

"Out beyond the ideas of wrongdoing and right-doing,
There is a field. I'll meet you there.
When the soul lies down in that grass,
the world is too full to talk about.
Ideas, language, even the phrase 'each other' doesn't make any sense."
-Rumi

To be nobody but yourself
in a world which is doing its best
night and day
to make you like everybody else
means to fight the hardest battle
any human being can fight
and never stop fighting.

-- E. E. Cummings

"We believe that love isn't something you do, it's something you are. You can't stop.
And if you can't love joyfully, then you will love painfully. But love you will, because love you are.
And anyone who can love in a painful way can learn to love in any way they choose."
Cliff Barry & Mary Ellen Whalen, founders of Shadow Work

To speak of sorrow
works upon it
moves it from its
crouched place barring
the way to and from the soul's hall.

Denise Levertov

"It is no measure of health to be well adjusted to a profoundly sick society." Krishnamurti

Trauma is not the bad things that happen to you, but what happens inside you as a result of what happens to you."
Dr G Mate

"My life has not been about fixing what is broken. It has been about engaging in a loving and tender archeological dig back to my true self."
Jewel

“Only when people sense there is compassion present will people allow themselves to see the truth.”
Adama Veshamayim.

“Children don’t get traumatized because they get hurt. They get traumatized because they’re alone with their hurt.”

Dr G Mate

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Core needs of the body: safety, belonging and dignity.

Dr G Mate

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

-Galileo-

"You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete."

Buckminster Fuller

Truth, is connected to Justice through love.

It is no measure of health to be well adjusted to a profoundly sick society.

Jiddu Krishnamurti

"Whether you think you can or whether you think you can't, you're right"

Henry Ford

A problem adequately stated is a problem nearly solved.

Buckminster Fuller

Don't ask yourself what the world needs,
ask yourself what makes you come alive,
and then go do that.

Because what the world needs is
people who have come alive.

~ Harold Thurman Whitman

"And the day came when the risk it took to remain tight in a bud
was more painful than the risk it took to blossom."

-Anais Nin

Dream Deferred

What happens to a dream deferred?

Does it dry up

Like a raisin in the sun?

Or fester like a sore--

And then run?

Does it stink like rotten meat?

Or crust and sugar over--

like a syrupy sweet?

Maybe it just sags

like a heavy load.

Or does it explode?

Langston Hughes

Ideology

Some people tell me they are proud to have found an ideology.

I'm quite pleased to inform them that an ideology is the exact opposite of an imagination.

An ideology is what you wind up with when you cannot think for yourself or find your own doors of imagination.

Ideology is a default position, once the mind has given up all hope of intelligence.

Michael Mead

Has Anyone Seen The Boy?

Has anyone seen the boy who used to come here?
Round-faced trouble-maker,
quick to find a joke, slow to be serious,
red shirt,
perfect coordination,
sly,
strong muscled, with things always in his pocket:
reed flute, worn pick, polished and ready for his Talent

You know that one.
Have you heard stories about him?
Pharoah and the whole Egyptian world collapsed for such a Joseph.
I'd gladly spend years getting word of him,
even third or fourth hand.

~Rumi

"Rag and Bone Shop of the Heart" edited by Robert Bly on p. 13.

Our Deepest Fear

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 does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure about you. We are all meant to shine, as children do. We were born to 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

A Ritual To Read To Each Other

If you don't know the kind of person I am
and I don't know the kind of person you are
a pattern that others made may prevail in the world
and following the wrong god home we may miss our star.

For there is many a small betrayal in the mind,
a shrug that lets the fragile sequence break
sending with shouts the horrible errors of childhood
storming out to play through the broken dyke.

And as elephants parade holding each elephant's tail,
but if one wanders the circus won't find the park,
I call it cruel and maybe the root of all cruelty
to know what occurs but not recognize the fact.

And so I appeal to a voice, to something shadowy,
a remote important region in all who talk:
though we could fool each other, we should consider--
lest the parade of our mutual life get lost in the dark.

For it is important that awake people be awake,
or a breaking line may discourage them back to sleep;
the signals we give--yes or no, or maybe--
should be clear: the darkness around us is deep.
William Stafford

~ Mentoring is a brain to pick, an ear to listen, and a push in the right direction. ~

[John Crosby](#)

~ We make a living by what we get, we make a life by what we give. ~

[Winston Churchill](#)

~ Do not wait for leaders; do it alone, person to person. ~

[Mother Teresa](#)

~ Be the change you want to see in the world. ~

[Gandhi](#)

~ One thing I know; the only ones among you who will be really happy are those who will have sought and found how to serve. ~

[Albert Schweitzer](#)

~ One of things I keep learning is that the secret of being happy is doing things for other people. ~

[Dick Gregory](#)

~ You cannot do a kindness too soon, for you never know how soon it will be too late. ~

[Ralph Waldo Emerson](#)

~ I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel. ~

[Maya Angelou](#)

~ The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves. ~

[Helen Keller](#)

~ In every art beginners must start with models of those who have practiced the same art before them. And it is not only a matter of looking at the drawings, paintings, musical compositions, and poems that have been and are being created; it is a matter of being drawn into the individual work of art, of realizing that it has been made by a real human being, and trying to discover the secret of its creation. ~

[Ruth Whitman](#)