

LIFE QUOTES

This was forwarded to me from a good friend. I took the liberty to expand upon it a little bit. It is a really good, but very long read. Some of it is taken from a compilation of quotes from famous people, and has been paraphrased in places. Take your time and read it all. Read it again a day or two later. There is lots of good stuff to absorb. Take in the meaningful words as they apply to you and your life.

I miss that feeling when you go to sleep at night and when you wake up in the morning. It's the feeling that everything is alright in the world. You know... that amazing feeling when you're whole; that you've got everything you want, that you aren't missing anything; that you are wanting for nothing. It is the feeling of a young child who is nurtured, and cherished, and loved above all else. Sometimes when I wake up, I get that feeling for a moment. It lasts a few seconds, but then I remember what happened, and how nothing has been the same ever since.

It's okay. It's okay to want someone you can't have. It's okay to want something more. It is okay to cry when you're hurt, and it's okay to be mad at someone who hurt you.... But it is never okay to let the sun go down on your wrath¹. Never letting go of a grudge, or harboring hatred for someone, hurts no one but you. Believe it or not, it's always going to be okay. That's just how life works. Sometimes things don't work out how you want them to, or even how you expect them to, and most of the time, it seems like they never will. There is an old adage about the best-laid plans of mice and men. But eventually, you somehow know that everything is going to iron itself out some way or another. You just have to believe, keep your faith, and move on. You have to know that ALL things; not just the good things, work together for good for those who love God²... so for goodness' sake, love God with all your heart, mind, and soul.... and love your neighbor as you love yourself.³

Sometimes, we are too in-the-moment to look at the big picture. We can't see the forest for the trees. We fail to see things in their proper perspective because we're too absorbed in what's taking place at the instant moment. We should learn to face reality.... that is, once we learn to accept the fact that our perception of reality is often an apparency⁴, and we can see past the illusion. We should remove ourselves from being lost in the moment, and think about everything the way it really is. Sometimes being realistic, and never expecting a good deed to be rewarded – or even acknowledged – can save us from pain and disappointment. If you know to do good and you don't do it, to you it is a sin⁵. Just do good to everyone and be done with it; your reward may never come in your lifetime – which means it is a reward in heaven⁶.... even better for you.

I think that life isn't as complicated as we make it out to be. We are constantly looking for answers. But there are no answers; things just happen.... the good and the bad. The rain falls on the just and the unjust⁷. To see the rainbow you've got to put up with the rain.

Shit happens, and there is nothing we can do about it. The universe isn't made up of questions waiting for us to provide an answer; the universe already knows the answers. When we answer one question, it generates a thousand others. In much wisdom there is much grief⁸, but ignorance is bliss, and somewhere between the two there is the balance called "happiness". The pursuit of that happiness is a Constitutionally-protected right that most people have no clue how to exercise.

¹ Ephesians 4:26

² Romans 8:28

³ Matthew 22:37, Mark 12:30, Luke 10:27

⁴ Apparency – a term used in Scientology – something that appears to be, but is not what it appears to be.

⁵ James 4:17

⁶ Matthew 6:19-20

⁷ Matthew 5:45

⁸ Ecclesiastes 1:18

The mind may have forgotten, but the body remembers everything that is traumatic – mixed in with the melody of a song, the sound of a helicopter, or a child crying, the rip of clothing, the smell of a roast burning in the oven; merged with the taste stuck at the tip of your tongue, or the freckled constellation splattered across your light skin, bound to a look not meant to be a look, in the movement of their hips against yours, in a graze between nervous hands, in the loud beat of your beating heart. In one moment, the body remembers everything so vividly, so wildly, as if it were experiencing it for the first time & the last time combined – an explosion of sorts that will never diminish with the passage of time.

These things have become part of us, and have found a way to stay forever, as much as we deny to ourselves that it ever happened. But the reality is that it was never a figment – in fact, it was our most vivid dream; our most dreaded nightmare somehow brought to life. These things become engrams⁹ that are indelibly burned into our souls. They become part of who we are; they define our passions, sculpt our fears, and motivate our aversions and affinities; when we face them head-on, they can inspire empathy, altruism, generosity, and dedication to a cause. When we run from them, they turn us into automatons living on the edge of the instinct to survive, drive us to becoming alcoholics or drug addicts, ruin any hope we have of recovery, and change the pursuit of happiness into a battle against the memories; sleepless nights in fear of re-living the past through vivid night-terrors in our dreams.

No one's going to look at you and tell you that they love you when that's exactly what you want; life doesn't work like that. You need to love yourself. Through the laughter, tears, and broken hearts, you need to love yourself before those boys or girls who broke your heart, made you laugh, and caused your bitter tears will ever love you. Don't turn your back and look at them before you open up your eyes and look at your friends. You are what you are. True friends are closer than a brother¹⁰; they will always be there for you, and love you through your faults, shortcomings and mistakes.

Sometimes you have to be strong for yourself. You have to know that you are a good person and a good friend, and you have to know that you and everyone else are not infallible; everybody makes mistakes, and that mistakes by their very definition, are unintentional. Mistakes carry no malice, and should not result in your feeling guilty. What is meant to be will end up good, and what is not, won't. Quantum mechanics¹¹ states that there are an endless number of parallel universes or realities, so that all possibilities for a given set of circumstances simultaneously occur in some part of the whole of creation. Somewhere in the universe, everything works out as expected; just as we planned, and nothing goes wrong. Wherever that is, you can bet you would be bored to tears if you lived there, so thank God every day that you're here. Perhaps this secret of the universe explains how "every knee shall bow..."¹² If there is indeed a Heaven.... and I believe that there is.... something would have to happen that is contrary to our wishes and expectations; there have to be problems to solve, mysteries to wonder about, and something to "go wrong", just to keep the place interesting.... otherwise, I, for one would be searching for the basement door.

Relationships are worth fighting for, but sometimes you can't be the only one fighting. Sometimes, people need to fight for you. If they don't, you must move on and realize what you gave them was more than they were willing to give you. The scales of giving and receiving are never balanced; and to try to make them so is an exercise in futility. The best thing you can hope to do is to give more than you receive. Hopefully, people realize great things when they come around, and don't lose something really precious. Always fight, until you can't fight anymore, and then allow yourself to be fought for.

⁹ Engram – a tenet of Dianetics - a hypothetical physical impression made in neural tissue by a mental stimulus, once regarded as an explanation of the persistence of memory.

¹⁰ Proverbs 18:24

¹¹ Quantum Mechanics - the study and analysis of the interactions of atoms and elementary particles based on quantum theory. The study evolved in an effort to explain the behavior of atoms and subatomic particles, which do not obey the laws of classical Newtonian mechanics.

¹² Isaiah 45:23, Romans 14:11

The company and the love of a good dog are therapeutic; a dog will not judge you for your mistakes. A dog will love you no matter what; he will accept all the affection you can give, and he will give his life in your defense. He will pout by the door waiting for you to come home, and die of a broken heart when you pass on. God made dogs to fill the void that our fellow humans leave in our lives. When you have a dog, your problems seem less distressing when you toss that Frisbee and he jumps and catches it in mid-air. When you have a dog, you live longer. As far as I am concerned, anyone who hates dogs or harms one, is worthy of the Biblical Hellfire.

Sometimes there is nothing to be said. Sometimes nothing *should* be said. I just want to find someone who won't run away from what I try to tell them. Someone to look me in the eyes and tell me it's okay.... that things don't always go right.... or the way I want, or thought they would. That is how life works, and how it will always work. That it's not going to be easy should be understood. Today, tomorrow, the next day, but it will somehow all get better.

I'm a straight-forward kind of person. If you ask me what I'm thinking I'll tell you; no sugar coating, 'cause that's not what life's about. It's about dealing with the pain that comes along with all the good things. There is a balance; a Yin and Yang¹³. So if you are going to tell me how you feel, don't lie.... don't make shit up to patronize me or keep the conversation going; if you disagree, say so! A heated debate is preferable to a boring argument. If I ask you something, I want to know the truth, not the lie; not a poorly-spun bullshit story. I would rather feel sad now, knowing the truth, than be disappointed tomorrow, because I fell for a bullshit story.

You have to get hurt. That's how you learn; and what doesn't kill you makes you stronger. The strongest people out there – the ones who laugh the hardest with the genuine smile – those are the ones who have fought the hardest battles. They have decided that they're not going to let anything hold them down; they're showing the world who's the boss. They are the ones who don't piss and moan about every little ache and pain, boring you to tears and grossing people out with their endless and tedious graphic descriptions of their colonoscopy or radical mastectomy. They are the ones who outright refuse to get sick because there are important things they need to do.

I don't understand how you can smile all day long, but cry yourself to sleep at night. How pictures never change, but the people in them do. How you can love so innocently, only to have it turn into anger so quickly. How your best friend can become your worst enemy.... or when your worst enemy turns into your best friend. How forever turns into a few short months that you'd do almost anything to get back. How you can let go of someone or something that you once said you couldn't live without. How even though you know letting go of that person or thing is best for you, it hurts just the same, and you hang on for dear life. How the people who once wanted to spend every second of their life with you, now think a few minutes of their time is too much time to spare. How people make promises, and bare their souls to someone despite knowing how common it is for promises to be broken. How people can erase you from their lives because it's just easier than working things out.

Being a teenage girl means: Looking as hot as hell just walking the dog, listening to your iPod while you dance in your underwear, randomly singing your favorite song, sleeping until 2pm, giving makeovers to all your friends, tanning on the roof, waving to people out of the sun-roof of your car, buying jewelry you will never wear from Claire's, saying girly words all the time (like "OMG" and whatever!), wearing short skirts, pushing your best friend into the pool, screaming "you're hott!" out the car window to a boy, taking pictures with all your friends, jumping on your bed while talking on the phone, crying when reading a romance novel, staying up all night just to regret it the next day, stalking a hot guy at the mall with your friends, taking a story and turning it into some huge scene.

¹³ Yin and Yang - the two opposite principles in Chinese philosophy; the two opposite principles and forces that are thought to exist in all things.

Being a teenage boy means: Having the meanest-looking dog in the neighborhood that sleeps in your bed with you. Listening to offensive music that you secretly hate because everybody else thinks it's cool, going frog-hunting with your buddies, riding the biggest roller-coaster you can find even though you know the ride will make you puke, studying for your driver's test even though you are only 15, believing that hot cars get the hot chicks, mooning the girls on the corner from the back seat of your older friend's car, refusing to study French in high school because it might make your younger friends think you're gay, dreaming of being an astronaut who plays Major League Baseball, loving movies where things blow up, and holding back tears when there is more than enough reason to cry.

It is completely normal to fear failure, to fear rejection, to fear the future, but it should never stop you from accomplishing a dream, making a friend, or confessing your love. Nothing is for certain, and anything can happen. Isn't that what makes life exciting? Not knowing what will happen next and even though people will tell you it is impossible, will point and laugh at your ways, and will crush your heart over and over again, you will continue to chase your dreams, make as many friends as possible, and pray that when you do find that special someone, they will blush for a moment, pretend to not care for a moment, then look into your eyes and say, "I love you too."

The old saying, "Life goes on", is mostly true. The mail is delivered, and the Christmas lights go up and down from the houses, and the ladders get put away, and you open yet another box of cereal. In time, the volume of my feelings would be turned down in gentle increments to near quiet, and yet the record would still spin; it will always spin.

You eat, you're fat. You don't eat, you're a freak. You drink, you're an alcoholic. You don't drink, you're a pussy. You read, you're a nerd, you don't read, you're stupid. You tell a secret, you're a gossip. You don't tell a secret, you're attention-seeking. You take responsibility for your actions and they tell you, "You should take the Fifth"; you deny what isn't true and they tell you, "You're in denial". You let someone in, you're easy. You don't let someone in, you're too uptight. You smoke, you think you're cool, you don't smoke, you're a loser. You've had sex, you're a slut. You haven't had sex, and you're a frigid little bitch. You wear make up, you're superficial. You don't wear make up, you're ugly. You can't please anyone. Ever. You can't win, you can't lose, and you can't quit the game.

Look at you. You're young. And you're scared. Why are you so scared? Stop being paralyzed. Stop swallowing your words. Stop caring about what other people think. Wear what you want; I say "If Versachi or Victoria's Secret want to advertise, they can do it without blazing their logos all over what I'm wearing". Say what you want, and prepare to pay the consequences for being honest. Listen to the music you want to listen to, and don't listen to the shit that others are listening to just to be sociable. Play your songs as loud as fuck and dance to them. Go out for a drive at midnight and forget you have school the next day. Stop waiting for Friday. Live now. Do it now. Take risks. Tell secrets. This life is yours. You make of it what you will.

Nobody has it easy, everybody has problems. You don't know what they go through. Nobody is perfect; nobody except for Jesus Christ has ever come even close. Nobody deserves to be called "perfect" – even though you may think they are – and remember that if you THINK someone's "perfect", that the proverb that "love covers a multitude of sins"¹⁴ was written for you in this moment of cognitive dissonance¹⁵. So before you start judging, criticizing, or mocking, remember everybody is fighting their own war. Remember that only he (or she) who is without fault or blemish is entitled to throw stones.¹⁶

¹⁴ Proverbs 10:12

¹⁵ Cognitive Dissonance - a state of psychological conflict or anxiety resulting from a contradiction between a person's simultaneously held beliefs or attitudes.

¹⁶ John 8:7

We all go through life like bulls in a china shop – a chip here, a crack there, doing damage to ourselves and to other people. The problem is trying to figure out how to control the damage we've done, or that's been done to us. Sometimes, the damage catches us by surprise. Sometimes, we think we can fix the damage. And sometimes, the damage is something we can't even see. Sometimes the damage causes us to heal in miraculous ways. Sometimes it helps us to heal others in miraculous ways.

There are all kinds of ways to force yourself to decide. We do it all the time – make decisions. If we actually thought about every decision we made, we'd be paralyzed. Which word to say next, which way to turn, what or who to look at, which number to dial. You have to decide which decisions you're actually going to make, and then you have to let the rest of them go. It's the places where you think you have a choice that can really mess you up.

You want the truth? Well, here it is. Eventually, you forget it all. First, you forget everything you learned – the dates of wars and the Pythagorean Theorem. You especially forget everything you didn't really learn, but just memorized the night before. You forget the names of all but one or two of your favorite teachers; and eventually you forget those, too. You forget your junior year class schedule and where you used to sit, and your best friend's home phone number, and the lyrics to that song you must have played a million times. And eventually, but slowly, you forget your humiliations – even the ones that seemed indelible – they all just fade away. You forget who was cool and who was not, who was pretty, smart, athletic, and nerdy. Who went to a good college, who threw the best parties, who had the most friends – you forget all of them. Even the ones you said you loved, and the ones you actually did. They're the last to go. And once you've forgotten enough, you love someone else.

Every stoplight I didn't make, every chance I did or didn't take. All the nights I went too far, all the ones that broke my heart. All the doors that I had to close, all the things I knew but didn't know. Thank God for all I missed, because it led me here to this.

Sometimes you need to be alone. Sometimes you just don't want to be comforted because you need the chance to just take it all in. All that has been, all the pain left behind. The best cure is time on your own to analyze; time to pull yourself together again, and time to see that all you ever wanted is now nothing but a fading memory. Time to let it go and time to start again. To everything there is a season, and a time to every purpose under heaven.¹⁷

Take chances. Take a lot of them. Because honestly, no matter where you end up and with whom, it always ends up just the way it should be. Your mistakes make you who you are. You learn and grow with each choice you make. Everything is worth it. Say how you feel, always. Be you, and be okay with it.

I feel like people get lost when they think of happiness as a destination. We're always thinking that someday we'll be happy. You know, we'll get that car or that job or that person in our lives that fixes everything. But happiness is a mood and a condition, it's not a destination. It's like being tired or hungry; it's not permanent, it comes and goes, and that's okay. And I feel like if people thought of it that way, they'd find happiness a lot more often.

So, you'll come across many people in your life. Ones you think will stay in your life stay with you forever. You come across people you will love very much. But sometimes love isn't enough to tackle all the obstacles in life, and you will have to deal with the heartbreak of knowing that that person you love is gone and you're left alone, to try your very hardest to fall out of love. To do something you never thought you'd have to do. Just keep your head held high. Don't let it get to you; don't fall apart. Clear your heart and let it go. And when it comes around again, let love in. Because you never know – It's all about having faith.

¹⁷ Ecclesiastes 3:1

Life will never be perfect, no matter how hard you try. Even if you pour your heart and soul into it, you will never have that perfection you seek. There will always be broken hearts; there will always be days where nothing goes right. There will be days that you think that the Murphy's Laws¹⁸ were written just for you. But I have accepted and learned that even the most imperfect things will always be made better with love, laughter, and joy.

I guess, if anything, it's about taking chances, even when you think you're all out of chances. It's about giving forgiveness and unconditional love, even when it seems like you should only do the opposite. It's about trusting that God puts people and circumstances in your life at certain moments so that you can capitalize on the opportunity. It's all about the possibility. It's all about what you do with those possibilities. Life is short, and it moves so fast! Hang on and enjoy the ride. And when someone comes along with whom you enjoy spending the ride with, hold on tight.

No matter what, you can always choose happiness. It doesn't mean that everything is perfect and nothing could go wrong, it means that you've decided to see that little patch of blue in the sky, and you've let that be enough to find your rainbow.

I believe we write our own stories, and each time we think we know the end – we don't. Perhaps luck exists somewhere between the world of planning, the world of chance, and in peace that comes from knowing that you just can't know it all. You know, life's funny that way. Once you let go of the wheel, you might end up right where you belong. It is life's "uncertainty principle"¹⁹.

Tragedy blows through your life like a tornado, uprooting everything, creating chaos. You wait for the dust to settle and then you choose. You can live in the wreckage and pretend it's still the mansion you remember, or you can crawl from the rubble and slowly rebuild.

I think that's what's wrong with the world; no one says what they really feel, they always hold it inside. They're sad, but they don't cry. They're happy, but they don't dance or sing. They're angry, but they don't scream, because if they do, they feel ashamed, and that's the worst feeling in the world. So everyone walks with their heads down and no one sees how beautiful the sky is. To get up in the morning only to know that you have to face another obstacle takes strength. To smile when the only thing you can do is cry takes bravery. To act happy and laugh when you know that times are at their worst takes courage. To be joyous when the only good news is the best of the bad news takes support. To be there and help others through the roughest times in life takes love.

Take chances, a lot of them, because honestly, no matter where you end up and with whom, it always ends up the way it should be. Your mistakes make you who you are. You learn and grow with each choice you make. Everything is worth it. Say how you feel. Always be you... and be okay with it.

I love those kind of nights that turn out unexpectedly good, great, and sometimes just all-out amazing, just because you didn't really expect anything to happen at all. If only we could live just like that – with no expectations in mind. It's possible we'd be much happier, with more memorable moments that would last us a lifetime.

You know what I think we are most afraid of? Not knowing. Not knowing whether it's all really worth it. Not knowing if you should give up or keep fighting. Not knowing why you do the things you do; not knowing the purpose. It's like when you're little and you touch the stove and get burned, because you didn't really know that it was hot. Not knowing has always hurt us, from the very beginning.

¹⁸ Murphy's Law - the principle that if something can possibly go wrong, then it certainly will go wrong.

¹⁹ Uncertainty Principle - a principle in quantum mechanics holding that it is impossible to determine both the position and momentum of a particle at the same time.

I'm thinking that sometimes you just have to make the decision to be happy. Just realize that things aren't ever what you hoped they'd be. Not ever.... And not for anybody. The only thing that separates one kind of person from another is that there are some who stay angry about it, and there are some who accept what comes their way.

The truth is... we hide because we want to be found, we walk away to see who will follow, we cry to see who will wipe away the tears, and we let our hearts break to see who will fix them.

In life, people tend to wait for good things to come to them, and by waiting, they miss out. Usually what you wish for doesn't fall in your lap, it falls somewhere nearby, and you have to recognize it, stand up, and put in the time and work it takes to get it. This isn't because the universe is cruel; it's because the universe is smart. It has its own cat-string theory²⁰ and knows that we don't appreciate things that fall into our lap.

Did you ever stop to think that every time you step on a dandelion that's covered with those fluffy white seeds, you're destroying the hope for someone else's wish? And maybe it's for the better that they didn't get to make it because then they wouldn't be always waiting for it to come true and they won't be so disappointed when it never does. But maybe that hope is what gives them a reason to live, a reason to keep moving forward. And then again, stepping on that dandelion was indeed a small step in reducing the dandelions on the neighbor's lawn, saving them the expense of chemical treatment, and the neighborhood dogs from being poisoned by licking the Round-up^{®21}.

You'll come across so many people in your life. The ones you think will stay in your life, may stay with you forever. You come across people you will love very much. But sometimes love isn't enough to tackle all the obstacles in life, and you will have to deal with the heartbreak of knowing that the person you love is gone and you're left here all alone, to try your very hardest to fall out of love; to do something you never thought you'd have to do. Just keep your head held high. Don't let it get to you; don't fall apart. Clear your heart and let it go. And when it comes around again, let love in. Because you never know. It's all about having faith.

The important thing is not to be bitter over life's disappointments. Learn to let go of the past and realize that every day won't be sunny. And when you find yourself lost in the darkness of despair, remember: it's only in the black of night that you see the stars, and those stars will lead you back home.

Say what you mean and mean what you say. Don't expect someone to read your mind, and don't play games with heads or hearts. Don't tell half-truths and expect trust when the full truth comes out. Half-truths are no better than lies. Don't be cold to someone you care about, because indifference hurts more than angry words. Someone who loves you may become angry with you for what they think you've done or haven't done. Indifference is the litmus test of a person who really and truly doesn't give a rat's ass about you.

There's no person in the world that is made to handle every punch that is thrown at them. We aren't made that way. In fact, we're made to get mad, upset, and sad, be hurt, stumble, and fall. We aren't supposed to be able to handle everything. But that's what makes us stronger in the end, by learning from the things that hurt us most, and by being helped by someone who can handle it when we can't cope.

Maybe butterflies bring nothing but happiness. Maybe butterflies aren't exactly the key to happiness, but there's something to be said about the simple things in life, things that bring joy, like snow or wild flowers, or a sunny day or the smell of a pumpkin pie; Not clothes or guys/girls or getting the lead in a play, or even good grades. None of those things will really make you happy. The little things, like catching and releasing butterflies, just might.

²⁰ Cat-string theory - refers to the belief that disinterest promotes attraction. Cat-string theory can be restricted to specific logical fallacies or cognitive biases, each a species of this generic axiom, implicating a variety of tactics. Each tactic is centered around building attraction through withdrawal. See: http://www.rsdwiki.com/index.php/Cat-String_Theory

²¹ Round-up[®] - a popular chemical treatment for lawn weeds.

In life, people tend to wait for good things to come to them, and by waiting, they miss out. Usually what you wish for doesn't fall in your lap, it falls somewhere nearby and you have to recognize it, stand up, and put the time and work it takes to get it. This isn't because the universe is cruel, it's because the universe is smart. It has its own cat-string theory and knows we don't appreciate things that fall into our lap.

You know when the season is about to change, and you see that group of birds flying in one direction? How do they all get together and agree on where to go? Do they talk to each other? Or is it just a feeling? People are the same way. When you're with that one person, sometimes you talk, but the best times are when there's no talking at all, and you can just feel.

You should never give yourself a chance to fall apart because when you do, it becomes a tendency and it happens over and over again. You must practice being strong instead.

It happens to everyone as they grow up. You find out who you are and what you want; and then you realize that the people you've known forever don't see things the way you do. So, you keep the memories but find yourself moving on...

I believe we write our own stories, and each time we think we know the end – we don't. Perhaps luck exists somewhere between the world of planning, the world of chance, and in the peace that comes from knowing that you just can't know it all. You know, life is funny that way. Once you let go of the wheel, you might end up right where you belong.

If you live life wishing you could change the past, nothing comes of it. There's a reason why the past is the past and why it's called the past. You can't rewind, so instead of living in regret, use a thing called the present and the future, to learn from those regrets and grow into the person you want to be. Love and be loved, forgive and forget, laugh 'til you cry, enjoy the ups and embrace the downs.

Life takes your dreams and turns them upside down. People talk about you when you're not around. People make promises they just can't keep – and perhaps never *intended* to keep – and I've come to realize that talk is cheap. Money talks and bullshit walks. Too often we don't realize what we have until it's gone. Too often we wait too long to say "I'm sorry, I was wrong." Sometimes it seems we hurt the ones we hold dearest to our hearts and we allow foolish things to tear our lives apart.

At some point, you have to make a decision. Boundaries don't keep other people out. They fence you in. Life is messy. That's how we're made. So, you can waste your life drawing lines in the sand. Or you can live your life crossing them. But there are some lines... that are way too dangerous to cross.

It was so risky and so scary, and yet at the same time, so beautiful. Maybe the truth was, it shouldn't be easy to be amazing. Then everything would be. It's the things you fight for and struggle with before earning that have the greatest worth. When something's difficult to come by, you'll do that much more to make sure it's even harder, if not impossible, to lose.

At this age, everything is changing. Day by day we don't notice, but just look back over the past year and you will realize everything has. People you thought were going to be there forever aren't, and people you never imagined you'd be speaking to are now some of your closest friends. Life makes little sense, and the more we grow, the less sense it will make. So make the most of it now, before it all changes once again, because in the near future, all of this is only going to be memories.

In real life, saying the right thing at the right moment is beyond crucial. So crucial, in fact, that most of us start to hesitate, for fear of saying the wrong thing at the wrong time. But lately what I've begun to fear more than that is letting the moment pass without saying anything. But if you know how you feel and so clearly know what you need to say, I don't think you should wait. I think you should speak now.

That's what life is about. It's about the times where you lay in the grass next to someone you love. It's about the color of the sky; it's about a roaring fire on a winter eve. Everybody hurts, everybody bleeds. Everyone laughs and smiles and loves. And that's all that it is. There is no meaning of life, it's nothing that can be defined. It's a matter of writing your own definition.

Laugh when you can, apologize when you should. let go of what you can't change. Kiss slowly, play hard, forgive quickly, take chances, give everything and have no regrets. Life is too short to be anything but happy. I think we spend too much time wondering why we're not good enough. We waste so much time putting ourselves down that we don't ever stop to see that we are good enough. We spend too much time with our heads down and hearts closed, and never get a chance to look up from the ground and see that the sun is shining and tomorrow is another day.

When you're young, your whole life is about the pursuit of fun. Then, you grow up and learn to be cautious. You could break a bone or have a heart attack. You look before you leap and sometimes you don't leap at all because there's not always someone there to catch you. And in life, there's no safety net. When did it stop being fun and start being scary?

Life is unfair. You put someone first who puts you second. You study your ass off for a final, only to get a "C". You give 110% to someone in a relationship when they only give you 40%. You're there for your best friend at 3 A.M., and the next day they don't pick up their cell phone. It seems like you're giving everyone everything, and they're just walking away with it.

Growing up is never easy. You hold on to things that were. You wonder what's to come. But that night, I think we knew it was time to let go of what had been, and look ahead to what would be. Other days. New days. Days to come. The thing is, we didn't have to hate each other for getting older. We just had to forgive ourselves for growing up.

People's lives change. To keep all your old friends is like keeping all your old clothes. Pretty soon, your closet is so jammed and everything's so crushed and you can't find anything to wear. The closet starts to reek of old leather. Help these friends when they need you, bless the years and happy times when you meant a lot to each other, but try not to feel guilty if new people mean more to you now.

Next time you're stressed, take a step back, inhale and laugh. The Northern Italians have a saying; "Laughter is better than psychiatry". – Actually, a root canal is better than psychiatry. Remember who you are and why you're here. You're never given anything in this world, or put into a situation that you can't handle.²² Be strong²³, be flexible, love yourself, and love others. Always remember, just keep moving forward.

Remember when getting high meant swinging on the playground? When protection meant wearing a helmet? When the worst thing you could get from boys were cooties? Race issues were about who ran the fastest? War was only a card game. When wearing a skirt didn't make you a slut. When the most pain you felt was when you skinned your knees, and goodbyes only meant until tomorrow, and we all couldn't wait to be all grown up?

There are three things you cannot recover in life: The moment after it's missed, the word after it's said, and the time after it's wasted. Reality of fear: You're not scared of the dark; you're scared of what's in it. You're not afraid of heights; you're afraid of falling – or more precisely, the sudden stop you know lies at the end of the plummet. You're not afraid of the people around you; you're afraid of rejection. You're not afraid to love; you're just afraid of not being loved back. You're not afraid to let go; you're just afraid of accepting the fact it's gone. You're not afraid to let go; you're afraid of getting hurt for the same reason.

²² | Corinthians 10:13

²³ | Corinthians 16:13

The best things in life: Accidentally overhearing someone say something nice about you, waking up and realizing you still have a few hours left to sleep, first kisses, making new friends and spending time with the old ones, singing in the bathroom, sweet dreams, hot chocolate, making brownies and cookies, holding hands with someone you care about, watching a sunset, sleeping in, taking long hot showers, and knowing that somebody misses you.

I guess the real fact of the matter is, we don't know what tomorrow is going to bring and the only thing we really have is right now. So, don't stay angry for too long. Learn to forgive. Love with all your heart. Stay up all night. Have fun. Live your life the way you want to live it. Don't worry about people that don't like you. Enjoy the ones who do.

Too many people get caught up in what could be instead of appreciating what is. Don't fall into that trap. Appreciate what you have and who you have, because the future can take it all away from you.

Do whatever makes you happy, but do it now. Live life for the moment because everything else is uncertain. Take advantage of what's right in front of you.

There's a story behind every person. There's a reason why they're the way they are. They aren't just like that because they want to. Something in the past created them, and it's not a matter of what can fix it, but who.

I think that's what I find most strange about this world; nobody ever says how they feel. They hurt, but they don't cry out. They're happy, but they don't dance or jump around. And they're angry but they hardly ever scream, because they feel ashamed. Nothing's worse than that. So we all walk around with our heads looking down and never look up and see how beautiful the world is.

The essence of life is not being perfect, impressing people, or succeeding at everything. The essence of life is simply making mistakes and learning from them, surrounding yourself with people that love you when you're being yourself, and getting through the failures so that you can continue improving.

If you don't go after what you want, you'll never get it. If you don't ask, the answer is always no²⁴. If you don't step forward, you're always in the same place.

Every day the opportunity exists to change your life. But most days, the idea of having to change the bad things in life just seems like too much work. Should I lie on the couch and watch a movie, or should I confront my personal demons? You get the point. After a while, you learn that you don't need anyone else in order to survive. No one is ever going to always be there, no matter what they say or what they promise. You just gotta suck it up, accept it and keep moving on.

With a new attitude, everything can change; make it how you want it to be. Staying mad, why do that? Give yourself a laugh break about it, and you'll see that life's what you make it.

Life is like riding a bicycle; in order to keep your balance you must keep moving.

In the end we only regret the chances we didn't take, the relationships we were afraid to have, and the decisions we took too long to make. Crying isn't a sign of weakness. From birth, it shows us that we are alive. These things happen. What other people say doesn't change the way you are. Remember what we always say? It's just part of the journey. Life isn't about what happens to you, it's about how you handle what happens.

²⁴ Luke 11:9

I believe that laughing is the best calorie burner. I believe in kissing; kissing a lot. I believe in being strong when everything seems to be going wrong. I believe happy girls are the prettiest girls, and happy boys are the most handsome. I believe that tomorrow is another day, and I believe in miracles. I believe that most people – including myself – wouldn't recognize a miracle if it jumped up and bit them in the ass. Miracles are mostly recognized later.... sometimes many years later, when you look back and say to yourself, "You know, if that {some past event – good or bad} hadn't happened, I would probably be {crippled, homeless, dead} right now". There is a plan and an order to the universe that we cannot possibly know.

You want to know what living life to the fullest actually is? It's waking up on a Monday morning with no complaints. It's knowing that you always deserve to laugh. It's doing what feels right no matter what. It's doing what you want to, no matter how stupid you look. It's about being yourself, because no one can tell you you're doing it wrong. Just when the caterpillar thought his life was over, it became a butterfly.

There's a difference between love and like, wrong and right. Never run if you're not ready to step, and never forgive if you're not ready to forget.

The minute you start enjoying yourself and the person who you've become, when you walk into a room with your head held high, the minute you wake up and are glad to be you, the possibilities and opportunities will come knocking at your door.

Life is a roller coaster, a never ending cycle. Every person is unique and beautiful in their own way. Each individual has a beauty that's unexpressed. Beauty is within. You love a person for how they make you feel, for their courage and compassion. I believe we always go back to the people that were there in the beginning. You create so much of a history with certain people that they become a part of you. They're always in your heart.

At no point in life are you going to make everybody happy, so do what you want, be who you want, and don't let anybody tell you you're wrong. Nobody's perfect, so maybe before you judge other people, and before you expect them to be "perfect", you should first take a look at yourself.

Have you ever thought that if one thing hadn't happened, a whole set of things never would've either? Like dominoes, a single event kicked off an unstoppable series of changes that gained momentum and spun out of control, and nothing was ever the same again. Don't ever doubt that a mere second can change your life forever. Be careful, because the progression of time doesn't have a "rewind" button.

Life would be perfect if: some girls had mute buttons, some guys had edit buttons, bad times had fast forward buttons, and good times had repeat buttons.

The real truth is I probably don't want to be too happy or content, because then what? I actually like the quest, the search. That's the fun. The more lost you are, the more you have to look forward to. Murphy's Law states that if you don't care where you are, you ain't lost. You can't run from a problem. Remember: Wherever you go, there you are. It's crazy how we always end up where we're meant to. Sometimes, you end up looking back and feel like Jonah in the belly of the whale²⁵. How even the most ironic situations eventually teach you something you'd never dreamed you were going to learn.

Dreams are real. When you have a dream, fight for it. Don't let anything stand in your way because that dream is so much bigger than anything else in this cold world. Don't give in to people who don't want good things for you. Don't let them stop you. Fight for your dream, protect it, defend it, and I promise you'll make it through.

²⁵ Jonah 1:17 - 2:10

What does it take to hope? Everything. Hope takes never ceasing to be amazed, wearing your soul on your sleeve, holding your breath, waiting to hear “I love you too”, believing that tomorrow could be better than today, that you’ll get a second chance, that you’ll make a difference, that you’ll finally be able to stand for something in your life. And remember this: If you stand for nothing, you’ll fall for anything, and as Voltaire once said, “Those who can make you believe absurdities can make you commit atrocities”.

We live the life of an unfinished novel still waiting to be written. Depending on how long we live, the longer the chapters are. Depending on how interesting we are, the more we appeal to others. We’re often judged by our covers. Sometimes, some people decide to just quit reading us. We’re just forgotten until someone finds us. Our characters can develop throughout the novel, but our chapters can never be edited.

The fact that you cannot kiss your elbow is enough to make you realize that some things seem to be, yet they’re bound to be beyond your reach. Life is too ironic to fully understand. It takes sadness to know what happiness is, noise to appreciate silence, and absence to value presence. It takes the tragedy of war to reveal the miracle in a child’s smile.

The next time you’re stressed, take a step back, inhale and laugh. Remember who you are and why you’re here. You’re never given anything in this world that you can’t handle. Be strong, be flexible, love yourself, and love others. Always remember; just keep moving forward... never look back except to remember the good times.

Laugh when you can. Apologize when you should. And let go of what you should not change. Love deeply and forgive quickly. Take chances and give your everything. Life is too short to be anything but happy. You have to take the good with the bad. Love what you have. Always remember what you lost, but covet nothing. Forgive, and forget. Learn from your mistakes but never entertain regret. People change and things go wrong, but always remember that life goes on. The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy, or unfulfilled. For it is only in such moments, propelled by our discomfort, that we are likely to step out of our comfort zones and start searching for different ways or truer answers.

Eventually, everything ends. Age doesn’t guarantee maturity. Love doesn’t mean you’ll always be together. Things don’t always happen like you imagined. Being the bigger person, takes a big effort. You have to forget about what other people say, when you’re supposed to die, when you’re supposed to be loving. You have to forget about all of these things. You have to go on and be crazy. Crazy is like being in heaven.

There is no person in the world who is made to handle every punch that’s thrown at them. We aren’t made that way. In fact, we’re made to get angry, upset, and sad, be hurt, stumble and fall. We weren’t supposed to be able to handle everything, but that’s what makes us stronger in the end, by learning from the things that hurt us the most, and loving the people who help us along the way.

Whatever you give a woman, she will make it greater. Give her sperm, she will give you a baby. Give her a house, she will give you a home. Give her groceries, she will give you a meal. Give her a smile, she will give you her heart. She multiplies and enlarges what she is given. So if you give her crap, be ready to receive a ton of shit! Garbage in, garbage out. You sow the wind, and reap the whirlwind²⁶.

Life isn’t about keeping score; it’s not about how many people call you, and it’s not about who you’ve dated, are dating, or haven’t dated at all. It isn’t about who you kissed, what sport you play, or which guy or girl likes you. It’s not about your shoes, or your hair, or the color of your skin, or where you live, or where you go to school or where you work or what your job is. In fact, it’s not about grades, money, clothes, or what colleges accepted you or not.

²⁶ Hosea 8:7

Life isn't about if you have a lot of friends, just one, or if you're alone.... and it's not about how accepted or unaccepted you are. Life just isn't about that. But life is about who you love and who you hurt; it's about how you feel about yourself. It's about trust, happiness and compassion. It's about sticking up for your friends and replacing hate with love in a way that you would never have achieved otherwise.

I think I've finally come to the point in my life where I'm happy with myself and know that I don't have to change or be a certain way for people to like me anymore. I'm just fine, and if someone doesn't think I am, well.... fuck 'em... fuck 'em where they breed.

We always have choices about life. It is important to trust our deep intuition more than our knowledge of information. We have the power to decide on life. It is important to trust our inner aesthetics. Then doing will become being, being will become doing, we become ourselves.

I welcome each new day with a hopeful expectancy that I, too, will rise above the ordinary. For I am not content to live a merely "normal" life or settle for an average existence. No, I am destined for more—much, much more. Hope is what keeps us going in life, we hope we will be strong, we hope we will pass a test, we hope we will make new friends, we hope we will never lose the old, we hope someone loves us, we hope that love will find us, we hope when all seems lost, we hope when we are hurt, we hope when we play games, and we hope when we cry. Never lose your hope, never give up when someone gives up on you, they may still hope as you do.

And there's only so much I can do to change your mind. I wish that you could see that I'm not fine... I'm on the edge of life, trying my best not to fall, I'll take a leap of faith; just don't let me do it alone.

Beauty gets attention, personality gets the heart.

Life is made up of years that mean nothing and moments that mean everything.

You're born, you die, and in between you make a lot of mistakes.

Have you ever heard a song from so long ago with so many memories tied to it that it made you cry? And didn't you wish that you could go back into time when everything seemed so much simpler and carefree? Those are songs that are the soundtrack of our lives... the ones that bring back childhood memories, best friends, first love, and first heartbreak... the memories. Every new day is another chance to change the rest of your life.

The hardest years in life are those between ten and seventy. The times in life, that seems to be the worst, always turn out for the best! Life isn't about finding yourself. Life is about creating yourself.

Take chances. Tell the truth. Date someone totally wrong for you. Say no. Spend all your cash! Fall in love. Get to know someone at random. Be random. Say "I love you". Sing out loud. Laugh at a stupid joke. Cry. Get revenge. Apologize. Tell someone how much they mean to you. Tell the asshole what you feel. Let someone know what they're missing. Laugh 'til your stomach hurts. LIVE LIFE!

If you can't solve it, it isn't a problem – it's reality. And sometimes reality is the hardest thing to understand and the thing that takes the longest to realize. But once it hits you in the face you'll never forget it. It will always be there in your memories and sometimes that is the best way to look at it.

Life is all about risks and it requires you to jump. Don't be a person who has to look back and wonder what they would have or could have had. No one waits forever.

Sometimes the littlest thing in life changes something forever, and there will be times when you wish you can go back to how things used to be, but you just can't because things have changed so much.

You only live once, so do everything twice. In your life, you meet people. Some you never think about again. Some, you wonder what happened to them. There are some that you wonder if they ever think about you. And then there are some you wish you never had to think about again. But you do.

There are no mistakes in life, only lessons. The greatest risk in life is not taking one.

Tomorrow is a blank page, just waiting to be filled with your dreams... All you have to do is be yourself and live the story of your own unique life. Be proud. Be confident. And most of all... just be happy.

The journey in between what you once were and who you are now becoming is where the dance of life really takes place. Live with intention. Walk to the edge. Listen hard. Practice wellness. Play with abandon. Laugh. Choose with no regret. Continue to learn. Appreciate you friends. Do what you love. Live as if this is all there is.

I wanted a perfect ending. Now I've learned the hard way that some poems don't rhyme, and some stories don't have a clear beginning, middle, or end. Life is about not knowing, having to change, seizing the moment and making the best of it, without knowing what is going to happen next.

There's a point in life when you start to realize who matters, who never mattered, and who always will.

In life God doesn't give you the people you want; instead He gives you the people you need. To teach you, to hurt you, to love you, and make you exactly the way you should be in order to fulfill the purpose He has for you. In that realization, know in your heart that nobody was created to merely take up space; your existence serves a greater purpose than you will ever know. Don't waste a waking moment of your life thinking that it is meaningless.

Don't fear failure so much that you refuse to try new things. The saddest summary of a life contains three descriptions: "could have", "might have", and "should have".

Rock bottom is good solid ground, and a dead end street is just a place to turn around.

Cherish your yesterdays and dream your tomorrows, but most importantly, don't forget to live your todays. Sometimes you gotta stop and remember that your not gonna live forever. Be young, think smart, stay true, and just follow your heart.

Half of life is fucking up – the other half is dealing with those fuck-ups.

Every story has an end, but in life every ending is just a new beginning. When you die you're completely happy and your soul somewhere lives on. I'm not afraid of dying. Total peace after death, becoming someone else, is the best hope I've got.

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