

## Chapter 14. Inspiration

*With contributions from Nancy L. Brown, Ph.D., Palo Alto Medical Foundation Research Institute.*

Each person finds inspiration in something different. It can be a person, a poem, a saying, a flower or some other aspect of nature, religion, service to others, meditation or anything at all. The important part of every process is finding something that inspires you and keeps you moving when things get tough or you just do not feel good.

Remember to think positive, seek whatever spiritual support helps you, and always count your blessings.

Here are a few thoughts to get you started, and several empty pages follow for you to create your own inspiration.

If you want others to be happy,  
Practice compassion.  
If you want to be happy,  
Practice compassion.

The Dalai Lama

### **Joy**

And Joy is everywhere;  
It is in the earth's green covering of grass;  
In the blue serenity of the sky;  
In the reckless exuberance of Spring;  
In the severe abstinence of gray Winter;  
In the Living flesh that animates our bodily  
frame;  
In the perfect poise of the human figure,  
noble and upright;  
In living;  
In the exercise of all our powers;  
In the acquisition of knowledge;  
In fighting evils ...  
Joy is there everywhere.

Rabindranath Tagore, Indian Poet

### **Don't Quit**

When things go wrong as they sometimes  
will;  
When the road you're trudging seems all  
uphill;  
When the funds are low, and the debts are  
high;  
And you want to smile, but have to sigh;  
When care is pressing you down a bit—  
Rest if you must, but do not quit.

Success is failure turned inside out;  
The silver tint of the clouds of doubt;  
And you can never tell how close you are  
It may be near when it seems so far;  
So stick to the fight when you're hardest  
hit  
It's when things go wrong that you must  
not quit.

Author Unknown

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