

## Quotations for reflection and inspiration

Every couple of months we add new quotations to the Inspiration section of the International TOS website and we hope you enjoy dipping into them.

This month, we bring you a collection of our favourite quotations. Some of them may already be very familiar to you but we've included them as perennial favourites and you'll find others that may be new to you. We hope you'll take pleasure in using them in your private reflections and for reflection, discussion and inspiration in your TOS group.



I slept and I dreamt that life was joy.  
I woke and I saw life was but service.  
I served and I found that service was joy.

- *Rabindranath Tagore*

### Walk

I walked with you today –  
with you and the One inside you  
who beamed light through your eyes.

Your voice seemed more than your voice  
and held meaning beyond your meaning.  
Who was in you speaking?

I walked with you and mystery today,  
and now I need to learn who dwells in you.  
Perhaps the One inside me knows.

- *Alan Harris*

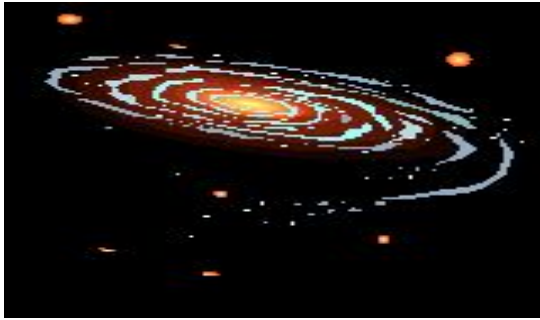


My religion is very simple - my religion is  
kindness.

- *His Holiness The Dalai Lama*

We cannot live only for ourselves.  
A thousand fibres connect us with our fellow  
men;  
and among those fibres, as sympathetic  
threads,  
our actions run as causes,  
and they come back to us as effects.

- *Herman Melville*



Forms of service depend upon our creativity,  
and our creative potential is limitless.

- *P.K. Jayaswal, TOS India*

### **O Hidden Life**

O Hidden Life, vibrant in every atom;  
O Hidden Light, shining in every creature;  
O Hidden Love, embracing all in Oneness;  
May each who feels himself as one with  
Thee,  
Know he is also one with every other.

- *Annie Besant*



It is only when there is realization of our unity  
with our fellow-beings, and when the only  
motive is that of giving ourselves in such  
service as we are capable, that we can fill our  
lives with rich, helpful and creative action.

- *N. Sri Ram*

Good timber does not grow under  
comfortable circumstances; the stronger the  
wind, the stronger the tree.

- *J. Willard Marriott*

