

# ~ MIND-VITAMIN THOUGHT-SEEDS ~

**Selections from the following alphabetical order quotes, are being artistically enhanced, laser printed onto size A3 card, laminated with heavy-duty micron plastic film, and affixed up high on public walls where they can be easily and regularly seen, brightening dull spots and enriching lives with continuously radiating inspiration.**

**These weather-proof, durable Mind-Vitamin Thought-Seed placards are part of the quest for the Blue Mountains to become known internationally as a precedent innovator with this unique strategy for community advancement and world improvement. Mind-Vitamins can be translated into any language and affixed onto walls in towns and cities in any country. This service is on its way to becoming a dynamic new Blue Mountains export enterprise.**

**Mind-Vitamins can help: • Motivate personal empowerment; • Prompt self-realisation and good mental health; • Enhance conscious awareness and uplift moods; • Reduce mental anxiety, low self-esteem, and depression; • Provide food for thought resulting in improved mind health; • Enable people to achieve their highest potential.**

**Editorial comments on the list are invited. If you know quotes that could be included. Please let us know.**

1. Accentuate optimism to overcome pessimism.
2. All we are saying is give peace a chance. John Lennon
3. Always remember to look on the bright side of life.
4. An ancient prediction says: 'Nations will not learn war any more'. Now every one can learn Permaculture!
5. Are you in earnest? Then seize this very minute! What you can do or dream you can, begin it. Boldness has genius, power and magic in it. Goethe
6. As children of the universe, it is never too late to have a happy childhood.
7. As we are living in an eternity, the time to be happy is now.
8. Awakening to the infinite and eternal realm within can be instant; just like a falling raindrop splashing into the ocean and immediately becoming the whole ocean.
9. Be an eternally conscious physical immortalist living forever nowwww
10. Be the change you want to see in the world. Gandhi
11. Be with the person that makes you happy.
12. Beauty is in the eyes of the beholder. Coltrane
13. Conflict ceases when there is no sense of otherness. J. Krishnamurti
14. Consider being positively optimistic from now on, and confidently start enjoying the latest time as the best time so far in the history of the universe, and know that even better is yet to come.
15. Consider to continuously experience peace, love, freedom and happiness!
16. Contentment makes poor people rich; discontentment makes rich people poor. Benjamin Franklin
17. Create happiness, be careful. Think how to convert problems into solutions. Ron Hamilton
18. Destiny is not a matter of chance; it is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved. William Jennings Bryan
19. Do not let what you can't do, interfere with what you can do.
20. Dream Big, Start Small!
21. Emancipate yourself from mental slavery, none but ourselves can free our minds. Bob Marley
22. Eternity is that time after the past and before the future. Eternity is Nowwww
23. Fortunate people are those who think they are fortunate.
24. Genius is a quality of mind that everyone has access to.
25. Gentleness is a great strength.
26. Happiness comes with liking what we have to do. Wilfred A. Peterson
27. Happiness depends upon ourselves. Aristotle
28. Heaven is within and eternity is now!
29. Hell is not knowing that heaven is within.
30. I don't wait for moods. I accomplish nothing if I do that. My mind must know it has got to get down to work. Pearl Buck
31. I thought I was going without, until I started going within. Brian Bell, Bush Poet
32. I wondered why somebody wasn't doing something until I remembered that I was somebody.
33. If at first you don't succeed, simply try, try, and try again and find the better way!
34. If in our daily life we can smile, if we can be peaceful and happy, not only we, but everyone will profit from it. This is the most basic kind of peace work. Thich Nhat Hanh
35. If it is to be it is up to me (A ten word sentence and each word has only two letters).
36. If one advances confidently in the direction of their dreams and endeavours to live the life which they have imagined ... they will meet with success unexpected in common hours. H.D.Thoreau
37. If you don't give it a go you'll never ever know. Aunty Dawn Colless
38. If you have a talent, use it in every way possible. Don't hoard it. Don't dole it out like a miser, spend it lavishly like a millionaire intent on going broke. Brendan Francis
39. Imagination is more important than knowledge. Albert Einstein
40. Imagine all the people living life in peace. John Lennon
41. In the Eternal Dreaming ~ Humans Are All One People.
42. In truth we are never alone, as the presence of the infinite and eternal is our constant companion. Paul Leon Masters
43. It is never too late to become what we are capable of becoming.
44. It is not so much that you are within the cosmos, as that the cosmos is within you. Meher Baba
45. It is not the place, nor the condition, but the mind alone that can make anyone happy or miserable. Roger L'Estrange
46. It is not who you are or what you look like that matters, but what you do with what you've got that counts.
47. It often shows a fine command of language to say nothing.

48. It's not always easy finding happiness within and it's not possible to find it anywhere else. Agnes Repplier
49. Learn to be patient before you become a patient. Michael Lewtchenko
50. Let go of the idea that you're a body that's destined to die, and instead be aware of your immortal self. Wayne Dyer
51. Let those love now who never loved before, let those who always loved, now love even more. Thomas Parnell
52. Let your food be your medicine and your medicine be your food. Hippocrates
53. If we give some food away, it nurtures others for a day. If people learn to grow their own, 'end world hunger seeds' are sown.
54. In all the history of the infinite and eternal universe, there has never been and never will be, anyone else exactly like you.
55. Love is the absence of judgment. His Holiness the 14th Dalai Lama
56. Me and my kind, do not convince by argument but by our presence. States of consciousness are contagious. Emerson
57. Mistakes are part of the learning process. Build with the rocks you stumble over.
58. Moment by moment, night and day, think, feel and do better in every possible way.
59. Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it's the only thing that ever has. Margaret Mead
60. No matter how hard the past, you can always begin again. Buddha
61. No one can go back and change a bad beginning, but anyone can start now and create a successful ending.
62. Now is the beginning of the rest of your life.
63. One Earth One Humanity One Future
64. Only the ignorant person becomes angry, the wise one understands.
65. OPTIMISM finds opportunities in difficulties. PESSIMISM finds difficulties in opportunities.
66. Other people don't have to change for you to experience peace of mind.
67. Our noisy years seem moments in the being of the eternal silence. Wordsworth
68. People don't plan to fail they just fail to plan. Plan your work and work your plan!
69. Positive overcomes negative; Courage overcomes fear; Love overcomes hatred. Swami Sivananda Sarasvati
70. Remember to remember the infinite all powerful nature of your inner higher self.
71. Self conquest is the greatest of victories. Plato
72. Short sayings often contain much wisdom. Sophocles
73. Smiles are the outer sign of inner happiness and are the shortest distance between people.
74. Sometimes the best bridge between despair and hope is a good nights sleep.
75. Speak well of others, not of their faults. The Buddha
76. Success is not final, failure is not fatal: it is the courage to continue that counts. Winston Churchill
77. Teaching a child not to tread on a caterpillar is as valuable to the child as it is to the caterpillar. Gandhi
78. The centre that I cannot find, is known to my unconscious mind, I have no reason to despair because I am already there. Auden
79. The Dalai Lama has said, "there is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; my philosophy is kindness."
80. The friends we surround ourselves with, can have a powerful impact on our thinking — both good and not good.
81. The impossible is what nobody can do, until somebody does it.
82. The mind is its own place and, in itself, can make a heaven of hell or a hell of heaven. Milton
83. The only thing of importance we leave when we depart, will be the traces of love we have left behind. Albert Schweitzer
84. The quietest, calmest place in the world is right inside you. Stephen Cassetari
85. The reality of my life cannot die for I am indestructible consciousness. Paramhansa Yogananda
86. The universe is my home and the human family is my tribe. The whole Earth is my birthplace and all humans are my brothers and sisters. Kahlil Gibran
87. There are no problems, only solutions. John Lennon
88. There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle. Albert Einstein
89. There is no religion higher than truth. Theosophical Society.
90. There is nothing more powerful than an idea whose time has come. Victor Hugo
91. They are happiest who see the most beauty in the most things and feel a part of it all.
92. Thus the little minutes, humble though they be, make the mighty ages of eternity. Julia Fletcher Carney
93. To see a world in a grain of sand, and a heaven in a wild flower, hold infinity in the palm of your hand, and eternity in an hour. William Blake
94. To the mind that is still, the whole universe surrenders. Lao Tzu
95. True self-realisation is eternal bliss.
96. Trust your dreams for in them is hidden the gateway to eternity. Kahlil Gibran
97. Two people looked out from behind prison bars, one saw the bars, the other saw the stars.
98. Ultimately, Universal Unity starts with 'U'
99. We are born into the world of nature; our second birth is into the world of spirit. Bhagavad Gita
100. We are the ones we've been waiting for. Hopi wisdom
101. We who have no time for our health today, may have no health for our time tomorrow.
102. What the mind conceives and believes, it can achieve.
103. What the World Needs Now Is a Sense Of Humus. Compost, instead of waste, make humus-soil, growing food is play not toil.
104. When the power of love overcomes the love of power, the world will know peace. Jimi Hendrix
105. You are a child of the universe, no less than the trees and the stars, you have a right to be here. Desiderata
106. You are unique, original, unrepeatable, valuable and important.
107. You don't belong to you, you belong to the universe, and you are fulfilling your role if you convert your experience to the highest advantage of others. Buckminster Fuller
108. You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete. Buckminster Fuller

**Editorial comments are welcome with this draft collection of wise quotes. 5th October, 2016**

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