



What Lies Within You

Inspirational
quotes to lift
your spirits

Compiled by
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About Molly:

Molly is the co-author, with Bear Heart, of
“The Wind Is My Mother; The Life and
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I've been collecting words to live by for many years,
and they have added much inspiration and joy to my journey.


This is a collection of some of my favorites.

I'll read a few any time I need a pick me up.

I hope they will inspire you as much as they have me.

With love,

Molly



I want to know
God's thoughts.
The rest are details.

-Albert Einstein

People often ask for my advice
and counseling, but overall,
the best advice I can give to
anyone at any time is:

Never complete a
negative statement.

-Bear Heart

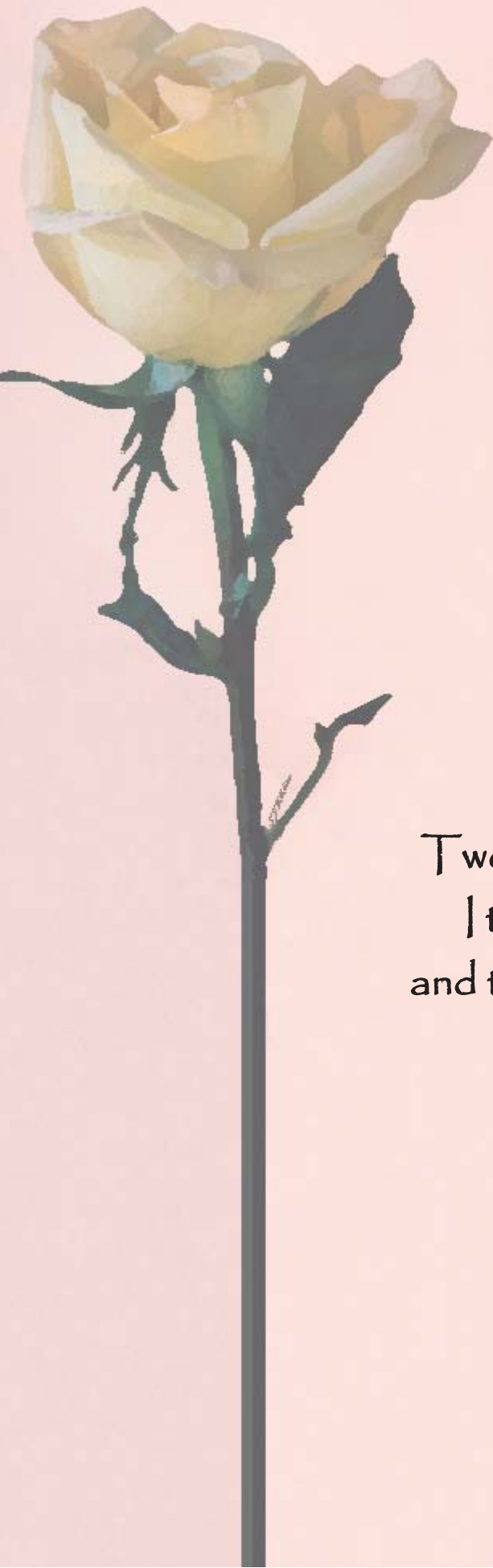
The Wind is My Mother

There is nothing
either good or bad,
but thinking
makes it so.

-William Shakespeare

Our life is what
our thoughts
make it.

-Marcus Aurelius



Change your thoughts
and you change
your world.

-Norman Vincent Peale

Do not follow
where the path may lead.
Go instead,
where there is no path
and leave a trail.

-Robert Frost

Two roads diverged in a wood and
I took the one less traveled by,
and that has made all the difference.

-Robert Frost

When you come to
a fork in the road,
take it.

-Yogi Berra



Always do right.
This will gratify
some people
and astonish the rest.

-Mark Twain

There is no limit to what
can be accomplished
when no one cares
who gets the credit.

-John Wooden

Surround yourself
with people who respect
and treat you well.

-Claudia Black

Let the Great Spirit take care of acts
against you. To turn it over to Him, saying,
"You know better, please take
care of this for me," is actually the
greatest warfare we can engage in.

-Bear Heart

The Wind is My Mother



Treat people as if they were
what they could be,
and they will become what
they are capable
of being.

-Goethe

Use the talents
you possess, for
the woods would be a
very silent place
if no birds sang
except the best.

-Henry van Dyke

Too often we define success
as financial achievement.

I view success as
doing your very best
at all costs.

-Bear Heart
The Wind Is My Mother



Luck is a matter of
preparation meeting
opportunity.

-Oprah Winfrey

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

-Thomas A. Edison

In order to succeed,
you must know
what you are doing,
like what you are doing
and believe in what
you are doing.

-Will Rogers

Always bear in mind
that your own resolution
to succeed is more important
than any other thing.

-Abraham Lincoln



Outstanding people
have one thing
in common:
an absolute
sense of mission.

-Zig Ziglar

Great people are
ordinary people
with extraordinary goals.

- Sportscaster covering
the Olympics

Give me a stock clerk with a goal,
and I will give you a man
who will make history.

Give me a man without a goal
and I will give you a stock clerk.

-J.C. Penney

One door never closes
without another door
opening.

-author unknown



The mark of your ignorance is the depth
of your belief in injustice and tragedy.

What the caterpillar calls
the end of the world,
the butterfly calls the beginning.

-Richard Bach
"Illusions"

We must be
the change
we seek.

-Ghandi

If you believe in your
dreams, there's no limit
to what you can do.

-Sam Walton

Those who lose
dreaming are lost.

-Australian aboriginal
proverb



Your only obligation
in any lifetime
is to be true
to yourself.

-Richard Bach
"Illusions"

The most important thing:
don't sell yourself short.

-Bruce Springsteen

A man makes a
living by what he gets.
He makes a life by
what he does.

-Will Rogers

Life moves pretty fast
and if you don't stop
and look around once
in awhile, you're
going to miss it.

-Ferris Bueller



Live life as though you
might die tomorrow.

Do what you would like to be doing,
and do your best each day.

-Bear Heart
The Wind is My Mother

At the end of your life,
you will never regret not having
passed one more test, winning
one more verdict or not
closing one more deal.

You will regret time not spent
with a spouse, a child, a friend
or a parent.

-Barbara Bush

Money isn't everything.
I have never heard of a man
who said on his deathbed,
"I wish I had spent more
time at the office."

-Ann Landers



What power wouldn't I trade
for a little more
time with my family?
What price wouldn't
I pay for an evening with friends.

-Lee Atwater,
George Bush campaign
manager as he lay dying from
a brain tumor at age 40

He who has health
has hope.
And he who has hope
has everything.

-Arabian proverb

All of the animals except man know
that the principle
business of life
is to enjoy it.

-Samuel Butler



Whether you are talking about
education, career or service,
you are talking about life, and life
really must have joy.

-Barbara Bush

Everything I do
has to be a
celebration of life.

-Madonna

If you're not having fun
you're not
doing it right.

-John F. Kennedy

The happiest people don't necessarily
have the best of everything.

They just make the
best of everything.

-author unknown



If you're not happy,
don't bitch.

Get off your butt and
do something about it.

-John Wayne

In the end we will conserve
only what we love. We will love
only what we understand. We will
understand only what
we are taught.

-African Chief,
Baba Dioum

My people believe that
if you train a man
you train an individual;
if you train a woman,
you train a nation.

-African Chief,
Baba Dioum



Women are the answer.
Only when the women
have taken over
the leadership
will anything be solved.

-Dublin shopkeeper, in
The Laugh of Lost Men:
An Irish Journey

When I was fourteen
I thought my father was
the most ignorant man in the world.
When I was twenty-one I was amazed
at how much he learned
in seven years.

-Mark Twain

I'd rather regret
the things I did
than the things
I didn't do.

-Advice from a 93 year
old Chippewa-Cree
grandmother to her
granddaughter



People don't grow old.
When they stop growing,
they become old.

-80 year old patient of
Deepak Chopra, M.D.

I took pleasure when I could.
I acted clearly and morally
and without regret.

I'm very lucky.

-Jeanne Calment, on
how she lived to be 120

We have a song we sing in the morning that says,
"I thank You for another day.

I ask that You give me the strength to walk
worthily this day so that when I lay down at night
I will not be ashamed."

-Bear Heart
The Wind is My Mother



Sometimes I go about
pitying myself,
and all the time
I am being carried
on great winds
across the sky.

-Chippewa Indian

I long to accomplish
great and noble tasks,
but it is my chief duty
to accomplish small
tasks as if they
were great and noble.

-Helen Keller

Imagination is
more important
than knowledge.

-Albert Einstein

Life
shrinks
or
expands
in proportion to
one's courage

-Anaïs Nin



Courage is the
willingness
to be afraid
and act anyway.

-A Course in Miracles

The trouble is,
if you don't risk
you risk even more.

-Erica Jong

A ship that stays in
the harbor is safe.
But that is not what
ships are built for.

"Come to the cliff," he said.
They said, "We are afraid."
"Come to the cliff," he said.
They came.
He pushed them.
And they flew.

-Old French poem



Shoot for the moon.
Even if you miss it
you will land
among the stars.

-Les Brown

If you believe in something,
it will happen.

-Arapaho elder

If you think you can, you can.
If you think you can't, you can't.
Either way, you're right.

-Henry Ford

It is not because things are
difficult that we do not dare;
it is because we do not dare
that things are difficult.

-Seneca

Miracles are natural.
It is when they do not
occur that something
has gone wrong.

-A Course in Miracles



Whatever you can do,
or dream you can, begin it.
Boldness has genius,
power and magic in it.
-Goethe

The moment one
definitely commits
oneself, then
Providence moves, too.

-W.M. Murray, 1951
Scottish Himalayan
Expedition

Whatever we vividly imagine,
ardently desire, sincerely
believe and enthusiastically
act upon must inevitably
come to pass.

-Paul Meyer

You are never
given a wish
without also being given
the power to make it true.
You may have to work for it,
however.

-Richard Bach
"Illusions"



As to me,
I know of nothing else
but miracles.

-Walt Whitman

Whenever we pray for something
and receive it, the thing that
our people are taught to do is say,
"Thank You." When you do that,
many more blessings come.

-Bear Heart
The Wind is My Mother

To receive everything,
one must open ones
hands and give.

-Taisen Deshimaru

Praying is not only following rituals
and doing it just right. It's how
we feel inside, how our heart connects,
and how we live. That's called
walking the spirit road.

-Bear Heart
The Wind is My Mother



Someday, after mastering
the winds, the waves, the tides,
and gravity, we will harness for God
the energies of love.

And then, for the second time
in the history of the world,
humankind will have discovered fire.

-Teilhard de Cardin

My religion is very simple.

My religion is kindness.

-The Dalai Lama

Kindness is more important
than wisdom, and the
recognition of this is
the beginning of wisdom.

-Theodore Isaac Rubin

Wherever there is
a human being, there is an opportunity for
kindness.

-Seneca



As you travel along life's road,
never harm anyone, nor cause
anyone to feel sad.

On the contrary,
if at any time you can make a
person happy, do so.

-Winnebago Elder

When you give a
lifting hand and make
someone feel better for it,
you've given that person
medicine.

-Bear Heart
The Wind is My Mother

It is in the shelter of
each other that
the people live.

-Irish proverb

Do you know what I admire
most about humans?
When things are at their worst,
you are at your best.

-Jeff Bridges
as "Starman"




This we know;
The Earth does not
belong to us.
We belong to the Earth

-Chief Seattle, 1857

Think not forever of yourselves,
nor of your own generation.
Think of continuing generations
of our families.
Think of our grandchildren, of those
yet unborn, whose faces are
coming from beneath the ground.

-Peacemaker, Founder
of the Iroquois
Confederacy, 1,000 A.D.,
upon whose
"Great Law of Peace"
the United States
Constitution was based



Our people prayed one hundred
years ago for the return of the buffalo
and now they have returned.

Are you patient enough to wait
one hundred years for
your prayers to be answered?

We are.

-Rocky Afraid-of-Hawk,
buffalo rancher,
Lakota Nation

One hundred years from now
it will not matter what my
bank account was, the sort of
house I lived in, or the
kind of car I drove ...
but the world may be different
because I was important
in the life of a child.

-author unknown

The greatest use of life
is to spend it for
something that
will outlast it.

-William James



The kind of beauty I want most
is the hard to get kind
that comes from within ~
strength, courage, dignity.

-Ruby Dee

What lies before you and
what lies behind you are
tiny matters compared to
what lies within you.

-Ralph Waldo Emerson



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