

“Some books are to be tasted; others
swallowed; and some few to be chewed
and digested.”

-Francis Bacon

“The reading habit is most valuable in life. I mean by that practice of using a little time, say half an hour a day, in the systematic reading of worthwhile literature. The mind is opened to precious fields of thought; the achievement of the ages becomes ours; even the future takes form. As the mind and spirit are fed by well chosen reading, comfort, peace and understanding come to the soul. Those who have not tried it, have missed a keen and easily accessible joy. Moreover a person who engages in such a regular daily reading, if only a few minutes a day, in the course of a few years becomes a learned man. But it must be a regular daily habit... Some of the best educated men that I have ever met have never been to college but have acquired the habit of daily reading of good books for a few minutes a day”

-John A. Widstoe

“A great thought is a great boon,
for which God is to be first thanked, then
he who is the first to utter it, and then, in
a lesser, but still in a considerable degree,
the man who is the first to quote it to us.”

-Bovee

**ASPIRE TO SOMETHING
HIGHER**



**A POCKET BOOK OF
INSPIRED THOUGHTS**

By
Shawn Bremner

HAPPYPUBLISHING

Toronto, Canada

“I am but a gatherer, and a disposer of
other men's stuff.”

-Watton

Aspire to Something Higher:
A Pocket Book of Inspired Thoughts

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To Rebekah, Ethan & Abigail

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INTRODUCTION

I believe that if you're reading this book right now, then you have found it for a good reason. It has fallen into your hands right when you need it...right when you can use it.

Call it a life-experiment. It's like a soul-crucible that contains a flood of possibilities.

You don't yet know what answers it can give you, where it may lead you to, and the potential for a deeper inner-life it can provide. Somewhere in these pages is an answer you have been looking for.

Happy searching. ☺

PREFACE

Quotations are addictive. They are a food that can quickly satisfy a hungry heart. I've been collecting them for many years. I was sixteen when I started and I quickly realized that I like them a lot. In fact, I think EVERYONE LOVES QUOTATIONS.

Part of the reason they're so well liked is that they can expand your consciousness and stretch your mind to new levels of thought; it feels like the top of your head has been taken off and exposed to the wide universe above you. This is good medicine.

You never know when a certain citation is going to hit you hard. Some in here will affect you for the better, and some will mean nothing to you in the least. But if

you come back six months later and read the same quotation, you may be surprised at how you missed something so profound.

Carry it everywhere you go. If you find you have 5 minutes to spare, pull it out and ponder on a couple of ideas; over the space of a few months you could read this book several times and eventually, many of the quotes will be easily committed to your memory! Your mind will begin to be raised from the dirt and dust that we often dwell in and begin to think like some of the great minds quoted herein.

Enjoy it!

Shawn Matthew Bremner
HappyPublishing.com

PS: Once you are finished reading and re-reading this book, give it away to someone; lend it to a friend or a family member...or better yet, buy them a copy! There are some order forms at the back of the book.

TO ASPIRE TO GREAT THINGS

1) When a young man sets out to learn something of his own free will, he marks himself out as an exceptional man. And he begins to rise in the world. -*Herbert N. Casson*

2) He who waits to do a great deal of good at once, will never do anything. -*Samuel Johnson*

3) Most people would succeed in small things if they were not troubled with great ambition. -*Longfellow*

4) There are thousands willing to do great things to one willing to do a small thing. -*George MacDonald*

5) Between the great things we cannot do and the small things we will not do, lies the danger that we shall do nothing. -*Adolph Monod*

6) It is not for man to rest in absolute contentment. He is born to hopes and aspirations as the sparks fly upwards, unless he has brutified his nature and quenched the spirit of

immortality which is his portion. -*Southey*

7) We are not to make the ideas of contentment and aspiration quarrel, for God made them fast friends. A man may aspire, and yet be quite content until it is time to rise; and both flying and resting are but parts of one contentment. The very fruit of the gospel is aspiration. It is to the heart what spring is to the earth, making every root, and bud, and bough desire to be more. -*H.W. Beecher*

8) If one advances confidently in the direction of his dreams, and endeavors to live the life which he imagined, he will meet with a success unexpected in common hours. In proportion as he simplifies his life, the laws of the universe will appear less complex, and solitude will not be solitude, nor poverty poverty, nor weakness weakness. -*Thoreau*

9) Be ashamed to die until you have won some victory for mankind. -*Horace Mann*

10) It is asked, how can the laboring man find

time for self-culture? I answer that an earnest purpose finds time or makes it. It seizes on spare moments and turns fragments to golden account. A man who follows his calling with industry and spirit, and uses his earnings economically, will always have some portion of the day at command. And it is astonishing how fruitful of improvement a short season becomes when eagerly seized and faithfully used. It has often been observed, that those who have the most time at their disposal profit by it the least. A single hour a day, steadily given to the study of some interesting subject, brings unexpected accumulations of knowledge. -*Channing*

11) Really great men have a curious feeling that the greatness is not in them, but through them. And they see something divine in every other man. -*John Ruskin*

12) Edison was once asked how he accomplished so much. He said, "It is very simple.

You and I each have eighteen hours in a day in which we may do something. You spend that eighteen hours doing a number of unrelated things. I spend it doing just one thing, and some of my work is bound to amount to something.” -*Sterling Sill*

13) Our doubts are traitors, and make us lose the good we oft might win, by fearing to attempt. -*Shakespeare*

14) Circumstance does not make the man; it reveals him to himself. No such conditions can exist as descending into vice and its attendant sufferings apart from vicious inclinations, or ascending into virtue and its pure happiness without the continued cultivation of virtuous aspirations; and man, therefore, as the lord and master of thought, is the maker of himself, the shaper and author of environment. -*James Allen*

15) A noble man compares and estimates himself by an idea which is higher than himself; and a mean man, by one lower than himself.

The one produces aspiration; the other ambition, which is the way in which a vulgar man aspires. -*Joseph Conrad*

16) Ah, but a man's reach should exceed his grasp,/ Or what's a heaven for? -*Robert Browning*

17) Real ease comes not from ease or riches or from praise of people, but from doing something worthwhile. -*Sir Wilfred Grenfell*

18) Your circumstances may be uncongenial, but they shall not long remain so if you but perceive an Ideal and strive to reach it. You cannot travel within and stand still without. Here is a youth hard pressed by poverty and labour; confined long hours in an unhealthy workshop; unschooled, and lacking all the arts of refinement. But he dreams of better things; he thinks of intelligence, of refinement, of grace and beauty. He conceives of, mentally builds up, an ideal condition of life; the vision of a wider liberty and a larger scope takes pos-

session of him; unrest urges him to action, and he utilizes all his spare time and means, small though they are, to the development of his latent powers and resources. Very soon so altered has his mind become that the workshop can no longer hold him. It has become so out of harmony with his mentality that it falls out of his life as a garment is cast aside, and, with the growth of opportunities which fit the scope of his expanding powers, he passes out of it forever. Years later we see this youth as a full-grown man. We find him a master of certain forces of the mind which he wields with world-wide influence and almost unequaled power. In his hands he holds the cords of gigantic responsibilities; he speaks, and lo! lives are changed; men and women hang upon his words and remould their characters, and sun-like, he becomes the fixed and luminous centre around which innumerable destinies revolve. He has realized the Vision of his youth. He

has become one with his Ideal. And you, too, youthful reader, will realize the Vision (not the idle wish) of your heart, be it base or beautiful, or a mixture of both, for you will always gravitate toward that which you, secretly, most love. -*James Allen*

19) We are all in the gutter, but some of us are looking at the stars. -*Oscar Wilde*

PROGRESSION

20) I don't think much of a man who is not wiser today than he was yesterday. -*Abraham Lincoln*

21) Sometimes, when people are working hard to progress in their lives, they do so well in two or three fields of human endeavor, that they forget one area that is just as important: *social*. They work hard at progressing mentally, phys-

ically, and even spiritually, that in the end, they are in danger of becoming a social idiot. Balanced progression in the four fields of human endeavor is essential. -*Shawn Bremner*

22) Restlessness is discontent and discontent is the first necessity of progress. Show me a thoroughly satisfied man and I will show you a failure. -*Thomas Edison*

23) What a man truly wants, that he will get, or he will be changed in the trying. -*Robert Stevenson*

24) He who governed the world before I was born shall take care of it likewise when I am dead. My part is to improve the present moment. -*Wesley*

25) All that is human must retrograde if it do not advance. -*Gibbon*

26) If a man is not rising upward to be an angel, depend on it, he is sinking downward to be a devil. He cannot stop at the beast.

-*Coleridge*

27) I am suffocated and lost when I have not the bright feeling of progression. -*Margaret Fuller*

28) The goal ever recedes from us. The greater the progress the greater the recognition of our unworthiness. Satisfaction lies in the effort, not in the attainment. -*Mahatma Gandhi*

29) It is right to be contented with what we have, never with what we are. -*Mackintosh*

SELF-DISCIPLINE FOR HAPPINESS

30) There is a close connection between getting up in the world and getting up in the morning. -*Anon.*

31) Real freedom is won through self-government, not through self-expression. -*Roy L. Smith*

32) No horse gets anywhere until he is har-

nessed. No steam or gas ever drives anything until it is confined. No Niagara is ever turned into light and power until it is tunneled. No life ever grows great until it is focused, dedicated, disciplined. -*Harry Emerson Fosdick*

33) When the fight begins within himself, a man's worth something. -*Robert Browning*

34) Conquer yourself. Don't you think it to be quite pitiful to fight society and authority by doing dumb things that only control your free will? While you aren't subjective to other people, you're still a slave to yourself. -*Shawn Bremner*

35) An infallible way to make your child miserable is to satisfy all his demands. -*Henry Home*

36) If you want knowledge, you must toil for it; if food, you must toil for it; and if pleasure, you must toil for it. Toil is the law. Pleasure comes through toil, and not by self-indulgence and indolence. When one gets to love work, his life is a happy one. -*John Ruskin*

37) Every temptation that is resisted, every noble aspiration that is encouraged, every sinful thought that is repressed, every bitter word that is withheld, adds its little item to the impetus of that great movement which is bearing humanity onward toward a richer life and higher character. -*Fiske*

38) The first and best victory is to conquer self; to be conquered by self is of all things, the most shameful and vile. -*Plato*

39) You will never have a greater or lesser dominion than that over yourself. The height of a man's success is gauged by his self-mastery; the depth of his failure by his self-abandonment. And this law is the expansion of eternal justice. He who cannot establish dominion over himself will have no dominion over others. -*Leonardo Da Vinci*

40) He who, possessed of health and strength, wastes the calm, precious hours of the silent morning in drowsy indulgence is totally unfit

to climb the heavenly heights. -*James Allen*

41) I saw few die of hunger—of eating, a hundred thousand. -*Benjamin Franklin*

42) Is there anywhere a more miserable man than he who is always longing for some new sensation? Is there anywhere a more blessed being than he who, by self-control is satisfied, calm, and enlightened? Who has most of physical life and joy: the glutton, the drunkard, and the sensualist who lives for pleasure only, or the temperate man who holds his body in subjection, considering its needs an obeying its uses? I was once eating a ripe, juicy apple as it came from the tree, and a man near me said, “I would give anything if I could enjoy an apple like that.” I asked, “Why can't you?” His answer was, “I have drunk whisky and smoked tobacco until I have lost all enjoyment in such things.” In pursuit of elusive enjoyments, men lose the abiding joys of life. -*James Allen*

43) Profanity is the effort of a feeble brain to

express itself forcibly. -*Kimball*

44) Perhaps the most valuable result of all education is the ability to make yourself do the thing you have to do when it ought to be done, whether you like it or not. This is the first lesson to be learned. -*Thomas Huxley*

45) Men are qualified for civil liberty in exact proportion to their disposition to put moral chains on their own appetites. -*Edmund Burke*

46) Man, without opposition or competition, would loaf out his life and die a limpid lump of flesh. -*Unknown*

47) He who refuses to be taught, loses from life its charm and sacredness. Cease to learn, and you will in time starve your powers of obedience and all the rest of those delicate faculties which in their union are worship and the very strength of spiritual faith. -*George Adam Smith*

INTROSPECTION TASTES GOOD

48) If you have a garden and a library, you have everything you need. -*Cicero*

49) It is wondrous how the truer we become, the more unerringly we know the ring of truth, can discern whether a man be true or not, and can fasten at once upon the rising lie in word and look and dissembling act—wondrous how the charity of Christ in the heart perceives every aberration from charity in others, in ungentle thought or slanderous tone. -*F.W. Robertson*

50) A rush of thoughts is the only conceivable prosperity that can come to us. Fine clothes, equipages, villa, park, social considerations, cannot cover up real poverty and insignificance. -*Emerson*

51) At night I went out into the dark and saw a glimmering star and heard a frog and Nature seemed to say, “Well, do not these suffice?”

Here is a new scene, a new experience. Ponder it, Emerson, and not like the foolish world hanker after thunders and multitudes and vast landscapes, the sea or Niagara.” -*Emerson*

52) A man only begins to be a man when he ceases to whine and revile, and commences to search for the hidden justice which regulates his life. And as he adapts his mind to that regulating factor, he ceases to accuse others as the cause of his condition, and builds himself up in strong and noble thoughts.... -*James Allen*

53) Write down the thought of the moment. Those that come unsought for are commonly the most valuable. -*Francis Bacon*

VIRTUE IS JOY

54) It should be everyone's interest to be virtuous who wish to be happy in this world.
-*Unknown*

55) To be ambitious of true honor and of real glory and perfection of our nature is the very incentive of virtue; but to be ambitious of titles, place, ceremonial respects, and civil pageantry, is as vain and little as the things are which we court. -*Sir Phillip Sidney*

56) It is a common error to suppose that the higher life is a matter of reading, and the adoption of theological or metaphysical hypotheses, and that spiritual principles can be apprehended by this method. The Higher Life is a Higher Living in thought, word, and deed, and the knowledge of those spiritual principles, which are imminent in man and in the universe, can only be acquired after long discipline in the pursuit and practice of virtue... Virtue can only be known by doing... -*James Allen*

57) Consider your origin; you were not formed to live like brutes, but to follow virtue and knowledge. -*Dante*

58) It is not the edge and temper of the blade that make a good sword, not the richness of the scabbard; and so it is not money or possessions that make man considerable, but his virtue. -*Seneca*

59) There is virtue in Country houses, in gardens and orchards, in fields, streams and groves, in rustic recreations and plain manners, that neither cities nor universities enjoy. -*Amos Bronson Alcott*

60) The most manifest sign of wisdom is continued cheerfulness. -*Montaigne*

61) There are men whose presence seems to radiate sunshine, cheer, optimism. With them you feel calm and rested and restored, in a moment, to a new and stronger faith in humanity. -*William Jordan*

LIVING A BETTER LIFE

62) I know of no more encouraging fact than the ability of a man to elevate his life by conscious endeavor. It is something to paint a particular picture, or to carve a statue, and so make a few objects beautiful. It is far more glorious to carve and paint the very atmosphere and medium through which we look. This morally we can do. -*Thoreau*

63) The game of life is the game of boomerangs. Our thoughts, deeds and words return to us sooner or later, with astounding accuracy. -*Florence Shinn*

64) The more we do, the more we can do; the more busy we are, the more leisure we have. -*Hazlitt*

65) It makes little difference what is actually happening; it's how you, personally, take it that really counts. -*Unknown*

66) The essence of philosophy is that a man

should so live that his happiness shall depend as little as possible on external things. -*Epictetus*

67) 1. Sit quietly for a moment, and you realize how you have been foolishly running about. 2. Learn to keep your mouth shut, and you realize you have been talking too much. 3. Avoid getting involved in too many things, and you realize that you have been wasting your time in unnecessary things. 4. Close the door, and you realize that you have been mixed up with too many kinds of people. 5. Have few desires, and you realize why you have had so many ills. 6. Be human, and you realize that you have been too critical of others. -*Chen Chiju (1588-1639)*

68) The art of life...is (when) not having anything to do, to do something. -*Thoreau*

69) Guard your spare moments. They are like uncut diamonds. Discard them and their value will never be known. Improve them and they will become the brightest gems in a useful life.

-*Emerson*

70) Character is higher than intellect. Men must be fit to live as well as to think. -*Emerson*

71) What would be the use of immortality to a person who cannot use well a half hour?

-*Emerson*

72) Tomorrow will be like today. Life wastes itself whilst we are preparing to live. -*Emerson*

73) Women find it easier to forgive the man who does badly on the battlefield of love than the one who decamps from it. -*Unknown*

74) Who loves the rain and loves his home, and looks on life with quiet eyes, him will I follow through the storm and at his heath-fire keep me warm. -*Frances Shaw*

75) Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bow-lines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover. -*Mark Twain*

76) One man cannot do right in one depart-

ment of life whilst he is occupied in doing wrong in any other department. Life is one indivisible whole. -*Gandhi*

77) The man least dependent upon the morrow goes to meet the morrow most cheerfully.

-*Epicurus*

78) Some there are that torment themselves afresh with the memory of what is past; others, again, afflict themselves with the apprehension of evils to come; and very ridiculously both—for the one does not now concern us, and the other not yet... One should count each day a separate life. -*Seneca*

79) When a person's life is devoid of meaning, they tend to strike out and seek tribulation; they find fault where there is none. This is easily observed—I have seen it many times—and I think it is a psychological truism that an empty, cushy life seeks problems. The sluggard and glutton are perpetually filling their time with trouble. Misery loves company. You have the

choice of filling your life with meaning or it will be filled with something else. Seek discipline or Life will discipline you. Act, or you will be acted upon. -*Shawn Bremner*

80) "There is no hope for you," Thoreau once said, "Unless this bit of sod under your feet is the sweetest for you in the world—in any world." The effective man takes his reward as he goes along. Nowhere is the sky so blue, the grass so green, the opportunities so choice as now, here, today, the time, the place where his work must be done. -*David Starr Jordan*

81) How various his employments, whom the world/
Calls idle, and who justly in return/
Esteems that busy world an idler too!/
Friends, books, a garden, and perhaps his pen,
Delightful industry enjoyed at home,
And nature in her cultivated trim,
Dressed to his taste inviting him abroad. -*Conper*

82) It amazes me to study men and women who use their time so well, that they can

accomplish more in a week than some people accomplish in a year. Little by little they have made their time become so valuable that one moment of idleness costs way too much.

-Shawn Bremner

83) Dost thou love life? Then do not squander time, for that is the stuff life is made of.

-Benjamin Franklin

84) There is no glory so bright but the veil of business can hide it effectually. With most men life is postponed to some trivial business and so therefore is heaven. Men think foolishly they may abuse and misspend life as they please and when they get to heaven turn over a new leaf. *-Thoreau*

85) Spare moments are the gold dust of time; of all the portions of life, the spare minutes are the most fruitful in good or evil. They are gaps through which temptations find easiest access to the garden of the soul. *-Anon.*

86) We ask for long life, but 'tis deep life, or

grand moments that signify. Let the measure of time be spiritual, not mechanical. Life is unnecessarily long. Moments of insights, of fine personal relation, a smile, a glance—what ample borrowers of eternity they are? -*Emerson*

87) Remember, if you always do what you have always done, you will always get what you have gotten. -*Anon*

88) A life being very short, and the quiet hours of it few, we ought to waste none of them in reading valueless books. -*John Ruskin*

THINGS YOU SHOULD REMEMBER

89) Ask for strength, you get difficulties to make you strong. Ask for wisdom, you get problems the solution of which develops wisdom. Prosperity...brain and brawn to work. Courage...dangers to overcome. Favours...

opportunities. -*Unknown*

90) Of all forms of caution, caution in love is perhaps the most fatal to true happiness.

-*Bertrand Russell*

91) People on earth have been convinced that misery is standard to life and not a by product of wrong living. -*Iring*

92) The lowest person on earth is worth worlds. -*Perry*

93) Action may not always bring happiness; but there is no happiness without action.

-*Disraeli*

94) Edward Gibbon, in 1788 set forth in his famous book, "Decline and Fall of the Roman Empire", five basic reasons why that great civilization withered and died: 1) The undermining of the dignity and sanctity of the home, which is the basis for human society. 2) Higher and higher taxes: the spending of public money for free bread and circuses for the populace. 3) The mad craze for pleasure, with

sports and plays becoming more exciting, more brutal, and more immoral. 4) The building of great armaments when the real enemy was within—the decay of individual responsibility. 5) The decay of religion, whose leaders lost their touch with life, and their power to guide the people. -Unknown

95) How do we know but that the interruption we snarl at is the most blessed thing that has come to us in long days? -*Lindsay*

96) As if you could kill time without injuring eternity. -*Thoreau*

97) If we did all the things we are capable of doing, we would literally astonish ourselves.

-*Edison*

98) How goodness hightens beauty! -*Hannah More*

99) Only that traveling is good which reveals to me the value of home, and enables me to enjoy it better. -*Thoreau*

100) Rather see the wonders of the world

abroad than, living dully sluggardized at home,
wear out thy youth with shapeless idleness.

-Shakespeare

101) The world is a great book, of which they
who never stir from home read only a page.

-Augustine

102) Nothing is more unjust, however common, than to charge with hypocrisy him that expresses zeal for those virtues which he neglects to practice; since he may be sincerely convinced of the advantages of conquering his passions without having yet obtained the victory, as a man may be confident of the advantages of a voyage or a journey, without having courage or industry to undertake it, and may honestly recommend to others those attempts which he neglects himself. *-Johnson*

103) Principles don't cease to be principles on Monday morning. *-Evans*

104) Harsh counsels have no effect. They are like hammers which are always repulsed by the

anvil. -*Claude Helvetius*

105) Life will give you what you ask of her if only you ask long enough and plainly enough.

-*Unknown*

106) You need a change of soul rather than a change of climate. -*Seneca*

107) Health, beauty, vigor, riches, and all the other things called goods, operate equally as evils to the vicious and unjust, as they do as benefits to the just. -*Plato*

108) The ravages of drink are greater than those of war, pestilence and famine combined.

-*Gladstone*

109) Drink has drained more blood, hung more crepe, sold more homes, plunged more people into bankruptcy, armed more villains, slain more children, snapped more wedding rings, defiled more innocent, blinded more eyes, twisted more limbs, dethroned more reason, wrecked more manhood, dishonored more womanhood, broken more hearts, blast-

ed more lives, driven more to suicide, and dug more graves than any other poison scourge that ever swept its death-dealing wave across the world. -*Evangeline Boothe*

110) A lover's like a hunter—if the game be got with too much ease he care not for't. -*Mead*

111) When once infidelity can persuade men that they shall die like beasts, they will soon be brought to live like beasts also. -*South*

112) *Sign up for my free Thought-of-the-Day by e-mail by going to HappyPublishing.com or by sending a blank e-mail message to:*

aspirehigher@getresponse.com...and please stay subscribed forever.

113) The hottest places in Hell are reserved for those who, in a period of moral crisis, maintain their neutrality. -*Dante*

114) I have laughed more people into being good than if I had preached to them for a hundred years. -*Lilian Barker*

115) Though I speak with the tongues of men

and angels, and have not charity, I am become as sounding brass, or a tinkling cymbal. And though I have the gift of prophecy and understand all mysteries, and all knowledge, and though I have all faith, so that I could remove mountains, and have not charity, I am nothing. And though I bestow all my goods to feed the poor, and though I give my body to be burned, and have not charity, it profiteth me nothing.

-1 Corinthians 13

116) Perhaps you desire more time for thought and effort, and feel that your hours of labor are too hard and long. Then see to it that you are utilizing to the fullest possible extent what little spare time you have. It is useless to desire more time, if you are already wasting what little you have; for you would only grow more indolent and indifferent. *-James Allen*

117) Deathbed repentance is burning the candle of life in the service of the devil, then blowing the snuff in the face of Heaven. *-Dow*

118) It is very dangerous to go into eternity with possibilities which one has oneself prevented from becoming realities. A possibility is a hint from God. One must follow it. -Sören Kierkegaard

119) The foolish and wicked practice of profane cursing and swearing is a vice so mean and low that every person of sense and character detests and despises it. -George Washington

MIND-ART

120) The greatest discovery of my age is that men can change their circumstances by changing the attitude of their mind. -William James

121) Explore your higher latitudes...be a Columbus to whole new continents and worlds within you, open new channels, not of trade but of thought. -Thoreau

122) It is throwing your life away to think of the wrong things. -*Nibley*

123) Though we travel the world over to find the beautiful, we must carry it with us, or we find it not. -*Emerson*

124) It is a primal rule to defend your morning, to keep all its dew on, and with fine foresight to relieve it from any jangle of affairs, even from the question, Which task? I remember a capital prudence of old President Quincy, who told me that he never went to bed at night until he had laid out the studies of the next morning. I believe that in our good days a well-ordered mind has a new thought awaiting it every morning. And hence, eminently thoughtful men, from the time of Pythagoras down, have insisted on an hour of solitude every day to meet their own mind, and see what oracle it has to impart. -*Emerson*

125) Every man has a train of thought on which he rides when he is alone. The dignity

and nobility of his life, as well as his happiness depend upon the direction in which that train is going, the baggage it carries, and the scenery through which it travels. -*Joseph Newton*

126) We want inner peace but we will not look within. -*Matthew Arnold*

127) Look sharply after your thoughts. They come unlooked for, like a new bird seen on your trees, and, if you turn to your usual task, disappear; and you shall never find that perception again; never I say—but perhaps years, ages, and I know not what events and worlds may lie between you and its return. -*Emerson*

128) I will not let anyone walk through my mind with their dirty feet. -*Gandhi*

129) An open mind is all very well in its own way, but it ought not to be so open that there is no keeping anything in or out of it. It should be capable of shutting its doors sometimes, or it may be found a little draughty. -*Samuel Butler*

130) Nurture your mind with great thoughts:

to believe in the heroic makes heroes. -*Benjamin Disraeli*

131) A soul occupied with great ideas best performs small duties. -*H. Martineau*

132) Great men are they who see that spiritual is stronger than any material force—that thoughts rule the world. -*Emerson*

133) A mind once stretched by a new idea never returns to its original dimensions. -*Oliver Wendell Holmes*

134) No good thought is ever lost. No turn of the mind, however brief or transitory or elusive, if it is good, is ever wasted. No thought of sympathy, nor of forgiveness, no reflection on generosity or of courage or of purity, no meditation on humility or gratitude or reverence is ever lost. The frequency with which they are experienced is the measure of you. The more constant they become, the more they are worth, or in scriptural terms, the more you are worth. Every clean thought *becomes*

you. Every clean thought becomes *you*. -*Packer*

135) There is nothing as powerful as an idea whose time has come. -*Victor Hugo*

136) Out beyond the ideas of right-doing and wrong-doing is a field—I'll meet you there.

-*Jelaluddin Rumi*

137) Men do not attract that which they want, but that which they are. Their whims, fancies, and ambitions are thwarted at every step, but their inmost thoughts and desires are fed with their own food, be it foul or clean.... Not what he wishes and prays for does a man get, but what he justly earns. His wishes and prayers are only gratified and answered when they harmonize with his thoughts and actions. -*James*

Allen

138) How can we expect a harvest of thought who have not had a seed-time of character?

-*Thoreau*

139) He is of a studious habit, and unusually energetic: he applies himself with great ardour

to the acquisition of professional knowledge, to the conducting of experiments, to many things...It may be the character of his mind, to be always in singular need of occupation. That may be, in part, natural to it; in part, the result of affliction. The less it was occupied with healthy things, the more it would be in danger of turning in the unhealthy direction. He may have observed himself, and made the discovery. -*Dickens*

140) Tell me what that is upon which you most frequently and intensely think, that to which, in your silent hours, your soul most naturally turns, and I will tell you to what place of pain or peace you are traveling, and whether you are growing into the likeness of the divine or the bestial. -*James Allen*

141) A noble and God-like character is not a thing of favour or chance, but is the natural result of continued effort in right thinking, the effect of long-cherished association with

Godlike thoughts. An ignoble and bestial character, by the same process, is the result of the continued harbouring of groveling thoughts. -*James Allen*

142) What you think about when you don't have anything to think about, and what you do when you do not have anything specifically to do, is what you are. -*McKay*

143) ...man is the causer (though nearly always unconsciously) of his circumstances, and that, while aiming at a good end, he is continually frustrating its accomplishment by encouraging thoughts and desires which cannot possibly harmonize with that end. -*James Allen*

144) Suffering is always the effect of wrong thought in some direction. It is an indication that the individual is out of harmony with himself, with the Law of his being. The sole and supreme use of suffering is to purify, to burn out all that is useless and impure. Suffering ceases for him who is pure. There

could be no object in burning gold after the dross had been removed, and a perfectly pure and enlightened being could not suffer.

-James Allen

OUR HIGHEST MISSION

145) No other success can compensate for failure in the home. *-McKay*

146) The first duty to children is to make them happy. If you have not made them so, you have wronged them. No other good they may get can make up for that. *-Charles Buxton*

147) Remember always that the most important of the Lord's work you and I will ever do will be within the walls of our own homes.

-Harold Lee

148) To reform a man, you must begin with his grandmother. *-Victor Hugo*

149) Building boys is better than mending men. -*Unknown*

150) To be happy at home is the (highest) result of all ambition. -*Samuel Johnson*

151) The highest happiness on earth is in marriage. Every man who is happily married is a successful man even if he has failed in everything else. -*William Lyon Phelps*

152) No nation rises above its homes. In building character the church, the school, and even the nation stand helpless when confronted with a weakened and degraded home. The good home is the rock foundation—the cornerstone of civilization. There can be no genuine happiness separate and apart from a good home, with the old-fashioned virtues at its base. If your nation is to endure, the home must be safeguarded, strengthened, and restored to its rightful importance. -*Benson*

SPIRITUALITY

153) The true thrift is always to spend on the higher plane; to invest and reinvest, with keener avarice, that he may spend in spiritual creation, and not in augmenting animal existence.

-Emerson

154) Things that are holy are revealed only to men who are holy. *-Hippocrates*

155) My strength is the strength of ten because my heart is pure. *-Tennyson*

156) Life is a series of surprises, and would not be worth taking or keeping if it were not. God delights to isolate us every day, and hide from us the past and the future. We would look about us, but with grand politeness he draws down before us an impenetrable screen of purest sky, and another behind us of purest sky, "You will not remember," he seems to say, "and you will not expect." *-Emerson*

157) He that will watch providences, shall

never want providences to watch. -*Flavel*

158) Every devoted person of any faith who is obedient and righteous and who sincerely prays may receive answers and inspiration from God. -*Faust*

159) The hero is he who lives in the inward sphere of things, in the True, Divine, Eternal, which always exists. His life is a piece of the everlasting heart of nature itself. -*Thomas Carlyle*

160) Oh, when I am safe in my Sylvan home,
I tread on the pride of Greece and Rome,
And when I am stretched beneath the pines/
Where the evening star so holy shines,/ I laugh
at the lore and the pride of man,/ At the
sophist schools and the learned clan;/ For
what are they all in their high conceit,/ When
man in the bush with God may meet?

-*Emerson*

161) The contemplation of celestial things will make a man both speak and think more sub-

limely and magnificently when he descends to human affairs. -*Cicero*

162) Behold, I stand at the door and knock; if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me. -*Revelation 3:20*

163) It is the first principle of the gospel to know for a certainty the character of God, and to know that we may converse with Him as one man converses with another. -*Smith*

164) Spirituality is the consciousness of victory over self, and of communion with the Infinite. Spirituality impels one to conquer difficulties and acquire more and more strength. To feel one's faculties unfolding and truth expanding the soul is one of life's sublimest experiences. -*McKay*

165) ...He can only guide our footsteps when we move our feet. -*Romney*

166) Man's earthly existence is but a test as to whether he will concentrate his efforts, his

mind, his soul upon things which contribute to the comfort and gratification of his physical instincts and passions, or whether he will make as his life's end and purpose the acquisition of spiritual qualities. -*McKay*

167) We consider that God has created man with a mind capable of instruction, and a faculty which may be enlarged in proportion to the heed and diligence given to the light communicated from heaven to the intellect; and that the nearer man approaches perfection, the clearer are his views, and the greater his enjoyments, 'til he has overcome the evils of his life and lost every desire for sin; and like the ancients, arrives at that point of faith where he is wrapped in the power and glory of his Maker and is caught up to dwell with Him. But we consider that this is a station to which no man ever arrived in a moment; he must have been instructed in the government and laws of that kingdom by proper degrees, until his mind

is capable in some measure of comprehending the propriety, justice, equality, and consistency of the same. -*Smith*

168) The best way to obtain truth and wisdom is not to ask it from books, but to go to God in prayer and obtain divine teaching. -*Smith*

169) A man should not tell me that he has walked among the angels; his proof is that his eloquence makes me one. -*Emerson*

170) There is no chance and no anarchy in the universe. All is system and gradation. Every God is there sitting in his sphere. The young mortal enters the hall of the firmament; there is he alone with them alone, they pouring on him benedictions and gifts, and beckoning him up to their thrones. On the instant, and incessantly, fall snowstorms of illusions. He fancies himself in a vast crowd which sways this way and that and whose movement and doings he must obey: he fancies himself poor, orphaned, insignificant. The mad crowd drives hither and

thither, now furiously commanding this thing to be done, now that. What is he that should resist their will, and think or act for himself? Every moment new changes and new showers of deception to baffle and distract him. But when, by and by, for an instant, the air clears and the clouds lift a little, there are the gods still sitting around him on their thrones— they alone with him alone. -*Emerson*

171) Religion is like soap; it's of no use until it is used. -*Unknown*

172) A wonderful fact to reflect upon, that every human creature is constituted to be that profound secret and mystery to every other.

-*Charles Dickens*

173) There is spiritual proof available and factual too. Which do you want? Which one would make you stronger? -*Anon.*

174) Let us be silent, that we may hear the whispers of the gods. -*Emerson*

175) They converse as those would who know

that God hears. -*Tertullian*

176) Thy mind, O man! if thou wilt lead a soul unto salvation, must stretch as high as the utmost heavens, and search into and contemplate the darkest abyss, and the broad expanse of eternity—thou must commune with God.

-*Smith*

177) I find it strange that people stare blankly when it is described that the heavens open from time to time to teach us, touch us, and love us closer. It is the "ah-ha" experience. It is the trail marker in the mundane world and its wilderness. It seems peculiar that a person could live without wonder, revelation, and spiritual mountaintops...or to actually look into eternity and see the "big-picture". Sometimes the veil lifts from our eyes without our asking it to. More often than not, you have to work for it with great faith, desire, and worthiness. Judging from the blank stares and confused questions, people do live without these things.

-*Shawn Bremner*

WORK YOURSELF TO LIFE

178) The heights by great men reached and
kept,/ Were not attained by sudden flight,/
But they, while their companions slept,/ Were
toiling upward in the night. -*Longfellow*

179) God left the world unfinished for man to
work his skill upon....God gives to man the
challenge of raw materials, not the ease of fin-
ished things. He leaves the pictures unprinted
and the music unsung and the problems
unsolved, that man might know the joys and
glories of creation. -*Monson*

180) Thank God every morning, when you get
up, that you have something to do that day,
which must be done, whether you like it or
not. Being forced to work, and forced to do
your best will breed in you temperance and
self-control, diligence and strength of will,
cheerfulness and content and a hundred
virtues which the idle man will never know.

-*Charles Kingsley*

181) He is not only idle who does nothing, but

he is idle who might be better employed.

-Socrates

182) We do not know today whether we are busy or idle. In times when we thought ourselves indolent, we have afterwards discovered that much was accomplished, and much was begun in us. All our days are so unprofitable while they pass that 'tis wonderful where or when we ever got anything of this which we call wisdom, poetry, virtue. We never got it on any dated calendar day. Some heavenly days must have been intercalated somewhere, like those that Hermes won with dice of the moon, that Osiris might be born. *-Emerson*

183) Not to be occupied and not to exist amount to the same thing. *-Voltaire*

YOUR DHARMA

184) Destiny is not a matter of chance, it is a matter of choice; it is not a thing to be waited for, it is a thing to be achieved. -*William Bryan*

185) Faith and purpose constitute the motive-power of life. There is nothing that a strong faith and an unflinching purpose may not accomplish. By the daily exercise of silent faith, the thought-forces are gathered together, and by the daily strengthening of silent purpose, those forces are directed towards the object of accomplishment. -*James Allen*

186) He who has a why to live for can bear with almost any how. -*Nietzsche*

187) How long halt ye between two opinions? If the Lord be God, follow him. -*1 Kings 13:21*

188) If you would not be forgotten as soon as you are gone, either write things worth reading or do things worth writing. -*Benjamin Franklin*

189) We have no guess of the value of what

we say or do....That story of Thor, who was sent to drain the drinking-horn in Asgard and to wrestle with the old woman and to run with the runner Lok, and presently found that he had been drinking up the sea, and wrestling with Time, and racing with Thought—describes us, who are contending, amid these seeming trifles, with the supreme energies of nature. We fancy we have fallen into bad company and squalid conditions, low debts, shoe-bills, broken glass to pay for, pots to buy, butcher's meat, sugar, milk and coal. "Set me some great task, ye gods! and I will show my spirit." "Not so," says the Good Heaven, "plod and plough, vamp your old coats and hats, weave a shoestring: great affairs and the best wine by and by." Well, 'tis all phantasm; and if we weave a yard of tape in all humility and as well as we can, long hereafter we shall see it was no cotton tape at all but some galaxy which we braided, and that the threads were

Time and Nature. -*Emerson*

190) To every man there openeth/ A way, and
ways and a Way./ And the High Soul climbs
the High Way,/ And the Low Soul gropes the
Low,/ And in between, on the misty flats,
'The rest drift to and fro,/ But to every man
there openeth/ A High Way, and a Low,/ And
every man decideth/ 'The way his soul shall go.

-*John Oxenham*

191) See how the masses of man worry them-
selves into nameless graves, while here and
there a great, unselfish soul forgets himself
into immortality. -*Emerson*

192) This is the true joy of life—the being used
for a purpose recognized by yourself as a
mighty one, the being thoroughly worn out
before you are thrown to the scrap-heap; the
being a force of nature instead of a feverish,
selfish clod of ailments and grievances. -*George*

Bernard Shaw

193) Use what talents you possess; the woods

would be very silent if no birds sang except those that sang best. -*Henry Van Dyke*

HAPPINESS

194) The man who is born with a talent which he is meant to use finds his greatest happiness in using it. -*Johann von Goethe*

195) The more a man finds his sources of pleasure in himself, the happier he will be....The highest, most varied and lasting pleasures are those of the mind.

-*Arthur Schopenhauer*

196) Men spend their lives in anticipation, in determining to be vastly happy at some period of other, when they have time. But the present time has one advantage over every other: it is our own. -*Charles C. Colton*

197) Just to fill the hour—that is happiness. Fill

my hour, ye gods, so that I shall not say, whilst I have done this, "Behold, also, an hour of my life is gone, but rather, "I have lived an hour!"

-Emerson

198) Fun I love; but too much fun is, of all things, the most loathsome. Mirth is better than fun, and happiness is better than mirth. -

William Blake

199) Always laugh when you can; it is a cheap medicine. Merriment is a philosophy not well understood. It is the sunny side of existence.

-George Gordon Byron

200) Now and then it's good to pause in our pursuit of happiness and just be happy.

-Guillaume Apollinaire

201) I have always preferred cheerfulness to mirth. The latter I consider as an act, the former as a habit of the mind. Mirth is short and transient; cheerfulness, fixed and permanent. Those are often raised into the greatest transports of mirth, who are subject to the greatest

depressions of melancholy; on the contrary, cheerfulness, though it does not give the mind such an exquisite gladness, prevents us from falling into any depths of sorrow. Mirth is like a flash of lightning, that breaks through a gloom of clouds and glitters for a moment; cheerfulness keeps up a kind of daylight in the mind, and fills it with a steady and perpetual serenity. Cheerfulness bears the same friendly regard to the mind as to the body; it banishes all anxious care and discontent; soothes and composes the passions and keeps them in a perpetual calm. -*Joseph Addison*

202) The happiness of a man in this life does not consist in the absence but in the mastery of his passions. -*Tennyson*

203) The value of moral cleanliness is beyond compare. It cannot be bought by silver or gold, but the price we pay in personal righteousness is of inestimable worth, and will do more to bring about that eternal happiness for which

we seek than almost anything else. -*Tanner*

204) If thou wilt make a man happy, add not to his riches but take away from his desires.

-*Cicero*

205) True happiness is not made in getting something. True happiness is becoming something. This can be done by being committed to lofty goals. We cannot become something without commitment. -*Ashton*

206) Man's success or failure, happiness or misery, depends upon what he seeks and what he chooses. What a man is, what a nation is, may largely be determined by his or its dominant quest. It is a tragic thing to carry through life a low concept of it. -*McKay*

207) Every year I live I am more convinced that the waste of life lies in the love we have not given, the powers we have not used, the selfish prudence that will risk nothing, and which, shirking pain, missed happiness as well. No one ever yet was poorer in the long run for

having once in a lifetime “let out all the length of the reins.” -*Mary Cholmondeley*

208) The habit of being happy enables one to be freed, or largely freed, from the domination of outward conditions. -*Robert Louis Stevenson*

209) Let a man strive to purify his thoughts. What a man thinketh, that is he; this is the eternal mystery. Dwelling within his Self with thoughts serene, he will obtain imperishable happiness. Man becomes that of which he thinks. -*Upanishads*

210) It has been quaintly said that if God were to send two angels to earth, the one to occupy a throne, and the other to clean a road, they would each regard their employments as equally distinguished and equally happy. -*Frederick W. Faber*

211) But it is written, eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love Him. -*1 Corinthians 2:9*

212) It's interesting how the most intense, heart-warming, and happy times of my life were always also the most painful, struggling and heart-wrenching times. -*Shawn Bremner*

213) Every man has in himself a continent of undiscovered character. Happy is he who acts the Columbus to his own soul. -*Sir J. Stevens*

214) Order is heaven's first law; and this confess,/
Some are, and must be, greater than the rest,/
More rich, more wise; but who infers from hence/
'That such are happier, shocks all common sense. -*Pope*

215) The way that leads to power in life must ever be straight and stony. It is still true, and will be true forever, that the broad roads and flowery paths lead to weakness and misery, not to happiness and strength. There is no real happiness that does not involve self-denial.

-*David Starr Jordan*

216) In vain do they talk of happiness who never subdued an impulse in obedience to a

principle. He who never sacrificed a present to a future good, or a personal to a general one, can speak of happiness only as the blind speak of color. -*Horace Mann*

217) There are two unalterable prerequisites to mans being happy in the world to come. His sins must be pardoned and his nature must be changed. He must have a title to heaven and a fitness for heaven. These two ideas underlie the whole of Christ's work, and without the title to, and the fitness for, no man can enter the kingdom of God. -*Seeley*

218) The attempt to secure happiness by a succession of pleasures is as unsatisfying as attempting to get light from striking a succession of matches. -*unknown*

219) We have no more right to consume happiness without producing it than to consume wealth without producing it. -*George Bernard Shaw*

220) The fountain of content must spring up

in the mind, and he who hath so little knowledge of human nature as to seek happiness by changing anything but his own disposition, will waste his life in fruitless efforts and multiply the grief he proposes to remove. -*Samuel Johnson*

221) The joy we seek is not a temporary emotional high but a habitual inner joy learned from long experience and trust in God. -*Faust*

222) Would you judge the lawfulness or unlawfulness of pleasure? Then use this rule: Whatever weakens your reason, impairs the tenderness of your conscience, obscures your sight of God, takes from you your thirst for spiritual things or increases the authority of your body over your mind, then that thing to you is evil. By this test you may detect evil no matter how subtly or how plausibly temptation may be presented to you. -*Susannah Wesley (Mother of reformist John Wesley)*

223) Happy the man, and happy he alone, he

who can call today his own; he who, secure within, can say, tomorrow do thy worst, for I have lived today. -*John Dryden*

224) The greatest happiness of life is the conviction that we are loved—loved for ourselves, or rather loved in spite of ourselves. -*Victor Hugo*

225) Do not judge men by mere appearances; for the light laughter that bubbles on the lip often mantles over the depths of sadness, and the serious look may be the sober veil that covers a divine peace and joy. -*E.H. Chaplin*

226) Truth is the beginning of every good thing, both in heaven and on earth; and he who would be blessed and happy should be from the first a partaker of truth. -*Plato*

227) Ask any people, nations, kingdoms, or generations of men the question, and they will tell you they are seeking for happiness, but how are they seeking for it?...By serving the devil as fast as they can, and almost the last

being that the children of men worship, and the last being whose laws they want to keep are the laws of the God of heaven. They will not worship God nor honor his name, nor keep his laws, but blaspheme his name, from day to day, and nearly all the world are seeking for happiness by committing sins, breaking the law of God, and blaspheming his name and rejecting the only source whence happiness flows. If we really understood that we could not obtain happiness by walking in the paths of sin and breaking the laws of God, we should then see the folly of it, every man and every woman would see that to obtain happiness we should go to work and perform the works of righteousness, and do the will of our Father in heaven, for we shall receive at His hand all the happiness, blessings, glory, salvation, exaltation, and eternal lives that we ever do receive, either in time or eternity. -*Woodruff*

228) I have never seen happier people that

those who have repented. -*Richards*

229) Our yearnings for happiness were implanted in our hearts by Deity. They represent a kind of home-sickness, for we have a residual memory of our premortal existence. They are also a foretaste of the fullness of joy that is promised to the faithful. -*Goasline*

230) When the Spirit of God burns in your soul, you cannot be otherwise than happy.

-*George Smith*

231) The rays of happiness, like those of light, are colorless when unbroken. -*Longfellow*

232) Happiness is the legitimate fruitage of love and service. Set happiness before you as an end, no matter in what guise of wealth, or fame, or oblivion even, and you will not attain it. But renounce it and seek the pleasure of God, and that instant is the birth of your own.

-*A.S. Hardy*

234) It is only a poor sort of happiness that could ever come by caring very much about

our own narrow pleasures. We can only have the highest happiness, such as goes along with true greatness, by having wide thoughts and much feeling for the rest of the world as well as ourselves; and this sort of happiness often brings so much pain with it, that we can only tell it from pain by its being what we would choose before everything else, because our souls see it is good. -*George Eliot*

235) We take greater pains to persuade others that we are happy, than in endeavoring to be so ourselves. -*Goldsmith*

236) The belief that youth is the happiest time of life is founded on a fallacy. The happiest person is the person who thinks the most interesting thoughts, and we grow happier as we grow older. -*William Lyon Phelps*

237) Happiness is the supreme object of existence. -*J. Gilchrist Lawson*

238) That all who are happy are equally happy is not true. A peasant and a philosopher may

be equally satisfied, but not equally happy.

-Johnson

239) The true happiness is of a retired nature, and an enemy to pomp and noise; it arises, in the first place, from the enjoyment of one's self; and in the next, from the friendship and conversation of a few select companions; it loves shade and solitude, and naturally haunts groves and fountains, fields and meadows; in short, it feels everything it wants within itself, and receives no addition from multitudes of witnesses and spectators. On the contrary, false happiness loves to be in a crowd, and to draw the eyes of the world upon her. She does not receive satisfaction from the applauses which she gives herself, but from the admiration which she raises in others. She flourishes in courts and palaces, theaters and assemblies, and has no existence but when she is looked upon. *-Addison*

240) The sunshine of life is made up of very

little beams that are bright all the time. To give up something, when giving up will prevent unhappiness; to yield, when persisting will chafe and fret others; to go a little around rather than come against another; to take an ill look or a cross word quietly, rather than resent or return it—these are the ways in which clouds and storms are kept off, and a pleasant and steady sunshine secured. -*Aikin*

241) No thoroughly occupied man was ever yet very miserable. -*L.E. Landon*

242) The haunts of happiness are varied, but I have more often found her among little children, home firesides, and country houses than anywhere else. -*Sydney Smith*

243) The happiest life is that which constantly exercises and educates what is best in us.

-*Hamerton*

244) To be happy is not the purpose of our being, but to deserve happiness. -*Fichte*

245) Whether happiness may come or not, one

should try and prepare one's self to do without it. -*George Eliot*

246) I have now reigned above fifty years in victory or peace, beloved by my subjects, dreaded by my enemies, and respected by my allies. Riches and honors, power and pleasure, have waited on my call, nor does any earthly blessing appear to have been wanting to my felicity. In this situation, I have diligently numbered the days of pure and genuine happiness which have fallen to my lot; they amount to fourteen. O man, place not thy confidence in this present world! -*The Caliph Abdalrahman*

247) If I may speak of myself, my happy hours have far exceeded, and far exceed, the scanty numbers of the Caliph of Spain; and I shall not scruple to add, that many of them are due to the pleasing labor of composing my history. -*Gibbon*

248) I questioned death—the grisly shade relaxed his brow severe—and “I am happiness,”

he said, "if virtue guides thee here." -*Heber*

249) Many new years you may see, but happy ones you cannot see without deserving them. These virtue, honor, and knowledge alone can merit, alone can produce. -*Chesterfield*

250) We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea....We are far too easily pleased. -*C.S. Lewis*

251) The question, "Which is the happiest season of life," being referred to an aged man, he replied: "When spring comes, and in the soft air the buds are breaking on the trees, and they are covered with blossoms, I think, How beautiful is Spring! And when the summer comes, and covers the trees with its heavy foliage, and singing birds are among the branches, I think, How beautiful is Summer! When autumn loads

them with golden fruit, and their leaves bear the gorgeous tint of frost, I think, How beautiful is Autumn! And when it is winter, and there is neither foliage nor fruit, then I look up through the leafless branches, as I never could until now, and see the stars shine.” -*Unknown*

252) Joys are our wings; sorrows our spurs.

-*Richter*

253) Happy the man who can endure the highest and the lowest fortune. He who has endured such vicissitudes with equanimity has deprived misfortune of its power. -*Seneca*

254) Prudence keeps life safe, but does not often make it happy. -*Samuel Johnson*

255) How many things are there which I do not want. -*Socrates*

256) I have lived long enough to know what I did not at one time believe—that no society can be upheld in happiness and honor without the sentiment of religion. -*La Place*

257) There are two things that declare, as with

a voice from heaven, that he that fills that eternal throne must be on the side of virtue, and that which he befriends must finally prosper and prevail. The first is that the bad are never completely happy and at ease, although possessed of everything that this world can bestow; and that the good are never completely miserable, although deprived of everything that this world can take away. The second is that we are so framed and constituted that the most vicious cannot but pay a secret though unwilling homage to virtue, inasmuch as the worst men cannot bring themselves thoroughly to esteem a bad man, although he may be their dearest friend, nor can they thoroughly despise a good man, although he may be their bitterest enemy. -*Colton*

258) If you can be well without health, you may be happy without virtue. -*Burke*

259) "Two men looked out from prison bars, One saw the mud, the other saw the stars."

-Unknown

260) Life is a series of lessons. Some are diligent in learning them, and they become pure, wise, and altogether happy. Others are negligent, and do not apply themselves, and they remain impure, foolish, and unhappy. Every form of unhappiness springs from a wrong condition of mind. Happiness inheres in right conditions of mind. Happiness is mental harmony; unhappiness is mental disharmony. While a man lives in wrong conditions of mind, he will live a wrong life, and will suffer continually. Suffering is rooted in error. Bliss inheres in enlightenment. *-James Allen*

261) Happiness and virtue rest upon each other; the best are not only the happiest, but the happiest are usually the best. *-Bulwer*

262) To be without some of the things you want is an indispensable part of happiness.

-Bertrand Russell

263) The strength and the happiness of a man

consists in finding out the way in which God is going, and going in that way, too. -*H.W. Beecher*

264) Real happiness is cheap enough, yet how dearly we pay for its counterfeit. -*Hosea Ballou*

265) We exaggerate misfortune and happiness alike. We are never so wretched or so happy as we say we are. -*Honore de Balzac*

266) The secret of happiness is not in doing what one likes, but in liking what one has to do. -*James M. Barrie*

267) A day is wasted without laughter.

-*Unknown*

268) Avarice and happiness never saw each other, how then should they become acquainted? -*Benjamin Franklin*

269) The world owes all of its onward impulses to men ill at ease. The happy man inevitably confines himself within ancient limits.

-*Nathaniel Hawthorne*

270) The most unhappy of all men is he who believes himself to be. -*David Hume*

271) I believe that God put us in this jolly world to be happy and enjoy life. Happiness doesn't come from being rich, nor merely from being successful in your career, nor by self-indulgence. One step towards happiness is to make yourself healthy and strong while you are a boy, so that you can be useful and so you can enjoy life when you are a man. -*Baden-Powell, in "Scouting for Boys"*

272) No man consciously chooses evil because it is evil; he only mistakes it for the happiness that he seeks. -*Mary Wollstonecraft Shelley*

273) To pretend to satisfy one's desires by possessions is like putting out a fire with straw. -*Mencius*

274) After you have sought over the wide world, you learn that happiness is to be found only in your own home. -*Voltaire*

275) There is this difference between happiness and wisdom, that he that thinks himself the happiest man, really is so; but he that

thinks himself the wisest, is generally the greatest fool. -*Colton*

276) We are happy when we are growing. -*Yeats*

277) The best advise on the art of being happy is about as easy to follow as advice to be well when one is sick. -*Mad. Swetchine*

278) Rectitude is a perpetual victory, celebrated not by cries of joy, but by serenity, which is joy fixed or habitual. -*Emerson*

279) All happiness, all success, all glorious achievement rest with the individual. He can make a heaven or a hell upon the earth. -*Benson*

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280) If you would become truly and permanently prosperous, you must first become virtuous. It is therefore unwise to aim directly at prosperity, to make it the one object of life, to reach out greedily for it. To do this is to ulti-

mately defeat yourself. But rather aim at self-perfection, make useful and unselfish service the object of your life, and ever reach out hands of faith towards the supreme and unalterable Good. -*James Allen*

281) When some external event raises your spirits, and you think good days are preparing for you, do not believe it. It can never be so. Nothing can bring you peace but yourself.

-*Emerson*

282) I am more and more convinced that our happiness or unhappiness depends far more on the way we meet the events of life, than on the nature of those events themselves.

-*Humboldt*

283) Seek happiness for its own sake, and you will not find it; seek for duty, and happiness will follow as the shadow comes with the sunshine. -*Tryon Edwards*

284) Happiness is a butterfly, which, when pursued, is always just beyond your grasp, but

which, if you will sit down quietly, may alight upon you. -*Unknown*

285) If one only wished to be happy, this could be easily accomplished; but we wish to be happier than other people, and this is always difficult, for we believe others to be happier than they are. -*Montesquieu*

286) Few things are needful to make the wise man happy, but nothing satisfies the fool; and this is the reason why so many of mankind are miserable. -*Rochefoucauld*

PROSPERITY

287) If you are not doing good with what little you have, depend upon it the more money you get the more selfish you would become...If your real desire is to do good, there is no need

to wait for money before you do it. -*James Allen*
288) There are two ways to get enough. One is to continue to accumulate more and more. The other is to desire less and less. -*G.K. Chesterton*

289) Our desires always increase with our possessions. The knowledge that something remains yet unenjoyed impairs our enjoyment of the good before us. -*Samuel Johnson*

290) ...if a man is not content in the state he is in, he will not be content in the state he would be in. -*Erskine Mason*

291) Men are anxious to improve their circumstances, but are unwilling to improve themselves; they therefore remain bound. -*James Allen*

*****)** *Send me your quotations! They can be ideas you've read elsewhere or they can be your very own thoughts...perhaps from a book you've written? If one is printed in my next volume, you and your company, etc. will be mentioned in the back of the book in the*

reference section, as well as the ordering info for your products and services. Please send them to: submissions@happyypublishing.com -Shawn Bremner

292) Here is a man who is wretchedly poor. He is extremely anxious that his surroundings and home comforts should be improved, yet all the time he shirks his work, and considers he is justified in trying to deceive his employer on the ground of the insufficiency of his wages. Such a man does not understand the simplest rudiments of those principles which are the basis of true prosperity, and is not only totally unfitted to rise out of his wretchedness, but is actually attracting to himself a still deeper wretchedness by dwelling in and acting out, indolent, deceptive, and unmanly thoughts.

-James Allen

293) Here is an employer of labour who adopts crooked measures to avoid paying the regulation wage, and, in the hope of making larger profits, reduces the wages of his work-

people. Such a man is altogether unfitted for prosperity, and when he finds himself bankrupt, both as regards to reputation and riches, he blames circumstances, not knowing that he is the sole author of his condition. -*James Allen*
294) Blessedness, not material possessions, is the measure of right thought; wretchedness, not lack of material possessions, is the measure of wrong thought. A man may be cursed and rich; he may be blessed and poor. Blessedness and riches are only joined together when the riches are rightly and wisely used; and the poor man only descends into wretchedness when he regards his lot as a burden unjustly imposed. -*James Allen*

HARDSHIPS

295) Let us be thankful that our sorrow lives in us as an indestructible force, only changing in form, as forces do, and passing from pain to sympathy. To have suffered much is like knowing many languages. Thou hast learned to understand all. -*Eliot*

296) The gem cannot be polished without friction, nor man perfected without trials.

-*Confucius*

297) The idea of disdaining life is ridiculous. For after all it is our being, it is our all. The things that have a richer and a nobler being may condemn ours. But it is contrary to Nature that we should despise and carelessly set ourselves at naught. It is a malady confined to man, and not seen in any other creature, to hate and despise himself. It is on a par with our vanity to desire to be other than we are. We reap no fruit from such a desire, seeing that it

contradicts and hinders itself. -*Montaigne*

298) Amid my list of blessings infinite, stands this the foremost, "that my heart has bled."

-*Young*

299) How fast we learn in a day of sorrow! Scripture shines out in a new effulgence; every verse seems to contain a sunbeam, every promise stands out in illuminated splendor; things hard to be understood become in a moment plain. -*H. Bonar*

300) The good are better made by ill, as odors crushed are sweeter still. -*Rogers*

301) "...there are no exemptions, only variations of human suffering." -*Maxwell*

302) To bear pain without letting it spoil your happiness is true valor. -*Anon.*

303) If you would not have affliction visit you twice, listen at once to what it teaches. -*Burgh*

304) It was not intended that our lives should be a succession of confused, wearisome, frustrated days. Rather, it was intended that they

should be orderly, fruitful days of true joy as we triumph over evil and rise above tribulation. This comes about as we approach our problems positively in the light of gospel.

-Spafford

305) Adversity introduces a man to himself.

-Anon.

306) Come then, affliction, if my Father wills, and be my frowning friend. A friend that frowns is better than a smiling enemy. *-Anon.*

307) Affliction is a school of virtue; it corrects levity, and interrupts the confidence of sinning. *-Atterbury*

308) It is not from the tall crowded workhouse of prosperity that men first or clearest see the eternal stars of heaven. *-Theodore Parker*

309) It is not until we have passed through the furnace that we are made to know how much dross there is in our composition. *-Colton*

310) Affliction comes to us all not to make us sad, but sober; not to make us sorry, but wise;

not to make us despondent, but by its darkness to refresh us, as the night refreshes the day; not to impoverish, but to enrich us, as the plough enriches the field; to multiply our joy, as the seed, by planting, is multiplied a thousand fold.

-*H.W. Beecher*

311) By afflictions God is spoiling us of what otherwise might have spoiled us. When he makes the world too hot for us to hold, we let go of it. -*Powell*

312) No man is more unhappy than the one who is never in adversity; the greatest affliction of life is never to be afflicted. -*Anon.*

313) Stars may be seen from the bottom of a deep well, when they cannot be discerned from the top of a mountain. So are many things learned in adversity which the prosperous man dreams not of. -*Spurgeon*

314) Adversity has the effect of eliciting talents which in prosperous circumstances would have lain dormant. -*Horace*

315) Prosperity is a great teacher; adversity is a greater. Possession pampers the mind; privation trains and strengthens it. -*William Hazlitt*

316) Sweet are the uses of adversity, which, like a toad, though ugly and venomous, wears yet a precious jewel in its head. -*Shakespeare*

317) Adversity is a severe instructor, set over us by one who knows us better than we do ourselves, as he loves us better too. He that wrestles with us strengthens our nerves and sharpens our skill. Our antagonist is our helper. This conflict with difficulty makes us acquainted with our object, and compels us to consider it in all its relations. It will not suffer us to be superficial. -*Burke*

318) Genuine morality is preserved only in the school of adversity; a state of continuous prosperity may easily prove a quicksand to virtue. -*Schiller*

319) A smooth sea never made a skillful mariner, neither do uninterrupted prosperity

and success qualify for usefulness and happiness. The storms of adversity, like those of the ocean, rouse the faculties, and excite the invention, prudence, skill, and fortitude of the voyager. The martyrs of ancient times, in bracing their minds to outward calamities, acquired a loftiness of purpose and moral heroism worth a lifetime of softness and security. -*Anon.*

320) It is not the critic who counts. Not the man who points out how the strong man stumbled or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs and comes short again and again; who knows the great enthusiasms, the great devotions; who spends himself in a worthy cause. Who, at the best, knows in the end the triumph of high achievement, and who at the worst, at least fails while daring greatly, so that his place shall never be with

those timid souls who know neither victory nor defeat. -*Theodore Roosevelt*

321) With absolute certainty, choices of good and right lead to happiness and peace, while choices of sin and evil eventually lead to unhappiness, sorrow, and misery. -*Wirthlin*

322) That which thou dost not understand when thou readest, thou shalt understand in the day of thy visitation; for many secrets of religion are not perceived till they be felt, and are not felt but in the day of calamity. -*Jeremy Taylor*

323) I have learned more of experimental religion since my little boy died than in all my life before. -*Horace Bushnell*

324) Paradoxical as it may seem, God means not only to make us good, but to make us also happy, by sickness, disaster and disappointment. -*C.A. Bartol*

325) Ah! if you only knew the peace there is in an accepted sorrow. -*Mde. Guion*

326) Tears are often the telescope by which men see far into heaven. -*H.W. Beecher*

327) Extraordinary afflictions are not always the punishment of extraordinary sins, but sometimes the trial of extraordinary graces. Sanctified afflictions are spiritual promotions. -*M. Henry*

328) There are difficulties in your path. Be thankful for them. They will test your capabilities of resistance; you will be impelled to persevere from the very energy of the opposition. But what of him that fails? What does he gain? Strength for life. The real merit is not in the success but in the endeavor; and win or lose, he will be honored and crowned. -*W.M. Punshon*

329) If you want to be miserable, think about yourself; about what you want, what you like, what respect people ought to pay you, what people think of you; and then to you nothing will be pure. You will spoil everything you

touch; you will make sin and misery for yourself out of everything God sends you; you will be as wretched as you choose. -*Charles Kingsley*

330) Trials are medicines which our gracious and wise physician prescribes, because we need them; and he proportions the frequency and weight of them to what the case requires. Let us trust in his skill, and thank him for his prescription. -*John Newton*

331) We degrade life by our follies and vices, and then complain that the unhappiness which is only their accompaniment is inherent in the constitution of things. -*Bovee*

332) Man's unhappiness comes of his greatness; it is because there is an infinite in him, which, with all his cunning, he cannot quite bury under the finite. -*Carlyle*

333) If we cannot live so as to be happy, let us at least live so as to deserve it. -*Fitch*

334) Hardly a man, whatever his circumstances and situation, but if you get his confi-

dence, will tell you that he is not happy. It is however certain that all men are not unhappy in the same degree, though by these accounts we might almost be tempted to think so. Is not this to be accounted for, by supposing that all men measure the happiness they possess by the happiness they desire, or think they deserve? -*Greville*

335) He that wrestles with us strengthens our nerves, and sharpens our skill. Our antagonist is our helper. -*Edmund Burke*

LIFE AS A HUMAN CABOOSE

336) You could light a fire. You could call people to watch. You could stick your hand in the flames. You could show it to them before you went to the doctor. After you had gone,

they would wander up to the fire one by one, and each would stick his own hand in it.

-Unknown

337) He who makes a beast of himself gets rid of the pain of being a man. *-Samuel Johnson*

338) He alone is strong and happy who has a will. The rest are herds; he uses; they are used. He is the Maker; they are the made. *-Emerson*

339) What I must do is all that concerns me, not what the people think. This rule, equally arduous in actual and intellectual life, may serve for the whole distinction between greatness and meanness. It is the harder because you will always find those who think they know what is your duty better than you know it. It is easy in the world to live after the world's opinion; it is easy in solitude to live after your own; but the great man is he who in the midst of the crowd keeps with perfect sweetness the independence of solitude. *-Emerson*

340) Wouldst thou be gathered to Christ's cho-

sen flock?/ Shun the broad way too easily
explored/ And let thy path be hewn out of the
rock—the living rock of God's eternal word.

-Wordsworth

341) Individuality is the salt of common life.
You may have to live in a crowd, but you do
not have to live like it, nor subsist on its food.

-Henry Van Dyke

342) Everyone is trying to be different but
they're all going about it in the same way.

-Unknown

343) The more you can learn from the past,
the less you will have to pay for the costly and
painful process of trial and error. And deliber-
ately throwing away experience from reliable
sources is as foolish, if not more foolish, than
deliberately throwing away tangibles. *-Evans*

GOD-THOUGHTS

344) Men and women who turn their lives over to God will find out that He can make a lot more out of their lives than they can. He will deepen their joys, expand their vision, quicken their minds, strengthen their muscles, lift their spirits, multiply their blessings, increase their opportunities, comfort their souls, raise up friends, pour out peace. Whoever will lose his life to God will find he has eternal life. *-Benson*

345) Obedience—that which God will never take by force—he will accept when freely given. And he will then return to you freedom that you can hardly dream of—the freedom to do, and the freedom to be at least a thousandfold more than we offer him. Strangely enough, the key to freedom is obedience. *-Packer*

346) “Called or not called, God is present.”

-Above Carl Jung's door

347) Our Creator would never have made such

lovely days and have given us the deep hearts to enjoy them, unless we were meant to be immortal. -*Nathaniel Hawthorne*

348) We feel and know that we are eternal.

-*Spinoza*

349) If a man's eye is on the Eternal, his intellect will grow. -*Emerson*

350) Men are not flattered by being shown that there has been a difference of purpose between the Almighty and them. -*Lincoln*

351) In the absence of any other proof, the thumb alone would convince me of God's existence. -Sir Isaac Newton (*Compiler's 2 cents: And pineapples!*)

352) We turn to God for help when our foundations are shaking, only to learn that it is God who is shaking them. -*Charles C. West*

353) The question whether our conscious personality survives after death has been answered by almost all races of men in the affirmative. -*Sir James Frazer*

354) I know this world is ruled by Infinite Intelligence. It required Infinite Intelligence to create it and it requires Infinite Intelligence to keep it on its course. It is mathematical in its precision. -*Thomas Edison*

355) Oh, when I am safe in my Sylvan home,
I tread on the pride of Greece and Rome;/
And when I am stretched beneath the pines,
Where the evening star so holy shines,/ I laugh
at the lore and the pride of man,/ At the
sophist schools and the learned clan;/ For
what are they all in their high conceit,/ When
man in the bush with God may meet? -*Emerson*

356) If a clock proves the existence of a clock-maker, and the world does not prove the existence of a Supreme Architect, then I consent to be called a fool. -*Voltaire*

SOLITUDE

357) A wise man is never less alone than when he is alone. -*Swift*

358) Half the pleasure of solitude comes from having with us some friend to whom we can say how sweet solitude is. -*Jay*

359) O sacred solitude! divine retreat! choice of the prudent! envy of the great! by thy pure stream, or in thy waving shade, we count fair wisdom. -*Young*

360) At night I went out into the dark and saw a glimmering star and heard a frog and Nature seemed to say, "Well, do not these suffice? Here is a new scene, a new experience. Ponder it, Emerson, and not like the foolish world hanker after thunders and multitudes and vast landscapes, the sea or Niagara". -*Emerson*

361) The heart beats louder and the soul hears quicker in silence and solitude. -*Wendell Phillips*

THE PRINCIPLE OF NEMESIS

362) Experience keeps a dear school, but fools will learn in no other. -*Benjamin Franklin*

363) The world looks like a multiplication-table or a mathematical equation, which, turn it how you will, balances itself. You cannot do wrong without suffering wrong. A man cannot speak but he judges himself. Every secret is told, every wrong redressed, in silence and certainty. The thief steals from himself. The swindler swindles himself. Men suffer all their life long, under the foolish superstition that they can be cheated. But it is impossible for a man to be cheated by anyone but himself. What will you have? quoth God; pay for it and take it. Thou shalt be paid exactly for what thou hast done, no more, no less. -*Emerson*

364) When I do good I feel good. When I don't do good I don't feel good. -*Abraham Lincoln*

365) If you insist on living your life as a worm,
do not be surprised when you are trodden
upon. -*Unknown*

366) O, man!/ While in the early years,/ How
prodigal of time,/ Misspending all thy pre-
cious hours,/ Thy glorious youthful prime!/
Alternate follies take the sway;/ Licentious
passions burn;/ Which tenfold force give
nature's law,/ 'That man was made to mourn.

-*Robert Burns* (Compiler's Note: I don't believe that
"man was made to mourn", but I do believe that the
young often "misspend their youthful prime".)

367) No good act performed in the world ever
dies. Science tells us that no atom of matter
can ever be destroyed, that no force once start-
ed ever ends; it merely passes through a multi-
plicity of ever-changing phases. Every good
deed done to others is a great force that starts
an unending pulsation through time and eter-
nity. We may not know it, we may never hear a
word of gratitude or recognition, but it will all

come back to us in some form as naturally, as perfectly, as inevitably, as echo answers to sound. -*William Jordan*

368) If we could read the secret history of our enemies, we should find in each man's life, sorrow and suffering enough to disarm all hostility. -*Longfellow*

369) If you talk about your troubles,/ and tell 'em o'er and o'er,/ Sure, the world will think you like 'em,/ And proceed to give you more! -*Unknown*

370) People who calculate on an eleventh hour repentance, generally die at 10:30. -*Unknown*

371) Here is a rich man who is the victim of a painful and persistent disease as the result of gluttony. He is willing to give large sums of money to get rid of it, but he will not sacrifice his gluttonous desires. He wants to gratify his taste for rich and unnatural viands and have his health as well. Such a man is totally unfit to have health, because he has not yet learned the

first principles of a healthy life. -*James Allen*

372) Circumstance does not make the man; it reveals him to himself. No such conditions can exist as descending into vice and its attendant sufferings apart from vicious inclinations, or ascending into virtue and its pure happiness without the continued cultivation of virtuous aspirations; and man, therefore, as the lord and master of thought, is the maker of himself, the shaper and author of environment. -*James Allen*

373) Every generation a new crop of fools comes on. They think they can beat the orderly universe. They conceive themselves to be more clever than the eternal laws. They snatch goods from Nature's store, and run...And one by one they all come back to Nature's counter, and pay—pay in tears, an agony, in despair; pay as fools before them have paid. Nature keeps books pitilessly. Your credit with her is good, but she collects; there is no land you can flee to escape her bailiffs. She never forgets; she

sees to it that you pay her every cent you owe,
with interest. -*Dr. Frank Crane*

FIRST SEEK TO UNDERSTAND!

374) We see things not as they are, but as we
are. -*H.M. Tomlinson*

375) Great tranquillity of heart is for he who
cares for neither praise nor blame. -*Thomas à
Kempis*

376) I have made a ceaseless effort not to
ridicule, not to bewail, not to scorn human
actions, but to understand them. -*Baruch
Spinoza*

377) I will not grieve that men do not know
me; I will grieve that I do not know men.
-*Confucious*

378) Watch what people are cynical about, and
one can often discover what they lack, and

subconsciously, beneath their touch of condescension, deeply wish they had. -*Harry Emerson Fosdick*

379) Those who never retract their opinions love themselves more than they love truth.

-*Joubert*

380) Try as hard as you like, but in the end only the language of the heart can ever reach another heart while mere words, as they slip from your tongue, don't get past your listener's ear. -*St. Francis de Sales*

381) Three-fourths of the miseries and misunderstandings in the world will disappear if we step into the shoes of our adversaries and understand their standpoint. -*Gandhi*

HOW WE FORGET!

382) People seem not to see that their opinion of the world is also a confession of character.

-Emerson

383) Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents, meetings and material assistance which no man could have dreamed would have come his way. Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now.

-Johann Wolfgang Von Goethe

384) Be humble and you will remain entire. The sage does not display himself, therefore he shines. He does not approve himself, therefore he is noted. He does not praise himself, therefore he has merit. He does not glory in himself, therefore he excels. *-Tao Tê Ching*

385) No company (at all) is far preferable to bad, because we are more apt to catch the vices of others than virtues, as disease is far more courageous than health. *-Colton*

386) That which we obtain too easily, we esteem too lightly. It is dearness only which gives everything its value. Heaven knows how to put a proper price on its goods. *-Thomas Paine*

387) Rest not! Life is sweeping by; go and dare before you die. *-Goethe*

388) To every disadvantage there is a corresponding advantage. *-unknown*

389) For everything you have missed, you have

gained something else. -*Emerson*

390) A glorious wind was blowing in from the west across the Irish Sea...my soul suddenly leaped forth. I felt what a cramped up stuffy life the life of my soul had often been, and I shouted against the wind...no-one was there to hear me and I shouted praise in a sort of madness. -*Temple Gardiner*

391) Imagine yourself as a living house. God comes in to rebuild that house. At first, perhaps, you can understand what He is doing. He is getting the drains right and stopping the leaks in the roof and so on: you knew that those jobs needed doing and so you are not surprised. But presently, he starts knocking the house about in a way that hurts abominably and does not seem to make sense. What on earth is He up to? The explanation is that He is building quite a different house from the one you thought of— throwing out a new wing here, putting on an extra floor there, running

up towers, making courtyards. You thought you were going to be made into a decent little cottage: but He is building a palace. -*C.S. Lewis*

CONCLUSION

When I was thirteen years old, some words that really hit me were in Baden Powell's last message to the Scouts of the world, found in "Scouting for Boys". In it he said, "Try to leave this world a little better than you found it and when your turn comes to die, you can die happy in feeling that at any rate you have not wasted your time but have done your best." That plea made a big impression on me.

I often think about getting "Aspire to Something Higher" read by as many people as possible...but especially younger people. My hope is to influence the lives of those that might otherwise go in a less "choice" direction.

Please help me in any way you can to get

this book into the lives of more people. If you have access to any form of media, please refer people to Happy Publishing; do a write-up in a magazine or newspaper; send letters to columnists telling them how much you enjoy this book; give me a call for a radio or television interview; put a link on your website to Happy Publishing; call me to come speak to your group or business.

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Shawn Matthew Bremner

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“*Mini Site Profits*” by Australia’s Phil Wiley is one of my recommendations. I have followed Phil’s weekly newsletter for years and watched as he grew his home-based business in his spare time.

An impressive thing about Phil is that up until September of 2002, he worked full-time as a newspaper photographer while

hammering away at making money on the Internet at night. He makes this money by promoting “affiliate programs”. In other words, he recommends other people’s products and then makes a commission. He does this in 3 ways:

- **2-Tier affiliate programs**: he promotes products that pay him once when he makes a sale, and a 2nd time when that person makes a sale.
- **Residuals**: these usually come in from a monthly fee his affiliates pay to be members of marketing “secrets” sites.
- **Mini Sites**: Phil is great at finding out what people search for on the Net, then finding a product to sell to those people, building a 1-9 page site surrounding that product, and then promoting it on pay-

per-click search engines.

Phil's "Mini Site Profits" is a great ebook that gives you all his best secrets for promoting your own mini sites on pay-per-click search engines. Pay-per-click sites (like Overture, Kanoodle, Sprinks, etc) will give your site a high ranking on a search term of your choice. But then you pay for each time someone clicks on the link to your site. The trick is getting people to buy what you sell (and make back your initial investment).

Again, the page to go to is:

www.happypublishing.com/cool.html

Another ebook author that I find extremely helpful is.....

“Hypnotic Marketing” by Joe (Mr. Fire) Vitale is a book you must read if you’re ready to start marketing. Joe is a man I admire and respect. I have been a fan of his since 1997 and love reading anything he puts out...I can’t help it...it’s all hypnotic! Read more at:

www.happypublishing.com/joe.html

SERVICES

Seminars/Speeches - See below for the various presentations that I offer.

Aussi disponible en français / also available in French

- Aspire to Something Higher in Business, Family, and Life
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To receive a detailed “one-sheet” of information about any of these speeches, please send a blank email to speeches@happypublishing.com. You will receive an automatic response with more details.

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See below for the different newsletters I send out by email (ezines).

Aspire to Something Higher Thought-of-the-Day: The goal of this thought of the day is for you to think thoughts you've never thought before and feel feelings you've never felt before. Each day you can expect to receive a QUALITY quotation in the hopes that:

- It inspires you to do & be more.

- It helps you aspire to great things.
- It reminds you that we are here to accomplish & contribute...and to leave the world a better place than how you found it.

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The Wireless Web: Remember all the hype a few years back? Well, I still believe it all, just the time-lines were off. Once PDA-phones on 3G become more and more sophisticated, combining color web-surfing, digital cameras, MP3 players, and voice-to-text apps, I think we'll be seeing the hype meeting reality. Actually, there are some handsets that can do most of what is on my wish-list.

At any rate, in *The Wireless Web*, I cover developments in WAP (wireless application protocol), 3G (third generation), SmartPhones, and Mobile Commerce. You will see reviews of PDA's (personal digital assistants) and other hand-held computing devices. We'll also look at innovative companies that stand to profit from this growing industry of M-Commerce.

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