

Thoughts for a Healthy Mind



What follows is a collection of favorite sayings. Some are better than others, and all are not written just the way I would say them. However, each of them has something to offer. Enjoy!

If my aim is to prove I am “enough,” the project goes on to infinity—because the battle was already lost on the day I conceded the issue was debatable. *Nathaniel Branden*

He didn’t mind how he looked to other people, because the nursery magic had made him Real, and when you are Real shabbiness doesn’t matter. *The Velveteen Rabbit*

Real is better than perfect. *Dorothy Baldwin Satten*

It is extraordinary how extraordinary the ordinary person is. *George F. Will*

Security is mostly a superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is a daring adventure or nothing at all. *Helen Keller*

History, despite its wrenching pain, cannot be unlived, but if faced with courage, need not be lived again. *Maya Angelou*

One doesn’t discover new lands without consenting to lose sight of the shore for a very long time. *Andre Gide*

The beginning of the adventure of finding yourself is to lose your way. *Joseph Campbell*

I have faced many disasters in my life, most of which never happened. *Mark Twain*

The Little Prince

- But the eyes are blind. One must look with the heart.
- It is only with the heart that one can see rightly; what is essential is invisible to the eye.
- The house, the stars, and the desert--what gives them their beauty is something that is invisible.

- But if you tame me, then we shall need each other. One runs the risk of weeping a little, if one let's himself be tamed...
- It is the time you have wasted for your rose that makes your rose so important. (You'll have to read the book to understand...)

Cheri Huber

- ***“Building a Better World Through Hatred”***
Many of us have learned to believe we can “improve” ourselves by a very cruel system of self-rejection and abuse. We call this the “Building a Better World Through Hatred” school of thought. The slogan is, “You, too, can hate yourself into being a loving person.” The fact is that beating yourself will never make you a better person. If you're hating, you're doing/being hatred. The only way to be loving is to love.
- We can love ourselves when we're wrong as well as right, weak as well as strong, angry as well as peaceful. There is no such thing as a one-sided coin.
- Do you stop loving a child when it's bad? Do you plan to love a child later...or do you do it now?
- Wanting always to be right, good, strong, smart, successful, loving, and rich is like wanting always to have summer, daytime, sunshine, warmth, and 70 degrees. Not only is it impossible, it's boring.
- When we waste all our time trying to be better, trying to improve our “self”, we're failing to make the only contribution we'll ever be qualified to make--our own.
- Even if you lost weight and had a perfect body, but had not learned to love yourself, where would you be? Being the fastest, the richest, the thinnest, the smartest on the treadmill won't prove anything. There's nothing to prove, nothing to win, nothing to get.
- Here is the secret to the whole thing, I think. If I see myself as worthy and lovable, and if I act in the world from that place, people will see and respond accordingly.
- The odds of anyone ever getting all or even most of what s/he wants at any given time are very slim.

- I am not here to become an acceptable person. I am here to accept the person I am. Not wanting to be how you are is one of the most significant aspects of self-hate. Your “you-ness” is lovable. You are the most perfect (and only!) you ever produced.
- It is so much easier to want what you get than to get what you want.
- What I do not accept in myself, I do not accept in another. What I accept in myself, I accept in others.
- Just because you think something is so (that you're bad, selfish, ugly, perfect, brilliant, superior, inadequate) doesn't mean it's so. It only meant that you think it's so.
- We do what we do for the joy of doing, not because we're going to get a reward when it's over. Exercise: See if you find joy in doing something you've told yourself is awful.
- There lies a lesson in doing the unpleasant, the mundane.
- Life doesn't need to be different to be O.K., but there's no inherent value in needless pain.
- Until we've accepted where we are in our own growth, we cannot go anywhere else. As long as we're attempting to get rid of something, we're insuring that it will be with us always.
- Compassion is the antidote to self hatred.
- Remember: You don't have to give up the “unacceptables” -- you'll just suffer with each one you cling to.
- Every time you do something you disapprove of, instead of beating yourself — “I shouldn't have done that” “I should change” “I always say the wrong thing” — open your heart to compassion.....It's the parts of ourselves who are suffering who need our unconditional love.
- Any current outcome is an acceptable one, because it can be learned from. Sorrow and pain are guides. They are very persistent and will get stronger if we resist them.

The significant problems we face cannot be solved by the same level of thinking that created them. *Albert Einstein*

Joy is not optional, it is fundamental.

One needs to be slow to form convictions, but once formed they must be defended against the heaviest odds. *Mohandas K. Gandhi*

We cannot direct the winds, but we can adjust our sails.

Your feelings are important, not because they are right or wrong, but because they are yours.

You are now, and always have been, enough.

Therapy is not about becoming a new or different person, it is about being successfully the person you always have been.

The first step in solving a problem is to tell someone about it. *John Peter Flynn*

An optimist is someone who tells you to cheer up when things are going his way.

Lots of gratitude is more important than lots of possessions.

Life has buoyancy, bounce, whimsy, and surprise.

There are four important journeys in life:

1. Finding your Higher Power
2. Finding your own power
3. Finding out, and then finding, what makes you happy
4. Finding other people

Happiness is not a station you arrive at, but a manner of traveling. *Margaret Runbeck*

All things I admire in others are part of me to some extent, or I would not have so much admiration.

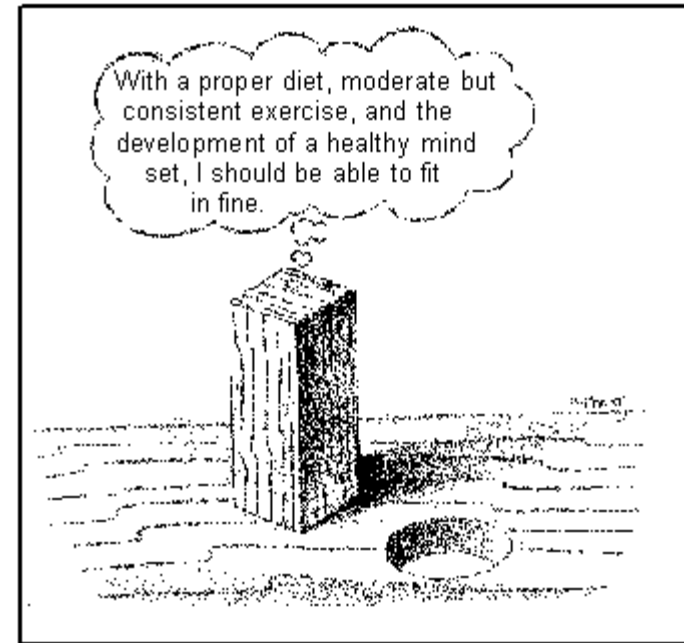
Life is a gift, and a fragile one.

It would be no fun for God if God were only part-way generous.

When you feel like a baby, take care of the baby in you. *Cherry Hartman, Be-good-to-yourself Therapy*

I don't need another drink -- I need another alcoholic. *Bill W.*

Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it. *Rumi*



The more important someone becomes to us the more frightening it is to be our true self with them. Yet we must do so or the relationship, as well as our life, will wither from staleness.

If you work with your problems they will cause you to go places you never would have chosen to go otherwise...and they will have gifts for you.

Obstacles will look large or small to you according to whether you are large or small. *Orison Swett Marden*

I hold the constructive beliefs I do because they make me a better person...not better than others, just better than I would be otherwise.

What matters about your journey is not the ease of it, but what you learn from it & the quality of companionship you have while on it.

Stages of Spiritual Growth

Stage 1: Chaotic, antisocial - no beliefs

Stage 2: Formal, institutional - institution tells one what to believe and acceptance is based on conformity in a variety of specific beliefs and behaviors

Stage 3: Skeptic, individual - more individual quest for truth when the beliefs of the institution do not hold up to daily life

Stage 4: Mystic, communal - fewer beliefs are considered really important, and more variance is tolerated between individuals in terms of beliefs and behavior. Beliefs may hold a more mystical quality than institutional beliefs.

-- M. Scott Peck

If you don't want to fall off the back of the truck, then stay near the cab.

Your flaws are part of your journey in life. However, you are not defined by your journey.

Be yourself...where you are...with a spiritual connection...and take risks

At the heart of the universe is love, respect, responsibility, and playfulness.

It would be hard to name a more certain sign of poor self-esteem than the need to perceive some other group as inferior. *Nathaniel Branden*

What is required for many of us, paradoxical though it may sound, is the courage to tolerate happiness without self-sabotage. *Nathaniel Branden*

He who would be an angel becomes a beast. Sometimes when you think it's the end, it's really a new beginning. *Colt*

Do just once what others say you can't do, and you will never pay attention to their limitations again. *James R. Cook*

May you live all the days of your life. *Jonathan Swift*

If we did all the things that we are capable of doing, we would literally astound ourselves. *Thomas Edison*

Autobiography in Five Short Chapters

by Portia Nelson

I walk down the street.
There is a deep hole in the sidewalk.
I fall in
I am lost...I am helpless
It isn't my fault.
It takes forever to find a way out.

I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again.
I can't believe I am in the same place.
but, it isn't my fault.
It still takes a long time to get out.

I walk down the same street.
There is a deep hole in the sidewalk.
I see it is there.
I still fall in...it's a habit.
my eyes are open.
I know where I am.
It is my fault.
I get out immediately.

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

I walk down another street.

The 4 Deadly D's of Depression are feeling...

- Defective
- Defeated
- Deserted
- Deprived

**Ernest Kurtz & Katherine Ketcham:
“The Spirituality of Imperfection”**

- The spirituality of imperfection suggests that our weakness makes us alike; it is our strengths that make us different.
- Community is created when people seek the same spiritual reality.
- Spirituality...
 - ...has nothing to do with having all the answers
 - ...tends to see religion as rigid, while religion tends to see spirituality as sloppy
 - ...does not connote spectacular
 - ...is founded in the recognition and acceptance of one’s creatureliness and finitude
 - ...doesn’t focus on perfection
 - ...involves moral and spiritual vigor
 - ...has always flowed in unpredictable directions .
 - ...involves honesty
 - ...has no shortcuts
- Rabbi Zuysa said, “In the coming world, they will not ask me: ‘Why were you not Moses?’ They will ask me: ‘Why were you not Zuysa?’”
- A man was looking for a good church to attend and he happened to enter one in which the congregation and the preacher were reading from their prayer book. They were saying, “We have left undone those things which we ought to have done, and we have done those things which we ought not to have done.” The man dropped into a seat and sighed with relief as he said to himself, “Thank goodness, I’ve found my crowd at last.”
- If we can accept the reality of our imperfection, the fact that we are put together funny, that we are, by our very nature, limited and thus do not have absolute control over our lives, we are taking the tentative steps that are all that we can take on the pilgrimage that is spirituality.
- “Rejoice every time you discover a new imperfection,” suggested the eighteenth-century Jesuit spiritual director Jean-Pierre Caussade.

WE CAN DIRECTLY WILL...BUT NOT...

knowledge
 pleasure
 congratulations
 reading
 listening
 going to bed
 meekness
 executing the play
 dryness

wisdom
 happiness
 admiration
 understanding
 hearing
 sleeping
 humility
 winning the game
 sobriety

- If we find ourselves getting impatient, we can try to bear our impatience patiently. If we lose our tranquillity, we can endure that loss tranquilly. If we get angry, we ought not to get angry with ourselves for getting angry. If we are not content, we can try to be content with our discontent.

When all else is lost, the future still remains. *Bovee*

If you don’t have a dream, how are you going to have a dream come true? *Walt Disney*

The past is prologue. *Shakespeare*

Acceptance precedes change.

Find ecstasy in life. The mere sense of living is joy enough. *Emily Dickinson*

Though you may travel the world to find the beautiful, you must have it within you or you will find it not. *Ralph Waldo Emerson*

The quieter you become, the more you can hear. *Baba Ram Dass*

What lies behind us and what lies before us are tiny matters compared to what lies within us. *Ralph Waldo Emerson*

If people sat outside and looked at the stars each night, I’ll bet they’d live a lot differently. *Calvin, of Calvin and Hobbes*

“Society, my dear, is like salt water, good to swim in but hard to swallow.” *Arthur Stringer, The Silver Poppy*

If you are looking for someone to share your life with, it presumes that you have one.

Touchstones: A Book of Daily Meditations for Men

“You see, I just can’t stop! Or tie myself to any one. I have affairs that last as long as a year, a year and a half, months and months of love, both tender and voluptuous, but in the end - it is as inevitable as death - time marches on and lust peters out.” Philip Roth

Fears of intimacy, of learning about ourselves in a committed relationship have kept many of us lonely. Focusing on the need for a sexual high helps us avoid the intimacy we fear. Whether we are in a long-term relationship or not, thinking that sex is love limits our chances for a comfortable intimacy. Sex is an expression of an intimacy that already exists, rather than a way to become intimate. Many of us fear closeness beyond the romantic stage. Others of us have pursued closeness, but when we met our own emptiness we said that wasn’t the right person for us and ran in search of another excitement. The problem for us isn’t the choice between singleness and marriage, but between letting someone truly know us or not.

I will set aside my fears and learn the pleasures of intimacy.

Falling doesn’t make you a failure, staying down does.

Only the humble improve.. *Quote by a jazz player on a Starbucks coffee cup*

Some flaws must be accepted and will not change in your lifetime, though it’s okay to continue to work on them.

Opportunity is missed by most people because it is dressed in overalls and looks like work. *Thomas Edison*

One ought, every day at least, hear a little song, read a good poem, see a fine picture, and, if it were possible, to speak a few reasonable words. *Goethe*

The greatest discovery of my generation is that a human being can alter his life by altering his attitude. *William James*

Beware the mask of virtue.

Bill’s Prayer

I asked God for strength, that I might achieve;
I was made weak, that good might be achieved in me...

I asked for health, that I might do greater things;
I was given infirmity, that I might do better things...

I asked for riches, that I might be happy;
I was given poverty, that I might be wise...

I asked for power, that I might have praise;
I was given weakness, that I might learn patience...

I asked for all things, that I might enjoy life;
I was given life, that I might enjoy all things...

I got nothing that I asked for--but everything I had hoped for...
Almost despite myself, my unspoken prayers were answered.

The Lord himself is in our darkness; all is Light before Him.
The night of pain and fear fades away in His presence.
Seek His Face, and trust always in His love.

Changing directions in life is not tragic; losing passion in life is. *Max Lucado*

Once the game is over, the king and the pawn go back into the same box. *Italian Proverb*

Be not afraid of growing slowly, be afraid only of standing still. *Chinese proverb*

The next couple of items are a bit “sappy,” but I like them anyway.

I’ve learned....that the best classroom in the world is at the feet of an elderly person.

...that being kind is more important than being right.

...that simple walks with my father around the block on summer nights when I was a child did wonders for me as an adult.

...that we should be glad God doesn’t give us everything we ask for.

...that it’s those small daily happenings that make life so spectacular.

...that under everyone’s hard shell is someone who wants to be appreciated and loved.

...that when you plan to get even with someone, you are only letting that person continue to hurt you.

...that love, not time, heals all wounds.

...that the easiest way for me to grow as a person is to surround myself with people smarter than I am.

...that when you harbor bitterness, happiness will dock elsewhere.

...that I wish I could have told my Mom that I love her one more time before she passed away.

...that a smile is an inexpensive way to improve your looks.

...that I can’t choose how I feel, but I can choose what I do about it.

...that everyone wants to live on top of the mountain, but all the happiness and growth occurs while you’re climbing it.

-- Andy Rooney

We tried so hard to make things better for our kids that we made them worse. For my grandchildren I’d like better. I’d really like for them to know about hand-me-down clothes and homemade ice cream.

- I hope you learn humility by being humiliated, and that you learn honesty by being cheated.

- I hope you learn how to make your own bed and mow the lawn and wash the car.

- And I really hope nobody gives you a brand new car when you’re sixteen.

- It will be good if at least one time you can see puppies born and your dog put to sleep.

- I hope you get a black eye fighting for something you believe in.

- I hope you have to share a bedroom with your younger brother. And it is alright if you have to draw a line down the middle of the room, but when he wants to crawl under the covers with you because he is scared, I hope you let him.

- If you want a slingshot, I hope your dad shows you how to make one instead of buying one.

- I hope you learn to dig in the dirt and read books.

- When you learn how to use computers, I hope you also learn to add and subtract in your head.

- I hope when you talk back to your mother you find out what Ivory Soap tastes like.

- I don’t care if you try a beer once, but I hope you don’t like it. And if a friend offers you dope or a joint, I hope you realize he’s not your friend.

- I sure hope you make time to sit on a porch with your grandpa.

- May you feel sorrow at a funeral and joy during the holidays.

-- Paul Harvey

The work will wait while you show the child the rainbow, but the rainbow won't wait while you do the work.

All work and no play is totally missing the point. *Sign on front of ice cream shop*

I am not responsible for succeeding, I am only responsible for trying, and there is self-respect to be had in that. However, I am not responsible for making myself crazy by trying too much.

Don't take life too seriously; no one gets out alive, anyways.

When nothing is sure, everything is possible. *Margaret Drabble*

All things change when we do.

Do not go back to the well that poisoned you to look for healing waters.