

# A Collection of Favorite Readings

Compiled by Michael Welp, Ph.D.  
www.equalvoice.com

Suffering ceases to be suffering  
in some way at the moment it finds meaning.  
Victor Frankl

There is more to life than increasing it's speed.  
Ghandi

Be yourself, and you will go far,  
Be someone else, and you will never reach your star.  
Michael G. Welp

Be tough, yet gentle  
Humble, but bold,  
Swayed always by Beauty and Truth  
Bob Pieh

It costs so much to be a full human being that there  
are very few who have the enlightenment or the courage  
to pay the price...  
One has to abandon altogether the search for security,  
and reach out to the risk of living with both arms.  
One has to embrace the world like a lover.  
One has to accept pain as a condition of existence.  
One has to count doubt and darkness as the cost of knowing.  
One needs a will stubborn in conflict, but apt always to  
total acceptance of every consequence of living and dying.  
Morris L. West  
The Shoes Of The  
Fisherman

To laugh is to risk appearing the fool,  
To weep is to risk appearing sentimental,  
To reach out for another is to risk involvement,  
To expose feelings is to risk exposing my true self.  
To place ideas and dreams before the crowd is to risk loss.  
To love is to risk not being loved in return.  
To live is to risk dying.  
To hope is to risk failure.

But risk we must, because the greatest hazard in life is to risk nothing.  
The man, the woman, who risks nothing, does nothing, has nothing, is nothing.  
They may avoid suffering and sorrow, but they cannot learn, feel, change, grow,  
love, live.

Chained by their attitudes, they are a slave, they have forfeited their freedom,  
Only a person who risks is free.

Author Unknown

We shall not cease from exploration  
And at the end of all our exploring  
Will be to arrive where we started  
And know the place for the first time.

T.S. Eliot  
Four Quartets

A leader is best when people barely know he exists.  
Not so good when people obey and acclaim him.  
Worse when they despise him.  
Fail to honor people,  
they fail to honor you.  
But of a good leader who talks little  
when his work is done, his aim fulfilled  
the people say "we did this ourselves".

Lao Tsu

The purpose of life is not to get rid of  
the butterflies in your stomach,  
but to make them fly in formation.

David Fly

I went to the woods because I wanted to live deliberately,  
to front only the essential facts of life,  
and see if I could not learn what it had to teach,  
and not, when I came to die,  
discover that I had not lived.

Henry David Thoreau

"What is REAL?" asked the Rabbit day...

"Does it happen all at once, or bit by bit?"

"It doesn't happen all at once, " said the Skin Horse.

"You become. It takes a long time. That's why it doesn't often happen to people who break easily, or have sharp edges, or who have to be carefully kept. Generally, by the time you are Real, most of you

hair has been loved off, and your eyes drop out and you get loose in the joints and very shabby. But these things don't matter at all, because once you are Real you can't be ugly, except to the people who don't understand.

Margery Williams  
The Velveteen Rabbit

Argue for your limitations and sure enough they're yours.

Richard Bach  
Illusions

There is a good tired and there is a bad tired,  
Ironically enough, bad tired can be the kind of day when you've won, but you chased other peoples dreams, you fought other peoples battles, you struggled through other peoples agendas, and when you hit the hay at night, victorious, you twist and turn because somehow it wasn't you day, it wasn't your life.

Ironically enough, good tired can be a day that you lost everything, but you fought your battles, chased your dreams, lived your day, and when you hit the hay at night you sleep the sleep of the just. You rest easy, and you can say "take me away!"

Harry Chapin  
May 6, 1981

Always in the woods when you leave familiar ground and step off alone into a new place, there will be along with the feeling of curiosity and excitement, a little nagging of dread. It is the ancient fear of the unknown, and it is your first bond with the wilderness you are going into. What you are doing is exploring. You are undertaking the first experience not of the place, but of yourself in that place. It is an experience of our essential loneliness, for nobody can discover the world for anyone else. It is only after we have discovered it for ourselves that it becomes a common ground and a common bond, and we cease to be alone.

Wendell Berry  
The One Inch Journey

Whatever you can dream you can begin it  
boldness has genius, power, and magic in it.

Goethe

You cannot stay on the summit forever  
you have to come down again...  
So why bother in the first place?

Just this:

What is above knows what is below;  
but  
what is below does not know what is above.  
one climbs  
one sees  
one descends  
one sees no longer but one has seen.

There is an art of conducting oneself in the  
lower regions by the memory of what one saw  
higher up.

Unknown

I suppose I should wish you success,  
but that is really easy.  
I would like to wish you something  
that is harder to come by.  
So I am going to wish you meaning in life.  
And meaning is not something you stumble  
across like the answer to a riddle or the  
prize in a treasure hunt.  
Meaning is something you build into your life.  
You build it out of your own past,  
out of your affections and loyalties,  
out of the experience of human kind  
as it is passed on to you;  
out of your own talent and understanding,  
out of things and people you love,  
out of the values for which  
you are willing to sacrifice something.  
the ingredients are there.  
You are the only one who can put them together  
into that unique pattern  
that will be your life.  
Let it be a life that has dignity and meaning for you.  
If it does, Then the particular balance  
of success or failure is of less account.

Robert Gardner

Winning is realizing you already have won by being in the running.  
You may not finish ahead of many other runners, but you already have beaten the much bigger pack of people who choose to move on wheels instead of feet.

Losing is not starting, but being content to tell about what might be or what might have been if...

Winning is finishing the distance you set for yourself, however hum-

ble it might be. Speed is a gift your parents either gave you or couldn't give you. You had little to say about it, so the time you take to run your distance doesn't say much about your spirit. But endurance and persistence are qualities that are largely trained and learned. Finishing is a victory of strong spirit over weak flesh.

Losing is dropping out for no other reason than a weak will. Quitting in the face of actual or potential injury is wisdom, but giving up to moderate inconvenience or mild discomfort is defeat.

Winning is measuring yourself against yourself. It is learning to take pride in your improvements, no matter how small. Later it is taking pleasure in more subtle measures of victory which have little to do with time and place.

Losing is matching yourself against everyone else who runs. This is self-defeating, because few people ever win this way and those who do don't keep it up for long.

Joe Anderson  
Runners World 12/78

This is a story about four people named Everybody, Somebody, Anybody, and Nobody. There was an important job to do and Everybody was asked to do it. Everybody was sure somebody would do it. Anybody would have done it, but Nobody did it. Somebody got angry because it was Everybody's job. Everybody thought Anybody would do it but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

Anonymous

I believe that courage is all too often mistakenly seen as the absence of fear. If you descend by rope from a cliff and are not fearful to some degree, you are either crazy or unaware. Courage is seeing your fear, in a realistic perspective, define it, considering alternatives, and choosing to function in spite of risks.

Leonard Zunin  
Contact: The First Four Minutes

I want to beg you as much as I can... to be patient toward all that is unsolved in your heart and to try to love the questions themselves... Do not seek... answers which cannot be given you because you would not be able to live them. And the point is to live everything. Live the questions now. Perhaps you will live then gradually, without noticing it, live along some distant day into the answer... take whatever comes with great trust, and if it only comes out of your own will, out of some need of your innermost being, take it upon yourself and hate nothing.

Rilke

Hold onto what is good, Even if its a handful of earth;  
Hold onto what you believe, Even if it is a tree that stands by itself.  
Hold on to what you must do, even if it is a long way from here;  
Hold on to life, even when it is easier to let go;  
Hold onto my hand, even when I have gone away from you.

Taos Indians