

*Blessing Scrolls, an act of Kindness Campaign co-created by the Raleigh Women's Creative Kindness Circle,
the Illinois Spirit Art and Friendship Circle and Becky Jaine.*

Print and cut the quotations in strips. Tie with ribbon and leave behind for strangers to discover.

^_namaste_^_



"Drink deeply. Live in serenity and joy."
-Buddha



"Just play. Have fun. Enjoy the game."
Michael Jordan



"Living well and beautifully and justly are all one thing."
Socrates



"Vision is the art of seeing things invisible."
Jonathan Swift



"Forgive yourself. Forgive others. Don't wait."
Mitch Albom (Tuesdays with Morrie)



"Life is the first gift, love is the second, and understanding the third."
Marge Piercy



A woman is like a tea bag - you can't tell how strong she is until you put her in hot water.
Eleanor Roosevelt



Promise me you'll always remember: You're braver than you believe,
and stronger than you seem, and smarter than you think.
A. A. Milne



Joy is a net of love by which you can catch souls.
Mother Teresa



Be joyful though you have considered all the facts.
Wendell Berry



Spread love everywhere you go. Let no one ever come to you without leaving happier.
Mother Teresa



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



“The two most important days of our lives are the day we are born and the day we figure out why.”
Elaine Cannon



“Never allow others to determine what you think about yourself.”
Unknown



“People may forget what you say or did, but people will never forget the way you made them feel.”
Mother Teresa



"It's not how much we give but how much love we put into giving."
– Mother Teresa



"Forget not that the earth delights to feel your bare feet and the winds long to play with your hair."
-Kahlil Gibran



"The secret to happiness is to plant trees under whose shade you will never sit." -Nelson Henderson



"Let no one ever come to you without leaving better."
-Mother Theresa



"Let yourself be silently drawn by the strange pull of what you really love."
- Rumi



"Thank you for being."
-Native American Greeting



"Each of us has a spark of life inside us, and we must set off that spark in one another."
-Kenny Ausubel



"The vision that you glorify in your mind, the ideal that you enthrone in your heart, this you will build
your life by, this you will become."
-James Allen



Every child is an artist. The problem is how to remain an artist after growing up.
– Pablo Picasso



"Thank you for being."
-Native American Greeting



Ring the bells that still can ring
Forget your perfect offering
There is a crack, a crack in everything
That's how the light gets in.
leonard cohen



Start close in, don't take the second step or the third,
start with the first thing close in,
the step you don't want to take.

...David Whyte



All things are transient on this Earth, be it power, glory, wealth, and even entire civilizations.
All we can do is to put our full love into our lives, professions, and families,
making a work of art of the few precious years that are granted to us.

Robert Muller, from Most Of All, They Taught Me Happiness



We can drop the fundamental hope that there is a better 'me' who one day will emerge.
We can't just jump over ourselves as if we were not there."
—Pema Chodron



Everyday life is the prayer. How we conduct it, cherish it, celebrate it, consecrate it.
~Sarah Ban Breathnach



May you be blessed with health and happiness beyond measure
and may you hold eternal peace in your heart.



"Don't ask what the world needs. Ask what makes you come alive and go do it.
Because what the world needs is people who have come alive."
—Howard Thurman



Everything we want in life is downstream.
Drop the oars. Stop trying to push the river.
~Sister Cathy Beckley



One breath to let go...
One breath to get here...
One breath to ask "Now what?"

From Calling the Circle by Christina Baldwin



Navajo Prayer Adaptation
May there be beauty above me
May there be beauty below me
May there be beauty before me
May there be beauty behind me
May there be beauty within me
May there be beauty around me
The world is restored in beauty



"Don't ask what the world needs. Ask what makes you come alive and go do it.
Because what the world needs is people who have come alive."
—Howard Thurman



"Just to be is a blessing.
Just to live is holy."
—Rabbi Abraham Heschel



"At each stage of learning we must give up something, even if it is a way
of life that we have always known."
—Ginevee



"If the only prayer you said in your entire life was 'thank you', that would suffice."
—Meister Eckhart



"There's a blaze of light in every word.
It doesn't matter which you heard
The holy or the broken
Hallelujah."
—Leonard Cohen



"Our past is a story existing only in our minds. Look, analyze, understand, and forgive.
Then, as quickly as possible, chuck it."
—Marianne Williamson



"When you come to the edge of all that you know and are about to
step into the unknown, faith is knowing one of two things will happen:
There will be something to stand on, or you will be taught how to fly."
—Unknown



"Forgiveness does not mean that what happened was okay. It simply means that
we are no longer willing to allow that experience to adversely affect our lives.
Forgiveness is something we do, ultimately, for ourselves."
—Christiane Northrup



"Even if you're on the right track, you'll get run over if you just sit there." —Will Rogers



"Grace fills empty spaces, but it can only enter where there is a void to receive it; and it is grace itself which makes this void."

—Simone Weil



"Better to do something imperfectly than to do nothing flawlessly."

—Robert Schuller



"We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us."

—Joseph Campbell



"When the solution is simple, God is answering." —Albert Einstein



"It is never too late to be what you might have been."

—George Eliot



"Each morning we are born again. What we do today is what matters most."

—Buddha



Peace of Mind...

Symptoms: An unmistakable ability to enjoy the moment.
A loss of interest in judging Self and interpreting the actions of others.
Frequent overwhelming episodes of appreciation.
An increased tendency to let things happen, and extend love.



"I dwell in possibility."
—Emily Dickinson



"Follow your bliss."
~Joseph Campbell



"There are only two ways to live your life.
One is as though nothing is a miracle. The other is as though everything is a miracle."
—Albert Einstein



"Healing does not come from anyone else.
You must accept guidance from within."
—From A Course in Miracles



"Serenity is not freedom from the storm but peace within the storm."
—Unknown



"If you're going through hell, keep going."
—Winston Churchill



"May all things move and be moved in me and know and be known in me
May all creation dance for joy within me."
—Chinook Psalter



"I want first of all to be at peace with myself.
I want a singleness of eye,
a purity of intention, a central core to my life."
—Anne Morrow Lindbergh



"You're only given a little spark of madness. You mustn't lose it."
- Robin Williams



It takes a long time to become young. -- Pablo Picasso



Do not go where the path may lead,
go instead where there is no path and leave a trail.
- Ralph Waldo Emerson



"Life is not about waiting for the storms to pass...it's about learning how to dance in the rain."



Never mind trying to be extraordinary, phenomenal, brilliant.
There are periods in life when it takes every scrap of what's left of one's energy just to sit upright.
Be gentle with yourself today.



Stopping, calming, and resting are preconditions for healing.
When animals in the forest are wounded they find a place to lie down
and rest completely for many days . . . They just rest and get the healing they need.
~Thich Nhat Hanh



Tension is who you think you should be. Relaxation is who you are.
--Chinese proverb



Where can I find an hour a day?
To turn away from duty,
to release that energy into something creative for myself
is like being tossed into a washing machine.
Can I really believe I am worth an hour a day?
Am I, who have given my life to others,
selfish enough to take one hour a day to find myself?
~Marion Woodman, Coming Home to Myself



To change one's life: 1. Start immediately. 2. Do it flamboyantly. 3. No exceptions.

~ William James



anything or anyone
that does not bring you alive
is too small for you.

~David Whyte



Life is simple.
Breathe in. Breathe out.
Repeat.



Enough. These few words are enough.
If not these words, this breath.
If not this breath, this sitting here.
This opening to the life
We have refused
Again and again
Until now.
Until now.
- David Whyte



To the questions of your life you are the answer, and to the problems of your life you are the solution.
Joe Cordare



"We are all cups, constantly and quietly being filled. The trick is,
knowing how to tip ourselves over and let the beautiful stuff out."
Ray Bradbury



You can't have everything. Where will you put it?
-Ann Landers



May you walk with grace and may the light of the universe always shine upon your path.



"Follow your bliss."
~joseph Campbell



May the long time sun shine upon you,
All love surround you,
And the pure light within you guide your way on.



"Reach high, for the stars lie hidden in your soul.
Dream deep, for every dream precedes the goal."
Pamela Vaull Starr



"It is important to seize wonderful moments as they happen.
Recognize when people are nice to you or recognize that something
is particularly pretty or know when something makes you smile.
If that can happen once or twice a day, you have it made."
-Mary-Ellis Bunim



"To be nobody but yourself in a world that's doing its best to make you somebody else, is to fight the
hardest battle you are ever going to fight. Never stop fighting."
e.e. cummings



"If I have the belief that I can do it, I shall surely acquire the capacity to do it, even if I may not have had it
at the beginning . . . " Mahatma Gandhi



I will not die an unlived life.
I will not live in fear of falling or catching fire.
I choose to inhabit my days,
to allow my living to open me,
to make me less afraid,
more accessible;
to loosen my heart until it becomes a wing,
a torch, a promise.
I choose to risk my significance,
to live so that which came to me as seed goes to the next as blossom,
and that which came to me as blossom,
goes on as fruit. ~...Dawna Markova



Give light, and the darkness will disappear of itself.
~ Erasmus



This ain't no time for doubting your power; this ain't the time for hiding your care.

Sting



... when we choose not to focus on what is missing from our lives but are grateful for the abundance that's present--love, health, family, friends, work, the joys of nature, and personal pursuits that bring us pleasure--we experience heaven on earth.

~ Sarah Ban Bretnach



The meaning of life is creative love. Not love as an inner feeling, as a private sentimental emotion, but love as a dynamic power moving out into the world and doing something original.
~ Tom Morris



It takes a lot of courage to release the familiar and seemingly secure, to embrace the new. But there is no real security in what is no longer meaningful. There is more security in the adventurous and exciting, for in movement there is life, and in change there is power.
~ Alan Cohen



What I have noticed in my small world is that if I praise the wild flowers growing on the hill in front of my house, the following year they double in profusion and brilliance. If I admire the squirrel that swings from branch to branch outside my window, pretty soon I have three or four squirrels to admire...The Universe responds. What you ask of it, it gives...Peace will come wherever it is sincerely invited. Love will overflow every sanctuary given it.

~ Alice Walker



If you think you're too small to be effective you have never been in bed with a mosquito.

~ Bette Reese



And this our life, exempt from public haunts, finds tongues in trees, books in running brooks, sermons in stones, and good in everything.

~ William Shakespeare



If there is light in the soul, there will be beauty in the person.
If there is beauty in the person, there will be harmony in the house.
If there is harmony in the house, there will be order in the nation.
If there is order in the nation, there will be peace in the world.

~ a Chinese Proverb



Let yourself be silently drawn by the stronger pull of what you really love.

~ Rumi



Better to light a candle than to curse the darkness.
J. F. Kennedy



And in the end the love you take is equal to the love you make.
The Beatles



The longer I live, the more beautiful the world becomes.
Frank Lloyd Wright



No man or woman...can really be strong, gentle and good without the world being better for it; without somebody being helped and comforted by the very existence of that goodness.
Philip Brooks



Light tomorrow with today.
Emily Dickinson



How far that little candle throws its beams!
So shines a good deed in a naughty world.
William Shakespeare



Just trust yourself. Then you will know how to live.
Johann Wolfgang von Goethe



Delight in the little things.
Rudyard Kipling



Life shrinks or expands in proportion to one's courage.
Anaïs Nin



It is astonishing how short a time it takes for very wonderful things to happen.
Frances Hodgson Burnett



Happiness is when what you think, what you say, and what you do are in harmony.
Gandhi



Enough is abundance to the wise.
Euripides



"Thank you for being."
-Native American Greeting



“Pooh,” said Rabbit kindly, “you haven’t any brain.”
“I know,” said Pooh humbly.

EE Milne



Still I’ll rise.
Maya Angelou



“I wonder if shark collect our teeth?”
Abbey age 8