



THANK



you

YOGA SOUP IS A FLUID, ORGANIC IDEA THAT IS CONSTANTLY RE-SHAPING ITSELF. AS IT GROWS, IT WILL NO DOUBT ASSUME DIFFERENT FORMS, BUT IT'S HARD TO IMAGINE IT'S INTENTION MUCH CHANGING: TO PROVIDE A SAFE, VIBRANT, SERIOUS AND LIGHT-HEARTED SPACE FOR SELF-OBSERVATION AND TRANSFORMATION TO OCCUR.

After answering several questions, however, Christo became clearly frustrated by trying to explain his work and emphatically urged experience over rational inquiry. "This project is not involved with talk," he said. "It is real physical space. You need to spend time walking in the cold air - sunny day, rainy day, even snow. It is not necessary to talk."

**"Anything we do reveals us."
-Michel de Montaigne**

"Our walking anywhere to preach is in vain, unless our walking is our preaching." -St. Francis

"THE AMISH, YOUNG AND OLD, aren't hapless innocents but in fact know a great deal about the real world -which is why they choose to keep a distance from it."

"THE PATH OF ACCEPTANCE AFFIRMS EVERYONE AND EVERYTHING.

Freely extend your goodwill and virtue in every direction, regardless of circumstances. Embrace all things as part of the Harmonious Oneness, and then you will begin to perceive it. The second path is that of denial. Recognize that everything you see and think is a falsehood, an illusion, a veil over the truth. Peel all the veils away, and you will arrive at the Oneness. Though these paths are entirely different, they will deliver you to the same place: spontaneous awareness of the Great Oneness."

-Lao Tzu (c.604-531 B.C.)

He knew his life was all but done and his face-to-face encounter with God was imminent, and yet he was neither sad nor afraid. Instead he described the spiritual gift that attends a life well lived in these 3 unforgettable words: "I HAVE JOY!"

"YOU HAVE TO LOVE DANCING TO STICK TO IT. It gives you nothing back, no manuscripts to store away, no paintings to show on walls and maybe hang in museums, no poems to be printed and sold, nothing but that single fleeting moment when you feel alive." -Merce Cunningham

"DON'T YUCK SOMEONE'S YUM."

"I was trying to buy a pair of jeans, and there were 100 different varieties. All of a sudden, I found that I cared, damn it, to get the ones that fit the best, and that my standards were raised despite my former complete indifference to that." -Barry Schwartz

"THERE ARE MOMENTS, and it is only a matter of a few seconds, when you feel the presence of the eternal harmony. A terrible thing is the frightful clearness with which it manifests itself and the rapture with which it fills you... During these five seconds I live a whole human existence, and for that I would give my whole life and not think that I was paying too dearly." -Fyodor Dostoyevsky

"Every time I see an adult on a bicycle, I no longer despair for the future of the human race." -H.G. Wells

"Disarmament begins within."-Dalai Lama

"I WRITE POEMS TO WAKE MYSELF UP, or to preserve a suddenly lit, awakened state. Of dreams, as of taste, too many sweets spoil the sense. It's not nice dreams I'm yearning for; it's true dreams." -Jean Rhys

"WE ARE A RESPECTFUL FAMILY who love our nation, flag and the Koran", the grieving father, Sefik Elaltuntas, told the Zaman newspaper. "But we cannot understand why our child had done the thing he had done. . . First, let us meet with the chief rabbi of our Jewish brothers. Let me hug him. Let me kiss his hands and flowing robe. Let me apologize in the name of my son and offer my condolences for the deaths. . . We will be damned if we do not reconcile with them."

MONMOUTH COUNTY, WHERE BRUCE SPRINGSTEEN GREW UP, lost more people in the attacks than any other county in New Jersey. He read the NY Times obituaries, and he saw how often one of his songs was played at a memorial service and how many of the articles mentioned that the deceased had loved Springsteen's music. There was a headline for one man, Jim Berger, that read: "Fan of the Boss," so Springsteen called up his widow, Suzanne. Another fan was a firefighter named Joe Farrelly, and Springsteen called his wife as well. She later said, "I got through Joe's memorial and a good month and a half on that phone call."

"Yoga is the means we have of undoing the damage of haste. It's what everything else isn't."

"Beware of people carrying ideas. Beware of ideas carrying people." -Barbara Harrison

THE INUIT LANGUAGE FOR 10,000 YEARS never had a word for robin; now there are robins all over their villages.

About his own works, Stafford once commented, **"I HAVE WOVEN A PARACHUTE OUT OF EVERYTHING BROKEN."**



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