

“They Say...”

**A Collection of Wisdom Quotes
for Today’s world**



Rumi
Fawn Christianson
Deepak Chopra
Lauren Vines
Wayne Dyer
Zig Ziglar
Vicki Lynn King
Daive von peters
Julie Ziglar Norman
And many more

Volume I – Compiled by Lauren Vines

They Say

A Collection of Wisdom Quotes

For Today's World

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Volume I - Compiled by Lauren Vines

Editing and Formatting by Shelly Bolton

Quote Workbook

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INTRODUCTION

One thing that has sparked my interest throughout my life has been intriguing quotes, the thoughts that go into quotes and how they shape lives. Then as I continued my habit of collecting my thoughts and putting them into words, I continued to ponder the magical power quotes have on our lives.

One day, when I was writing, I noticed a pattern that showed me something that I had always known at some unconscious level, but had not been able to put it to words. The pattern began clearing. Of course, why couldn't I think about what I was thinking about? It was that my brain had trouble thinking about itself. I was becoming aware of metacognition.

We express our thoughts in words. So without the words would the thoughts cease to be? Certainly our intellect does not come from words, but vice versa. Words are simply the tool we most often use to manifest what is going on inside our brains. And such powerful tools they are.

There it was, thoughts become words, words become actions and actions determine our lives. Most people have never even considered the importance of thinking thoughts and specifically how important it is to express those thoughts in a way that will enhance the lives of the thinkers and everyone around them. How many of you have ever thought about thinking about what you are thinking about? I invite you to join me on this metacognitive journey.

Exploring thought and the expression of thought is one of the MOST important things you can do. Changing your life can be only a thought away. It seems magical to consider the power our thoughts and words have. Does it get any easier? With a few simple steps and exercises, we can become more aware of this process and begin sculpting the lives we think we would like to have.

This book is a collection of key quotes of what "They Say", and connects who we are with who we say we want to be. By reading these quotes with the intent of being aware of what we think about as we read the quotes, we practice our intentional thoughts, and such practice can change your life. As you read through I encourage you to record thoughts and quotes that are triggered in your mind as you allow your mind to wander, and to wonder.

Please take time and maybe write some of your own thoughts. Once you've done this, I would love to hear from you with your favorite thoughts, to be considered for inclusion in "They Say" future volumes. I so look forward to reading what you have to say.

-Lauren Vines

A Note from the Editor:

These thoughts have intentionally been organized in a somewhat loose format, to encourage the mind of the reader to wander through and make connections without persuasion, and as you read through you will likely notice that each quote could easily fit into more than one category. They have been only minimally edited, if at all, so as to preserve the intent of the original thinker. I highly encourage you to let your mind go, and take notes on what your imagination comes up with. There are ledger lines provided in the right margin to give you space for note-taking if you decide to print this booklet out.

-Shelly Bolton

The Nature of Thought and Perspective

2% of people think, 3% think they think, and 95% would rather die than think!
~Dr. Ken McFarland

Belief is my body's placebo effect. ~Lauren Vines

Choose your thoughts carefully because your thoughts do become things.
~Lauren Vines

*It is while trying to get everything straight in my head that
I get confused. ~Mary Virginia Micka*

Doubts are more cruel than the worst of truths. ~Moliere

*Embrace your resistance.
It is a message you need to hear. ~Lauren Vines*

How is 'worry' working for you? ~Lauren Vines

*I freed a thousand slaves;
I could have freed a thousand more
if only they knew they were slaves. ~Harriet Tubman*

In being accepting of not having all of the answers, one leaves room for
answers to appear. ~Lauren Vines

*In the end, all forms of psychological suffering
can be traced back to a basic single source:
the false belief that our unwanted conditions – whatever they may be –
are greater than our capacity to change our relationship to them. ~Guy Finley*

It is just as easy to choose what you want as to choose what you don't want.
~Fawn Christianson

It's not what you look at that matters, it's what you see. ~Henry David Thoreau

Thought is to our minds what light is to our sight. ~Lauren Vines

Thoughts become things. I only have eyes because I see. ~Lauren Vines

To see things in the seed, that is genius. ~Lao-Tzu

*By becoming a conscious choice-maker,
you begin to generate actions that are evolutionary for you. ~Deepak Chopra*

Gaining clarity, specifically for what you want to create, originates from having
a safe space held by a trusted coach. ~Fawn Christianson

*Keep your thoughts positive because your thoughts become words.
Keep your words positive because your words become your behavior.
Keep your behavior positive because your behavior becomes your habits.
Keep your habits positive because your habits become your values.
Keep your values positive because your values become your destiny.
~Mahatma Gandhi*

There is no great genius without some touch of madness. ~Seneca

*There's a potency in pausing, going deeper in instead of reaching out and
grabbing, where you discover your magnificence. ~Fawn Christianson*

The truth, though it may be rejected initially, stays with the one who has heard
it. ~Julie Ziglar Norman

The Nature of Existence and Spirituality

We don't see things as they are, we see them as we are. ~Anais Nin

With joyful ease your extraordinary vision magnetizes you forward as you focus on each step. ~Fawn Christianson

Your mind is a garden, your thoughts are the seeds, you can grow flowers, or you can grow weeds. ~Unknown

It's not what you know but who you know that could lead you to your destination in life. ~David Morin

Living in the "I AM" moment is being fully present and accepting God's presence. ~Lauren Vines

Peace is the result of retraining your mind to process life as it is, rather than as you think it should be. ~Wayne Dyer

You have to define who you are, to be who you want to be. ~Lauren Vines

A guru is a human being who has realized their original nature, and has transcended the influence of ego and mind. ~Mooji

Even when we laid down, we laid down on our own path of life.
~Pawnee Wisdom

Everything happens for its reason; the really exciting part is to find the reason. ~Lauren Vines

Glow comes from your internal approval. ~Lauren Vines

If I am because I am who I am, then I am me. ~Lauren Vines

Love is not only what you do and feel. Love is who you are. ~Lauren Vines

*Ordinary men seek freedom thru enlightenment.
Enlightened men express freedom thru being ordinary. ~Adyashanti*

The "Law of Miracles" is gently being & accepting each and every moment.
This energy is where miracles flow. ~Lauren Vines

There is a spiritual solution to every problem. ~Dr. Wayne Dyer

To be yourself in a world that is constantly trying to make you something else
is the greatest accomplishment. ~Ralph Waldo Emerson

A spiritual practice daily helps us to meet who we really are. ~Lauren Vines

Consider the postage stamp. Its usefulness consists in the ability to stick to one
thing till it gets there. ~Josh Billings

*Great silence holds all of nature in its embrace; therefore, it also holds me.
~Lauren Vines*

God's promises aren't for certain special people--they are for everyone. If you
are breathing, you are eligible. ~Vicki Lynn King

*If you feel that something is missing in your life,
it is probably you. ~Lauren Vines*

Being thankful doesn't change God--it changes you! ~Vicki Lynn King

*Maybe you are searching among branches
for what only appears in the roots. ~Rumi*

My life has been full of terrible misfortunes most of which never happened.
~Michel de Montaigne

Our new frontier is to be ourselves in today's world. ~Lauren Vines

Reality is merely an illusion, albeit a very persistent one. ~Albert Einstein

*The most beautiful thing we can experience is the mysterious. It is the source of
all true art and all science. ~Albert Einstein*

Why are you so enchanted by this world, when a mine of gold lies within you?
~Rumi

*You walk the path of life one step at a time.
Don't underestimate the importance of each step. ~Lauren Vines*

The Effects of Gratitude and Happiness

Laughter is the sun that drives winter from the human face. ~Victor Hugo

Be happy. It's one way of being wise. ~Sidonie-Gabrielle Colette

Give yourself permission to enjoy your abundance. ~Fawn Christianson

*Gratitude helps to make sense of my past,
and empower my future. ~Lauren Vines*

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

*Hatred is the coward's way out.
Peacefulness is the challenge of mankind's bravest. ~Lauren Vines*

It is bitterness that blows out the candle of joy. ~Lauren Vines

*It isn't what you have, or who you are, or where you are, or what you are doing
that makes you happy or unhappy. It is what you think about. ~Dale Carnegie*

Joy is the key to your brilliance. ~Lauren Vines

*Most folks are about as happy as they make up their minds to be.
~Abraham Lincoln*

The Nature of Choices and Success

Nothing we seek to win in this life can enrich us half as much as what we're willing to lose for the sake of living without fear. ~Guy Finley

There are two types of people who will tell you that you cannot make a difference in this world; those who are afraid to try and those who are afraid you will succeed.
~Ray Goforth

Be careful not to be too careful. ~Lauren Vines

Choose action steps that move you into the next level of mastery.
~Fawn Christianson

Drop your judgment of where you are, notice it, and become aware that there are new choices. ~Fawn Christianson

Every time you are tempted to react in the same old way, ask if you want to be a prisoner of the past or a pioneer of the future. ~Deepak Chopra

Make failure your teacher, not your undertaker. ~Zig Ziglar

Not every open door is an entrance. ~Teddy Jones

Rich people have small TVs and big libraries, and poor people have small libraries and big TVs. ~Zig Ziglar

*Man, because he sacrifices his health in order to make money,
then he sacrifices money to recuperate his health.
And then he is so anxious about the future that he does not enjoy the present;
the result being that he does not live in the present or the future.
He lives as if he's never going to die, and then he dies having never really
lived. ~Dalai Lama*

Clearing the clutter from the myriad distractions takes courage and will allow you to flourish. ~Fawn Christianson

What you get by achieving your goals is not as important as what you become by achieving your goals. ~Zig Ziglar

Your power to create becomes laser focused by deciding to consciously choose the experience you want. ~Fawn Christianson

Success depends on one's 'Post Traumatic' growth. ~Lauren Vines

Clearly perceiving your emotional motivators gives you freedom to choose what you really desire. ~Fawn Christianson

Everyone is gifted, it is just that many never open their package. ~Lauren Vines

It doesn't have to be just a fleeting feeling. It can be your new way of life.
~Lauren Vines

Openness to the relationship of having your Business as a Sacred partner, from this surrender comes unlimited resiliency. ~Fawn Christianson

The chief cause of failure and unhappiness is trading what you want most for what you want right now. ~Zig Ziglar

Why do you stay in prison when the door is so wide open? ~Rumi

You are never too young or too old to dream and to see your dreams come true. ~Vicki Lynn King

Perseverance and Taking Action

Get out there and do what you are big enough to do. ~Pauline Zacharevitz

A thousand words will not leave so deep an impression as one deed.
~Henrik Ibsen

The best way out is always through. ~Robert Frost

The faster you build something, the quicker it will fall. ~Davide von Peters

If not now, then when? ~Lauren Vines

Let yourself be silently drawn by the strong pull of what you really love. ~Rumi

Live your dreams instead of just dreaming them. ~Lauren Vines

The hardest mountain to climb is the smooth one. ~Lauren Vines

The strongest arguments are from people defending their limitations.
~Lauren Vines

The way to develop self-confidence is to do the thing you fear.
~William Jennings Bryan

The way to get started is to quit talking and begin doing.
~Walt Disney

You don't have to be great to start, but you have to start to be great. ~Zig Ziglar

Everyone is called, but most let it go to voicemail. What's worse, it probably gets a 'mailbox full' message. ~Lauren Vines

Failure is always temporary, only giving up makes it permanent. ~Zig Ziglar

If you aim at nothing, you will hit it every time. ~Zig Ziglar

In a gentle way, you can shake the world. ~Mahatma Gandhi

Most people never run far enough on their first wind to find out they've got a second. ~William James

Use what talents you possess; the woods would be very silent if no birds sang except those that sang best. ~Henry van Dyke

Well done is better than well said. ~Benjamin Franklin

What many perceive to be in their way, is their way. ~Lauren Vines

You cannot be in protection and grow at the same time. ~Lauren Vines

*Success does not come to the most talented or the most brilliant.
It doesn't come to the one who is the best looking
or the one with the most money. Success is the result
of wanting something so much that
nothing can stop you from getting it. ~Vicki Lynn King*

You have escaped the cage. Your wings are stretched out. Now fly. ~Rumi

Kindness and Human Connection

Love is the master key that opens the gates of happiness.
~Oliver Wendell Holmes

Perhaps the secret of living well is not in having all the answers but in pursuing unanswerable questions in good company. ~Rachel Naomi Remen

Put others first and you will come out in front. ~Davide von Peters

Teach us love, compassion and honor ... that we may heal the Earth and heal each other. ~Ojibwe Wisdom

The more people you help to become successful, the more successful you will become. ~Davide von Peters

Bitter people are like porcupines, they have a point but it can be painful to get close enough to hear it. ~Lauren Vines

How beautiful a day can be when kindness touches it! ~George Elliston

Kindness is like a boomerang, it always returns. ~Author Unknown

Make the most out of your life, pass your knowledge to as many people as you can. Don't let it die in you. ~Davide von Peters

The complexity of love is really not complicated at all, but very harmoniously simple if we allow it to be so. ~Lauren Vines

The most important trip you may take in life is meeting people halfway.
~Henry Boye

There are lovers content with longing. I'm not one of them. ~Rumi

Until he extends the circle of compassion to all living things, man will not find himself at peace. ~Albert Schweitzer

*What wisdom can you find that is greater than kindness?
~Jean-Jacques Rousseau*

You never know when one kind act or one word of encouragement can change a life forever. ~Zig Ziglar

"Inner" net is the new frontier connecting the web of our hearts. ~Lauren Vines

Don't wait for people to be kind, show them how. ~Author Unknown

Independence is a myth. ~Lauren Vines

Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love. ~Lao-Tzu

*Kindness is the language which the deaf can hear and the blind can see.
~Mark Twain*

Let no one speak ill of the absent. ~Hopi Wisdom

Love is not always giving someone what they want; love is doing for someone what is best for them. ~Zig Ziglar

Many marriages would be better if the husband and wife clearly understood that they're on the same side. ~Zig Ziglar

You must speak straight so that your words may go as sunlight to our hearts. ~Cochise

Forgiveness, Judgement, Healing, and Other Subjects

Life is like riding a bicycle. To keep your balance, you must keep moving.
~Albert Einstein

Resisting pain causes it to cling to you. ~Lauren Vines

Speak not because you have to say something but speak because you have something to say ~Teddy Jones

*They laugh at me because I am different;
I laugh at them because they are all the same. ~Unknown*

Remember, people will judge you by your actions, not your intentions. You may have a heart of gold-but so does a hard-boiled egg. ~Unknown

The greatest pain is in trying to avoid pain. ~Lauren Vines

You're invited to playfully allow the dance of life to burn away your fears and pain. ~Fawn Christianson

Each person is his own judge. ~Pima Wisdom

Everything is possible for one who believes. ~Jesus; Mark 9:23

*I asked, "Why have I received only this?"
A voice replied, "Only 'this' will lead you to 'that'."
~Unknown*

It isn't always enough to be forgiven by others. Sometimes you have to learn to forgive yourself. ~Paulo Coelho

Judge not by the eye but by the heart. ~Cheyenne Wisdom

Lack of direction, not lack of time, is the problem. We all have twenty-four hour days. ~Zig Ziglar

Some people find fault like there is a reward for it. ~Zig Ziglar

Spread your wings of forgiveness and fly free as a bird. ~Lauren Vines

The answers are in the new octaves of our hearts. ~Lauren Vines

The work we do will not define us, but the attitude toward that work will!
~Julie Ziglar Norman

*When you judge another, you do not define them, you define yourself.
~Wayne Dyer*

CREDITS

Quotes included from:

** Indicates contact information given below*

Abraham Lincoln
Adayashanti
Albert Einstein
Albert Schweitzer
Anais Nin
Benjamin Franklin
Cheyenne Wisdom
Cochise
Dalai Lama
Dale Carnegie
David Morin
Davide Von Peters*
Deepak Chopra
Dr. Ken McFarland
Dr. Wayne Dyer
Fawn Christianson*
George Elliston
Guy Finley
Harriet Tubman
Henrik Ibsen
Henry Boye
Henry David Thoreau
Henry Van Dyke
Hopi Wisdom
Jean-Jacques Rousseau
Jesus Christ*
Josh Billings
Julie Ziglar Norman*
Lao-Tzu

Lauren Vines*
Mahatma Gandhi
Mark Twain
Mary Virginia Micka
Michel de Montaigne
Moliere
Mooji
Ojibwe Wisdom
Oliver Wendell Holmes
Pauline Zacharevitz
Paulo Coelho
Pawnee Wisdom
Pima Wisdom
Rachel Naomi Remen
Ralph Waldo Emerson
Ray Goforth
Robert Frost
Rumi
Seneca
Sidonie-Gabrielle Colette
Teddy Jones
The Holy Bible
Vicki Lynn King*
Victor Hugo
W.P. Kinsella
Walt Disney
William James
William Jennings Bryan
Zig Ziglar

*** Contact info for select contributors:**

Daive Von Peters- contact via SocialNucleus.org

*Fawn Christianson- Fawn@Fawnc.com
www.ThrivingTribeSoulutions.com*

Jesus Christ- Contact via prayer.

*Julie Ziglar Norman- Julie@julieziglarnorman.com
www.facebook.com/JulieZiglarNorman
www.facebook.com/ZiglarWomen*

*Lauren Vines- Lauren.vines@yahoo.com
www.SproutYourBusiness.com*

*Vicki Lynn King- VickiLynnKing.com
<https://www.facebook.com/vickilynnking1>*

Editing and Formatting:
Shelly Bolton
Sbolton.editor@gmail.com

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NewDawnPub.editor@gmail.com