

The Buddha has no fixed forms.

At least 83% of all marine pollution derives from land-based activities... a major conveyor of these pollutants, a river flanked by both agricultural land and industry, a scene that reflects much of the industrialized North. As the river becomes polluted, a high percentage of the waste is flushed downstream and deposited in the biologically productive estuarine waters and coastal zones. Here, the poisons enter marine food chains, building up their contaminations in higher species... (Japan-- methyl mercury poisoning due to eating tuna-- origin: a coastal factory... by 1975 3,500 known victims) (DDT in the fat of Antarctic penguins-- points to global circulation of pollution by ocean currents)

Know that our griefs are risen to the top, and now at length they overflow their banks.

Accidents will happen.

We know from ordinary, everyday experience of nature that natural forces are exceedingly difficult to check; they can only be redirected.

Decline. The pendulum swings once again, this time moving into general Decline... This decrease is in accordance with the forces in the cosmos and therefore perfectly natural and completely unavoidable... Accept the Decline and respond appropriately by simplifying your life. A sincere and simplified approach will prevent you from making serious mistakes and will improve your sense of timing. If you find the Decline unacceptable and continue the pretense of more opulent times, you will fall into error and out of touch with reality... Even in your innermost Self you must economize in accordance with the current Decline of the life force.

"I wanted to be an astronaut, until I heard of that crash...."

Another prime cause of habitat loss lies with eutrophication brought on by sewage sludge and fertilizer run-off.

The added phosphates and nitrates cause a "bloom" of marine algae; as they die and decompose, they use up much of the available oxygen, choking out other life... leading to the death of entire marine communities.

The bitter disposition of the time will have it so.

Benefit. Exceptional energy is being directed into the current situation. Many things will become possible, even very difficult undertakings... This is a particularly fortuitous time to discard a self-indulgent attitude or endeavor to gain a certain fundamental goodness, a sound foundation, a sense of direction and well-being... Observe the beneficial effects of good in others and emulate these useful traits.

A monk asked Joshu, "When the body crumbles all to pieces and returns to the dust, there eternally abides one thing. Of this I have been told, but where does this one thing abide?" The master replied, "It is windy again this morning." The same old Joshu was asked, "One light divides itself into hundreds of thousands of lights; may I ask where this one light originates?" He simply threw off one of his shoes without a remark. A monk asked Joshu to be instructed in Zen. Said the master, "Have you had your breakfast, or not?" "Yes master, I have," answered the monk. "If so, have your dishes washed," was an immediate response, which, it is said, at once opened the monk's mind to the truth of Zen.

All our activities are just as much activities of nature and the universe as are the circling of the planets, the running of water, the roaring of thunder, and the blowing of the wind.

You can lead a horse to water, but you can't make it drink.

"It used to be an igloo... now it's this... and now we're going to make an avalanche with it."

Cheated of feature by dissembling nature; deformed, unfinished, sent before my time into this breathing world scarce half made up, and that so lamely and unfashionable that dogs bark at me as I halt by them... And therefore, since I cannot prove a lover to entertain these fair well-spoken days, I am determined to prove a villian....

Conflict between people singly or collectively as nations is a clash of desires. It is a situation in which two or more parties perceive mutually exclusive values or goals... A striking statement as to its prevalence among historical peoples is made by Novicow, who quotes various authorities to the effect that "from the year 1496 B.C. to 1861 A.D., in 3,357 years, there were 227 years of peace and 3,130 years of war, or thirteen years of war to every year of peace. Within the last 3 centuries there have been 286 wars in Europe. From the year 1500 B.C. to 1860 A.D. more than 8000 treaties of peace meant to remain in force forever were concluded. The average time they remained in force is two years."

In the life of spontaneity human consciousness shifts from the attitude of strained, willful attention to kuan... Kuan is, then, simply to observe silently, openly, and without seeking any particular result... In this open and ungrasping mode of awareness, the beloved (the other) is not possessed, but is rather received into oneself with all the richness and splendor of the unpremeditated surprise... It is the most common and dramatic instance of union between oneself and another....

It was the emergence of photosynthesizing algae in the oceans which first released free oxygen into the atmosphere-- a cataclysmic event for existing life forms, but a pre-condition for present-day existence. The ocean microflora still supply 70% of our oxygen, and this in turn maintains the protective ozone layer in the upper atmosphere... Off New York and New Jersey, 9 million tonnes of sewage are dumped on to the continental shelf each year... Almost two-thirds of the human population live in one-third of the world's land adjacent to coasts....

False imagination teaches us that such things as light and dark, long and short, black and white are different and are to be discriminated. But they are not independant of each other, and are only different aspects of the same thing....

Resolution. Resolution must spring from your heart and must be voiced to your friends, family, and community.

"I'm gonna be an artist."

"How do you know?"

"Because I want to be."

Most diverse of all ecosystems are tropical coral reefs. They may also be the world's oldest ecosystem. They feature more plant and animal phyla than any other ecosystem; in their limited expanse, coral reefs support 1/3 of all fish species. They also reveal more mutual-benefit relationships, or symbioses, between organisms than any other community....

There can be no question that cooperation furnishes a better adjustment to the human condition on earth than a system of hostility and cross purposes.

He must have got his directness from his own teacher, Obaku, by whom he was struck three times for asking what the fundamental principle of Buddhism was.... The direct method is thus not always the violent assertion of life force, but a gentle movement of the body, the responding to a call, the listening to a murmuring stream, or to a singing bird, or any of our most ordinary everyday assertions of life....

A curious feature of the quest for freedom is the appearance of a snag just as you think you are getting somewhere. The snag appears for the very reason that you think you are getting somewhere, for the essential point of spirituality, the point so difficult to grasp, is that it is not a question of going at all.

... but she makes hungry where most she satisfies....

Temptation. A seemingly harmless yet potentially dangerous Temptation has entered the picture. How could such a minor element pose a threat to the ongoing situation? How can a nonessential entity seize control and create darkness and chaos in an established environment? You need only entertain and indulge this Temptation to find out. When you give your attention to darkness, you grant it a position of power in your life... Internal Temptation is the most difficult kind to turn away. From such indulgences you may develop a prominent and demanding character trait or a disturbing inner conflict.

✓
"I can, right?"

"You can, but it's not nice."

A thing of darkness, out of step with his society, he hates the children of light simply because they generate radiance in a world he prefers to see dark... reducing everyone around him to the state of misery and gloom in which he languishes himself.

The most complete and widespread destruction of coral reefs is now conducted by the US military. Diego Garcia in the Indian Ocean, once the fertile home of 2,000 people, is now virtually completely covered in concrete, its biological productivity destroyed.

One stroke has made me forget all my previous knowledge
No artificial discipline is at all needed
In every movement I uphold the ancient way
And my senses are not fettered by rules of conduct

We use it even when we are trying to figure out what it is....

One may find out what it can mean simply to look at another person, to touch hands, or to listen to the voice....

Assembling. the original text points out that "by observing the way gatherings evolve, we can perceive the inner tendencies of heaven and earth and of all things."

"Hey! We're trying to play here...."

✓ Between 1945 and 1975, about 30 million hectares of land in the US were lost under concrete and asphalt, half of this being arable land.... (Land carrying capacity is a measure of how many people the soil/climate can permanently support when the land is planted with staple crops.)

You don't miss your water 'till the well runs dry.

The great Tao flows everywhere, both to the left and to the right.
The ten thousand things depend upon it; it holds nothing back.
It fulfills its purpose silently and makes no claim.

Moreover, the instincts are not vague and indefinite by nature, but are specifically formed motive forces which, long before there is any consciousness, and in spite of any degree of consciousness later on, pursue their inherent goals.

Just as they come, and just as they are, the simplest sights and sounds are sufficient, and do not have to be brushed aside in the minds eagerness to find something more significant.

Advancement. The coming success is tremendous in scope since the foundation it rests upon has been developed with true devotion over a reasonable period of time... You will now instinctively choose endeavors that are harmonious with the rhythms and desires of society, and as a result you will be favorably regarded... Know what must be done, and carry it out....

"They can go here, and go la-la-la, and then go back down...."

The first resting place which life has found in its arduous climb from the primordial natural world of relentless struggle and terror....

The Yanomame Indians now live in the dense forest of the Guyana Shield in Brazil and Venezuela, but are threatened by the intrusion of one of Brazil's new highways, which will cut through previously impenetrable Amazonian terrain.... (Nor were these the final injustices and infamies heaped upon the untutored aborigines. It was not enough that they should be pillaged of their possessions; that the rights guaranteed them by solemn treaties of Government should be blown aside like so much waste paper by the armed force of the American Fur Company; that whole tribes should be demoralized with rum and then defrauded; that shoddy merchandise, for which generally no market could be found elsewhere should be imposed upon them at such incredibly high prices... the fur traders even short weighed the furs.)

✓
Brother! You say you have not come to get our land or our money, but to enlighten our minds. I will now tell you that I have been at your meetings and saw you collecting money from the meeting. I cannot tell what this money was intended for, but suppose it was for your minister; and if we should conform to your way of thinking, perhaps you may want some from us... Brother! We are told that you have been preaching to the white people in this place. These people are our neighbors. We will wait a little while, and see what effect your preaching has on them. If we find it does them good and makes them honest and less disposed to cheat Indians, we will then consider again what you have said....

Strange, unusual blood, when man's worst sin is he does too much good! Who then dares to be half so kind again?

Good with nowhere to flow backs up and goes bad.

Adversity. This time had been compared by the Chinese to a forest tree growing in a tight space, unable to spread its branches. Only through sheer will and determination can this restraining Adversity be transcended. As the tree stakes its life upon its upward reach for light, so must the enlightened person rely upon his will. Do not let backward trends or oppression jar your confidence and optimism.

"Don't push."

"I'm not pushing. _____ pushed me."

Traditional cultures are the "librarians" of our "gene library," and each holds a "stack of index cards" carefully drawn up after thousands of years of patient trial and error... Yet forest peoples, probably the only humans who successfully manage forests on a sustainable basis, are in a state of crises.

Their political philosophy is to maintain the balance of nature upon which the human community depends.

The Source. The location may change, but not the Source; nor is it ever exhausted.

Another time I saw a child coming to me holding a lighted torch in his hand. "Where have you brought the light from? I asked him. He immediately blew it out, and said to me, "O Hasan, tell me where it is gone, and I will tell you whence I fetched it."

I saw your brother, most provident in peril, bind himself (courage and hope both teaching him the practice) to a strong mast that liv'd upon the sea....

For the soundness of ideas must be tested finally by their practical application. When they fail in this-- that is, when they cannot be carried out in everyday life, producing lasting harmony and satisfaction and giving real benefit to all concerned-- to oneself as well as others-- no ideas can be said to be sound and practical.

"Do you know how to play the piano?"

"It's easy, you just press the buttons."

China-- this nation can grow enough food on 7% of the world's arable land to feed 22% of the world's population... Organic farming, with its emphasis on recycling of farm wastes for inexpensive fertilizer... biological controls to keep down pests and weeds... emphasis on human labor rather than costly machinery... crop varieties that suit local conditions... soil conservation methods (terracing)... methane gas produced by 7 million bio-gas digesters... care for the forests... aquaculture... they ensure it is fairly shared by all... emphasis on wasting nothing... largest irrigation network in the world... abundant human labor allows several crops to be grown in one field in alternate rows, with symbiotic benefit....

Changing. ... a transforming change may be necessary. First, determine that this is actually the case. Study the mood of the times. Speak to others and weigh their reactions... the change should be gradual, improvement by improvement, so you may gauge the effect... this is not a violent revolution; it is a carefully calculated transformation. Keep an eye at all times to the bearing of the cosmic forces... Remove discordant elements as they appear, throw out outmoded or stifling policies when they once again create problems, and establish far-reaching clarity about the future whenever the opportunity presents itself... It will take time and effort to bring all the external elements of your life into accord....

There was a monk called Soku, who was one of the chief officials of the monastery under the Zen master Hogen, of the tenth century. He never came to the master to make inquiries about Zen, so the master one day asked him why he did not come. The chief official answered, "When I was under Seiho I got an idea as to the truth of Zen." "What is your understanding then?" demanded the master. "When I asked my master who was the Buddha, he said 'Ping-ting T'ung-tzu comes for fire.'" "It is a fine answer," said Hogen, "but probably you misunderstand it. Let me see how you take the meaning of it." "Well," explained the official, "Ping-ting is the god of fire; when he himself comes for fire, it is like myself, who, being a Buddha from the very beginning, wants to know who the Buddha is. No questioning is then needed, as I am already the Buddha himself." "There!" exclaimed the master. "Just as I thought! You are completely off." Soku, the chief official, got highly offended because his view was not countenanced and left the monastery. Hogen said, "If he comes back, he may be saved; if not, he is lost." Soku, after going some distance, reflected that a master of 500 monks as Hogen would not chide him without cause, and returned to the old master and expressed his desire to be instructed in Zen. Hogen said, "You ask me and I will answer." "Who is the Buddha?" "Ping-ting T'ung-tzu comes for fire." This made his eyes open to the truth of Zen quite different from what he had formerly understood of it. He was now no more a second hand pendant but a living creative soul. I need not repeat that Zen refuses to be explained, but that it is to be lived. Without this, all talk is nothing but an idea, woefully inane and miserably unsatisfactory.

All our activities are just as much activities of nature and the universe as are the circling of planets, the running of water, the roaring of thunder, and the blowing of the wind....

The Tao is close at hand, but people seek it afar.

"Sometimes you can make a 'd' like this... you wanna see?"

For our true instructors in wisdom are not the sages and their writings but the creatures of our own minds...
our thoughts and feelings in reaction to the world of experience.

Cosmic Order. The relationship between the development of the individual and the needs of the cosmos demonstrates the meaning of Cosmic Order... There are certain areas in the life and nature of the individual that are destined, just as there are limitations in the forces of nature on earth... You will begin to perceive what is actually possible for you to achieve and not waste precious energies on the impossible, those things that are not in accord with the Cosmic Order given the circumstances of your life.

Spontaneity is, after all, total sincerity-- the whole being involved in the act without the slightest reservation.

A kiss on the lips does not always touch the heart.

Thirty crops supply 95% of our nutrition, and a mere eight, led by wheat, maize, and rice provide 3/4 of our diet... Four crops-- wheat, rice, maize, and potato-- contribute more tonnage to the world's total food production than all other food crops combined....Genetic erosion is affecting even areas of high diversity. Greece has lost 95% of its native wheat varieties in just 40 years....(Acknowledging that the undisturbed conditions of the deciduous forest can be but crudely approximated, Victor E. Shelford has made an effort to present a picture of the situation as it was during the 16th Century. He detailed the ecology in terms of areas of 10 square miles... The preceding ecological reconstruction can be summarized by noting that in any given 10 square miles of the deciduous forest we could reasonably expect to find 750,000 trees, mostly acorn and nut bearers; 786,000 tree seedlings; abundant herbs and shrubs; literally millions upon millions of invertebrates; 16,000 nesting birds; 20 to 50 predatory owls and hawks; 160,000 to 320,000 mice; upwards of 40,000 squirrels; 200 turkeys; 400 deer; some elk and bison; 3 wolves; 2 pumas; 5 bears; and 30 foxes. Additionally, rabbits, opossums, raccoons, otters, groundhogs, bobcats, Eastern chipmunks, pine voles, short-tailed shrews, bats, beavers, skunks, and weasels would be present in varying numbers.)

No, 'tis not so deep as a well, nor so wide as a church door, but 'tis enough, twill serve. Ask for me tomorrow and you will find me a grave man.

"I like it better at home because I can pet my rabbit."

"Why don't you bring it here?"

"Cuz it's a real rabbit... my Mom might say no to bringing the rabbit cuz it's a real rabbit. It's not made out of beans or cotton. He's made out of blood and bones and intestines."

Sages of ancient people taught that all actions of people were just as much expressions of nature's unceasing movement as the sun and the wind-- a fact that would be obvious to anyone not born and bred in a place where there was little more to see than human handiwork.

It is neither wind nor pennant but your own mind that flaps.

✓ In theory, the 2.6 billion people aged 15-64 could till the world's cultivable land in 3 days.

Many hands make light work.

Shocking. The sudden force of stored and kinetic energy in the cosmos will be released in a powerful and Shocking display... In human affairs it can manifest itself as a Shocking turn of events, an unpredictable, cataclysmic occurrence inspired by invisible but irresistible forces... A heightened experience of forces that affect your life will bring you into close contact with the inner workings of your nature.

Do I dream? Or have I dreamed till now?

"It used to be an igloo... now it's this... and now we're going to make an avalanche with it."

The Indian was a religious man from his mother's womb. From the moment of her recognition of the fact of conception to the end of the second year of life, which was the ordinary duration of lactation, it was supposed by us that the mother's spiritual influence counted for most. Her attitude and secret meditations must be as to instill into the receptive soul of the unborn child the love of the "Great Mystery" and a sense of brotherhood with all creation. Silence and isolation are the rule of life for the expectant mother. She wanders prayerful in the stillness of the great woods, or on the bosom of the untrodden prairie, and to her poetic mind the imminent birth of her child prefigures the advent of a master man-- a hero, or the mother of heroes-- a thought conceived in the virgin breast of primeval nature, and dreamed out in a hush that is only broken by the sighing of a pine tree, or the thrilling orchestra of a distant waterfall.... (We are what we imagine.)

In the US industry spews out at least 250 million tonnes of noxious waste each year... Of the US output of pesticides, worth \$8 million per year, 2/5 is exported, chiefly to developing countries where safety regulations are not well developed. Of these US exports, 1/4 is made up of chemicals whose use is severely restricted or banned at home... (Although DDT was prohibited for use within the US as long ago as 1972, the US still manufactures over 18 million kg a year for export, largely to the Third world. A sample of rural workers in Central America shows that they have 11 times as much DDT in their bodies as an average US citizen)... Until recently, the main mode of disposal has involved simple dumping in landfills... The Hooker Chemical Company used the site of the Love Canal Community to dump dioxin, lindane, and mirex in the 1940's... some 20% of all agrochemicals used only serve to improve the look of vegetables and fruits....

For the scientist tends to regard nature, human and otherwise, as a world to be conquered and reordered, to be made subject to the technology of the rational intellect, which has somehow disowned and shaken off its roots in the very organism it now presumes to improve.

It is a foul bird that fouls its own nest.

Little pitchers have big ears.

Meditation. Because of the external complexities in worldly matters, it is of great importance to achieve an inner peace... The instincts that spring forth will be in accordance with your real needs.

"Who's the boss here?... I need some help...."

Acid rain is now the most controversial form of air pollution in the developed world. Factories spew forth sulphur oxides and nitrogen oxides, which dissolve in rain before returning to earth as sulphuric and nitric acid... The chief sources of such emissions tend to be electrical generating plants, industrial boilers, and large smelters... Damage to the West German timber industry is estimated at \$800 million per year (plus \$600 million damage per year to agriculture through loss of soil fertility)

III blows the wind that profits nobody.

These sages wrote not what they thought but what they felt, and the intuitive and poetic quality of their wisdom is emphasized by the fact that they simply stated what they felt and seldom, if ever, argued the point.

All day in grey rain hollyhocks follow the sun's invisible road.

The fates lead those who will; those who won't it drags.

Developing. The time points to a careful and natural unfolding of events... A slowly Developing engagement that leads to marriage was the example used in the original text of this hexagram. Refrain from hasty or passionate action and lean toward the romantic cultivation of love.

"I got a Dad, but I don't know him and he doesn't know me... now don't forget that, okay?... so you won't be asking me so much...."

Subordinate. No one is interested in your views. At best, what social contact you have is circumstantial;
at worst, you are being used.

Currently, 282 nuclear power plants are operating in 25 countries... 27 years after the first commercial
nuclear reactor began operating, there is still no acceptable solution to the problem of radioactive waste.
(The half-life of uranium 238 is 4.5 million years.)

Once the toothpaste is out of the tube, it's hard to get it back in again.

The earth has not a hole to hide this deed.

I, Hui-neng, know no device
My thoughts are not suppressed
The objective world ever stirs the mind
And what is the use of maturing Enlightenment?

For what we call "nature" is free from a certain kind of scheming and self-importance. The birds and beasts
indeed pursue their business of eating and breeding with the utmost devotion. But they do not justify it,
they do not pretend that it serves higher ends, or that it makes a significant contribution to the progress
of the world.

"I'm going to dip my head into my food."

In 1980, about 177 million people in developing-world cities did not have safe drinking water, and 331 million people were without adequate sanitation. Widespread diarrhea, dysentery, and typhoid are inevitable... Overcrowding, hunger, lack of water and poor sanitation... Loneliness, drug-addiction, and violence... Unemployment, homelessness, and tension between social and racial groups... Some city halls face bankruptcy, their falling revenues unable to meet the upkeep of decaying physical and social fabric... Only 7 cities had a population larger than 5 million in 1950; by 2000 there will be 57 such mega-cities, 42 of them in the Third World. 25 cities are likely to have a population greater than 10 million.

O, pity, pity, gentle heaven, pity!

Better on a sound boat than a leaky ship.

Zenith. When decline approaches, an enlightened person does not anxiously anticipate it, for he expects such cyclic changes... In your more intimate relationships, make spontaneous affection your major concern. If you have developed together a clear understanding of what is expected from the relationship, the details will take care of themselves. Then the inevitable ups and downs will be overshadowed by the endurance of love... Your motivations may begin to take on completely new directions just at the moment when you feel the greatest self-possession. Learning to understand this natural tendency in inner development is a true gift in understanding yourself and others.

Not all cultures have the same purposes, so that other ways of reading the world may serve equally well for ends which are as legitimate as ours.

Things will open up of themselves, according to their own nature.

"Me and _____ were playing
Then _____'s mother called my mother
Then my mother had 1-2-3-4-5-6-7 kids, and she could hardly stand it
Then they lived happily ever after...."
(_____'s lyrics while _____ was playing the piano)

Traveling. Follow paths that you know are good. In this way you can steer clear of problems that you may not even recognize as such.

In the last 100 years, world population increased from about 1.5 billion to 4.7 billion. In the past 33 years, human numbers have doubled.... The global number of abortions is estimated to be at least 130,000 a day.... By the end of the century we will add 2 billion people to the global population-- and would need to build a city the size of Lima, Peru every 20 days to house them.

O why should nature build so foul a den unless the gods delight in tragedies?

Experience is what enables you to recognize a mistake when you make it again.

While Gensha on a certain occasion was treating an army officer called Wei to tea, the latter asked, "What does it mean when they say that in spite of our having it every day we do not know it?" Gensha without answering the question took up a piece of cake and offered it to him. After eating the cake the officer asked the master again, who then remarked, "Only we do not know it even when we are using it every day."

Thus in the moment of illumination he realizes that the universe is a mystery greater than he can ever hope to fathom, for the deepest perplexity of all is that such a creature as himself should be allowed to use the power that moves the stars in the littlest of his deeds.

"Three bubbles on a B!"

"It's supposed to be two."

"Here's two! Here's two bubbles on a B."

"Look at this!"

"How many are there?"

"Fifteen."

"Yikes!"

Penetrating Influence. Chinese paintings often depict the effects of the invisible wind as it influences the landscape... In contemplating the wind, the Chinese mind is inspired by the profound effect of a steady, Penetrating Influence, and how this effect might manifest itself in human affairs... You are faced with a situation that can be influenced only by gradual efforts in a consistent direction.

The solar system formed some 4.6 billion years ago, Earth's oceans about 4.4 billion years ago. Self replicating molecules emerged some 300 million years later. Fossil cells date from 3.6 billion years ago. Free oxygen began to accumulate about 2 billion years ago, and complex cells with nuclei appeared about 1.5 billion years ago. Then the protective ozone layer formed. Life on land, as we know it, occupies only the last 10% of our planet's unique history. Compress this unimaginable timescale into a single 24 hour day, and the Big Bang is over in less than a ten-billionth of a second. (15 billion years ago) Stable atoms form in about 4 seconds; but not for several hours until early dawn, do stars and galaxies form. Our own solar system must wait for early evening around 6 p.m. Life on Earth begins around 8 p.m., the first vertebrates crawl on to land at about 10:30 p.m. Dinosaurs roam from 11:35 p.m. until 4 minutes to midnight. Our ancestors first walk upright with 10 seconds to go. The Industrial Revolution, and all our modern age, occupy less than the last thousandth of a second. Yet in this fraction of time, the face of the planet has changed almost as much as in all the aeons before.

The solar system has no anxiety about its reputation.

Once the whole is divided, the parts need names.

There are already enough names.

One must know when to stop.

Knowing when to stop averts trouble.

Tao in the world is like a river flowing home to the sea.

How does your patient, doctor?... Not so sick, my lord, as she is troubled with thick-coming fancies, that keep her from her rest... Cure her of that. Canst thou not minister to a mind diseas'd, pluck from the memory a rooted sorrow, raze out the written troubles of the brain, and with some sweet oblivious antidote cleanse the stuff'd bosom of that perilous stuff which weighs upon the heart?... Therein the patient must minister to himself.

The truth shall set ye free, but first it shall make ye miserable.

"You're the one who dumped it out."

✓ But our actions are almost invariably directed by a philosophy of ends and values, and to the extent that this is unconscious it is liable to be bad philosophy with disastrous active consequences.

A few Western nations are the arbiters of taste and cultural values throughout much of the world. Their news media have something close to a monopoly in interpretation, judging of news value and dissemination of ideas... the North can already gather more information about the South-- its mineral potential, its crop yields, its untapped water resources-- than these countries know about themselves.

Where be these enemies? Capulet! Montague! See what a scourge is laid upon your hate, that heaven finds means to kill your joys with love.

Just as the flower blooms out of its inner necessity, the looking into one's own nature must be the outcome of one's own inner overflowing.

✓ A King of ancient India, oppressed by the roughness of the earth upon soft human feet, proposed that his whole territory should be carpeted with skins. However, one of his wise men pointed out that the same result could be achieved far more simply by taking a single skin and cutting off small pieces to bind beneath the feet. These were the first sandals.

Encouraging. You now have the opportunity to enter into deep and open philosophical accord with your fellow man.

"Pretend you're a horse... but you don't have to talk like a horse...."

The threat operates this way: the magazine with large advertising revenue can afford to pay its contributors more, and therefore it can secure better contributors than the magazine which enjoys very little revenue of this kind. In a sense, the advertiser is prepared to buy better authors for the reader than the reader is prepared to buy for himself. But this means automatically that any magazine which wishes to secure or retain the best writers must get advertising. But to get advertising it must also get mass circulation. To get mass circulation, it must publish material with mass appeal. Also, it must keep its subscription costs low, which in turn makes it more dependent than ever upon advertising revenue. At this point a fixed cycle is virtually inescapable: millions of readers are essential to secure a large revenue from advertising, advertising is essential to enable the magazine to sell at a price that will secure millions of readers-- therefore, the content of the magazine must be addressed to the millions. Thus the best writers, those who have proved able to write for the most discriminating readers, are put to work writing for consumers who may not be readers at all.... (... it is the nature of advertising that it must aim for mass appeal, and it is the nature of the mass media that they must present any item-- an idea or a fact or a point of view-- in such a way that it will attract the maximum number of readers. To do this, of course, they must suppress any controversial or esoteric aspects of the item and must express it in terms of the least common denominator.)

... shot dead, by a gun that didn't make any noise

The spell of words is by no means an enchantment to which only the intellectual is disposed.

Confusion now hath made his masterpiece!

"Pray show me the way to deliverance."

"Where do you stand now?"

Reuniting. All civilizations have experienced that powerful moment in time when the separatist factions among the people dissolve into the general enthusiasm and commitment to a common cause... it is time to break up that which divides, for isolation brings discord and blocks creative energy... Look for the symbols, rhythms, and patterns that have long inspired mankind, and incorporate them in your work. Make a sincere attempt to meet the social responsibility of the artist: Reuniting people with their reality.

"I can't find my heart...." (_____ trying to find her heartbeat with the stethoscope)

"I think it's on your butt."

✓
✓
"To fix the attention but not engage the mind" is a precise statement of the advertisers formula.

But it is, perhaps, not so easy to see that the poor are also being exploited when they are persuaded to desire more and more possessions, and led to confuse happiness with progressive acquisition.

O melancholy, who ever yet could sound thy bottom?

Limitations.

The most consistent thing about human nature is its unpredictability.

The direct method is thus not always the violent assertion of life-force, but a gentle movement of the body, the responding to a call, the listening to a murmuring stream, or to a singing bird, or any of our most ordinary assertions of life....

"Can I be the first person to get my back rubbed?"