

IDEAS & MAPS FOR THE MIND MISCELLANEOUS PERMISSIONS

If you stubbornly refuse to mourn your losses, you will get depressed.

If I am upset, the chances are good that I am trying to change someone or wanting them to change. I can learn to let them be and love them as they are NOT mean permitting anyone to abuse me emotionally, verbally, or physically.

If I defend myself, my partner is likely to feel attacked, and the conflict escalates.

Not everything worth doing is worth doing well!!

No one can make you inferior without your consent.

E. Roosevelt

"Beauty in things exists in the mind which contemplates them."

Hume

The Universe is change; our life is what our thoughts make it.

M. Aurelius

I create every emotion or feeling I have in order to help me move in a certain direction--towards, against, or away from someone else.

In the long run men hit only what they aim at.

Thoreau

No one can harm the man who does himself no wrong.

Chrysostom

In order to live free and happily you must sacrifice boredom. It's not always an easy sacrifice.

Control is an illusion. Life just keeps coming at you!

It is no easy thing for a principle to become a man's own unless each day he maintains it and works it out in his life.

Epictetus

Sometimes things are as bad as they seem. Even so, it's often possible to enjoy life as it is.

If we allow emotional pain more of our attention than it requires, we miss some opportunities for joy.

We must learn to love in the absence of illusions.

To live a just life in an unjust world.

To care even when we are helpless to change things.

Our best may not turn out to be good enough.

Still it will have to do.

If humanity does not opt for integrity, we are through completely. The odds are so close, it is completely touch and go. Each one of us could make the difference. That's why I do what I do.

Buckminster Fuller



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.