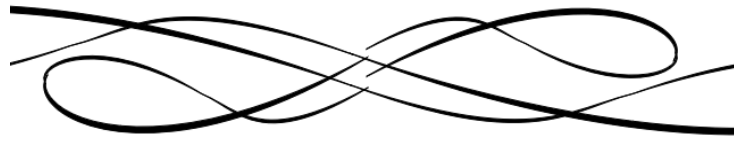


*My Favorite
Pearls of Wisdom*



Preface



This book was written to share many of my favorite stories and quotes.

Perhaps one will resonate deeply within you and help to untangle a knot in your head or help you see life with a new lens.

My hope is that it will lead you on your own inward journey to unwrapping your heart and feeling less scared.

Enjoy!

Eileen

The Guest House *by Rumi*

Every morning a new arrival.

A joy, a depression, a meanness, some momentary awareness comes as an unexpected visitor.

Welcome and entertain them all! Even if they're a crowd of sorrows,

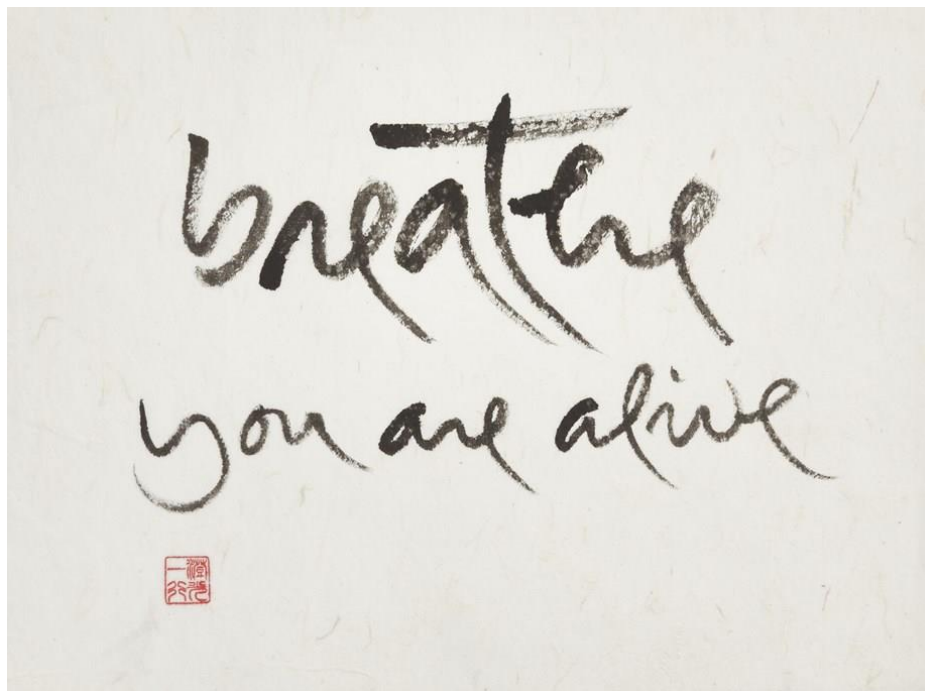
Who violently sweep your house empty of its furniture.

Still, treat each guest honorably.

He may be clearing you out for some new delight.

The dark thought, the shame, the malice, meet them at the door laughing, and invite them in.

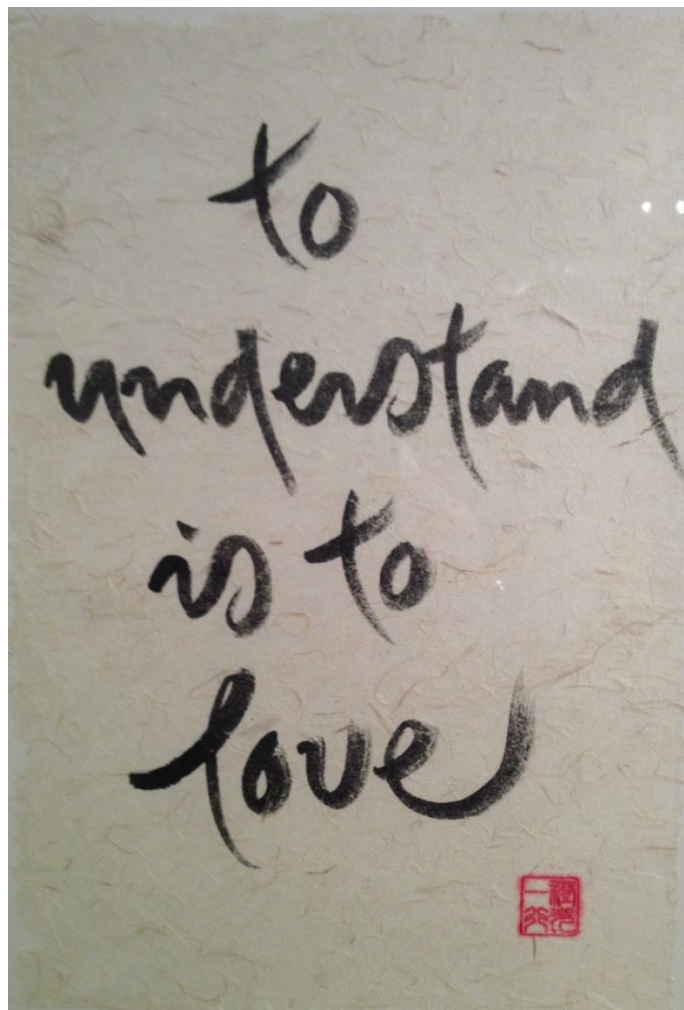
Be grateful for whoever comes, because each has been sent as a guide from beyond.



To the mind that is still, the whole universe surrenders.

~ Buddha ~

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.



Lost by David Wagoner

*A native American Elder was asked,
“What shall we do if we get lost?”*

Stand still. The trees before you and the bushes beside you are not lost.

Wherever you are is a place called here,
and you must treat it as a powerful stranger
both asking to know and be known.

Listen. The forest whispers,
“I have made this place, you can leave and return once again
saying, here.”

No two trees are the same to Raven,
no two branches the same to Wren.

If what a tree or a branch does is lost on you,
you are truly lost.

Stand still. Listen.

The forest knows where you are.

Let it find you.



"The most beautiful things in the world cannot be seen or touched; they are felt with the heart."

~ Antoine de Saint-Exupéry, The Little Prince



"A human being is part of a whole, called by us the 'Universe'—a part limited in time and space. He experiences himself, his thoughts, and feelings, as something separated from the rest—a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circles of compassion to embrace all living creatures and the whole of nature in its beauty." ~ Einstein ~

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 ~

To perceive the world differently, we must be willing to change our belief system, let the past slip away, expand our sense of now, and dissolve the fear in our mind. ~ William James ~

*“Simplicity, patience, compassion.
These three are your greatest treasures.
Simple in actions and thoughts, you return to the source of
being.*

*Patient with both friends and enemies,
you accord with the way things are.*

*Compassionate toward yourself,
you reconcile all beings in the world.”*

~ Lao Tzu ~

*“Knowing others is intelligence;
knowing yourself is true wisdom.
Mastering others is strength;
mastering yourself is true power.”*

~ Lao Tzu ~



*“Those who know do not speak. Those who speak do not
know.” ~ Lao Tzu ~*

*“A man with outward courage dares to die; a man with
inner courage dares to live.” ~ Lao Tzu ~*

*“Do you have the patience to wait until your mud settles
and the water is clear?” ~ Lao Tzu ~*

There is a story they tell of two dogs....

Both dogs, at separate times, walk into the same room. One comes out wagging his tail while the other comes out growling.

A woman watching this goes into the room to see what could possibly make one dog so happy and the other so mad. To her surprise she finds a room filled with mirrors.

The happy dog found a thousand happy dogs looking back at him while the angry dog saw only angry dogs growling back at him. What you see in the world around you is a reflection of who you are.

A BAG OF NAILS

Once upon a time there was a little boy with a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, he should hammer a nail in the fence.

The first day the boy had driven 37 nails into the fence. But gradually, the number of daily nails dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence.

Finally the first day came when the boy didn't lose his temper at all. He proudly told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper. The days passed and the young boy was finally able to tell his father that all the nails were gone.

The father took his son by the hand and led him to the fence. "You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out, it won't matter how many times you say 'I'm sorry', the wound is still there."

Birdfoots' Grandpa by Joseph Bruchac

The old man
must have stopped our car
two dozen times to climb out
and gather into his hands
the small toads blinded
by our lights and leaping,
live drops of rain.

The rain was falling,
a mist about his white hair
and I kept saying
You can't save them all
accept it, get back in
we've got places to go.

But, leathery hands full
of wet brown life
knee deep in summer
roadside grass,
he just smiled and said:
"They have places to go too."

Didn't mind stopping 24 times

Didn't mind getting wet to save the toads

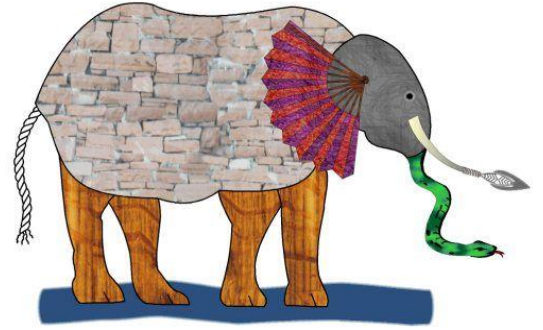
Didn't mind the impatience of his grandson

It was very clear in his mind that the toads had as much of a
desire to live as he did.

THE BLIND MEN AND THE ELEPHANT

~ by John Godfrey Saxe's (1816-1887) version of the Indian legend

It was six men of Indostan
To learning much inclined,
Who went to see the Elephant
(Though all of them were blind),
That each by observation
Might satisfy his mind.



The First approach'd the Elephant,
And happening to fall
Against his broad and sturdy side,
At once began to bawl:
"God bless me! but the Elephant
Is very like a wall!"

The Second, feeling of the tusk,
Cried, -"Ho! what have we here
So very round and smooth and sharp?
To me 'tis mighty clear
This wonder of an Elephant
Is very like a spear!"

The Third approached the animal,
And happening to take
The squirming trunk within his hands,
Thus boldly up and spake:
"I see," quoth he, "the Elephant
Is very like a snake!"

The Fourth reached out his eager hand,
And felt about the knee.
"What most this wondrous beast is like
Is mighty plain," quoth he,

"'Tis clear enough the Elephant
Is very like a tree!"

The Fifth, who chanced to touch the ear,
Said: "E'en the blindest man
Can tell what this resembles most;
Deny the fact who can,
This marvel of an Elephant
Is very like a fan!"

The Sixth no sooner had begun
About the beast to grope,
Then, seizing on the swinging tail
That fell within his scope,
"I see," quoth he, "the Elephant
Is very like a rope!"

And so these men of Indostan
Disputed loud and long,
Each in his own opinion
Exceeding stiff and strong,
Though each was partly in the right,
And all were in the wrong!

MORAL.

So oft in theologic wars,
The disputants, I ween,
Rail on in utter ignorance
Of what each other mean,
And prate about an Elephant
Not one of them has seen!

Life by *Eileen Shaw*

What makes a life have meaning
is found in each moment.

Living life requires attention.

When we are able to be in the present moment,
being with the pleasant and the unpleasant,
then we are able to live life fully.

Remembering to pause.....
Discovering who we are.



“The practice of forgiveness is very much like the practice of meditation. You have to do it often and persist at it in order to be any good.” ~ Katerina Stoykova Klemmer ~



“Quiet the mind, and the soul will speak.”
~ Ma Jaya Sati Bhagavati ~



“Between stimulus and response, there's a tiny pause, and in that space is your ability to choose. It's your freedom”.
~ Victor Frankl ~

“You must live in the present,
launch yourself on every wave,
find your eternity in each moment.
Fools stand on their island opportunities
and look toward another land.
There is no other land,
there is no other life but this.” ~ Henry David Thoreau~



“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 ~



Please Call Me by My True Names *by Thich Nhat Hanh*

Don't say that I will depart tomorrow— even today I am still arriving.

Look deeply: every second I am arriving to be a bud on a Spring branch, to be a tiny bird, with still-fragile wings, learning to sing in my new nest, to be a caterpillar in the heart of a flower, to be a jewel hiding itself in a stone.

I still arrive, in order to laugh and to cry, to fear and to hope. The rhythm of my heart is the birth and death of all that is alive.

I am a mayfly metamorphosing on the surface of the river. And I am the bird that swoops down to swallow the mayfly.

I am a frog swimming happily in the clear water of a pond. And I am the grass-snake that silently feeds itself on the frog.

I am the child in Uganda, all skin and bones, my legs as thin a bamboo sticks. And I am the arms merchant, selling deadly weapons to Uganda.

I am the twelve-year-old girl, refugee on a small boat, who throws herself into the ocean after being raped by a sea pirate. And I am the pirate, my heart not yet capable of seeing and loving.

I am a member of the politburo, with plenty of power in my hands. And I am the man who has to pay his "debt of blood" to, my people, dying slowly in a forced labor camp.

My joy is like Spring, so warm it makes flowers bloom all over the Earth. My pain is like a river of tears, so vast it fills the four oceans.

Please call me by my true names, so I can hear all my cries and laughter at once, so I can see that my joy and pain are one. Please call me by my true names, so I can wake up and the door of my heart could be left open, the door of compassion.

What Do You See?

Long ago in Korea there was a famous Zen master named Man Hak. He was a favorite of the emperor and a member of the court's inner circle.

The emperor lived a sheltered and boring life of ceremony and duties. One day he called his friends together and announced a game in which they would set aside the formality of the court and insult one another in the worst imaginable ways. The emperor, being the boss, got the first insult; then the insulted person would respond with an insult to the emperor.

Soon everyone was having a great time. Finally, the emperor turned to Zen Master Man Hak and shouted at him, "Man Hak! With your shaved head and pink jowls -- YOU LOOK LIKE A PIG!" Everyone laughed at this.

Man Hak let the laughter die down and then he put his hands together and prostrated himself in the most correct manner before the emperor.

The emperor was furious. "Man Hak, you're not playing the game! I insulted you but you didn't insult me back! What are you thinking?"

The Zen master looked directly at the emperor and said, "Pig's eye sees pig. Buddha's eye sees Buddha." Everyone laughed. Even the emperor.

This charming story makes a very serious point. Our mind shapes how we experience the world. Whatever qualities we ascribe to the world around us -- to our partner, our community, or the larger society -- most likely are our own dominant qualities.

With what kind of eyes do you see the world?

"The Beggar" by *Echkarth Tolle*

"A beggar had been sitting by the side of the road for thirty years.

One day a stranger walked by.

"Spare some change?" mumbled the beggar.

"I have nothing to give you," said the stranger. Then he asked: "What's that you're sitting on?"

"Nothing, " replied the beggar. "Just an old box. I've been sitting on it for as long as I can remember."

"Ever look inside?," asked the stranger.

"No," said the beggar. "What's the point, there's nothing in there."

"Have a look inside," insisted the stranger.

The beggar, reluctantly, managed to pry open the lid. With astonishment, disbelief, and elation, he saw that the box was filled with gold.

I am that stranger who has nothing to give you and who is telling you to look inside. Not inside any box, as in the parable, but somewhere even closer: inside yourself."

On Patience

"I remembered one morning when I discovered a cocoon in a bark of a tree, just as a butterfly was making a hole in its case and preparing to come out. I waited awhile, but it was too long appearing and I was impatient. I bent over it and breathed on it to warm it. I warmed it as quickly as I could and the miracle began to happen before my eyes, faster than life.

The case opened, the butterfly started slowly crawling out and I shall never forget my horror when I saw how its wings were folded back and crumpled; the wretched butterfly tried with its whole trembling body to unfold them. Bending over it I tried to help it with my breath. In vain.

It needed to be hatched out patiently and the unfolding of its wings should be a gradual process in the sun. Now it was too late. My breath had forced the butterfly to appear, all crumpled, before its time. It struggled desperately and, a few seconds later, died in the palm of my hand.

The little body is, I do believe, the greatest weight I have on my conscience, for I realize today that it is a mortal sin to violate the great laws of nature. We should not hurry, we should not be impatient, but we should confidently obey the eternal rhythm."

~ Zorba the Greek ~



Before you speak, let your words pass through three gates.

At the first gate, ask yourself, "Is it true?"

At the second gate ask, "Is it necessary?"

At the third gate ask, "Is it kind?"

~ Sufi Saying ~

Don't let the behavior of others destroy your inner peace.

~ Dalai Lama ~



Beauty is not in the face.... Beauty is the light in the heart.

~ Kahlil Gibran ~

Favorite Quote

A wise woman who was traveling in the mountains found a precious stone in a stream. The next day she met another traveler who was hungry, and the wise woman opened her bag to share her food. The hungry traveler saw the precious stone and asked the woman to give it to him. She did so without hesitation.

The traveler left, rejoicing in his good fortune. He knew the stone was worth enough to give him security for a lifetime.

But a few days later, he came back to return the stone to the wise woman. "I've been thinking," he said. "I know how valuable the stone is, but I give it back in hope that you can give me something even more precious. Give me what you have within you that enabled you to give me the stone."

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



"Humanity survives through kindness, love and compassion. That human beings can develop these qualities is their real blessing." ~ The Dalai Lama ~



"Go into yourself and see how deep the place is from which your life flows." ~ Rainer Maria Rilke ~



The basic principle of spiritual life is that our problems become the very place to discover wisdom and love. ~ Jack Kornfield ~



If we speak to our heart, it will always tell us the truth.
~ Jack Kornfield ~

Wild Geese by Mary Oliver

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.

Tell me about your despair, yours, and I will tell you
mine.

Meanwhile the world goes on.

Meanwhile the sun and the clear pebbles of the rain
are moving across the landscapes, over the prairies and
the deep trees, the mountains and the rivers.

Meanwhile the wild geese, high in the clean blue air,
are heading home again.

Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting -- over
and over announcing your place in the family of things.



Hokusai Says

Hokusai says look carefully.

He says pay attention, notice.

He says keep looking, stay curious. Hokusai says there is no end to seeing.

He says look forward to getting old. He says keep changing, you just get more who you really are.

He says get stuck, accept it, repeat yourself as long as it is interesting.

He says keep doing what you love.

He says keep praying.

He says every one of us is a child, every one of us is ancient.

Every one of us has a body. He says every one of us is frightened. He says every one of us has to find a way to live with fear.

He says everything is alive -- shells, buildings, people, fish, mountains, trees, wood is alive. Water is alive.

Everything has its own life. Everything lives inside us.

He says live with the world inside you.



I breathe in love with gratitude and reverence. I breathe out love without condition or expectation. Every breath is a sacred and extraordinary gift.



"If your mind is empty, it is always ready for anything; it is open to everything. In the beginner's mind there are many possibilities, in the expert's mind there are few."

~ Suzuki Roshi ~

When the solution is simple, God is answering.

~ Einstein ~

"Real wisdom is always simple."

Beginner's Mind

Once, a professor went to a Zen Master. He asked him to explain the meaning of Zen. The Master quietly poured a cup of tea. The cup was full but he continued to pour.

The professor could not stand this any longer, so he questioned the Master impatiently, "Why do you keep pouring when the cup is full?"

"I want to point out to you," the Master said, "that you are similarly attempting to understand Zen while your mind is full. First, empty your mind of preconceptions before you attempt to understand Zen."



“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We are born to make manifest the glory of God that is within us. It's not just in some of us, it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.” -Marianne Williamson

The Old Man and the Scorpion

One morning, after he had finished his meditation, the old man opened his eyes and saw a scorpion floating helplessly in the water. As the scorpion was washed closer to the tree, the old man quickly stretched himself out on one of the long roots that branched out into the river and reached out to rescue the drowning creature. As soon as he touched it, the scorpion stung him. Instinctively the man withdrew his hand. A minute later, after he had regained his balance, he stretched himself out again on the roots to save the scorpion. This time the scorpion stung him so badly with its poisonous tail that his hand became swollen and bloody and his face contorted with pain. At that moment, a passerby saw the old man stretched out on the roots struggling with the scorpion and shouted: "Hey, stupid old man, what's wrong with you? Only a fool would risk his life for the sake of an ugly, evil creature. Don't you know you could kill yourself trying to save that ungrateful scorpion?" The old man turned his head. Looking into the stranger's eyes he said calmly, "My friend, just because it is the scorpion's nature to sting, that does not change my nature to save."

TWO WOLVES

One evening an old Cherokee told his grandson about a battle that goes on inside people.

He said, "My son, the battle is between two wolves inside us all.

"One is Evil - It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

"The other is Good - It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson thought about it for a minute and then asked his grandfather:

"Which wolf wins?"

The old Cherokee simply replied, "The one you feed."



"It says go within and find wisdom".

Knowledge from science is constantly changing and evolving, over even the last 100 years our view of the world has changed immensely, but for over 6000 years the same essential truths derived from meditation that lie at the heart of all religions, that we all have an eternal soul within us that possesses infinite love, wisdom and joy has remained unchanged.

Do not believe in anything simply because you have heard it. Do not believe in anything simply because it is spoken and rumored by many. Do not believe in anything simply because it is found written in your religious books. Do not believe in anything merely on the authority of your teachers and elders. Do not believe in traditions because they have been handed down for many generations. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it.

~ Buddha ~



*There are no limitations to the self
except those you believe in.*

*Everything that irritates us about others
Can lead us to an understanding of ourselves.*

~ Carl Jung ~

*The most common way people give up their power
is by thinking they don't have any.*

~ Alice Walker ~

*Forget not that
the earth delights to feel your bare feet
and the winds long to play with your hair.*

~ Kahlil Gibran ~

*You cannot teach a man anything; you can only help him
find it within himself.*

~ Galileo ~

*Life is not about waiting for the storms to pass...
it's about learning how to dance in the rain.*

~Vivian Green ~