gospel 
preached by all the Enlightened Ones. Jainism 

The dying seek love and peace. Xu Yun 1840 - 1959 

The dying seek love and peace. Xu Yun 1840 - 1959 

He who harbours in his heart love of truth will live and not die, 
for he has drunk the water of immortality. Buddha 

1. Doing these deeds that kil beings and do violence to himself, the angry person doesn't realize that he's ruined. Buddha - 2. People may fear that accepting and thinking about death will make them morbid, or spoil their enjoyment of life's pleasures. But surprisingly, the opposite is true. Kathleen MacDonald - PREPARING FOR DEATH AND HELPING THE DYING - 3. Do not seek death; death will find you. But seek the road which makes death a fulfillment. Dag Hammarskjold - 4. The fear of death follows from the fear of life. A man who lives fully is prepared to die at any time. Mark Twain - 5. Man would indeed be in a poor way if he had to be restrained by fear of punishment and hope of reward after death. Albert Einstein - 6. You are in the world, but you are not of the world. Jesus Christ - 7. Death is like a mirror in which the true meaning of life is reflected. Sogyal Rinpoche - 8. The Clear Light reaches all just to the present moment of death - not as death of freedom 

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1. Peace and freedom go together. J. Krishnamurti 
2. In true love, you attain freedom. Thich Nhat Hanh 
3. Know that he is the eternal, infinite, Absolute. Nisargadatta Maharaj - I AM THAT 
4. Do not take life too seriously. You'll never get out of it alive. Elbert Hubbard 1856 - 1915 
5. Peace and Universal Love is the essence of the Gospel 
6. Preach Life to the dying, and to the living. Death. But to those who yearn to overcome preach deliverance from both. Mikhail Naimy - THE BOOK OF MIRJAD 
7. Peace and freedom go together. J. Krishnamurti 
8. In true love, you attain freedom. Thich Nhat Hanh 
9. Peace and Universal Love is the essence of the Gospel 

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Nature is neither pleasant nor painful. It is all intelligence and beauty. Nisargadatta Maharaj
This Earth is sacred for us. Chief Seattle
LIFE EARTH WATER

I must follow these continual lessons of the air, water, earth, I perceive I have no time to lose. Walt Whitman

The light of Nature is the light that comes from the Spirit. It is in man is born with him, and grows up with him. Paracelsus

Silence is a source of great strength. Lao Tzu
The world of men has forgotten the joys of silence, the peace of solitude, which is necessary, to some extent, for the fullness of human living. Thomas Merton

So long as you breathe the free air of earth, you are under obligation to render grateful service. Sri Yuktdevan

Reverence for life affords my fundamental principle of morality. Albert Schweitzer

I have no time to lose. Walt Whitman

Across 1. Animal, vegetable or... 12. Quote no. 3
2. State of freedom from war 13. Quote - Ramana
4. Environmentalist, seeking to protect nature 15. Quote no. 4
5. Long-necked trumpeter, graceful bird 16. Quote - J. Rumi
6. A deep awareness of and sympathy for another's suffering 17. Quote no. 7
7. Time after sunset 18. Quote no. 10
8. Excessive desire, esp. for food or wealth 19. Quote no. 11
9. Compassion for the unfortunate 20. Quote no. 12
10. Gentles and considerate towards others 21. Cold white flak (winter)
11. Being harmonious; melodious sound 22. Drops on blades
23. Vapour from hot water 24. Compassion for the unfortunate
25. Stratospheric layer (protects earth) 26. Drops on blades
27. Salt water covering greater part of earth 28. Compassion for the unfortunate
29. Bright celestial body (night sky)

Down 1. Animal, vegetable or... 8. Quote no. 7
2. State of freedom from war 9. Compassion for the unfortunate
3. Gradual development 10. Compassion for the unfortunate
4. Environmentalist, seeking to protect nature 11. Being harmonious; melodious sound
5. Long-necked trumpeter, graceful bird 12. Compassion for the unfortunate
6. A deep awareness of and sympathy for another's suffering 13. Being harmonious; melodious sound
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Silence is the mother of truth.
Benjamin Disraeli

What do all seek so earnestly?
'Tis Love.
Farid ud Din Attar

All other knowledge are only petty and trivial knowledge; the experience of silence alone is the real and perfect knowledge. Ramana Maharshi

True Silence, the ineffable, un-knowable, the uncontainable reality of this moment is freely given to all beings. There is nothing you can do to captivate it or coerce it. Patai Thang

1. There is but one road to the Path; at its very end and alone the Voice of the Silence can be heard. H. P. Blavatsky - THE VOICE OF THE SILENCE - 2. When you become aware of silence, immediately there is that state of inner still alertness. You have stepped out of thousands of years of collective human conditioning. Eckhart Tolle - STILLNESS SPEAKS

3. Only in deep silence may we hear the voice of the soul; argument but bewilders it and too much speech stops its appearance. Paul Brunton - THE SECRET PATH - 4. Silence will help you avoid engaging in the games of competition and illusion that regularly seduce us in the outside world. Caroline Myss - 5. If your Silence has become almost like breathing, just as with the circulation of the blood, then there is no need to be worried. Mahayogis Pilot Baba - 6. The same inexpressible Truth is experienced in two ways: as Self-luminous Silence, or as the Eternal Play of the One. Arandamayi Ma

7. Silence is the language God speaks and everything else is a bad translation. Thomas Keating - 8. Go beyond your concepts and ideas, in the silence of desire and thought the truth is found. Nisargadatta Maharaj - I AM THAT - 9. Dharma students should suddenly realize no way to it and suddenly attain stillness and silence. Huang Po - 10. Now I am nearing that Peace, the eternal silence. Now I mean to see things as they are; everything in that peace, perfect in its way. Swami Vivekananda - 11. The triumph of peace is an unassailable silence. James Allen - FROM PASSION TO PEACE - 12. Silence is freedom from the past, from knowledge, from both conscious and unconscious memory; when the mind is completely silent, not in use, when there is the silence which is not a product of effort, then only does the timeless, the eternal come into being. J. Krishnamurti

Within each of us there is a silence. A silence as vast as the universe. And when you experience that silence we remember who we are. Gunilla Noris - INVITING SILENCE
Consciousness alone is the heart of all beings, not the piece of flesh which people call the heart! Vasishtha
Realisation itself is within the inner consciousness. It is an inner experience that has no connection with the lower mind-system. Buddha
The cosmic mind being not limited by the ego has nothing separate from itself and is therefore only aware. This is what the Bible means by “I am that I AM”.
Ramana Maharshi.

In the deepest spiritual practices, one discovers that pure awareness and pure love are indistinguishable.
Steven Levine

1. Drink deep at the fountain of love, but do not lose consciousness! Meher Baba
2. There is some Absolute Entity, the eternal substratum of the consciousness, by which this universe is pervaded, but which nothing pervades, which shining, all this universe shines by its reflection. Shankara - VIVEKACHUDAMANI - 3. One should lay down which one's body is burdened, thus becoming exactly like a dead man. The outcome will be that sense-organs, sense-data and consciousness will vanish and that consciousness, anger, stupidity and love will be eliminated. Husa Yun - Prerequisites of the Ch'In Training 4. Apprehending this is being dead to “I am the body” while alive. This kind of knowledge comes only in a rare case, and is a very elusive kind of knowledge where no effort is necessary; in fact, effort itself is a hindrance. It is intuitive understanding.

The moment you start thinking, the higher level of consciousness becomes activated. Moriel Ueshiba

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Jesus had Christ-consciousness. This means that Jesus was conscious of Himself as Christ consciousness.

The Sun is the fountain of all life. The spiritual sun is the symbol of spiritual life and immortality, the physical sun the source of vitality. Paracelsus 1493-1541

Yet more enduring are you than the Earth, than the Sun and all the spheres in the heavens. All shall pass away, but you shall not. Mikhail Naimy - THE BOOK OF MIRADAD

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1. Grow as the flower grows, opening your heart to the sun. M. Collins - Light on the Path
2. The sun is the mother-principle that warms and promotes fulfillment. THE GOLDEN PRECEPTS IN OTHER WORLDS - From - The Book of Life Embodying the Wisdom of the Eternal Ages 3. There is an eternal sun, which is the source of all wisdom, and whose spiritual senses have awakened to life will see that sun. Paracelsus
4. That divine love draws us on. That divine love sustains us. That divine love destroys our ego, our mind, our senses, but frees our soul. The soul expands as everything else dwindles. The soul shines with the light of countless suns. It is transformed through the tears of love into love. That is the secret of secrets. Darshan Singh
5. I am the day that does not shine by the sun; rather by me the sun is ignited.

Hildegard of Bingen 1098 - 1179 - BOOK OF DIVINE WORKS
6. A man who moves with the earth will necessarily experience days and nights. He who stays with the sun will know no night. Mikhail Naimy
7. Oh man! There is no planet sun or star could hold you, if you but knew what you are. Ralph Emerson
8. “Man!” “He is the Sun (Divine Wisdom), his mother the stars (the astral light) and his body the generations of men.” Hermes Trismegistus 7000 BC
9. Even all this time the Sun never says to the earth, “You owe me.” Look what happens with a love like that, it lights the whole sky. Hafiz 14th century
10. Man may be compared with a planet revolving around its own centre and circling around an invisible sun. Franz Hartmann

This sun is honey for all beings, and all beings are honey for all beings. Yagurveda
We reach the immortal path only by continuous acts of kindness and we perfect ourselves by compassion and charity. Buddha

A kind tongue is the lodestone of the hearts of men. Bahá’u’lláh

Kindness in words creates confidence, kindness in thinking creates profoundness, kindness in giving creates love. Lao Tse

Oh worse than everything, is kindness counterfeiting absent love. Samuel Taylor Coleridge

Life without thankfulness is devoid of love and passion. Every virtue divorced from thankfulness is maimed and limps along the spiritual road. John H. Bowett

Having laid every kind of goodness one longs to express, expecting gratitude. Lao Tzu

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1. To grant forbearing kindness even to those who aggrieve us is the foremost of virtues. Kural 579 - Tiruvalluvar - TIRUKURAL - - - 2. Be kind, for everyone you meet is fighting a harder battle. Plato - - - 3. The great acts of love are done by those who are habitually performing small acts of kindness. Victor Hugo - - - 4. The higher human feelings such as kindness and sympathy, patience and tolerance have to be nurtured. Paul Brunton - - - 5. Kindness is the golden chain by which society is bound together. J. Goethe - - - 6. Words have the power to both destroy and heal. When words are both true and kind, they can change our world. Buddha - - - 7. But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. Galatians 5:22, 24 - BIBLE - - - 8. Those who act kindly in this world will have kindness. QURAN 39:10 - - 9. So many gods, so many creeds, so many paths that wind and while, just the act of being kind, is all this sad world needs. Ella Wheeler Wilcox - 10. Competition robs us of prosperity and it kills the kindness of the heart. Swami Vivekananda - 11. Prejudice is destructive of kindness, sympathy, love and true judgment. James Allen - 12. Let us love temperance - let us be just - let us refrain from bloodshed. None is so near the heart as he who shows kindness. Seneca 58 C. - A.D. 85 - EPISTOLA - 13. As long as human beings will go on shedding the blood of animals, there will never be any peace. Dudley Gibel - - 14. In training your children in acts of kindness to animals, you teach them effectively the one great lesson of life: "Be ye kind to one another." T. L. Vaswani 1897 - 1906 - - 15. Kind hearts are the gardens, Kind thoughts are the roots, Kind words are the flowers, Kind deeds are the fruits. Keep care of your garden and keep out the weeds, fill it with sunshine, Kind words and Kind deeds. Henry W. Longfellow 1807 - 1882

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Patience, forgiveness, supporting others without expectation of gratitude, I have learned from my Guru, the earth. Avadhut - AVADHUT GITA

1. In ordinary life we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich. Dietrich Bonhoeffer - 2. When a person doesn't have gratitude, something is missing in his or her humanity. A person can almost be defined by his or her attitude toward gratitude. Elie Wiesel - 3. A thankful person is thankful under all circumstances. A complaining soul complains even if he lives in paradise. Baha'ish - 4. God has two dwellings; one in heaven, and the other in a meek and thankful heart. Izazk Walton - 5. Ingratitude is always a kind of weakness. I have never known men of ability to be ungrateful. Johann Goethe - 6. We wouldn't neglect to show love and gratitude to those who had been kind to us. Xu Yun 1940 - 1958 - EMPTY CLOUD: THE TEACHINGS OF XU YUN - by Jy Din Shakya - 7. The highest tribute to the dead is not grief but gratitude. Thornton Wilder - 8. Gratitude puts us in harmony with the very source that's breathing us, the very power that gives us life. Mary Morrissey - 9. Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you. Eileen Caddy - 10. At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us. Albert Schweitzer - 11. Cultivate the habit of being grateful for every good thing that comes to you, and give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude. Ralph Emerson - 12. The sixth requirement is that we develop the feeling of gratitude for all that we receive. We should know that our very existence is a gift from the whole universe. Rudolf Steiner -
No real or lasting good comes of any gift bestowed on another unless the heart goes with it, and its bestowal is to the giver an act of unalloyed pleasure. Prentice Mulford

Heartfelt gifts deserve the return gift of gratitude. Michael Josephson

A living, breathing example of the highest Truth is love in looking and comprehending the nature of love and understanding its true beauty. Albert Einstein

Love's gift cannot be given, it waits to be accepted. Rabindranath Tagore

Realize that your gift does not belong merely to you. Sunday Adelaja

The meaning of life is to find your gift. The purpose of life is to give it away. David Vincent

Your gift is not what you do but what you are. Sunday Adelaja

There are seven kinds of offering which can be practiced by everyone who is not wealthy. The second is a spiritual offering. Buddha

Every gift which is given, even though it be small, is in reality great, if it is given with love. Pindar - 2. Rings and other jewels are not gifts, but apologies for gifts. The only gift is a portion of thyself. Thou must bleed for me. Ralph W. Emerson - 3. This charity have you now turned into a curse, both for yourselves and for the charitable. For with their gifts you exchange them for gifts. You scroung them with the very thread they spin for you. Mikhail Naimy - THE BOOK OF MIRAD - 4. Thy money perish with thee, because thou hast thought that the gift of God may be purchased with money. Acts 8:20 - BIBLE - 5. God wants nothing of you but the gift of a peaceful heart. Meister Eckhart - 6. To give anything less than your best is to sacrifice the gift. Steve Prefontaine - 7. If a man each month repeats a thousand sacrifices and give offerings without ceasing, he is not equal to him who but for one moment fixes his mind upon righteousness. Buddha - 8. The father that makes gifts of toy soldiers to his child mobilises the child for the war ideal. Ernst Friedrich - 9. The greatest gift that you can give to others is the gift of unconditional love and acceptance. Brian Tracy 10. You have a unique gift to offer this world. Be true to yourself, be kind to yourself, read and learn about everything that interests you and keep away from people who bring you down. When you treat yourself kindly and respect the uniqueness of those around you, you will be giving this world an amazing gift. YOUL Steve Maraboli - 11. And what is a noble gift but the power of playing upon the souls and wills of men, and rousing them to lofty purposes and holy deeds. Henry Drummond - THE GREATEST THING IN THE WORLD

There is no gift greater than that of spiritual freedom, and no task more important than helping others to find spiritual freedom. Meher Baba

The world itself is a supreme gift, maintained by loving sacrifice. But the right receivers, wise and humble, are so few. 'Ask and ye shall be given' is the eternal law. Nisargadatta Maharaj - I AM THAT

With love enshrined in the heart, one truly lives. Tiruvalluvar

When the heart is full of love and the head is full of wisdom, nothing is ever done that can cause distress to others in the long run. Alice Bailey

Keep thy heart with all diligence; for out of it are the issues of life. Pr 4:23 BIBLE

1. Free from all thoughts, Reality abides in the Heart. The Source of all thoughts. Ramana
2. Love will exalt the heart that it finds worth of itself. Whosoever cannot find / Maharsi a temple in his heart, the same can never find his heart in any temple. Mikhail Naimy (James Allen - OUT FROM THE HEART) / - / 1869-1996 - THE BOOK OF MIRAD
3. And, wonder of wonders - the moment universal love floods my heart, I am raised up and find myself on the sixth step. Now I stand before the last and highest step of all. (Elizabeth MacDonald - LIVING FROM THE HEART) / - / Elisabeth Haich - INITIATION
4. The flux of the human heart is gone forever at the transfixing touch of pure love. Sri Yukteswar
5. Hearts are the home of the loved one, I came here to build each true heart. Yunus Emre
6. He, therefore, who purifies his own heart is the world's greatest benefactor. (Jack Komfield - A PATH WITH HEART) / - / James Allen - THE WAY OF PEACE
7. To achieve freedom requires only two things: a silent mind and an open heart. Thynn Thynn
8. The gift of Truth excels all gifts. Buddha / - / LIVING MEDITATION - LIVING INSIGHT
9. Thus, with an open and unencumbered heart, you should develop a luminous mind. Buddha
10. You would know the secret of death. But how shall you find it unless you seek it in the heart of life? Khalid Gibran - THE PROPHET
11. The love that flows through your heart purifies not only your own spirit, but the love you share with others. Caroline Myss
12. Humanity will attain to a new mode of being through the free and unhampered interplay of pure love, from heart to heart. Meher Baba - GOD SPEAKS / - / 13. Happiness is the spiritual experience of living every minute with love, grace and gratitude. Denis Waitley
Corruption was not more than honesty. William Shakespeare

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Character - the willingness to accept responsibility for one's own life - is the source from which self-respect springs. Joan Didion

Dwell on the beauty of life. Watch the stars, and see yourself running with them. Marcus Aurelius

Humility leads to strength and not to weakness. It is the highest form of self-respect to admit mistakes and to make amends for them. John Owen

The key to love is understanding. Michael Nairn

Can we see the beakending beauty in noble goals, virtues, selflessness, and deep compassion. John Templeton

The truth is always beautiful, not beautiful words. Ralph Emerson

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Unselfishness is the badge of human greatness. Swami Vivekananda

But whoso shall offend one of these little ones (child) which believe in me, it were better for him that a millstone were hanged about his neck, and that he were drowned in the depth of the sea. Jesus

The truly wise man is never selfish. R. W. Trine

Unselfish action, free from all concern with the body and its interests, will carry you into the very heart of Reality. Nisargadatta Maharaj

It is time that humanity is imbued by the spontaneous spirit of Love and Service, needing no stimulus of danger for the release of impersonal and unselfish action. Meher Baba

1. It is given to the world to learn one great and divine lesson, the lesson of absolute unselfishness. James Allen - THE WAY OF PEACE - 2. As long as you work for your selfish little self, you’re just one cell against all those other cells, and you’re way out of harmony. Peace Pilgrim 1905-1961 - 3. The first step to liberation is the complete detachment from impermanent things. Then follow calmness, self-control, forbearance, and complete renunciation of all selfish actions. Sri Sankara - VIVEKACHUDAMANI - 4. Selfish attachment forgets all limits; it always leads down evil roads. When you fathom the realm of Suchness you instantly forget all selfish desires. Sri Ramakrishna - 5. There is a magnet in your heart that will attract true friends. That magnet is unselfishness, thinking of others first; when you learn to live for others, they will live for you. Paramahansa Yogananda - 6. According to the unselfishness and the spiritual power of a person his individual influence may extend over a family, a village, a town, a country, or over the whole Earth. Franz Hartmann - 7. It requires the enlightenment of reason, morality, and the urge of religion, God-knowingness, to generate an unselfish and altruistic social order. THE URANTIA BOOK - 8. Altruistically inclined persons are usually not selfish, but possessed by the idea of “self.” Paracelsus 1493-1541 - 9. Deho ahann (I am the body) is limitation and is the root of all mean and selfish actions and desires. Ramana Maharshi - 10. The selfish man suffers more from his selfishness than he from whom that selfishness withholds some important benefit. Ralph Emerson - 11. Selfishness comes from poverty in the heart, from the belief that love is not abundant. Don Miguel Ruiz - THE MASTERY OF LOVE - 12. Selfish persons are incapable of loving others, but they are not capable of loving themselves either. Erich Fromm - THE ART OF LOVING - 13. Ordinary love is selfish, darkly colored with needs and satisfactions. Divine love is without condition, without boundary, without change. Sri Yukteswar Giri - 14. The minds of the people have to be completely purged of all forms of selfishness and narrowness if they are to inherit the Life in Eternity. Meher Baba

Sacrifice is the badge of human greatness. Swami Vivekananda

Man knows that there is such a thing as love, but he does not know what love is. Emanuel Swedenborg

1. The child is essentially a spiritual being. The child experiences the world through love. Randy Colton Roffe - YOU CAN POSTPONE ANYTHING BUT LOVE - 2. The physical and mental states of the parents at the moment of conception are reproduced in the baby. Mahatma Gandhi - 3. Genuine heartfelt love is literally life giving, and if received by the child is for it a source of cheer, health, strength, and activity. Prentice Mulford - 4. Two “magic” words indicate how children enter into relationship with their environment. These words are imitation and example. Rudolf Steiner - THE EDUCATION OF THE CHILD - 5. For a child, violence and threat of violence are overwhelmingly frightening. Some children internalize a threat to their very survival, or they suppress their terror enough to “accept” the violence as “normal.” Karen Klassinger - 6. Incest and rape, too, raise their ugly heads with unprecedented frequency. Sexual abuse of children within the family circle is so common... Lily de Silva - 7. Many sexual predators had entered the priesthood due to easy access to children? Unknown? - 8. The man who is a slave to his passions does not magnetize, he fascinates. Eliphas Levi - 9. Let the Church stop its work of hypnotizing the masses, and deceiving children even for the briefest interval of time, and men would begin to understand Christ’s teaching. Leo Tolstoy - 10. Do not force others, including children, by any means, whatsoever, to adopt your views, whether by authority, threat, money, propaganda, or even education. Thich Nhat Hanh - 11. What does the State do with children taken by force from their parents? Gith & Mado - FAMILY... towards Communion of Spirit - 12. With spirit we are all children of the cosmos. Without it we are orphaned and adrift. Deputed into a world without people with acceptance and friendship, he does not find love in the world. Dorothy Law Nolte - 13. There can be no rest for those of us who love the Earth, our children, and our grandchildren. Tom Brown, Jr. - THE QUEST
Warning for Seamen - Justice at Sea

True story for all seamen, doctors, judges, lawyers, etc.

Recompense Injury with Justice. Confucius

Every violation of truth is not only a sort of suicide in the liar, but a stab at the health of human society.

Ralph Emerson

Law never made men right - only who is left. Bertrand Russell

Every court should watch with jealousy any encroachment upon the rights of seamen because they are unprotected and need counsel. - Justice story, 1823

There is so-called legal justice which is totally different from actual justice. J. Krishnamurti

The fight for justice against corruption is never easy. It never has been and never will be. Frank Serpico

You do not have to bring about transformation in the world of corruption. J. Krishnamurti

Although the world is full of suffering, it is full also of the overcoming of it. Helen Keller

We suffer more in imagination than in reality, Seneca.
By cultivating one's nature one will return to virtue. When virtue is perfect, one will be one with the Beginning. Being one with the Beginning, one becomes vacuous, and being vacuous, one becomes great. Chuang Tzu

If you seek real happiness, unassailable and unchangeable, you must leave the world with its pains and pleasures behind you. Nisargadatta Maharaj

Freedom (Nibbana) is the ultimate happiness. DHAMMAPADA

People never remember happiness with their full strength on their mind or soul. They only remember happiness after they are filled with suffering. Buddha

Happiness is gained on the way in this life, Milanrese

There is no path to happiness: happiness is the path. Buddha

Sorrow and happiness are the heresies of virtue; joy and anger lead astray from TAO; love and hate cause loss of virtue. Chuang Tzu

ACROSS
1. A successful search for Truth means complete deliverance from the dualism of love and hate. John Stuart Mill
2. Happiness is a unitive state of being. John Dewey
3. Happiness is not a prerequisite for happiness. Judy Tollefson
4. Happiness is not a prelude to happiness. Judy Tollefson
5. Happiness is a unitive state of being. John Dewey
6. Happiness is gained on the way in this life, Milanrese
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9. Happiness is gained on the way in this life, Milanrese
10. Happiness is gained on the way in this life, Milanrese

TWO
1. Not killing is the first and foremost good. The virtue of not killing comes near. Tawar - TRUTH
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TWO
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1. Good motives, sincerity, and infinite love can conquer the world. One single soul possessed of these virtues can destroy the dark designs of millions of hypocrites and brutes. Swami Vivekananda
2. There is no quality of soul more subtle than non-violence and no virtue of spirit greater than reverence for life. Mahavira
3. He who is possessed of diligence, courage, might, wisdom, the power to subdue others, and perseverance, these six virtues, is feared even by the gods. Nagarjuna
4. The less a man thinks or knows about his virtues the better we like him. Ralph Emerson
5. And there are cases where meekness and transformed into sentimentality, into weakness. P. D. Ouspensky
6. Everything, even love, must be applied at the right time and at the right place, for when misapplied even a virtue becomes a vice. Paul Brunton
7. Truth is nothing if not unchangeable, and in so far as a man takes his stand upon Truth does he become steadfast in virtue, does he rise superior to his passions and emotions and changeable personality. James Allen
8. God is not a thing of the mind, it does not come through self-project, it comes only when there is virtue, which is freedom. Krishnamurti
9. Man-God in possessing perfect understanding, experiencing infinite bliss or wielding unlimited power. These attributes belong to the Man-God by virtue of his having attained unity with God. Meher Baba
10. GOD SPEAKS - The glorious chariots of the kings wear out; the body also comes to old age, but the virtue of good people never age. DHAMMAPADA
11. The virtues of the omniscient are comprehended only by the omniscient. Nagarjuna
12. Goodness and virtue make men know and love, believe and delight in their immortality. John Smith

30

11
We seek to awaken in ourselves a force which really changes our lives from within. Thomas Merton
Without a change of heart, without goodwill, without the inward transformation which is born of self-awareness, there can be no peace, no happiness for men. J. Krishnamurti

Use all your hidden forces. Do not miss the purpose of this life, and do not wait for circumstances to mold or change your fate! Ella Wheeler Wilcox

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**DOWN**
1. Quote - J. Krishnamurti
2. Quote - T. Merton
3. Quote - E. Tolle
4. Quote - G. Sheehy
5. Quote - S. Hawking
6. Quote - A. Paton
7. Quote - Martin Luther King, Jr.
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14. Quote - Martin Luther King, Jr.
15. Quote - Martin Luther King, Jr.
16. Quote - Martin Luther King, Jr.

Sincere forgiveness isn’t colored by whether or not they harmed you. Buddha

To understand everything is to forgive everything. Buddha
Forgiveness is choosing to love. It is the first skill of self-giving love. Mahatma Gandhi

We forgive others when we forgive ourselves. Eric Hoffer

Don’t bear your forgiveness to some future moment. If you don’t forgive, you are not fully alive. In the moment of forgiveness, you are fully alive.

When a deep injury is done, we never recover until we forgive. Alan Paton

You have looked deeply inside and seen self-illusion and your own human failings, seen your own humanity and learned to forgive and to love. Henepol Gurunataran

Progress is impossible without change, and those who cannot change their minds cannot change anything. George B. Shaw

If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses neither will your Father forgive your trespasses. Matt. 6:14-15

1. We are all full of weaknesses and errors, let us mutually pardon each other our follies. Francois Voltaire - I can forgive, but I cannot forget, is only another way of saying, I will not forgive. Henry Ward Beecher - 3. To forgive without forgetting, is again to reproach the wrong-doer every time the act comes back to us. GEMS FROM THE EAST - Compiled by H. P. Blavatsky
4. We have made Jesus the ultimate victim. This will not move us forward in our spiritual evolution. True forgiveness must include letting go completely of victim consciousness. Colin Tipping - 5. Divine love does not merely forgive wrongs; it absorbs and actually destroys them. "THE URANTIA BOOK" - 6. He cannot forgive others, breaks the bridge over which he himself must pass if he would reach heaven; for everyone has need to be forgiven. George Herbert - 7. The only vice which cannot be forgiven is hypocrisy. The repentance of a hypocrite is itself hypocrisy. William Hazlitt - 8. Three simple points: the truth, forgiveness, and self-love. With these three points, the whole world will heal and no longer be a mental hospital. Don Miguel Ruiz - THE MASTERY OF LOVE - 9. It is a very delicate job to forgive a man, without lowering him in his own estimation, and yours too. Henry Wheeler Shaw - 10. Forgiving is love's toughest work, and love's biggest risk. If you twist it into something it was never meant to be, it can make you a doormat or an insufferable manipulator. Lewis B. Smedes - FORGIVE AND FORGET. Healing the Hurts We Don't Deserve - 11. Probably the most important part of the entire saving journey is forgiveness. To the degree that you have forgiven those who wronged you, to that same degree will there now shine from within you an inner light. Earlene Chaney - THE MYSTERY OF DEATH Dionysius - 12. Through forgiving and being forgiven, we purify ourselves of the darkness of what we have done, and prepare ourselves most completely for the journey through death. Sogyal Rinpoche - 13. Forgiveness means letting go of the past. Gerald Jampolsky - 14. Love and forgive all creatures, especially self. Then all energies flow from source through your four bodies to creatures harmoniously beyond you to bless them. Babaji

"For if you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses neither will your Father forgive your trespasses. Matt. 6:14-15"

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Spontaneity is the essence of true spirituality. Meher Baba

True compassion and love are spontaneous manifestations of wisdom. If there is wisdom, there is already love, compassion, joy, equanimity. Dr. Thynn Thynn

Our spontaneous energies have become suppressed through control and sedation. Michael Brown

Letting go leads to spontaneity, essence neither goes nor abides. Hsin-hsin Ming

Tao invariably takes no action, and yet there is nothing left undone. If kings and barons can keep all things will transform spontaneously. Lao Tse - TAO TE CHING

This spontaneous outpouring of love is the most marked of the divine attributes, the love that gives everything, that asks nothing. Annie Besant - THE ANCIENT WISDOM

If you have any preconception of yourself, you cannot

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8. Quote - Lao Tse 13. Quote no. - 10

It is the sphere of love, in which everything is perfect. What happens, happens spontaneously, without intentions. Nisargadatta Maharaj - I AM THAT

1. Love does not exist in conformity to other people's agendas of how we should be, it actually resides in being completely open to our own spontaneity. Colum Hayward

2. Love has to spring spontaneously from within; it is in no way amenable to any form of inner or outer force. Meher Baba - 3. Love, embracing all beings, be they noble-minded or low-minded, good or evil. The noble and the good are embraced because Love is flowing to them spontaneously. Nyanaponika Thera - THE FOUR SUBLIME STATES - 4. Jesus was not unfavorably affected in his practical life by his extraordinary faith and spirit attainment because this spiritual exaltation was a wholly unconscious and spontaneous soul expression of his personal experience with God. THE URANTIA BOOK - 5. A young child can give you a continuous demonstration of what it is like to live in the here and now before the rational mind affects the stream of consciousness. A child can turn its consciousness fully and spontaneously to each new life situation. Ken Keys, JR. - HANDBOOK TO HIGHER CONSCIOUSNESS - 6. Soon after the victory over ego, all other virtues, such as humility, love, selflessness, compassion, and kindness, spontaneously unfold. Swami Rama - 7. Be spontaneous and let yourself become the instrument to teach pure spirituality without any religion and culture. The Himalayan masters - 8. The movement which brings the universe into being out of the World-Mind's stillness is a spontaneous, not a deliberate one. Paul Brunton - 9. If one enquires Who am I? within the mind, the individual 'I' falls down abashed as soon as one reaches the Heart and immediately Reality manifests itself spontaneously to the mind. Raimon Bonçor - 10. Spontaneity is the Absent Self. Ramana Maharshi - Forty Verses on Reality - 10. Then, all the useless knowledge you have diligently learned till now is thrown away. As a fruit ripening in season, your internality and externality spontaneously become one. MUMONKA - (Quotes from WISDOM-LOVE - Remember Who Are You - www.warningforseamen.info)
When it is a question of money, everybody is of the same religion. Francois Voltaire
The love of money is the root of all evil. 1 Timothy 6:9-10 BIBLE
For that were money but the sweat and blood of men coined by the crafty
into mites and shekels wherewith to shake men? Mikhail Naimy
Through wealth there is no hope of immortality. Bicharanyaka Upanishad
Money is like love; it kills slowly and painfully the one who withholds it, and
enlivens the other who turns it on his fellow man. Kahlil Gibran
In the long run some time after 2020 will emerge at
the next order of complexity. We are now in transition period, an interval of great
risk but also of great opportunity. Bernard Lietaer - The Future of Money:
Creating New Wealth, Work, and a Wiser World (book published 2001)
Money does all things for reward. Some are pious and honest as long as they
thrive upon it, but if the devil himself gives better wages, they soon change their party. Seneca

ACROSS
1. Quote no. - 3  Somerset Maugham
2. Quote no. - 5  I. B. Quote - Mikhail Naimy
3. Quote no. - 6  I. B. Quote - Benjamin Creme
4. Quote no. - 7  I. B. Quote - Kahlil Gibran
5. Quote no. - 8  I. B. Quote - C. F. Gibran

DOWN
1. Selfishness and self-interest separate us, isolate from the rest of men, Benjamin Creme
2. If a nation values anything more than freedom, it will lose its freedom; and the irony
of it is that if it is comfort or money that it values more, it will lose that, too. Somerset Maugham
3. Whenever a government is dependent upon bankers for money, they and not the leaders
of the government control the situation, since the hand that gives is above the hand that takes.
Money has no motherland; financiers are without patriotism and without decency; their sole
object is gain. Napoleon Bonaparte
4. To lend, and lend with interest! That is indeed an
gratitude too brazen to condone. For what have you to lend? Is not your very life a gift?
Were God to charge you interest for the least of His gifts unto you, wherewith would you
pay?... I bless the needs, the bounty and the products, and bless the traffic, too. But the
gain itself, which is in truth a loss, finds not a blessing in my mouth... Is not this world
a common treasury wherein each man, each thing, deposit all they have for the maintenance
of all? Mikhail Naimy - THE BOOK OF MIRDAD
5. The abuse of buying and selling votes crept in and money began to play an important part in determining elections. Later on, this
process of corruption spread to the law courts. And then to the army, and finally the
Republic was subjected to the rule of emperors. Plutarch
6. The body is already the temple of the living God. It needs to be freed of the mere changers, dealers in comparative
values, the ideas of individual profit. The Lord of Hosts and King of Kings must be admitted into the
consciousness so it may express through the body what IT IS. Baird T. Spalding

LIFE AND TEACHING OF THE MASTERS OF THE FAR EAST
May your money perish with you, because you thought you could buy the gift of God with money! Peter 18 - BIBLE
When the last tree is cut down, the last fish eaten and the last stream poisoned, you will
realize that you cannot eat money. Prophecy of the Cree Indians

Across
1. Quote no. - 13  Who sees all beings in his own self, and his own
self in all beings, loses all fear. Isa Upanishad
2. Quote no. - 9  The spiritual journey is the
unlearning of fear, and the awakening of love. Talbot Cousins
3. Quote no. - 10  Fear not for the future, weep not for the past. Percy Bysshe Shelley
4. Falsehood is invariably the child of fear in one form or another. Crowley Aleister
5. Remember that underlying all our fears is a lack of trust in ourselves. Susan Jeffers
6. FEEL THE FEAR AND DO IT ANY WAY - 6. Know yourself as you are... Fear there is no other remedy.
Nisargadatta Maharaj
7. I AM THAT - 7. If you fear death you will also fear love. Bertrand Russell
8. The fear of death follows from the fear of life. A man who lives fully is prepared to
die at any time. Anon
9. The fear of death is only the consciousness of unresolved
contradictions of life. Leo Tolstoy
10. The whole secret of existence is to have no fear. Buddha
11. A man must be true to himself, fearless with himself, before he can perceive the Pure
Principles of Truth, before he can receive the all-revealing Light of Trut. James Allen
12. LIFE'S TURMOIL - 12. O mind, why are you so deluded? Why do you run about like a frightened
ghost? Become aware of the indivisible self! Be rid of attachment; be happy and free. AVADHUT
GITA
13. He who has overcome his fears will truly be free. Aristotle
14. I am not, I will not be. I have not, I will not have. This frightens all children, and kills fear in the wise. Nagajuna

If you are possessed of Fear, do not waste time trying to "kill out" Fear, but instead
cultivate the quality of Courage and the Fear will disappear. THE KYBALION

Down
1. Quote no. - 2  Fear does not exist anywhere except in the mind. Dale Carnegie
2. Quote no. - 4  Fear is not the natural state of civilized man. Aung San Suu Kyi
3. Quote no. - 11  The enemy is fear. William Shakespeare
4. We think it is hate; but, it is fear. Mahatma Gandhi
5. The only thing we have to fear is itself. Franklin D. Roosevelt
6. The fear of the unknown is the greatest fear of all. Ralph Waldo Emerson

I. B. Quote - Mikhail Naimy
We look forward to the time when the power to love will replace the love of power. Then will our world know the blessings of peace. William Gladstone 1808-1898

The power of love is the power of purity. Deepak Chopra

The great enemy of freedom is the alignment of political power with wealth. Wendell Berry

The man who is obstinate, suspicious, greedy for power and position, has also inwardly committed suicide. J. Krishnamurti

Humbleness, forgiveness, clarity and love are the dynamics of freedom. They are the foundations of authentic power. Gary Zukav

Power tends to corrupt, and absolute power corrupts absolutely. Lord Acton

Concentrated political power is the most dangerous thing on earth. Rudolph Rummel

1. Nobody has a right to arbitrary and despotic power. No, nobody, not even God. Nobody is the absolute master of anybody else. Eliphas Levi 1844-1911 - 2. From the spirit of self-love proceed egoism, lust for power, and disparagement and contempt. James Allen - 3. He who has power over others can't empower himself. Lao Tzu - TAO TE CHING - 4. The power we gather through insight and love is not a dominating type of power. Consider instead a new model of power - one that does not involve the me-vs-you pattern of brute force we inherited from the jungle... It's co-operative power rather than dictatorial power. It is based on understanding, caring, win-win solutions, love, uplifting demands to preferences, turning in to positive intentions in which both parties feel good about it, and above all, flowing one's energy through the unified-self instead of the separate self. Ken Keyes Jr., Penny Keyes, and Staff - GATHERING POWER THROUGH INSIGHT and LOVE - 5. The highest power of the intellect, if it is not illumined by love, is only a high grade of animal intellect, and will perish in time. Paracelsus 1493-1541 - 6. The power of the Light/Love can be distorted and misused. William J. Baldwin, Ph D - 7. There is nothing so powerful as love and thought - no institution, no government, no 'ism', no scripture, no weapon... love and thought, are the only source of power. Vinaoba Bhave - 8. This morality is to go to war, to kill, to be aggressive, to seek power, to give hate its place; it is all the cruelty and injustice of established authority. This is not moral. J. Krishnamurti - 1895-1986 - 9. Christianity has dared to lower its ideals before the challenge of human greed, war, madness, and the lust for power. THE URANTIA BOOK - 10. Men and women of real power and influence are few, because few are prepared to make the sacrifice necessary to the attainment of power, and fewer still are ready to patiently build up character. James Allen 1854-1912

ACROSS
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3. Quote - G. Zukav
4. Quote - L. Acton
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You fail only when you do not try sufficiently to manifest love, power, and freedom. Swami Sukhdas

All truth is eternal. Truth is nobody's property; no race, no individual can lay any exclusive claim to it. Truth is the nature of all souls. Swami Vivekananda

Be a living, breathing example of the Highest Truth that resides within you. Neale Donald Walsch

A man willing to die for truth will get it. Nisargadatta Maharaj

The pursuit of truth will set you free even if you never catch up with it. Clarence Darrow

You will never discover yourself, until you face the truth. The Heart Bailey

Wisdom is found only in truth. Johann Goethe

Truth cannot be expressed in our language. P. D. Ouspensky

Wittgenstein's Tractatus Logico-Philosophicus

The pursuit of truth will set you free even if you never catch up with it. Clarence Darrow

The pursuit of truth will set you free even if you never catch up with it. Clarence Darrow

Truth is a reality that cannot be understood by following any path. J. Krishnamurti

ACROSS
1. Quote - Johann Goethe
2. Quote no. - 11
3. Quote no. - 10
4. Quote - Ramana Maharshi
5. Quote no. - 1
6. Quote no. - 12

DOWN
1. Quote - Johann Goethe
2. Quote no. - 11
3. Quote no. - 10
4. Quote - Ramana Maharshi
5. Quote no. - 1
6. Quote no. - 12

1. The truth is not for all men, but only for those who seek it. Ayn Rand - 2. Those who seek the truth for their own benefit and gratification will never find it, but the truth finds those in whom the delirium of 'self' disappears, and it becomes manifested in them. Paracelsus 1493-1541 - 3. In a controversy the instant we feel anger we have already ceased striving for the truth, and have begun striving for ourselves. Carlyle Thomas - 4. Every violation of truth is not only a sort of suicide in the liar, but is a stab at the heart of human society. Ralph W. Emerson - 5. But no one has a right to coerce others to act according to his own view of truth. Mahatma Gandhi - 6. When one experiences truth, the madness of finding fault with others disappears. S. N. Goenka - 7. How then shall we know the Truth? How shall we rend the veils of untruth away? Abide thou by His Will, and make thine own, His will. O Nanak, that is written in thy heart. Guru Nanak - 8. We lie in the lap of immense intelligence, which makes us receivers of its truth and organs of its activity. When we discern justice, when we discern truth, we do nothing of ourselves, but allow a passage to its bearings. Ralph W. Emerson - 9. Religion is just a path for finding truth. Religion is not truth. It is just a path. And different people follow different paths. Anita Moorjani - 10. The only way we can ever get through to the truth is by finding out what we are not. We do that by looking, by observation. Barry Long - 11. The world is so immersed in ignorance that it has no capacity to assess the value of spiritual Truth. Meher Baba - SPARKS OF THE TRUTH - 12. The unpardonable sin is to knowingly and wilfully reject spiritual truth when it becomes manifest in the heart. Franz Hartmann
Do understand that you are destined for enlightenment. Co-operate with your destiny, don't go against it; don't thwart it. Allow it to fulfill itself. Nisargadatta Maharaj - I AM THAT IN the divine scales, vice and virtue are necessary experiences man goes through before attaining the supreme balance of Self-realization, which is beyond all appetites - good and bad, feel, desire. It is a delusion, a delusion after all, www.warningforseamen.info

Thus the function of man is knowledge and self-knowledge. But without understanding 'man' as a whole, it is impossible to understand his function. P. D. Ouspensky - TERTIUM ORGANUM

1. Talk as much philosophy as you please, worship as many gods as you like, observe all ceremonies, sing devoted praises to any number of divine beings - liberations never comes, without realization of Oneness of Self. Shankara - 2. Enlightenment is perfectly realized neither by the body nor by the mind. Enlightenment is the eradication of all marks. Vimalakirti - VIMALAKIRTI NIRDESA SUTRA - 3. There is no way to the acquisition of spiritual power except by that inward illumination and enlightenment which is the realization of spiritual principles, and those principles can only be realized by constant practice and application. James Allen - 4. The Cosmic Mind, being not limited by the ego, has nothing separate from itself and is therefore only aware. This is what the Bible means by "I am that I am." Ramana Maharshi - 5. The Masters accept that Buddha represents the Way to Enlightenment, but they clearly set forth that Christ is Enlightenment, or a state of consciousness for which we are all seeking - the Christ light of every individual, therefore, the light of every child that is born into the world. Baird T. Spalding - 6. Only in the human form is it possible for life to attain its final goal, which is to realize the all-pervading and infinite Divinity. Meher Baba - 7. The beginning of realization that you are not "the thinker". The moment you start watching the thinker, a higher level of consciousness becomes activated. Eckhart Tolle - THE POWER OF NOW - A Guide to Spiritual Enlightenment - 8. When in Samadhi the mind ceases to discriminate and there is only perfect and love-filled imageressence, then an inscrutable "turning-about" will take place in the innermost consciousness and one will have attained self-realization of Noble Wisdom, that is the highest Prajna-Paramita Buddha.

Suffering is common to all humanity the ending of suffering means Love. J. Krishnamurti
A generous heart, kind speech, and a life of service and compassion are the things that renew humanity. Buddha

Realization is not acquisition of anything new nor is it a new faculty. It is only removal of all camouflage. Ramana Maharshi

... by asking a series of questions, stimulate the other to think, and so cause him to learn for himself. Socrates.

Extracts:

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Free from desire, you realize

Across 16. Quote - Anthony de Mello
1. Quote no. - 5
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4. Quote - Meher Baba
10. Quote no. - 4

Sense-happiness is not the goal of

Politics is war without bloodshed, while war is politics with bloodshed. Mao Zedong
There seems to be nothing to prevent the transnational corporations taking possession of the planet and subjecting humanity to the dictatorship of capital. Christian La Brie

1. Children are human beings to whom respect is due, superior to us by reason of their innocence and of the greater possibilities of their future. Maria Montessori - 2. We need leaders not in love with money but in love with justice. Not in love with publicity but in love with humanity. Martin Luther King, Jr. - 3. There is enough for all, provided all share. Only a selfless society based on sharing can be stable and happy. Nisargadatta Maharaj - I AM THAT - 4. Solidarity is based on the principle that we are willing to put ourselves at risk to protect each other. Starhawk - 5. I ask you to drop your antagonisms and your antipathies, your hatreds and your racial differences, and attempt to think in terms of the one family, the one life, and the one humanity. Alice Bailey - SERVING HUMANITY - 6. Dividing Humanity religiously, or into nationalities, and so on, has created havoc in the world. J. Krishnamurti - THE FUTURE OF HUMANITY - 7. The Earth must be free - free of all the clutter and debris that humankind has strewn upon her face - free of all the negative and cruel energies she has been made to endure. Chief - While Eagle - THE QUIET MIND - 8. It is time men stopped the butchering of men. The sun and moon and stars are silent, their ranks to carry on the common task. Distinguished is the task, but sweet the victory. All else is tithe and empty in comparison. Yea, it is time. But few only shall heed. The others must await another call - another dawn. Nisargadatta Maharaj - THE BOOK OF MIRACLES

Love and serve all humanity. Babaji
Our first business is to establish our communal system on a firm spiritual, secondly on a firm economical foundation... Aurobindo Ghose

Our present economic, social and international arrangements are based, in large measure, upon organized lovelessness. Aldous Huxley

The great enemy of freedom is the alignment of power with wealth. Wendell Berry

We can and must respond creatively to the triple crisis and simultaneously overcome dehumanization, economic inequality and ecological catastrophe. Vandana Shiva

Economics, society, and government must evolve if they are to remain. Static conditions on an evolutionary world are indicative of decay. THE URANTIA BOOK

1. Let us learn the meaning of economy. Economy is a high, humane office, a sacrament, when its aim is grand; when it is the prudence of simple tastes, when it is practiced for freedom, or love, or devotion. Much of the economy which we see in houses, is of a base origin, and is best kept out of sight. Ralph W. Emerson - 2. Money is far too important to be left in the hands of bankers and of establishment economists and financiers. Murray N. Rothbard - 3. You talk so much of reforms: economic, social, political. Leave alone the reforms and mind the reformer. What kind of world can a man create who is stupid, greedy, heartless? - I AM THAT - Nisargadatta Maharaj - 4. It is only as our religions cease being negative and exclusive that our science-technology and our political economy can also become more human. Paulos Mar-Gregorios - 5. Economic adjustment is impossible unless people realize that there can be no planned and co-operative action in economic matters until self-interest gives place to self-giving love. Otherwise, with the best of equipment and efficiency in the material spheres, humanity cannot avoid conflict and insufficiency. Meher Baba - 6. This never-ending effort for a proper economic adjustment must continue at all times with a view to assisting the spiritual, mental and physical evolution of human beings and also to let humanity develop a cosmic sentiment for a cosmic ideal and world fraternity. P. R. Sarkar - 7. True economics is the economics of justice. People will be happy in so far as they learn to do justice and be righteous. All else is not only vain but leads straight to destruction. Mahatma Gandhi - UNTO THIS LAST - A Paraphrase (UNTO THIS LAST by John Ruskin)

You owe right living not only to humanity, but to yourself. Peace Pilgrim

Love lives on in the light of truth. Kathy O'Brien Phillips

Mighty little force is needed to control a man who has been hoodwinked in this fashion; contrariwise, no amount of force can control a man, whose mind is free. Robert Heinlein

Politicians are masters of the art of deceiving people. Joseph Stalin

Many people other lie because they are insecure. George Orwell

Rise above the deceptions and temptations of the mind. This is your duty. Your are born for this only; all other duties are created and self-imposed owing to ignorance. Swami Sivanananda

The fundamental factor of self-deception is this constant desire to be something in the world and in the world hereafter. J. Krishnamurti

Of all forms of deception self-deception is the most deadly, and all deceived persons the least likely to discover the fraud. Aiden Wilson Tozer

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15. Quote - Martin L. Gross
16. Quote - R. Maharshi
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To act from desire and fear is bondage, to act from love is freedom. Nisargadatta Maharaj 1897-1981 - I AM THAT

True freedom is worth the sacrifice of self, true freedom is won and lost in the heart. Mikhail Naimy

Only spiritual freedom is absolute and unlimited; when it is won through persistent effort, it is won forever. It is only in spiritual freedom that one can have enduring happiness and unhampered self-knowledge. Meher Baba

Truth is nobody's property; no race, no individual can lay exclusive claim to it. Truth is the nature of all souls. Swami Vivekananda

Truth is not a formal belief; it is an unselfish, holy, and aspiring heart, and he who has Truth is at peace with all, and cherishes all with thoughts of love. James Allen - THE WAY OF PEACE

The way of peace is the way of love. Peace Pilgrim

Love and serve all humanity. Perfect your love. Babaji

In true love you attain freedom. Thich Nhat Hanh
If there is to be the resurrection of humanity, the heart of man will have to be unlocked so that a new love is born into it - a love which shall know no corruption and which shall be entirely free from individual or collective greed. Meher Baba

The final test of religion, is not religiousness, but love. Henry Drummond 1851–1897 - LOVE THE GREATEST THING IN THE WORLD Religion may deviate from its true aim, it may serve earthly interests and aims.

A man who is caught up in the pursuits of exploitation, of greed, of envy, can never love. J. Krishnamurti There is a sufficiency in the world for man's need but not for man's greed. Mahatma Gandhi

Hypocrisy in our day is supported on two sides: by false religion and by false science. Leo Tolstoy Sectarianism is a perverse form of worldliness in the disguise of religion. R. Tagore

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1. A love without materialism, a love without greed. Rabindranath Tagore

2. He who is pure, the nothing can destroy him; he who has conquered greed, nothing can limit his freedom. Buddha

3. Non-violence is the supreme religion. Mahavira

4. Perfect love is rare. Indeed. Leo Buscaglia

5. There is no Religion higher than Truth. H. P. Blavatsky

6. There is no greater disaster than greed. Lao Tzu - TAO TE CHING

Dare to love God without mediator or veil. The relations of the soul to the divine spirit are so pure, that it is profane to seek to interpose helps. Ralph Emerson

1. I love a people who keep the commandments without ever having read or heard them preached from the pulpit ... and who are free from religious animosities. George Catin, lived among 45 Indian tribes - 2. Religions have opposed female freedom and taught inferiority and subjection; these superstitions perpetuate bondage. Elizabeth C. Stanton - 3. Recorded religions are mere heaps of verbiage. Religions show their true face in action, in sin and action. Nisargadatta Maharaj - I AM THAT - 4. Of course, in religion, too, we have made a mess of things. We have made religion an instrument of our greed for political power and for economic advantage. Paulos Mar Gregorios - 5. Names, religions, personalities pass away, but the Law of Love remains. James Allen - THE WAY TO PEACE - 6. The man who feels the marvels of true love abandons his religion and nation. Yunus Emre 1240-1303 - 7. Those institutions which are static in their nature raise walls of division; this is why, in the history of religions, priesthood has always maintained dissensions and hindered the freedom of man. Rabindranath Tagore - 8. Love in its essence is spiritual fire. Religion is regarded by the common people as true, by the wise as false, and by the rulers as useful. L. A. Seneca - 9. The religious man always thinks that his zeal for making converts is a virtue. It is not a virtue at all, but a vice, because this zeal is due to his egoism. K. Lakshmima Sarasma - 10. Pure love is the best discipline. Meher Baba - GOD SPEAKS - 11. In every religion there is love, yet love has no religion. Jalaluddin Rumi - 12. Real religion that emoive feeling for Truth and beauty, can flourish in the absence of an idolatrous theology. Aldous Huxley - 13. Let us try to make things simpler and bring about the golden days when every man will be a washerman, and the REALITY in every man will be the object of worship. Swami Vivekananda - 14. In contact with the flux of cosmic consciousness all religions known and named today will be melted down. Richard Maurice Bucke - COSMIC CONSCIOUSNESS

The intolerant and condescending, live on the smallest measure of truth. James Allen

The final test of religion, is not religiousness, but love. Henry Drummond 1851–1897 - LOVE THE GREATEST THING IN THE WORLD Religion may deviate from its true aim, it may serve earthly interests and aims.

Take heed and beware of covetousness, for one's life does not consist in the abundance of the things he possesses. Jesus - LU. 12:15

There is no greater disaster than greed. Lao Tzu - TAO TE CHING

Your mission is proving that a love for the earth, and for the things of the earth, is possible without materialism, a love without greed. Rabindranath Tagore

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What love is not and what is
Only a few people in millions know what true love is. Omraam Mikhaël Aîvanhov

Look for number of row and letter in column and get words for quotation. Example: 1AD = Love

What love is not and what is

Love your enemies. Do good to them which hate you. Whosoever smiteth thee on one cheek, let him smite thee also on the other.
Jesus

Love

In true love, you attain freedom. Thich Nhath Hanh

Pure love brought the universe into being. Annie Besant

Do not seek perfection in a changing world. Instead, love. Buddha

1. Deepak Chopra - 1EN.AD.OP EN.OV. - THE POWER OF LOVE IS THE POWER OF PURITY.
2. THE URANTIA BOOK - 2AC, 1AD, 4W, 20R, 4W, 25Y, 4W, 3AK, 4W, 3LQ, 4AJW, KV, 5AJ
4W, 9MR, 3RZ, 4W, 6AS: - LOVE IS THE HIGHEST MOTIVATION WHICH MAN MAY UTILIZE IN HIS UNIVERSE ASCENT.
3. Indian chief - White Eagle - THE QUITE MIND - 5SZ, 6TY, 7AZ, 4W, 8AZ, 1AD, 4W, 8JL, 9AL
4W, 9MU, 10AZ, 9VZ, 10PZ: - AD: - BEAR IN MIND THAT LOVE DIVORCED FROM WISDOM IS NO LONGER LOVE.
4. Meher Baba - 11AJ, 10PR, 1EG, 11VZ, 6Z, FG, 7KL, 12AD, 2LM, 12EL, 10PR, 12MZ
5. Mahatma Gandhi - 13AW, 14AR,
6. J. Krishnamurti - 14SZ, 15AN, 1OP, WZ, AD, 4W, 1AD, OP
7. Ramana Maharashi - 1879-1950 - 1OP, WZ, EG, 15OT, 1MN, 7VZ, 1AD:
8. Annemarie Wächtler - 16AK, 1AD, 16LP, 7AB, 16QY
9. Eckhart Tolle - 15UY, 1AD, 17AM, 14AF.
10. Percy Bysshe Shelley - 17NT, 18AG, 10P, 18HN, 2Z, 1TU, OP, 18OZ, 19AT, 4W, 20AH, 4W
12. James Allen - 19UJ, 1EG, 6BG, 1MN, 13JM, 1AD, 22AN, 4W, 22Q, 20TY, 4W, 3AC, 23AL,
13. Swami Rama - 3NQ, 23UZ, 24AU, 25AI, 4W, 24WZ, 22WZ, 25JM, TV, 26AH, 25NS, 4Y, 3NQ
25TW, 24WZ, 26Y, 6TY, 25Y, 1Z, 1AD, 261: - ONLY AFTER RISING ABOVE EGOCENTRIC AWARENESS.
14. J. Krishnamurti - 19DF, 27AZ, 28AL, 1OP, WZ, AD: - SEEING IS THE ACT OF LOVE ...
15. Meher Baba - 28MT, 1AD, 24WY, 1WZ, 2ST, 29AP, 25OP, 24WZ, 2ST, 29QY, 14SZ, 1AD, 13HM,
16. Nypanonika Thera - 30AP, 2Z, 30QT, ST, 1EG, 31AG, 1AD,
17. Mikhail Naimy - THE BOOK OF MIRJAD - 1AD, 19AH, 31OR, 20IK, 31SW, 28MO, 30VZ, 31JK
17UZ, NP, 26IK, 62, 30AC, VZ, 31JK, 28UZ, 4W, 31JK, 28UZ, 17NP, 26IK, - LOVE NEITHER LENDS NOR BORROWS.

But if you still want to find out, you will see that fear is not love, dependence is not love, jealousy is not love, possessiveness and domination are not love, responsibility and duty are not love, self-pity is not love, the agony of not being loved is not love, love is not the opposite of hate any more than humility is the opposite of vanity. J. Krishnamurti

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