

Spirituality
abc's
for Inspiration
and Insight

Alexandra Soteriou

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“To open deeply, as genuine spiritual life requires, we need tremendous courage and strength, a kind of warrior spirit.”
— Jack Kornfield

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Spirituality ABC's for Inspiration and Insight

ABC's of Spirituality is not about any one religion, but rather it can tickle, inspire and open us through the simplicity and power of profound words from wise individuals paired with evocative images. Like a gentle arrow to our inner spirit this word-image combination jumpstarts inspiration and healing and ignites our finest emotions and a movement toward higher goals.

Sophocles said it timelessly, "One word frees us all the weight and pain of life: that word is love." Right away our thoughts have shifted.

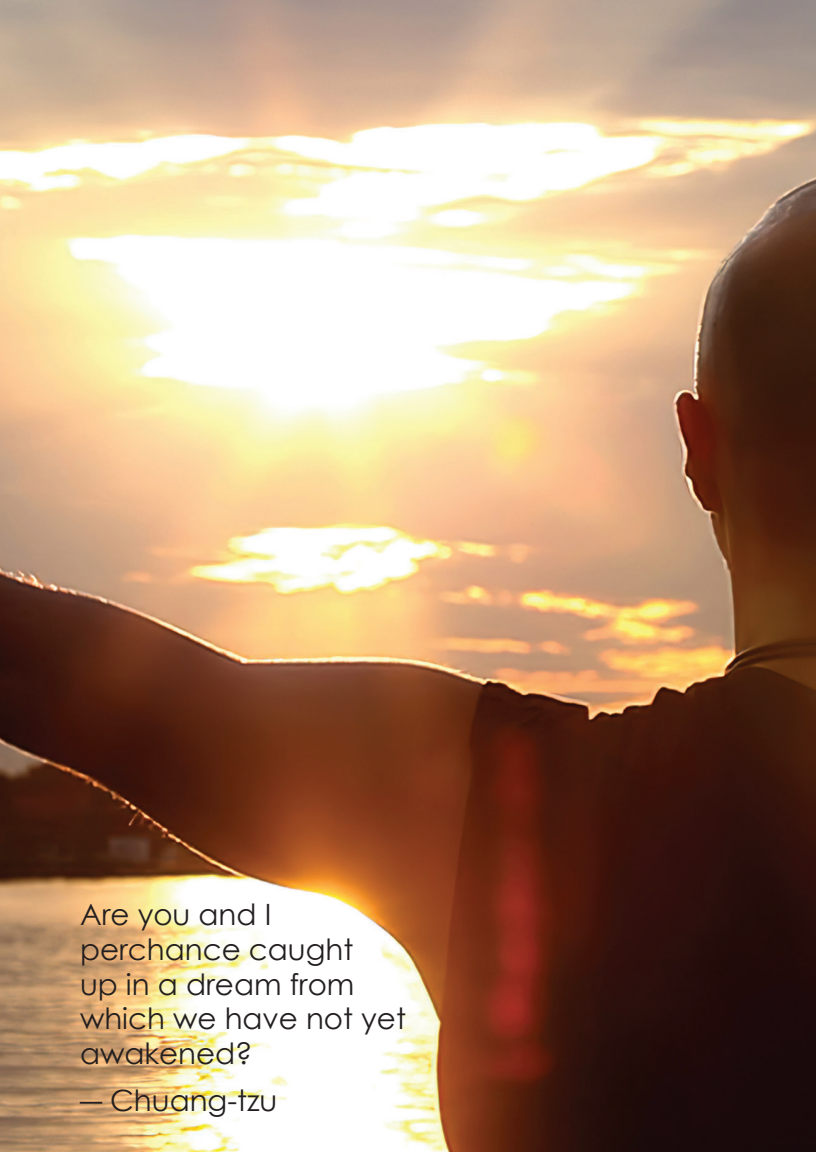
This book is meant to be picked up and opened randomly as refreshment, a boost and a reminder to connect to our highest spirit. It should to be kept and shared and given to encourage others to find the best in life.

Spirituality? We understand it more through the words and visionary vistas of others who have triumphed eloquently through crisis and have articulated breakthrough insights of consciousness, wisdom or spirituality. Our humanness connects us to their experience and we absorb it as though it were our own. Gestures of kindness soften and resonate with us, as do words that nail the ineffable and the spiritual which we yearn to grasp.

Emerson knew it, "The man of genius inspires us with a boundless confidence in our own powers."

Design
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Are you and I
perchance caught
up in a dream from
which we have not yet
awakened?

— Chuang-tzu

A affirmation
altruism
awaken

“ Everyday, think as you wake up:
Today I am fortunate to have woken up.
I am alive. I have a precious human life.
I am not going to waste it. I am going to use
all my energies to develop myself
to expand my heart out to others
for the benefit of all beings.”

— Tenzin Gyatso, 14th Dalai Lama



*B*alance
beauty
bliss
breathe

“Let the beauty we love be what we do;
there are hundreds of ways
to kneel and kiss the ground.
— Rumi

He who breathes deepest lives most.”
— Elizabeth Barrett Browning



“Be Content with what you have; rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you.

— Lao Tzu



contentment

courage

The greatest degree of inner tranquility comes from the development of love and compassion. The more we care for the happiness of others, the greater is our own sense of well-being.”

— Tenzin Gyatso, 14th Dalai Lama



calm

centered

compassion

consciousness

contemplation

contentment

courage

“ The state of constant calmness (neutralization of restless thoughts) is attained by the continuous practice of meditation and by keeping the attention fixed at the point between the eyebrows...

— Bhagavad Gita

Retire to the center of your being, which is calmness.

— Paramahansa Yogananda

The whole idea of compassion is based on a keen awareness of the interdependence of all these living beings, which are all part of one another, and all involved in one another.”

— Thomas Merton



“ Strive constantly to serve the welfare of the world; by devotion to selfless work one attains the supreme goal of life.
— Bhagavad Gita

D
devotion
discernment
discipline
discover

Devotion does not mean only Chanting praise and singing glory of God, nor fasting and offerings made to God.

Devotion is a specific attitude towards life and existence.”
— Rev. Pandurang Shastri Athavale



e
enlighten
envision
equipoise
equanimity
eternity
evolve

“ So the single most vital step on your journey toward enlightenment is this: learn to disidentify from your mind. Every time you create a gap in the stream of mind, the light of your consciousness grows stronger. One day you may catch yourself smiling at the voice in your head, as you would smile at the antics of a child. This means that you no longer take the content of your mind all that seriously, as your sense of self does not depend on it. ”

— Eckhart Tolle



e
enlighten
envision
equipoise
equanimity
eternity
evolve

“Enlightenment for a wave, is the moment
the wave realizes that it is water.
— Thich Nhat Hanh

He who knows others is wise.
He who knows himself is enlightened.”
— Lao Tzu



faith

fasting

fearless

forgiveness

“ A small body of determined spirits fired by an unquenchable faith in their mission can alter the course of history.

— Gandhi

Our true wealth is the good we do in this world. None of us has faith unless we desire for our neighbors what we desire for ourselves.”

— Mohammed



God
generosity
gentleness
goodness
gratitude

“ Treat those who are good with goodness,
and also treat those who are not good with
goodness. Thus goodness is attained.

— Lao Tzu

Do not search for God. He is not lost, you will
not find him. But rather, search for yourself. For
where you find yourself, there you will find God.”

— Orlan Jennings



H
happiness
harmony
health
honesty
hope
humility

“ The basic thing is that everyone wants happiness, no one wants suffering. And happiness mainly comes from our own attitude, rather than from external factors. If your own mental attitude is correct, even if you remain in a hostile atmosphere, you feel happy...

The more we care for the happiness of others, the greater is our own sense of well-being.”

— Tenzin Gyatso, 14th Dalai Lama



happiness harmony
 health
 honesty
 hope
 humility

“The diversity in the human family should be the cause of love and harmony, as it is in music where many different notes blend together in the making of a perfect chord.

— Abdul-Baha

Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude.”

— Dennis Waitley



Losing an illusion makes you wiser
than finding a truth.

— Ludwig Borne

Insight
inspiration
intention
introspection
intuition

“If I have been of service, if I
have glimpsed more of the nature
and essence of ultimate good,
if I am inspired to reach wider
horizons of thought and action,
if I am at peace with myself,
it has been a successful day.”

— Alex Noble



If you surrender
to the wind, you can ride it.
— Toni Morrison

F joy journey

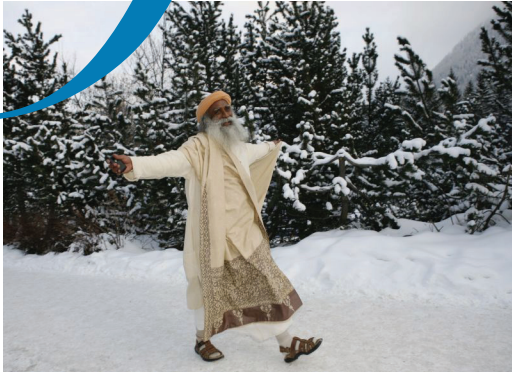
“ A quiet, wordless, self contained joy, desiring nothing from without and resting content with everything, remains free of all egoistic likes and dislikes. In this freedom lies good fortune, because it harbors the quiet security of a heart fortified within itself.

— Wilhelm version of the I Ching

Do the difficult things while they are easy and do the great things while they are small. A journey of a thousand miles must begin with a single step.”

— Lao Tzu

joy journey



“The same stream of life that runs through my veins night and day runs through the world and dances in rhythmic measures.

It is the same life that shoots in joy through the dust of the earth in numberless blades of grass and breaks into tumultuous waves of leaves and flowers.

It is the same life that is rocked in the ocean-cradle of birth and death, in ebb and in flow.

I feel my limbs are made glorious by the touch of this world of life. And my pride is from the life-throb of ages dancing in my blood this moment.”

— Rathindranath Tagore



K

kindness



“Kind words can be short
and easy to speak,
but their echoes are truly endless.

— Mother Teresa

This is my simple religion. There is no need for
temples; no need for complicated philosophy.
Our own brain, our own heart is our temple;
the philosophy is kindness.”

— Tenzin Gyatso, 14th Dalai Lama



“ One word frees us of all
the weight and pain of life:
that word is love
— Sophocles

laughter

liberation

light

limitless

listen and learn

love

loyalty

laughter

liberation

light

limitless

listen and learn

love

loyalty

It was the love of love, the love that swallows up all else, a grateful love, a love of nature, of people, of animals, a love engendering gentleness and goodness that moved me and that I saw in you.

— William Carlos Williams

I wish I could show you when you are lonely or in darkness the astonishing light of your own being.”
— Hafiz



“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.

□ Jalal ad-Din Muhammad Rumi



M

meditate

mindfulness

miracle

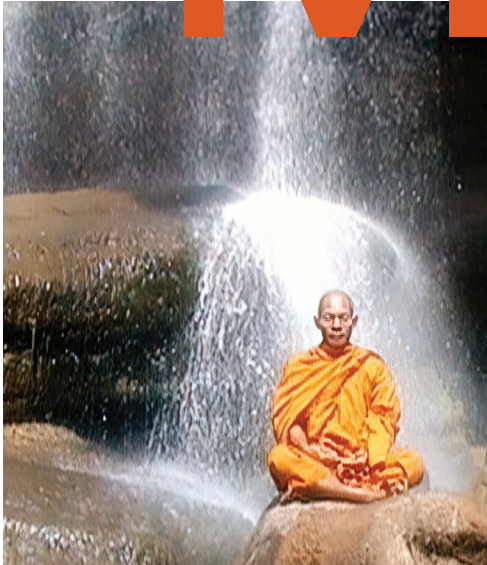
moderation

music

“Meditation isn't really about getting rid of thoughts, it's about changing the pattern of grasping on to things, which in our everyday experience is our thoughts.”

— Pema Chodron

M



meditate
mindfulness
miracle
moderation
music

All that we are arises with our thoughts.
With our thoughts we make the world.

— teachings of Buddha

The greatest help to spiritual life
is meditation. In meditation we divest
ourselves of all material condition
and feel our divine nature.

— Swami Vivekananda

Your mind has enormous hidden
dimensions. Open yourselves completely
to whatever reactions and emotions
the world evokes from time to time.
Accept them all without any reservation
or resentment. By assimilating everything
and all, your mind grows deeper,
stabler and more enriched.

— Swami Boomananda Tirtha

Meditation is not a means to an end.
It is both the means and the end.

— Krishnamurti

“As every man knows, meditation and
water are wedded forever.

— Herman Melville

Now I see the secret of the making
of the best persons. It is to grow
in the open air and to eat
and sleep with the earth.

— Walt Whitman



N nature
non-violence
non-attachment
nurture

“Even a stone, and more easily
a flower or a bird, could show
you the way back to God, to the
Source, to yourself. When you look
at it or hold it and let it be without
imposing a word of mental label
on it, a sense of awe, of wonder,
arises within you. Its essence
silently communicates itself to
you and reflects your own
essence back to you.”

— Eckhart Tolle





N nature
non-violence
non-attachment
nurture

“ The miracle is not to walk on water.
The miracle is to walk on the green earth,
dwelling deeply in the present moment
and feeling truly alive.

— Thich Nhat Hanh

Only by going alone in silence,
without baggage, can one truly get
into the heart of the wilderness.

— John Muir

We must remember that
we do not observe nature as it actually
exists, but nature exposed to our methods
of perception. The theories determine
what we can or cannot observe...Reality
is an illusion, albeit a persistent one.”

— Albert Einstein



“ In the depth of winter I finally learned that there was in me an invincible summer.

— Albert Camus



Om
optimism

Count your blessings. Once you realize how valuable you are and how much you have going for you, the smiles will return, the sun will break out, the music will play, and you will finally be able to move forward the life that God intended for you with grace, strength, courage, and confidence.

— Og Mandino



peace

prayer

purity

purpose

P

“...prayer is nothing else than being on terms of friendship with God.

— Saint Teresa of Avila

Prayer is not asking. It is a longing of the soul... It is better in prayer to have a heart without words than words without a heart.”

— Gandhi



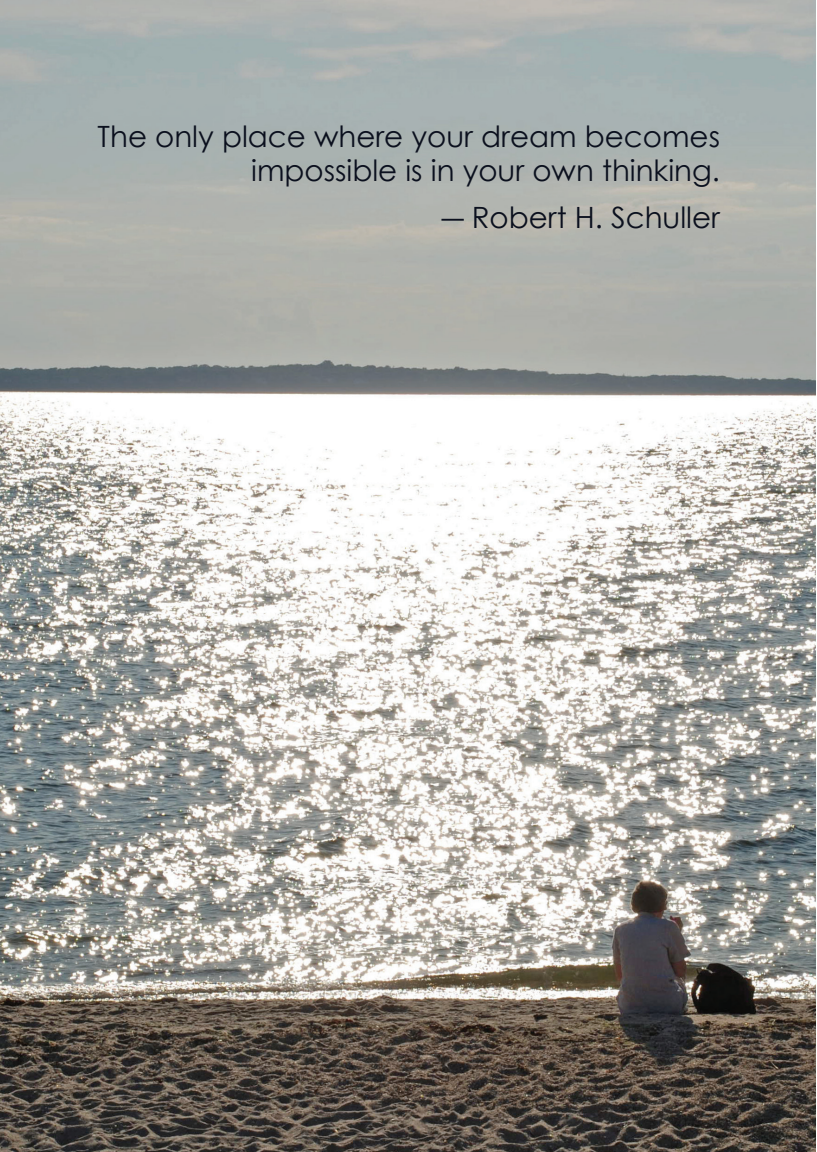
q

quest

quiet

“Each minute of life should be a divine quest.
— Paramahansa Yogananda

Only in quiet waters do things
mirror themselves undistorted.
Only in a quiet mind is adequate
perception of the world.”
— Hans Margolius



The only place where your dream becomes
impossible is in your own thinking.

— Robert H. Schuller

R realization
reflection
rest
reverence

“Don't go about here and there.
Go inside and remain there.

— Sage Yogaswami

Have courage for the great sorrows of life
and patience for the small ones; and when
you have laboriously accomplished your
daily task, go to sleep in peace.”

— Victor Hugo



S

sacrifice
self-realization
serenity
service
silence
simplicity
smile
solitude
stillness
surrender

“ To the mind that is still,
the whole universe surrenders. ”
— Lao Tzu



sacrifice

self-realization

serenity

service

silence

simplicity

smile

solitude

stillness

surrender

“ Life is really simple, but we insist on making it complicated.

— Confucius

All this hurrying soon will be over.
Only when we tarry do we touch the holy.

— Rainer Maria Rilke

All Profound things, and emotions of things are preceded and attended by Silence... Silence is the general consecration of the Universe. Silence is the invisible laying on of the Divine Pontiff's hands upon the world. Silence is at once the most harmless and the most awful thing in all Nature. It speaks of the Reserved Forces of Fate. Silence is the only Voice of our God.

— Herman Melville

The deeper the self-realization of a person, the more they influence the whole universe by their subtle spiritual vibrations, and the less they themselves are affected by the phenomenal flux.

— Sri Yukteswar

Self Realization is finding That which is beyond even superconsciousness itself, beyond the mind--timeless, causeless, spaceless.”

Satguru Sivaya Subramuniyaswami



Thankfulness
tranquility
transformation
trust
truth

“The greatest degree of inner tranquility comes from the development of love and compassion. The more we care for the happiness of others, the greater is our own sense of well-being.”
— Tenzin Gyatso, 14th Dalai Lama



Unconditional
understanding
unity

“ Knowledge and understanding
are life's faithful companions
who will never prove untrue to you.
For knowledge is your crown,
and understanding your staff;
and when they are with you,
you can possess no greater treasures.”
— Kahlil Gibran



V

virtue

vision

visualization

“...visions come not to polluted eyes.

— Mary Howitt

See first with your mind, then with your eyes,
and finally with your body.

— Yagyu Munenori

Your vision will become clear only when
you look into your heart. Who looks outside,
dreams. Who looks inside, awakens.”

— Carl Jung



W will-power
wisdom
wonder

“The old is prudent but not wise. Wisdom is that freshness of mind which enables one to realize that truth is not hoarded in caskets of maxims, it is free and living.

Great sufferings lead us to wisdom because these are the birth-throes through which our mind is freed from its habit environment, and comes naked into the arms of reality. Wisdom has the character of the child perfected through knowledge and feeling.”

— Rabindranath Tagore



X

e amine

“Some men of a secluded and studious life have sent forth from their closet or their cloister, rays of intellectual light that have agitated courts and revolutionized kingdoms; like the moon which, though far removed from the ocean, and shining upon it with a serene and sober light, is the chief cause of all those ebbings and flowings which incessantly disturb that restless world of waters.”

— Charles Caleb Colton



y
yearning
yoga

“Yoga is the practice of quieting the mind.”
— Patanjali

Yoga, an ancient but perfect science, deals with the evolution of humanity. This evolution includes all aspects of one's being, from bodily health to self-realization. Yoga means union - the union of body with consciousness and consciousness with the soul. Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one's actions.”
— B.K.S. Iyengar, Astadala Yogamala

y

yearning
yoga



“When the senses are stalled, when the mind is at rest, when the intellect wavers not—that, say the wise, is the highest state. This calm of the senses and the mind has been defined as yoga. One who attains it is freed from delusion.”

— Katha Upanishad









Z

zen

“Sit all together in meditation. Become peacefully calm and quiet, without motion, without stillness, without birth, without destruction, without coming or going, with no judgments of right or wrong, neither staying nor going. This, then, is the Great Way.”
— Hui Neng, Sixth Zen Patriarch

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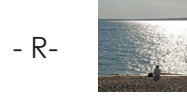
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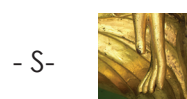
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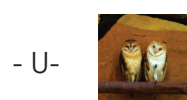
Yashi Wong



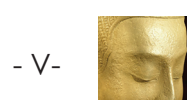
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