

## SPIRIT-LIFTING QUOTES

"You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us. And the world will live as one."

— John Lennon

"When we love, we always strive to become better than we are. When we strive to become better than we are, everything around us becomes better too."

— Paulo Coelho, *The Alchemist*

"Hold fast to dreams,  
For if dreams die  
Life is a broken-winged bird,  
That cannot fly."  
— Langston Hughes

"I like the night. Without the dark, we'd never see the stars."  
— Stephenie Meyer, *Twilight*

"It's really a wonder that I haven't dropped all my ideals, because they seem so absurd and impossible to carry out. Yet I keep them, because in spite of everything, I still believe that people are really good at heart."  
— Anne Frank, *The Diary of a Young Girl*

"I believe that imagination is stronger than knowledge. That myth is more potent than history. That dreams are more powerful than facts. That hope always triumphs over experience. That laughter is the only cure for grief. And I believe that love is stronger than death."  
— Robert Fulghum, *All I Really Need to Know I Learned in Kindergarten: Uncommon Thoughts On Common Things*

"Hope is the thing with feathers  
That perches in the soul  
And sings the tune without the words  
And never stops at all."  
— Emily Dickinson

"They say a person needs just three things to be truly happy in this world: someone to love, something to do, and something to hope for."

— Tom Bodett

"If you're reading this...  
Congratulations, you're alive.  
If that's not something to smile about,  
then I don't know what is."

— Chad Sugg, *Monsters Under Your Head*

"The world is indeed full of peril, and in it there are many dark places; but still there is much that is fair, and though in all lands love is now mingled with grief, it grows perhaps the greater."

— J.R.R. Tolkien, *The Fellowship of the Ring*

"You cannot swim for new horizons until you have courage to lose sight of the shore."

— William Faulkner

Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.

~ Buddha

If you break your neck, if you have nothing to eat, if your house is on fire—then you've got a problem. Everything else is inconvenience.

~ Robert Fulghum

Be willing to be a beginner every single morning. ~ Meister Eckhart

Flowers do not force their way with great strife. Flowers open to perfection slowly in the sun. Don't be in a hurry about spiritual matters. Go step by step, and be very sure.

~ White Eagle