

**NOTHING LASTS
THAT'S THE BEAUTY**

VILLONIUS

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*I would like to dedicate this book to Lindsey & Evan.
Thank You Always.*

“The difference
you make today
counts in all tomorrows.”

BETSY BRAWLEY

“Life is like being at the dentist.

You always think that the worst is yet to come,
and yet it is over already.”

“Live as if you were living already
for the second time and as if you had acted
the first time as wrongly as you are
about to act NOW!”

“And what about man?

Are you sure that the human world is a terminal
point in the evolution of the cosmos?

Is it not conceivable that there is still another
dimension, a world beyond man’s world;
a world in which the question of
an ultimate meaning of human suffering
would find an answer?”

VIKTOR E FRANKL
MAN’S SEARCH FOR MEANING OF LIFE

“When you arise in the morning,
think of what a precious privilege it is to be alive—
to breathe,
to think,
to enjoy,
to love.”

MARCUS AURELIUS

“It is utterly false and cruelly arbitrary
to put all the play and learning into childhood,
all the work into middle age,
and all the regrets into old age.”

MARGARET MEAD

Here is a remarkable thought: Among the world's children starting grade school this year, 65% will end up doing jobs that haven't been invented yet.

Your brain:

Is unique.

Of the 7.6 billion people currently living and the more than 100 billion people who have ever lived, there has never, unless you are an identical twin, been anyone quite like you.

Your creative gifts, your fingerprints, your experiences, your DNA, your dreams, are unprecedented and unique.

We live in a world of unprecedented noise, fog, and traffic. But you too are born of the sun, and traveling towards it.

MICHAEL J. GELB
HOW TO THINK LIKE LEONARDO DA VINCI

"The only way out is always through."

ROBERT FROST

“The conquest of the fear of death
is the recovery of life’s joy.”

“One can experience an unconditional affirmation
of life only when one has accepted death,
not as contrary to life but as an aspect of life.

Life in its becoming is always shedding death,
and on this point of death.

The conquest of fear yields the courage of life.

That is the cardinal initiation
of every heroic adventure—
fearlessness and achievement.”

JOSEPH CAMPBELL

“What we are today
comes from our thoughts of yesterday,
and our present thoughts build our life tomorrow:
our life is the creation of our mind.”

THE DHAMMAPADA

“Don’t think!

Thinking is the enemy of creativity.

It’s self-conscious,

and anything self-conscious is lousy.

You can’t try to do things.

You simply do things.”

RAY BRADBURY

"You'll see it
when you believe it."

"If you change the way you look at things,
the things you look at change."

DR. WAYNE W. DYER

“I refuse to accept the view
that mankind is so tragically bound
to the starless midnight of racism and war
that the bright daybreak of peace and brotherhood
can never become a reality...
I believe that unarmed truth and unconditional love
will have the final word.”

MARTIN LUTHER KING JR.

“Life isn’t about finding yourself.

Life is about creating yourself.”

GEORGE BERNARD SHAW

"Simplicity is the ultimate sophistication."

DA VINCI

“Life is something for which there is no answer,
it must be understood from moment to moment.

The answer we find

inevitably conforms to the pattern of what
we think we know.”

“As you think,
so shall you become.”

BRUCE LEE

This is the “gift,” if you will, of impermanence. In February 2015, upon learning that he had a terminal illness, acclaimed neurologist and writer Oliver Sacks wrote in an essay in the New York Times, “I have been able to see my life as if from a great altitude, as a sort of landscape, and with a deepening sense of connection to all its parts... I feel intensely alive... There is not time for anything inessential.”

What if we played the game of life on and off the courts with this perspective, sense of purpose, and feeling of exalted urgency every day?

GEORGE MUMFORD
THE MINDFUL ATHLETE

“You have to find what’s good and true and beautiful in your life as it is now.”

“The truth is, part of me is every age.

I delight in being a child when it’s appropriate to be a child.

I delight in being a wise old man when it’s appropriate to be a wise old man. Think of all I can be! I am every age, up to my own.”

"I heard a nice little story the other day," He closes his eyes for a moment and I wait...

"Okay. The story is about a little wave, bobbing along in the ocean, having a grand old time. He's enjoying the wind and the fresh air—until he notices the other waves in front of him, crashing into the shore. 'My god, this is terrible', the wave says. 'Look what's going to happen to me!'

"Then along comes another wave. It sees the first wave, looking grim, and it says to him, 'Why do you look so sad?'

"The first wave says, 'You don't understand! All of us waves are going to be nothing! Isn't it terrible?'

"The second wave says, 'No, you don't understand. You're not a wave, you're part of the ocean.'"

I smile. Morrie closes his eyes again.

"Part of the ocean," he says. "Part of the ocean." I watch him breathe, in and out, in and out...

MORRIE, TUESDAYS WITH MORRIE

**“Live as if you were going to die tomorrow.
Learn as if you were going to live forever.”**

“Each night, when I go to sleep, I die.

And the next morning,
when I wake up, I am reborn.”

MAHATMA GHANDI

"No one wants to die.

Even people who want to go to heaven don't want to die to get there.

And yet death is the destination we all share.

No one has ever escaped it.

And that is as it should be, because Death is very likely the single best invention of Life.

It is Life's change agent.

It clears out the old to make way for the new.

Right now the new is you,
but someday not too long from now,
you will gradually become the old
and be cleared away.
Sorry to be so dramatic, but it is quite true.

Your time is limited,
so don't waste it living someone else's life.

Don't be trapped by dogma – which is living with
the results of other people's thinking.

Don't let the noise of others' opinions drown out
your own inner voice.

And most important, have the courage to follow
your heart and intuition.

They somehow already know what you truly
want to become. Everything else is secondary.”

STEVE JOBS
STANFORD UNIVERSITY
COMMENCEMENT ADDRESS, 2005

“While we are alive,
our life is energy,
and after death, we continue to be energy.

That energy is continually changing
and transforming.

It can never be lost.

We cannot assert that after death there is nothing.

Something can never be nothing.

“Rebirth” is a better description than
“reincarnation.”

When a cloud turns to rain, we cannot say that a
cloud is reincarnated in the rain.

THICH NHAT HANH
THE ART OF LIVING

I don't care how many friends you have on Facebook or how many followers you have on Twitter. Those are not actual friends or truly followers. I care about how much people will miss you if you're not back here again tomorrow. Connection involves a complex swap of information, expectations, and culture. It involves opening ourselves to others, creating vulnerable moments that frighten us. It requires humanity and generosity, not the rearranging of digital bits. The swap means that it's no longer completely up to us; it's a partnership, not an announcement. When we give up control over the outcome of our interactions, we allow others to connect with us and with one another.

The placebo effect has an impact on more than medicine—we see what we believe, not the other way around. Rarely do we see the world as it is.

It's not different from the essential concept of *memento mori*, a Latin term that reminds us that we're all going to die. Understanding impermanence is the twin sister of understanding art. All art, as we've seen, brings something new into the world, but that newness can't remain, or there would be no room for more art. Newness fades. The impermanence of art (and the impermanence of us, the creators of art) isn't a bad thing, any more than the tail of a coin is a bad thing when we're hoping for heads. You can't have one without the other. The man who invented the ship invented the shipwreck. The creation of art also means the fading of art, and the realization that the act of making it last forever is also the act of destroying what made it work in the first place.

SETH GODIN
ICARUS DECEPTION

“Within each of us,
there is a silence as vast as the universe.
And when we experience that silence,
we remember who we are.”

GUNILLA NORRIS

“To be yourself

**in a world that is constantly trying to make you
something else**

is the greatest accomplishment.”

RALPH WALDO EMERSON

“We cannot teach people anything;
we can only help them discover it within themselves.”

GALILEO

“The person who follows the crowd will usually go no further than the crowd.

The person who walks alone is likely to find himself in places no one has ever seen before.”

“Everybody is a genius.

But if you judge a fish by its ability to climb a tree, it will live its whole life believing that is stupid.”

ALBERT EINSTEIN

$$"E=MC^2$$

It was a flawed equation, as far as I was concerned.

There should have been an 'A' in there
somewhere for

AWARENESS —

without which the 'E' and the 'M' and the 'C,'

which was a mathematical constant, could not exist."

**KILGORE TROUT
(KURT VONNEGUT)**

"Real knowledge is to know the extent
of one's ignorance."

CONFUCIUS

"A problem is a chance for you to do your best."

DUKE ELLINGTON

A lot of people think that if they believe in Buddha,
they cannot go to church.

If they believe in Muhammad,
they cannot be in a monastery.

But there's no difference.

You are the monastery—always,
wherever you are.

SIFU SHI YAN MING
FOREWORD TO *THE TAO OF WU*

**"A teacher affects eternity; he can never tell
where his influence stops."**

HENRY ADAMS

“For one priceless moment,
in the whole history of man,
all the people on this earth are truly one.”

RICHARD NIXON

"Do you wish to be great?

Then begin by being.

Do you desire to construct a vast and lofty fabric?

Think first about the foundations of humility.

The higher your structure is to be,

the deeper must be its foundation."

ST. AUGUSTINE

*"In character, in manner, in style, in all things,
the supreme excellence is simplicity."*

HENRY WADSWORTH LONGFELLOW

**“So many people walk around
with a meaningless life.**

**They seem half-asleep, even when they’re busy
doing things they think are important.**

This is because they’re chasing the wrong things.

**The way you get meaning into your life
is to devote yourself to loving others,**

devote yourself to your community around you,

**devote yourself to creating something that gives you
purpose and meaning.”**

**"We do things differently,
the outsider rebooting our world."**

MARK STEVENSON

