Food for the Soul

Words of Wisdom for Contemplation or Reflection

Compiled by Cynthia Overweg

Sometimes sitting quietly and reading a few insightful words helps us enter a dimension of quietude that nurtures our whole being. It's not the words alone that nurture us, but rather it's the truth underneath them. It's like hearing the sound of a bell.

Before reading what is on the next page, my suggestion is to first sit in a relaxed way in a quiet location, close your eyes, relax your shoulders, and take a few conscious breaths. When we are relaxed and the mind is quiet, we are more available to what these wise words offer.

Begin by reading one of the quoted insights and then take a moment to feel how it affects you. Tune-in by listening to your own inner response without judging it. Stay with that for awhile before moving on to the next one. Some of these quoted insights will resonate more than others. If you have one or more favorites, you can return to it later and reflect deeper.

I did not include commentary because these quotes speak for themselves. Whether they ring true in your heart or not, the simple practice of bringing attention to the feelings, thoughts, questions and insights that arise helps us deepen our understanding of ourselves and our shared humanity. Enjoy your contemplation and inquiry! *Warm Wishes, Cynthia*

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(Suggestion: Read and reflect on each insight one at a time)

**"Darkness cannot drive out darkness; only light can do that.
Hate cannot drive out hate; only love can do that."**

Martin Luther King, Jr.

"The mind creates the abyss, the heart crosses it."

Nisargadatta Maharaj

**"If the world is to be healed through human efforts,
I am convinced it will be by ordinary people,
people whose love for this life is even greater than their fear."**

Joanna Macy

“Even the darkest night will end, and the sun will rise.”

Victor Hugo

**“If you think you are too small to make a difference,
try living with a mosquito.”**

The Dalai Lama

**“The best days of my life were when I could spend hours in the
rainforest and learn how everything is interconnected
in this wonderful tapestry of life.”**

Jane Goodall

**“Only when we know our own darkness well can we be present with the darkness of others.
Compassion becomes real when we recognize
our shared humanity.”**

Pema Chodron

**“When I understand myself, I understand you
and out of that understanding comes love.”**

J. Krishnamurti

**“We are placed on this earth for a little space of time
to learn to bear the beams of Love.”**

Attributed to William Blake

**“In a conflict between the heart and the brain,
follow your heart.”**

Vivekananda

“Our goodness derives not from our capacity to think, but to love.”

Teresa of Avila

**“Awakening begins when a man realizes that he is going nowhere
and does not know where to go.”**

G.I. Gurdjieff

**“For millions of years you have slept.
This morning, will you not wake?”**

Kabir