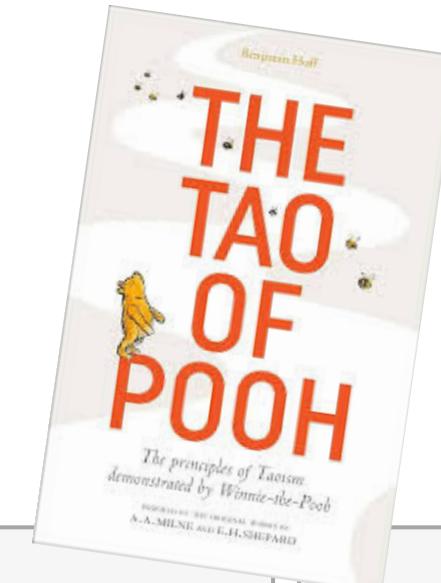


# daily quote



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

A clever mind is not a heart.  
- pg 128

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

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

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

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

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*