

## Sayings

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1. Let it begin with me.
2. You are not alone.
3. Sick and tired of being sick and tired.
4. Take what you like and leave the rest.
5. We are only as sick as our secrets.
6. Move a muscle, change a thought.
7. I am a human being, not a human doing.
8. Pain is inevitable, suffering is optional.
9. This too shall pass.
10. Say what you mean but don't say it meanly.
11. It works if you work it (let it).
12. When in doubt, don't.
13. Participation is the key to harmony.
14. The enemy of serenity is indecision and hurry.
15. Don't just do something, sit there.
16. There are only two types of business; my business, and none of my business.
17. When a man carries his own lantern, he need not fear darkness. Hasidic saying - 1/12
18. I don't have to win anything today.
19. The only way I can push people, is away from me.
20. The only things I get to keep are the things I give away.
21. Worry is like a rocking chair; going back and forth and going nowhere.
22. It's always darkest just before the dawn.
23. Let go or be dragged.
24. Stop living in the wreckage of the future.
25. Life on life's terms.
26. God bless everyone and change me.
27. I cannot drive the car in front of me.

28. When I'm late, everyone is driving too slowly.
  29. Stay in my lane.
  30. Keep my side of the street clean.
  31. Don't pick up the rope.
  32. Don't take the bait.
  33. Keep my head where my feet are.
  34. Fear and faith can't live in the same house.
  35. When the student is ready, the teacher appears.
  36. If I don't have 5 minutes to meditate, take 10.
  37. If my only tool is a hammer, everything looks like a nail.
  38. Look back but don't stare.
  39. When I listen, I hear. When I look, I see. When I do, I learn.
  40. Feed a man a fish and he will eat for a day. Teach a man to fish he'll eat for a lifetime.
  41. My best thinking got me here.
  42. Let time take time. 1/1
  43. The only way to win is to not play - war games.
  44. If my only prayer today is thank you, that will suffice. C2C
  45. The bird that soars above the fields is not concerned by the fences.
  46. If nothing changes, nothing changes.
  47. I may not get everything I want today but I have everything I need.
  48. The family situation is bound to improve as we apply the al-anon ideas.
  49. We are the lucky ones.
  50. Forgiveness is letting go of hoping for a better yesterday.
  51. When going through hell, keep going.
  52. When you get to the end of your rope, tie a knot.
  53. When 1 door closes, another door opens, but living in the hallway is hell.
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## Proverbs - From Courage To Change

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- ❖ If we do not change direction, we are likely to end up where we are headed. Chinese - 1/17
  - ❖ If you understand, things are just as they are. If you don't understand, things are just as they are. Zen - 3/1
  - ❖ Before sunlight shines through a window, the blinds must be raised. American - 3/5
  - ❖ Patience is the key to paradise. Turkish - 5/14
  - ❖ When we talk of tomorrow, God laughs. Chinese - 5/17
  - ❖ Be not afraid of growing slowly. Be afraid of standing still. Chinese - 8/7
  - ❖ If one throws salt at thee, thou wilt receive no harm unless thou has sore places. Latin - 10/26
  - ❖ That the birds of worry and care fly above your head, this you cannot change. But that they build nests in your hair, this you can prevent. Chinese - 10/31
  - ❖ The highest form of wisdom is kindness. The Talmud - 4/13
  - ❖ A journey of a thousand miles begins with a single step - Chinese - Lao Tzu
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## Quotes - From Courage To Change, and elsewhere

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“Do not be **anxious** about tomorrow; tomorrow will take care of itself.” The Bible - 5/17

“The important thing is to not stop questioning.” Einstein - 10/6

“The **definition of insanity** is doing the same thing over and over and expecting different results.” Einstein

“Most folks are as **happy** as they make up their minds to be.” Abe Lincoln

“**Courage** faces **fear** and thereby masters it.” MLK Jr - 8/6

“I have held many things in my hands, and I have lost them all; but **whatever I have placed in God’s hands**, that I still possess.” Martin Luther - 9/25

“Even if I knew tomorrow the world would go to pieces, I would still plant my apple tree.” Martin Luther - 11/5

“Everything has its **wonders**, even darkness and silence, and I learn, whatever state I may be in, therein to be content.” Helen Keller - 2/14

“I am not **afraid** of the storms for I am learning how to sail my ship.” Louisa May Alcott - 5/29

“The only thing we have to **fear** is **fear** itself.” FDR

“The oak **grows stronger** in contrary winds and diamonds are made under pressure.” Peter Marshal - 3/23

“There is no try. There is do or not do.” Yoda

“Fear leads to hate, hate to anger, anger to **suffering**.” Yoda

“I discovered the secret of the sea in **meditation** upon a dewdrop.” Kahlil Gibran - 8/8

“**Example** is not the main thing in influencing others. It is the only thing.” Albert Schweitzer - 12/9

## Parables

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Pandoras box <https://ed.ted.com/lessons/the-myth-of-pandora-s-box-iseult-gillespie>

Cheshire Cat <https://www.shmoop.com/alice-in-wonderland-looking-glass/cheshire-cat.html>

The two wolves <https://urbanbalance.com/the-story-of-two-wolves/>

The Bible <https://www.biblestudytools.com/topical-verses/parables-of-jesus/>