A Quiet Perspective

QUOTATIONS GATHERED THROUGH A LIFE



Collected by Stephen Gagnon

An illustrated collection

Preface

These are quotations that I have gathered throughout my life from many, many sources. They are quotations that stuck with me and seemed important enough to save.

The authors of the quotations are unknown, unless indicated otherwise.

Enjoy the read!

Stephen Gagnon





In the beginner's mind there are many possibilities; in the expert's mind there are few.



The mind is like a parachute. It doesn't work unless it's open.



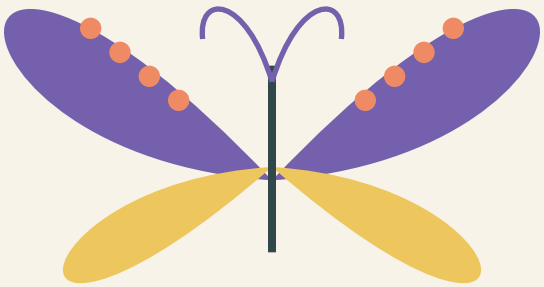
We don't see things as they are, we see them as we are.



The fool who thinks he is a fool is for that very reason a wise man; But the fool who thinks he is a wise man is rightly called a fool.



Education is when you read the fine print. Experience is what you get if you don't.



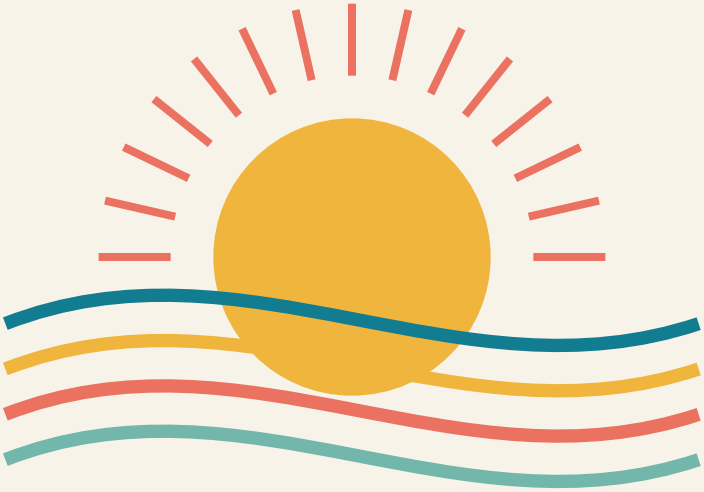
The most valuable learning is not about memorizing facts and figures. It is not about higher grade point averages and accumulating degrees. It is about life itself, and its impact is on the heart.



Materialistic knowledge can only provide a type of happiness that is dependent upon physical conditions. It cannot provide happiness that springs from inner development.



Seeing ourselves plainly, we can change, and as we do so, it brings a feeling of great relief, as if we had dropped a heavy load.



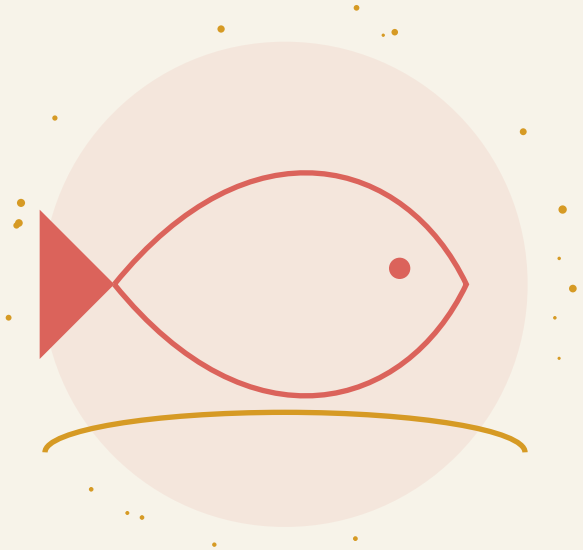
Realize that the journey to the center takes place within your own mind



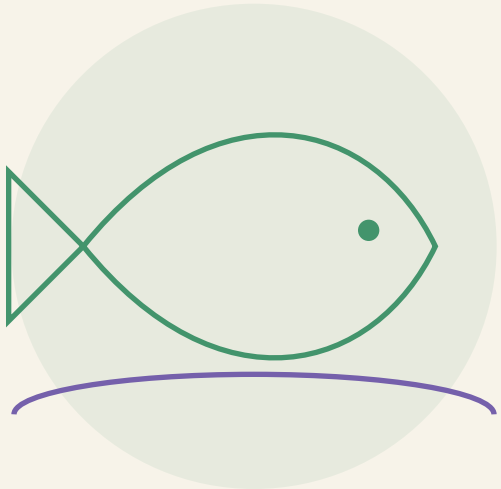
When you are deluded, you are used by your body. When you are enlightened, you use your body.



Since your mind is not physical, No one else can destroy it. But because of its attachments to the body, It is harmed by physical suffering.



This mind is like a fish out of water that thrashes and throws itself about, its thoughts following each of its cravings. Such a wandering mind is weak and unsteady, attracted here, there and everywhere. How good it is to control it and know the happiness of freedom



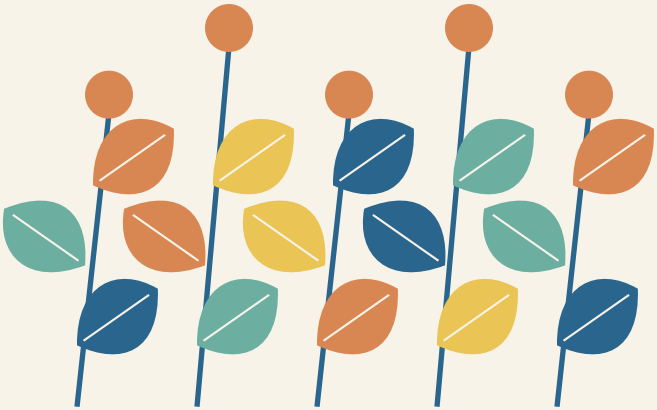
It is necessary to cultivate some discipline of mind, for an undisciplined mind always finds excuses to act selfishly and thoughtlessly. When the mind is undisciplined, the body is also undisciplined, and so is speech and action.



Therefore the practice is like a key, the key of meditation. If we have the right key in our hand, no matter how tightly the lock is closed, when we take the key and turn it the lock falls open. If we have no key we can't open the lock. We will never know what is in the trunk.



Do not underestimate your ability



Winners, I am convinced, imagine their dreams first



Always be a first-rate version of yourself, instead of a second-rate version of somebody else.



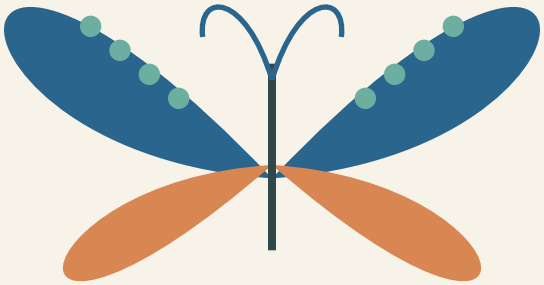
Your time is limited, so don't waste it living someone else's life. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.

— Steve Jobs



Do not follow where the path may lead. Go, instead, where there is no path and leave a trail.

— Ralph Waldo Emerson



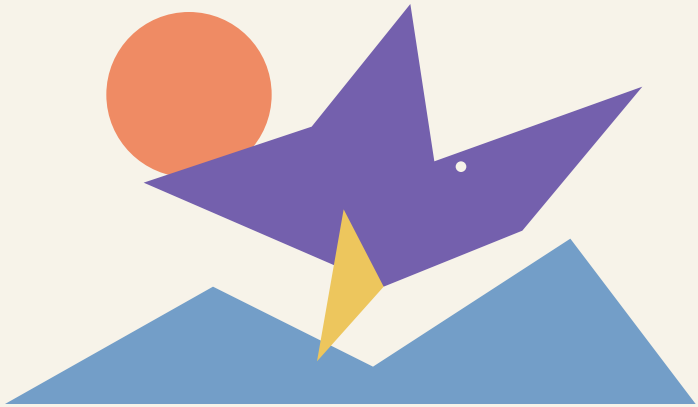
Don't be afraid to take a big step if one is indicated; you can't cross a chasm in two small jumps.

— David Lloyd George

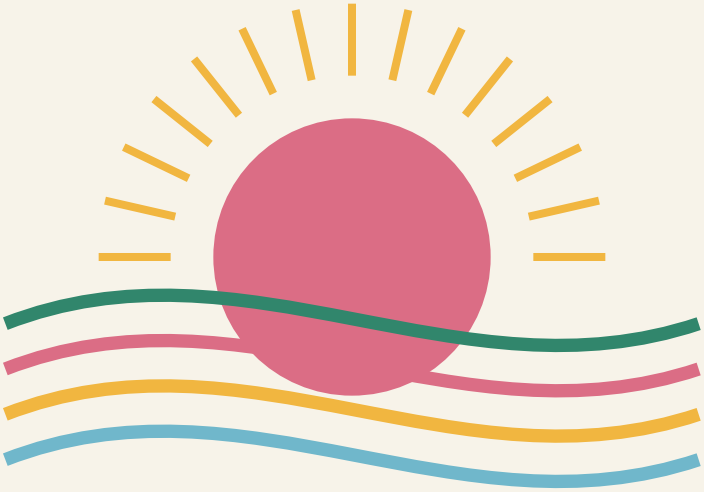


If opportunity doesn't knock, build a door.

— Milton Berle



Life responds when we risk.



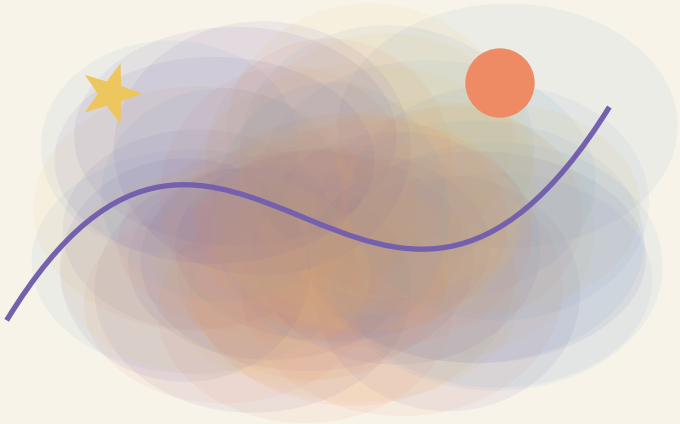
Plunge boldly into the Beyond, then be free wherever you are.



Courage is not the absence of despair. Rather it is the capacity to move ahead in spite of despair



The wishbone will never replace the backbone.



The person who says it cannot be done should not interrupt the person who is doing it



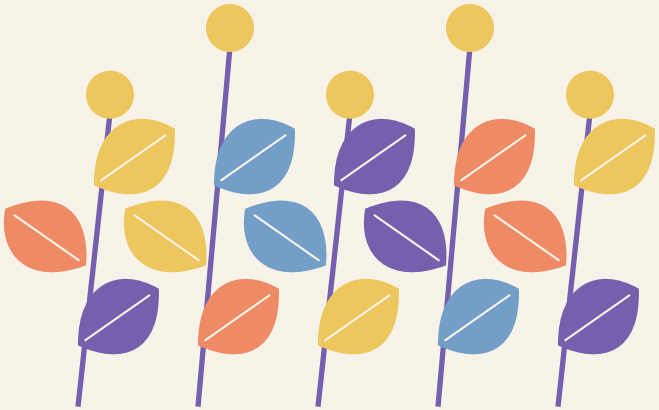
A mistake or failure shouldn't be perceived as a step backwards, but rather a pause for redirection!



When we fall on the ground it hurts us, but we also need to rely on the ground to get back up.



View all problems as challenges. Look upon negativities that arise as opportunities to learn and to grow. Don't run from them, condemn yourself, or bury your burden in saintly silence. You have a problem? Great. More grist for the mill. Rejoice, dive in, and investigate.



Don't judge each day by the harvest you reap but by the seeds that you plant



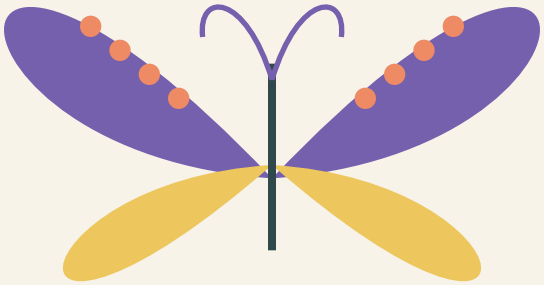
Do not go after the past, Nor lose yourself in the future. For the past no longer exists, And the future is not yet here. By looking deeply at things just as they are, In this moment, here and now, The seeker lives calmly and freely. You should be attentive today, For waiting until tomorrow is too late. Death can come and take us by surprise-- How can we gainsay it? The one who knows How to live attentively Night and day Is the one who knows The best way to be independent.



I urge you not to throw away time, for it's swift as an arrow, fast as a stream. Distraction is entirely due to lack of concentration; stupidity and blindness are caused by lack of true knowledge



What people expect to happen is always different from what actually happens. From this comes great disappointment; this is the way the world works



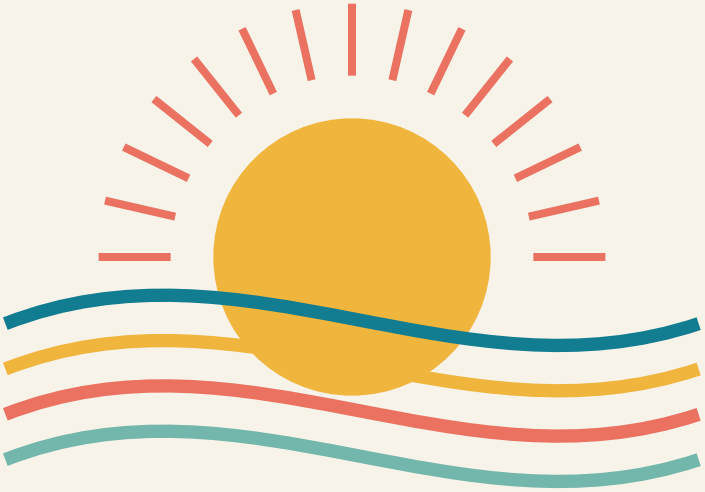
The pain, the discomfort, the sickness are what they are. We can always cope with the way life moves and changes. The mind of an enlightened human being is flexible and adaptable. The mind of the ignorant person is conditioned and fixed.



There is no pleasure without some degree of pain. There is no pain without some amount of pleasure.



There's no fire like passion, no seizure like anger, no snare like delusion, no river like craving.



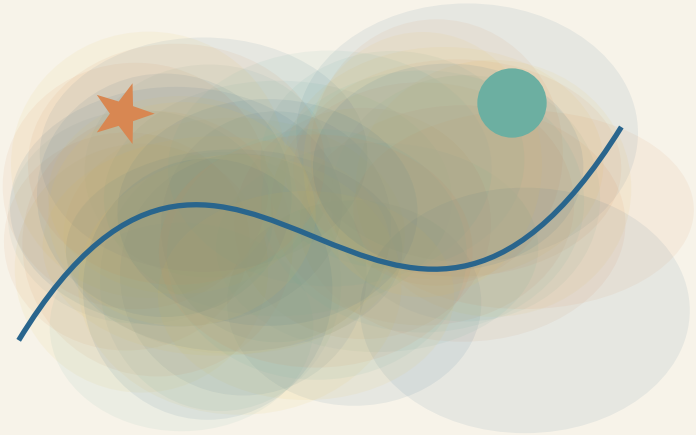
It is not that anger and desire are inherently evil or that we should feel ashamed when they arise. It is a matter of seeing them as the delusions that they are: distorted conceptions that paint a false picture of reality. They are negative because they lead to unhappiness and confusion.



We also often add to our pain and suffering by being overly sensitive, over-reacting to minor things, and sometimes taking things too personally



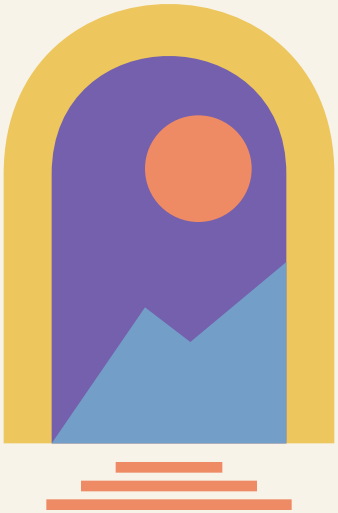
Flow with whatever may happen and let your mind be free; Stay centered by accepting whatever you are doing. This is the ultimate.



Think not of the faults of others, of what they have done or not done. Think rather of your own sins, of the things you have done or not done.



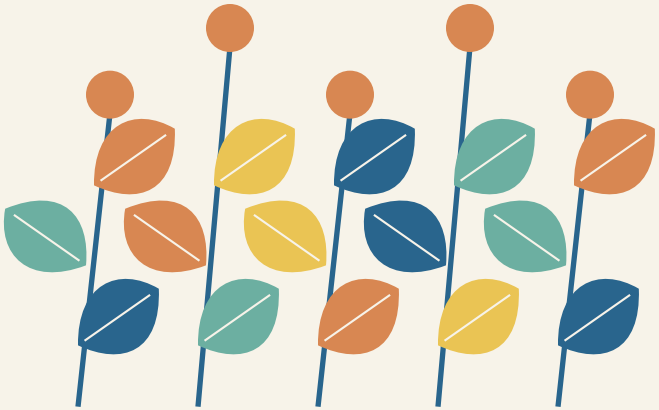
It is very important that you do not compare your actions to your partner's or judge your partner's behavior as unskillful. Rather, focus on your own actions and take responsibility for them. Recall those times when you looked into your partner's eyes and saw the pain you caused this person you love to suffer. If you can admit your own faults, if you can see how hurtful your actions were and tap into a sense of concern for your partner's well-being, then compassion and loving-friendliness will flow



There is no evil like hatred. And no fortitude like patience



When it is impossible for anger to arise within you, you find no outside enemies anywhere. An outside enemy exists only if there is anger inside



Conquer your foe by force, you increase his enmity; conquer by love, and you will reap no after-sorrow.



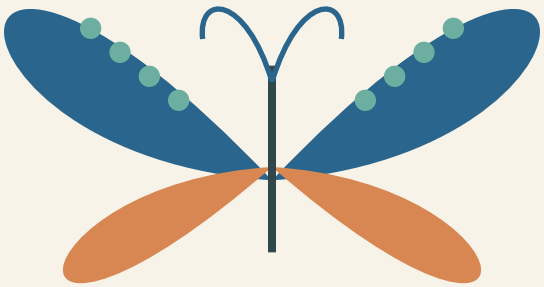
When other beings, especially those who hold a grudge against you, abuse and harm you out of envy, you should not abandon them, but hold them as objects of your greatest compassion and take care of them.



The whole world we travel with our thoughts, Finding nowhere anyone as precious as one's own self. Since each and every person is so precious to themselves Let the self-respecting harm no other being.



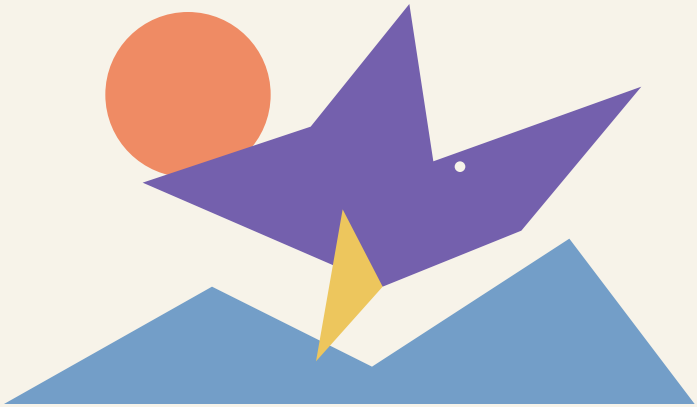
In religion there are no national boundaries. A religion can and should be used by any people or person who finds it beneficial.



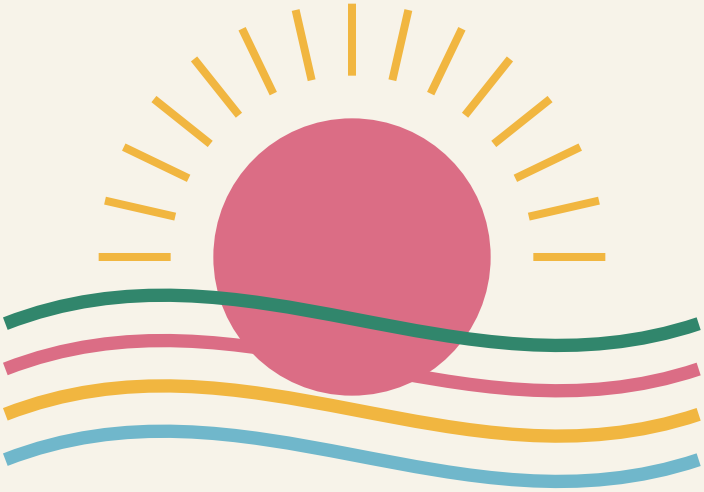
When someone asks you a question, answer him or her sincerely, and when you are not asked, do not force your teaching upon others.



Better than a thousand useless words is one word that gives peace.



When love and skill work together, expect a masterpiece



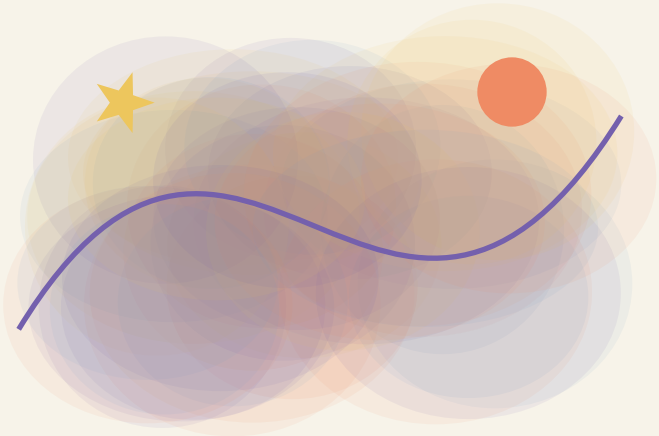
Try not to become a man of success, but rather try to become a man of value.



Generosity begins with our recognition of our debt to others.



If you want others to be happy, practice compassion. If you want to be happy, practice compassion.



Unless we practice loving feelings toward everyone we meet, day in, day out, we're missing out on the most joyous part of life. If we can actually open our hearts, there's no difficulty in being happy.



If the only prayer you ever say in your entire life is thank you, it will be enough.



With a free mind, In no debt, Enjoy what has been given to you

About this collection

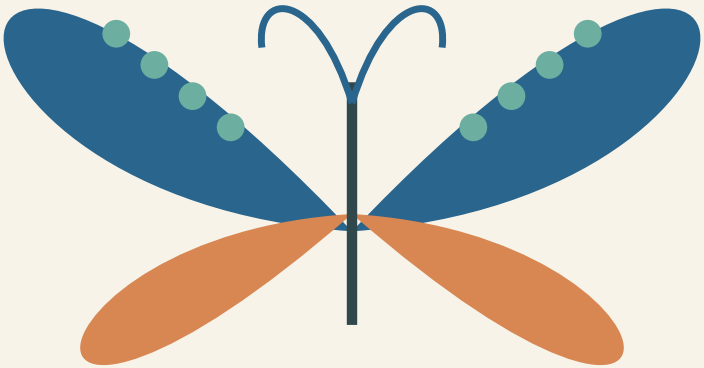
A personal collection of quotations gathered and selected by Stephen Gagnon.

The quotations are arranged from an open mind and the courage to begin toward acceptance, compassion, and gratitude. Repeated entries have been included only once.

Author names appear where they were supplied in the original documents. The wording has been retained, with spacing standardized for the page.

Illustrations created for this edition.





A Quiet Perspective

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