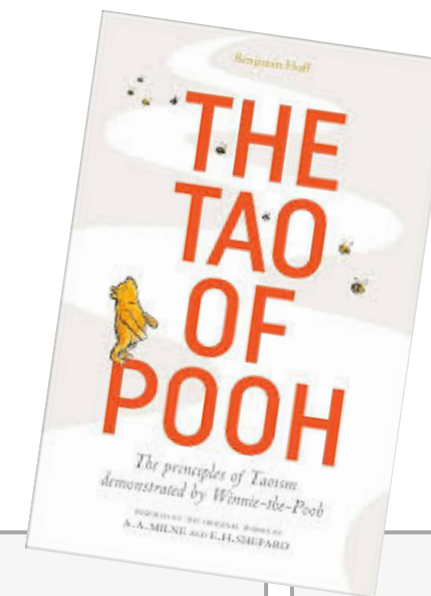


# daily Quote



SUNDAY

The more  
forcing, the more  
trouble.  
-pg # unknown

MONDAY

A clever mind  
is not a heart.  
- pg 128

TUESDAY

Emptiness  
cleans out the  
messy mind  
and charges  
up the  
batteries of  
spiritual  
energy.  
... when all the  
spaces are  
filled, the  
Loneliness  
really begins.  
- pg 147

WEDNESDAY

Inner Nature, when  
relied on, cannot be  
fooled. But many people  
do not look at it or listen  
to it. . . Having little  
understanding of  
themselves, they have  
little respect for  
themselves, and are  
therefore easily  
influenced by others.  
-pg 57

THURSDAY

The surest way  
to become  
Tense,  
Awkward, and  
Confused is to  
develop a mind  
that tries too  
hard—one that  
thinks too  
much.  
- pp 76-77

FRIDAY

Never is force  
opposed with  
force; instead,  
it is overcome  
by yielding.  
- pg 88

SATURDAY

When you know  
and respect  
your own Inner  
Nature, you  
know where  
you belong.  
You also know  
where you  
*don't* belong.  
- pg 41

featuring the writing of Benjamin Hoff, from his book *The Tao of Pooh:  
The principles of Taoism demonstrated by Winnie-the-Pooh*