

## Favorite Quotations

"Meditation [and philosophy] and other spiritual disciplines are largely meant to give us the toughness required to take hold of our lives. Without this toughness, despite the better goals we may cherish in our hearts, we will not be able to take the road that leads where we want to go." Eknath Easwaran, *Words To Live By*, p. 125

"It is easy to take a stand on a remote issue, but [one] reveals his true nature when the issue comes nearer home. To protest about bullfighting in Spain or the slaughter of baby seals in Canada while continuing to eat chickens that spent their lives crammed into cages, or veal calves that have been deprived of their mothers, their proper diet, and the freedom to lie down with their legs extended, is like denouncing apartheid in South Africa while asking your [white] neighbors not to sell their houses to blacks." Peter Singer

"The unexamined life is not worth living" ---Socrates, *Apology*

"We must BE the change we wish to see in the world" ---Gandhi

"Philosophy is not a theory but an activity" (Ludwig Wittgenstein, *Tractatus*, 4.112)

"I am wise... to this small extent, that I do not think that I know what I do not know." (Plato, *Apology*, 21e)

"What is the good of discussing a musical masterpiece? It is the performance that counts." Thich Nhat Hanh, *Zen Keys*, p. 140.

"...Do not speak much...about philosophical theories and precepts: but do that which follows from them. For example, at a banquet do not say how a person ought to eat, but eat as you ought to eat. ...For even as sheep do not vomit up their grass to show how much and how well they have eaten; but when they have digested the pasture... [their health and energy is obvious for all to see]. Do you also not show your theories to people, but show the acts which come from their digestion." (Epictetus, *Enchiridion*, XLVI)

"The purpose of philosophy is NOT to learn only how to TALK differently; the purpose of philosophy is to learn how to LIVE differently"  
---unknown

"By significant learning I mean learning which is more than an accumulation of facts. It is learning which makes a difference--in the individual's behavior, in the course of action he chooses in the future, in his

attitudes and in his personality. It is a pervasive learning which is not just an accretion of... [facts or theories], but which interpenetrates with every portion of his existence." Carl Rogers, *On Becoming A Person*, Chapter 14

"I went to the woods because I wanted to live deliberately\_ I wanted to live deep and suck out all the marrow of life--to put to rout all that was not life and not, when I had come to die, discover that I had not lived." [John Keating's excerpt from Thoreau, to be read at the beginning of each meeting of the Dead Poet's Society; from the film *Dead Poet's Society*.]

"You shall no longer take things at second or third hand, nor look through the eyes of the dead, nor feed on the specters in books. You shall not look through my eyes, either, nor take things from me. You shall listen to all sides and filter them for yourself." [Said by the character Simon Wilder (to Monty) in the film *With Honors*.]

"Only you can do this. Nobody can do it for you. But if you are fortunate enough to find someone who is intensely conscious, if you can be with them--that can be helpful and will accelerate things. In this way, your own light will quickly grow stronger. When a log that has only just started to burn is placed next to one that is burning fiercely, and after a while they are separated again, the first log will be burning with much greater intensity. After all, it is the same fire. To be such a fire is one of the functions of a teacher." [*The Power of Now*, by Eckhart Tolle.]