I saw a man pursuing the horizon

I saw a man pursuing the horizon;
Round and round they sped.
I was disturbed at this;
I accosted the man.
'It is futile' I said,
'You can never – '
'You lie' he cried,
And ran on.

Stephen Crane

'What we are today comes from our thoughts of yesterday, and our present thoughts build our life of tomorrow: our life is the creation of our mind.
If a man speaks or acts with a pure mind, joy follows him as his own shadow.
If a man speaks or acts with an impure mind, suffering follows him as the wheel of the cart follows the beast that draws the cart.'
The Buddha – Dhammapada

Ten thousand flowers in spring,
the moon in autumn,
A cool breeze in summer,
snow in winter.
If your mind isn't clouded by unnecessary things,
this is the best season of your life.
Wu-Men (1183 – 1260)

To think of the immense well of potential hidden deep within our being, to understand that the nature of mind is fundamental purity and kindness, and to meditate on its luminosity, will enable you to develop self-confidence and courage.
HH the 14th Dalai Lama

'The blue sky stretches out
farther and farther,
The daily sense of failure goes away,
The damage I have done to myself fades
A million suns come forth with light
When I sit firmly in that world.'
Kabir

'Reality is merely an illusion, albeit a very persistent one.' *Einstein*

'I may not be perfect, but parts of me are truly excellent' *Anon*

'We must look at our life without sentimentality, exaggeration or idealism. Does what we are choosing reflect what we most deeply value?' *Jack Kornfield*