

**Keep looking at the bandaged place.  
That's where the Light enters you.**

**Rumi**

## ***Clearing***

Do not try to save  
the whole world  
or do anything grandiose.  
Instead, create  
a clearing  
in the dense forest  
of your life  
and wait there  
patiently,  
until the song  
that is your life  
falls into your own cupped hands  
and you recognize and greet it.  
Only then will you know  
how to give yourself to this world  
so worthy of rescue.

**Martha Postlethwaite**

**Namaste**

**The light in me  
sees and honors  
the light inside you.**

**Wisdom begins with finding  
the correct name for things.**

**Chinese Proverb**

**Fear is the cheapest room in the house.  
I'd like to see you in better living conditions.**

**Hafiz**

**In the beginners mind,  
there are many possibilities,  
in the expert's mind there are few.**

**Shunryu Suzuki**

## ***Compassion***

Have compassion for everyone you meet,  
even if they don't want it. What seems conceit,  
bad manners, or cynicism is always a sign  
of things no ears have heard, no eyes have seen.  
You do not know what wars are going on  
down there where the spirit meets the bone.

**From *The Ways We Touch: Poems*  
by Miller Williams**

You do not have to be good.  
You do not have to walk on your knees  
for a hundred miles through the desert repenting.  
You only have to let the soft animal of your body  
love what it loves.

**From *Wild Geese*  
by Mary Oliver**



**Rest is the conversation between  
what we love to do and how we love to be.**

**To rest is not self indulgent, to rest is to  
prepare to give the best of ourselves,  
and perhaps, most importantly, arrive at  
a place where we are able to understand  
what we have already been given.**

**Rested, we are ready for the world but  
not held hostage by it. Rested, we care again  
for the right things and the right people  
in the right way.**

**One of our greatest freedoms is how  
we react to things. Being kind to yourself  
is one of the greatest kindnesses. We often  
wait for kindness, but being kind to yourself  
can start now.**

**From Consolations:  
The Solace, Nourishment and  
Underlying Meaning of Everyday Words  
by David Whyte**