NOT TOO BLIND TO SEE  
(500 Reflections on Life)

DAVID HEHN

March 20th, 2015

poetry

500 bits of wisdom about a wide variety of subjects 
sure to enrich and amuse.

Stanley Correctional Institution 
100 Corrections Drive 
Stanley WI  54768 

no permanent address
for all my children

and

for The People
introduction

NOT TOO BLIND TO SEE started when a new sergeant came to our unit and asked the inmates for original inspirational sayings to put on the board at the front of each wing. I originally wrote 50, and the guys liked them so much they kept asking me to write and post more. As I was writing more, I started thinking of bits of Wisdom I'd like to pass on to my children. I showed them to some friends and they suggested I write a whole book of sayings for the world. I agreed, setting a goal of 500. Knowing now they would be presented to the world, I wanted them written in plain English—not for scholars— but for the common man like me. I read these quotes to my friends, and changed many until they got a better response. It is my hope you will enjoy them too.

In case you're wondering where the title of the book came from, this is what I meant. I realized that some people in the world would be skeptical that someone who's made enough mistakes to end up in prison could even have any Wisdom at all. Thus, the reference to being partially "Blind" or once being blind. The being able to "See" refers to my many years of personal Reflection and Spiritual growth. Thru meditation and spiritual studies my eyes are now partially open. No my eyes are not fully open—I'm not yet Enlightened, but they are opened enough that I'm NOT TOO BLIND TO SEE my shortcomings, my Experiences, my Life, and with that, try to make some sense of an always changing incredibly inspiring world. And with that I give you this.

March 3rd, 2015
David Hehn
# GLOSSARY

(Quotes listed according to numerical order not page number)

<table>
<thead>
<tr>
<th>Term</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Actions</td>
<td>1-15</td>
</tr>
<tr>
<td>Advice</td>
<td>16,17</td>
</tr>
<tr>
<td>Ambition</td>
<td>18-22</td>
</tr>
<tr>
<td>Anger</td>
<td>23-25</td>
</tr>
<tr>
<td>Animals</td>
<td>26,27</td>
</tr>
<tr>
<td>Answers</td>
<td>28</td>
</tr>
<tr>
<td>Appetites</td>
<td>29</td>
</tr>
<tr>
<td>Art</td>
<td>30-38</td>
</tr>
<tr>
<td>Artists</td>
<td>39-53</td>
</tr>
<tr>
<td>Attention</td>
<td>54-56</td>
</tr>
<tr>
<td>Babies</td>
<td>60</td>
</tr>
<tr>
<td>Bars</td>
<td>61</td>
</tr>
<tr>
<td>Books</td>
<td>62,63</td>
</tr>
<tr>
<td>Broken Hearts</td>
<td>64</td>
</tr>
<tr>
<td>Calmness</td>
<td>65</td>
</tr>
<tr>
<td>Care</td>
<td>66</td>
</tr>
<tr>
<td>Chances</td>
<td>67</td>
</tr>
<tr>
<td>Change</td>
<td>68-70</td>
</tr>
<tr>
<td>Charity</td>
<td>71</td>
</tr>
<tr>
<td>Children</td>
<td>72-74</td>
</tr>
<tr>
<td>Choice</td>
<td>75</td>
</tr>
<tr>
<td>Civilization</td>
<td>76</td>
</tr>
<tr>
<td>Compassion</td>
<td>77-87</td>
</tr>
<tr>
<td>Conscience</td>
<td>88</td>
</tr>
<tr>
<td>Conservation</td>
<td>89</td>
</tr>
<tr>
<td>Courage</td>
<td>90-92</td>
</tr>
<tr>
<td>Courthouse</td>
<td>93</td>
</tr>
<tr>
<td>Term</td>
<td>Page Numbers</td>
</tr>
<tr>
<td>------------</td>
<td>--------------</td>
</tr>
<tr>
<td>Genius</td>
<td>183, 184</td>
</tr>
<tr>
<td>Greatness</td>
<td>185, 186</td>
</tr>
<tr>
<td>Greed</td>
<td>187</td>
</tr>
<tr>
<td>Happiness</td>
<td>188, 189</td>
</tr>
<tr>
<td>Health</td>
<td>190-191</td>
</tr>
<tr>
<td>Hell</td>
<td>192-195</td>
</tr>
<tr>
<td>Honesty</td>
<td>196</td>
</tr>
<tr>
<td>Honor</td>
<td>197</td>
</tr>
<tr>
<td>Hope</td>
<td>198-208</td>
</tr>
<tr>
<td>Humility</td>
<td>209</td>
</tr>
<tr>
<td>Ideas</td>
<td>210, 211</td>
</tr>
<tr>
<td>Imagination</td>
<td>212, 213</td>
</tr>
<tr>
<td>Immaturity</td>
<td>214</td>
</tr>
<tr>
<td>Independence</td>
<td>215</td>
</tr>
<tr>
<td>Internet</td>
<td>216</td>
</tr>
<tr>
<td>Jealous</td>
<td>217</td>
</tr>
<tr>
<td>Joy</td>
<td>218</td>
</tr>
<tr>
<td>Judgement</td>
<td>219</td>
</tr>
<tr>
<td>Justice</td>
<td>220-221</td>
</tr>
<tr>
<td>Karma</td>
<td>222</td>
</tr>
<tr>
<td>Kindness</td>
<td>223-230</td>
</tr>
<tr>
<td>Knowledge</td>
<td>231, 232</td>
</tr>
<tr>
<td>Lazy</td>
<td>233, 234</td>
</tr>
<tr>
<td>Leadership</td>
<td>235</td>
</tr>
<tr>
<td>Lesson</td>
<td>236</td>
</tr>
<tr>
<td>Lies</td>
<td>237-240</td>
</tr>
<tr>
<td>Term</td>
<td>Page(s)</td>
</tr>
<tr>
<td>--------------</td>
<td>---------</td>
</tr>
<tr>
<td>Past</td>
<td>350-352</td>
</tr>
<tr>
<td>Patience</td>
<td>353,354</td>
</tr>
<tr>
<td>Peace</td>
<td>355</td>
</tr>
<tr>
<td>Perception</td>
<td>356,357</td>
</tr>
<tr>
<td>Pessimism</td>
<td>358</td>
</tr>
<tr>
<td>Plan</td>
<td>359</td>
</tr>
<tr>
<td>Poets</td>
<td>360-365</td>
</tr>
<tr>
<td>Politicians</td>
<td>366</td>
</tr>
<tr>
<td>Potential</td>
<td>367</td>
</tr>
<tr>
<td>Power</td>
<td>368-374</td>
</tr>
<tr>
<td>Prison</td>
<td>375-379</td>
</tr>
<tr>
<td>Problems</td>
<td>380-383</td>
</tr>
<tr>
<td>Professional</td>
<td>384</td>
</tr>
<tr>
<td>Purpose</td>
<td>385</td>
</tr>
<tr>
<td>Reality</td>
<td>386-388</td>
</tr>
<tr>
<td>Reflection</td>
<td>389,390</td>
</tr>
<tr>
<td>Regret</td>
<td>391</td>
</tr>
<tr>
<td>Religion</td>
<td>392,393</td>
</tr>
<tr>
<td>Reputation</td>
<td>394-397</td>
</tr>
<tr>
<td>Respect</td>
<td>398</td>
</tr>
<tr>
<td>Rights</td>
<td>399</td>
</tr>
<tr>
<td>Risk</td>
<td>400</td>
</tr>
<tr>
<td>Sadness</td>
<td>401,402</td>
</tr>
<tr>
<td>Saints</td>
<td>403-406</td>
</tr>
<tr>
<td>Satisfaction</td>
<td>407</td>
</tr>
<tr>
<td>Self-control</td>
<td>408</td>
</tr>
</tbody>
</table>
The pronoun "He" and the word "Man" is used the old fashioned way and is meant to apply to all Mankind both men and women except for quotes 285 and 286 which specifically deal with being a "male.

On quote 280 I spelled the word mad the old fashioned British way "madd". The reason I did this is to avoid the confusion of its double meaning. The way I used it was to mean madd as in madness.
1-ACTIONS: "The difference between thinking you're Good and being Good is your Actions"

2-ACTIONS: "The difference between acting like a child and acting like a man is self-control"

3-ACTIONS: "Good intentions are worthless unless accompanied by ACTIONS"

4-ACTIONS: "Any man can do wrong. It is the bravest man who does what is right"

5-ACTIONS: "The results in your life are all about choices. Ask yourself before each action: Will this lead to problems or progress?"

6-ACTIONS: "When you do the right thing, you do right by you"

7-ACTIONS: "It is your Actions that people judge us, not our intent."

8-ACTIONS: "Your only as crazy as what you do"

9-ACTIONS: "Paint your life's painting with the color of your Actions"

10-ACTIONS: "Your life is your canvas. Your ideas are your paints. Your Actions are your brush"
<table>
<thead>
<tr>
<th>23-ANGER</th>
<th>&quot;Anger is not a strength but a weakness&quot;</th>
</tr>
</thead>
<tbody>
<tr>
<td>24-ANGER</td>
<td>&quot;He who can control his anger can control his world&quot;</td>
</tr>
<tr>
<td>25-ANGER</td>
<td>&quot;He who in Anger keeps his mouth closed keeps his options open&quot;</td>
</tr>
<tr>
<td>26-ANIMALS</td>
<td>&quot;Without the animals of the Earth we are only men&quot;</td>
</tr>
<tr>
<td>27-ANIMALS</td>
<td>&quot;When we learn about animals we learn about ourselves&quot;</td>
</tr>
<tr>
<td>28-ANSWERS</td>
<td>&quot;The spiritual seeker always finds the answers were hidden in himself&quot;</td>
</tr>
<tr>
<td>29-APPETITES</td>
<td>&quot;You are either a master of your appetites or its slave&quot;</td>
</tr>
<tr>
<td>30-ART</td>
<td>&quot;In our Art we become immortal&quot;</td>
</tr>
<tr>
<td>31-ART</td>
<td>&quot;In our Art we create our world&quot;</td>
</tr>
<tr>
<td>32-ART</td>
<td>&quot;With our Art we call the world to Listen&quot;</td>
</tr>
<tr>
<td>33-ART</td>
<td>&quot;With confidence comes Great Art&quot;</td>
</tr>
<tr>
<td>34-ART</td>
<td>&quot;All great Art that the Artist creates is bigger than himself&quot;</td>
</tr>
</tbody>
</table>

13
"An Artist who bases his sole self worth on the opinions of others is a small one indeed"

"The Artist who does his Art solely for the recognition of others is a slave to other's opinions"

"All Great Artists take Great chances"

"A Great Artist is not afraid of great embarrassment"

"A Great Artist is not in competition with others but himself"

"When we're children we learn to Love to create Artists never lose that feeling"

"The true Artist draws you into their world"

"A man who can't pay attention to himself Can't pay attention to anyone else"

"If something is worth Doing It's worth Doing by itself"

"The length of our total enjoyment of the Moment is only as long as our attention span"
69-CHANGE "If you change the way you do things
The things you do change"

70-CHANGE "A man who sees the error of his ways he has grown
You can tell he's different by the changes
he's shown"

71-CHARITY "When you give
You get"

72-CHILDREN "Our children become either our greatest hope
or our greatest fear"

73-CHILDREN "Small children teach us how to be
bigger than ourselves"

74-CHILDREN "Every person
thinks they know the meaning of proud
until they have a
child"

75-CHOICE "Sometimes nothing is the greatest
choice"

76-CIVILIZATION "Civilization
makes all things possible
Both good and bad"

77-COMPASSION "Open your eyes and see the world
Open your heart and see the world come to
You"

78-COMPASSION "A great man loves the whole world
A small man loves only himself"

79-COMPASSION "To all those who would be wise
with those who are unfortunate you should
sympathize"

80-COMPASSION "To all those who would be wise
Love and compassion you should emphasize"
93-COURTHOUSE

"What does a whorehouse and a courthouse have in common?
People who go there get fucked."

94-CRAZY

"The craziest one in the room is the one who's got nothing to lose."

95-CRAZY

"A wiseman beleives the sages of the world
A madman only beleives in himself."

96-CRAZY

"Insane people might not make sense but at least they got an excuse."

97-CREATIVITY

"Creativity is 10% imagination, 5% success and 85% mistakes."

98-CREATIVITY

"A truly creative man is not competing with others but himself."

99-CREATIVITY

"Imagination isn't real but it leads to everything."

100-CRIME

"To all those who would be wise a Life of crime will lead to your demise."

101-CRUEL

"A cruel man is like an old barn:
Both appear to be strong on the outside but inside they are actually weak."

102-DAYS

"When your Mind is full Your days are never empty."

103-DEATH

"Death comes not because we are Done But because of what we cease to Do."
<table>
<thead>
<tr>
<th>Page</th>
<th>Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>114-DEATH</td>
<td>&quot;Life comes in moments. Death comes all at once&quot;</td>
</tr>
<tr>
<td>115-DEATH</td>
<td>&quot;All our Live's stories have the same ending&quot;</td>
</tr>
<tr>
<td>116-DEATH</td>
<td>&quot;Death doesn't make those who are dead right&quot;</td>
</tr>
<tr>
<td>117-DEATH</td>
<td>&quot;When your dead they won't talk about what you wanted to do. But what you've done&quot;</td>
</tr>
<tr>
<td>118-DEPENDABILITY</td>
<td>&quot;We cannot all be great but we can all be dependable&quot;</td>
</tr>
<tr>
<td>119-DEPENDABILITY</td>
<td>&quot;An average worker who is always punctual is better than an average worker who is always late&quot;</td>
</tr>
<tr>
<td>120-DETERMINATION</td>
<td>&quot;The difference between succeeding and failing is Determination&quot;</td>
</tr>
<tr>
<td>121-DETERMINATION</td>
<td>&quot;The only thing that can stop a Determined man is himself&quot;</td>
</tr>
<tr>
<td>122-DISCRETION</td>
<td>&quot;The smart man knows when it is wise to do nothing&quot;</td>
</tr>
<tr>
<td>123-DISCRETION</td>
<td>&quot;He who says the most says the least&quot;</td>
</tr>
<tr>
<td>124-DOGS-</td>
<td>&quot;When there's something wrong with a dog, it's because his owner is not doing something right&quot;</td>
</tr>
<tr>
<td>125-DREAMS</td>
<td>&quot;The best way to make your dreams come true is to do them&quot;</td>
</tr>
<tr>
<td>Experience</td>
<td>Quote</td>
</tr>
<tr>
<td>------------</td>
<td>-------</td>
</tr>
<tr>
<td>138</td>
<td>If you want to know where you're going, ask the man who's been there before.</td>
</tr>
<tr>
<td>139</td>
<td>If you walk out in the rain, you're gonna get wet.</td>
</tr>
<tr>
<td>140</td>
<td>You can tell the people who really care. As they go thru Life they try to be fair.</td>
</tr>
<tr>
<td>141</td>
<td>&quot;I saw my future in the neon lights. I saw my past in the graffiti.&quot;</td>
</tr>
<tr>
<td>142</td>
<td>To all those who would be wise, know putting family first will your house stabilize.</td>
</tr>
<tr>
<td>143</td>
<td>Every time you overcome a Fear, you become a braver man.</td>
</tr>
<tr>
<td>144</td>
<td>Fear is not the enemy, inaction is.</td>
</tr>
<tr>
<td>145</td>
<td>A strongman still has Fear; he just doesn't let it stop him.</td>
</tr>
<tr>
<td>146</td>
<td>The worst product of Fear is inaction.</td>
</tr>
<tr>
<td>147</td>
<td>Every time you don't do something because of Fear, Fear wins.</td>
</tr>
<tr>
<td>148</td>
<td>He who is always afraid to ask is just a coward who will never know.</td>
</tr>
<tr>
<td>149</td>
<td>Before you become wise, you have to overcome your fear of being wrong.</td>
</tr>
<tr>
<td>150</td>
<td>The strongest man is the man who can control his own feelings.</td>
</tr>
</tbody>
</table>
| 164-FRIENDS | "Friends may come and friends may go  
But a true friend you will not  
outgrow" |
|-------------|---------------------------------------------|
| 165-FRIENDS | "A true friend  
is a treasure that enriches your Life  
beyond beleif" |
|-------------|------------------------------------------------|
| 166-FRIENDS | "When you have a true friend  
loneliness is never your  
enemy" |
|-------------|------------------------------------------------|
| 167-FRIENDS | "For every friend we make  
our world feels that much bigger" |
|-------------|------------------------------------------------|
| 168-FRIENDS | "A true friend  
will help you carry adversity" |
|-------------|------------------------------------------------|
| 169-FRIENDS | "False friends come when there is money  
True friends come when there is none" |
|-------------|------------------------------------------------|
| 170-FRIENDS | "False friends leave when there is no money  
True friends stay when there is none" |
|-------------|------------------------------------------------|
| 171-FRIENDS | "I looked into the eyes of he who cared  
and seen I found a friend" |
|-------------|------------------------------------------------|
| 172-FRIENDS | "False friends talk  
True friends listen" |
|-------------|------------------------------------------------|
| 173-FRIENDS | "False friends tell secrets  
True friends tell none" |
|-------------|------------------------------------------------|
| 174-FRIENDS | "False friends spend your money  
True friends spend your Time" |
|-------------|------------------------------------------------|
| 175-FRIENDS | "A false friend sees your weaknesses  
A true friend sees your strengths" |
|-------------|------------------------------------------------|
| 176-FRIENDS | "False friends are more dangerous than enemies  
Because we let them near" |
190-HEALTH
"We are only as healthy as our weakest parts"

191-HEALTH
"Your health is like your Freedom: You don't appreciate it till it's gone"

192-HELL
"I had thought I'd been to Hell until I went there"

193-HELL
"Hell is what you make of it"

194-HELL
"In Hell they can hear you scream They just don't care"

195-HELL
"If you don't believe in Hell it's because you've never been there"

196-HONESTY
"If you want the world to be honest with you be honest with it"

197-HONOR
"People who have honor don't talk about it They Live it"

198-HOPE
"He who dares to have Hope is not a slave to Fear"

199-HOPE
"With Hope comes the spark of chance"

200-HOPE
"Hope is knowing you can make it Right"

201-HOPE
"The difference between an optimist and a pessimist is Hope"

202-HOPE
"Hope is a candle in the darkest night"
<table>
<thead>
<tr>
<th>214-IMMATURITY</th>
<th>&quot;Children who act like adults long for the responsibility of an adult. Adults who act like children long for the irresponsibility of the child.&quot;</th>
</tr>
</thead>
<tbody>
<tr>
<td>215-INDEPENDENCE</td>
<td>&quot;The man who tries to please everybody will fail to be pleased himself.&quot;</td>
</tr>
<tr>
<td>216-INTERNET</td>
<td>&quot;To all those who would be wise once you've posted it on the Internet it's hard to revise.&quot;</td>
</tr>
<tr>
<td>217-JEALOUS</td>
<td>&quot;Jealous is the heart that wants.&quot;</td>
</tr>
<tr>
<td>218-JOY</td>
<td>&quot;Those you bring Joy to bring Joy to you.&quot;</td>
</tr>
<tr>
<td>219-JUDGEMENT</td>
<td>&quot;A judgement without all the facts is ripe with misunderstanding.&quot;</td>
</tr>
<tr>
<td>220-JUSTICE</td>
<td>&quot;In the courtroom: The amount of Justice you get is based on what you can afford.&quot;</td>
</tr>
<tr>
<td>221-JUSTICE</td>
<td>&quot;Justice may be blind but she sure ain't broke.&quot;</td>
</tr>
<tr>
<td>222-KARMA</td>
<td>&quot;The Actions we sow lead to the results we reap.&quot;</td>
</tr>
<tr>
<td>223-KINDNESS</td>
<td>&quot;Kindness is not a weakness but a strength.&quot;</td>
</tr>
<tr>
<td>224-KINDNESS</td>
<td>&quot;Each time you help someone you are really helping yourself.&quot;</td>
</tr>
<tr>
<td>225-KINDNESS</td>
<td>&quot;Every man has his own story. The question is... Can you read?&quot;</td>
</tr>
<tr>
<td>226-KINDNESS</td>
<td>&quot;If you see yourself in everyone you can't help but being kind.&quot;</td>
</tr>
<tr>
<td>Page</td>
<td>Quote</td>
</tr>
<tr>
<td>------</td>
<td>-------</td>
</tr>
<tr>
<td>239-LIES</td>
<td>&quot;Each time we lie a piece of the Truth inside us dies&quot;</td>
</tr>
<tr>
<td>240-LIES</td>
<td>&quot;Each time we lie to someone's face our personal honor we disgrace&quot;</td>
</tr>
<tr>
<td>241-LIFE</td>
<td>&quot;To all those who would be wise Know another day Alive is the greatest prize&quot;</td>
</tr>
<tr>
<td>242-LIFE</td>
<td>&quot;To all those who would be wise A plan for your Life you should devise&quot;</td>
</tr>
<tr>
<td>243-LIFE</td>
<td>&quot;To all those who would be wise Know it is better to have a plan than improvise&quot;</td>
</tr>
<tr>
<td>244-LIFE</td>
<td>&quot;Life is like the weather some of it's good, some of it's bad And with a little planning and investigation you kinda know what to expect&quot;</td>
</tr>
<tr>
<td>245-LIFE</td>
<td>&quot;To all those who would be wise Know without the &quot;lows&quot; in Life there would be no &quot;highs&quot;</td>
</tr>
<tr>
<td>246-LIFE</td>
<td>&quot;To all those who would be wise Let the fact that Life is change come as no surprise&quot;</td>
</tr>
<tr>
<td>247-LIFE</td>
<td>&quot;To all those who would be wise ALL IS ONE you should Realize&quot;</td>
</tr>
<tr>
<td>248-LIFE</td>
<td>&quot;Life is like the tide It happens whether you like it or not&quot;</td>
</tr>
<tr>
<td>249-LIFE</td>
<td>&quot;To find meaning in Life you only need to find what you Love&quot;</td>
</tr>
</tbody>
</table>
264-LOVE

"To all those who would be wise
Know that he who cheats on his true Love
usually cries"

265-LOVE

"Don't become so blinded by Love that you can't see
fact from
fantasy"

266-LOVE

"Love is great but it comes with no guarantees
So don't let it keep you from your
priorities"

267-LOVE

"Those in Life that are most well thought of
are the ones who did their acts in the name of
LOVE"

268-LOVE

"Just by choosing to have
Love and compassion for the whole human race
you instantly turn your entire world into a much better
place"

269-LOVE

"Love is
the most powerful force in the universe for what it brings
It can change ordinary moments into glorious
things"

270-LOVE

"Love makes the ordinary
extraordinary"

271-LOVE

"Love does things
that only the heart understands"

272-LOVE

"Love doesn't need perspective
only purpose"

273-LOVE

"The greatest gift you can give anyone
is
your Love"

274-LOVE

"At least once
Everyone should know the feeling
of being hopelessly in Love"

275-LOVE

"He who has looked deeply into
the eyes of Love
Never sees the world the same"
<table>
<thead>
<tr>
<th>289 - MANNERS</th>
<th>&quot;Manners open closed doors&quot;</th>
</tr>
</thead>
</table>
| 290 - MARTIAL ARTS | "When the student becomes the master
The master's job is done" |
| 291 - MEDITATION | "Relax -
See in the still calm waters of the Mind
the reflection of the Universe
and all creation" |
| 292 - MEDITATION | "You need Time alone
to appreciate the Time spent with others" |
| 293 - MEDITATION | "My breath is my friend
It comforts me with the calmness of its company" |
| 294 - MEDITATION | "The Time
I see the most
is when
I close my eyes" |
| 295 - MEDITATION | "We have listened very carefully
we can hear ourselves" |
| 296 - MEDITATION | "He who
meditates
Sees the Truth" |
| 297 - MEDITATION | "The still Mind sees the Truth" |
| 298 - MEDITATION | "In the deep Silence of Time we can hear..." |
| 299 - MEDITATION | "When we stop our Mind
We start to See" |
| 300 - MEDITATION | "By sitting still
we can see the world move" |
314-MISTAKES  "Learning from our mistakes are the steps leading up to our Success"

315-MISTAKES  "Always welcome your mistakes because they lead to answers"

316-MISTAKES  "When you dig for gold you gotta go thru alot of dirt"

317-MISTAKES  "You can't expect to dig for gold and not get dirty"

318-MOMENT  "In each moment there is an eternity of times we could do something different"

319-MOMENT  "Every moment comes from an Eternity of Chances"

320-MOMENT  "If you want a moment to last Say nothing"

321-MOMENT  "If you really want a moment to last Do that moment last"

322-MONEY  "To all those who would be wise Your finances you should strategize"

323-MONEY  "To all those who would be wise If you want to know if someone's a fool Watch what he buys"

324-MONEY  "To all those who would be wise A fool doesn't save he only buys"

325-MONEY  "Think: If I now had all the moeny I foolishly spent I'd never again have to pay rent"
338-NAMES: "Each time we say to someone their name
They are more likely to remember our name"

339-NATURE: "A rose called by any other name is just as sweet
But a person called by any other name than their own
just gets irritated"

340-NATURE: "A regular man sees Nature outside himself
A wise man sees Nature inside himself"

341-NATURE: "Nature does many things
But one thing she doesn't do
is lie"

342-NATURE: "Nature tells her secrets to
he who Listens"

343-NATURE: "Nature is the greatest Artist
and the world is her gallery"

344-OCCUPATIONS: "To all those who would be wise
To make the most in your occupation:
Specialize"

345-OLD AGE: "The best thing about getting old is
you're no longer afraid to say what you
think"

346-OLD AGE: "It's not what you had
It's what you have"

347-OPPORTUNITY: "To all those who would be wise
Know that every opportunity
eventually
dies"

348-PARENTS: "The best advice parents can teach
their young is:
To get up off their ass"

349-PARENTHOOD: "No true parent's heart is deaf
to a child's words: "I Love You"
P 362 thru 373

362-POETS
"Writers usually learn to write from classrooms
Poets usually learn to write from the world"

363-POETS
"A true poet is not afraid to
stand alone"

364-POETS
"Inside every good poet
is
A heart that FEELS"

365-POLITICIANS
"The heart of an Artist
and a Mind with a gift for the spoken word
A Real Poet is not afraid
to have his deepest emotions heard"

366-POLITICIANS
"What does believing in
ghosts and politician's numerical facts
have in common?
If you believe in them there's a good chance
you could be wrong"

367-POTENTIAL
"Every tree has the potential to be a forest"

368-POWER
"With Authority
comes
Great Trust"

369-POWER
"Power is either a poison
or a remedy"

370-POWER
"In the hands of cruel man
power is used to destroy
In the hands of good man
power is used to build"

371-POWER
"He who handles the sword of power
should be cautious they don't get cut"

372-POWER
"A good civil servant hears the pleas
of the People"

373-POWER
"Power either sheds a light
so a leader can see the concerns of others
or
It makes them blind"
385-PURPOSE  "When we find our passion we find our purpose"

386-REALITY  "Reality is what you find when you lose all your delusions"

387-REALITY  "Reality, Reality I thought I knew the Truth until it was presented to Me"

388-REALITY  "Reality is seeing the self wrapped in a moment and knowing right NOW is the thing that needs to be Done"

389-REFLECTION  "He who ponders deeply what he has Done Knows what he needs to Do"

390-REFLECTION  "When we delve deep into our self We reach new heights of understanding"

391-REGRET  "At the end of our Lives we will not regret what we've done But what we didn't Do"

392-RELIGION  "There is nothing more dangerous than a religious person with an evil mind"

393-RELIGION  "Basing your whole life on only one book is A mighty small education"

394-REPUTATION  "Your success in Life is based on your Reputation Ask yourself: Am I personifying the picture of piety or depicking the difilement of debauchery?"

395-REPUTATION  "You might not believe it but it's True People tell each other the things that you Do"
<table>
<thead>
<tr>
<th>Page</th>
<th>Quote</th>
</tr>
</thead>
<tbody>
<tr>
<td>409-SELF-IMPROVEMENT</td>
<td>&quot;The worst thing we can do to change is Nothing&quot;</td>
</tr>
<tr>
<td>410-SELF-IMPROVEMENT</td>
<td>&quot;If your not growing You're dying&quot;</td>
</tr>
<tr>
<td>411-SILENCE</td>
<td>&quot;Silence how Great and immaculate We are all but fools to break your spell&quot;</td>
</tr>
<tr>
<td>412-SILENCE</td>
<td>&quot;In the Silence... We can hear our Minds&quot;</td>
</tr>
<tr>
<td>413-SILENCE</td>
<td>&quot;In the Silence... We can hear who we really are&quot;</td>
</tr>
<tr>
<td>414-SILENCE</td>
<td>&quot;Silence builds character&quot;</td>
</tr>
<tr>
<td>415-SILENCE</td>
<td>&quot;From Silence comes Wisdom&quot;</td>
</tr>
<tr>
<td>416-SILENCE</td>
<td>&quot;Sometimes being silent is the loudest statement&quot;</td>
</tr>
<tr>
<td>417-SILENCE</td>
<td>&quot;He who has learned the value of Silence when observing the world has the most to say&quot;</td>
</tr>
<tr>
<td>418-SILENCE</td>
<td>&quot;In the space of Silence we can hear ETERNITY&quot;</td>
</tr>
<tr>
<td>419-SIMPLICITY</td>
<td>&quot;He who really understands something complex Can make it sound Simple&quot;</td>
</tr>
<tr>
<td>420-SIMPLICITY</td>
<td>&quot;SIMPLICITY is the key to understanding&quot;</td>
</tr>
<tr>
<td>Slide</td>
<td>Text</td>
</tr>
<tr>
<td>-------</td>
<td>------</td>
</tr>
</tbody>
</table>
| 430-SUCCESS | "To all those who would be wise  
If you want to get ahead  
socialize" |
| 431-SUCCESS | "To all those who would be wise  
Know a quitter quits  
But a successful man  
Retrys" |
| 432-SUCCESS | "Ambition and Determination  
are the keys to  
Success" |
| 433-SUCCESS | "It takes many mistakes to make a  
Success" |
| 434-SUCCESS | "The first thing you have to succeed at  
if you want Success  
is  
Believing in Yourself" |
| 435-TEACHER | "A good teacher always learns from  
his students" |
| 436-TEACHER | "A good teacher  
Not only teaches  
But makes you Believe" |
| 438-THOUGHTS | "We are what we  
THINK" |
| 439-THOUGHTS | "Control your thoughts  
or  
They will control you" |
| 440-TIME | "Think of your body as a rental  
And Time as the landlord" |
| 441-TIME | "When Time is your enemy  
Brevity is your friend" |
455-TRUTH
"The enemy of Truth is ignorance"

456-TRUTH
"The Mind that aspires to hold the Truth must not be filled with lies"

457-TRUTH
"To find the secrets to the Great Truths you don't have to search the world but yourself"

458-TRUTH
"The truth is only as real as our Belief"

459-TRUTH
"To find the Truth we have to disregard the lies"

460-TRUTH
"A honest man is protected by The Armor of Truth"

461-TRUTH
"A closed Mind is never open to The Truth"

462-TRUTH
"What wisemen call Truths Fools call madness"

463-UNDERSTANDING
"To understand you first you must understand yourself, and you will understand everything"

464-VALUES
"A loud man lives by the value of his words. A quiet man quietly lives up to them"

465-VIOLENCE
"To all those who would be wise. Violence you should never romanticize"

466-WAR
"To all those who would be wise. Don't enter a war zone unless you want to be traumatized"
478-WISDOM  "With Life comes Experience  
            With Experience's Understanding comes  
            WISDOM"

479-WISDOM  "To all those who would be wise  
            The store of virtue you should  
            patronize"

480-WISDOM  "To all those who would be wise  
            All your talents you should  
            utilize"

481-WISDOM  "To all those who would be wise  
            Know that simplicity  
            satisfies"

482-WISDOM  "To all those who would be wise  
            know that everybody wears a  
            disguise"

483-WISDOM  "To all those who would be wise  
            The proverbs from every culture you should  
            memorize"

484-WISDOM  "The wise are quick to admit when  
            they are at fault  
            While the ignorant never admit  
            when they're wrong"

485-WISDOM  "Wisdom is what you find  
            after you learn to lose your illusions"

486-WISDOM  "If you want to understand the world  
            Understand yourself"

487-WISDOM  "A wiseman can do two things at once  
            But choose not to"

488-WISDOM  "A wise man is not wise  
            because of his age  
            But because of his Wisdom"
500-ZEN

"Out of emptiness each Moment appears bringing with it the whole Joy of Life"
Thank you Reader for having read my book. I welcome all letters and you can write me at:

DAVID HEHN  #201725
Stanley Correctional Institution
100 Corrections Drive
Stanley WI  54768

Writing is an Art and if you wish to help support the Arts you can send donations to:

Stanley Correctional Institution
DAVID HEHN  #201725
P.O. Box 235
Stanley WI  54768-0235

This address is for cashiers checks or money orders only and regrettably they don't allow letters to be sent along with monies. So please send any correspondence separately to the first address given. Your letters are important to me!

And Thank You for you support I look forward to hearing from all of you!

Sincerely,

[Signature]
489-WISDOM
"To all those who would be wise
Don't make a big deal out of
Goodbyes"

490-WISDOM
"To all those who would be wise
Be suspicious of someone who won't
look you in the
eyes"

491-WORK
"To all those who would be wise
Do what you love
That's where your fortune lies"

492-WORLD
"We see the world the way we see ourselves"

493-WORLD
"The world is beautiful for those who open their mind to
look"

494-WRITING
"Writing is just trying to make sense of the
world"

495-WRITING
"Writing is just trying to create understanding from experience"

496-WRITING
"A writer's job is to make someone care about what he has written"

497-YOUTH
"With the young comes:
first: Hope
second: Chaos
third: Maturity
And lastly if we're lucky:
Progress"

498-YOUTH
"Advice to a young man:
You have to conquer yourself
Before you can conquer the world"

499-YOUTH
"By setting out to conquer the world
A young man conquers his
inhibitions"
<table>
<thead>
<tr>
<th>Page</th>
<th>Text</th>
</tr>
</thead>
<tbody>
<tr>
<td>467-WAR</td>
<td>&quot;What a fragile peace is the Mind that's know the pains of War&quot;</td>
</tr>
<tr>
<td>468-WISDOM</td>
<td>&quot;The beginning of Wisdom is Realizing you need Wisdom&quot;</td>
</tr>
<tr>
<td>469-WISDOM</td>
<td>&quot;The true worth of a man isn't his wealth but his Wisdom&quot;</td>
</tr>
<tr>
<td>470-WISDOM</td>
<td>&quot;Wisdom is found in the purity of Truth&quot;</td>
</tr>
<tr>
<td>471-WISDOM</td>
<td>&quot;Wisdom you will find when you lose the desire to keep repeating the same Mistakes&quot;</td>
</tr>
<tr>
<td>472-WISDOM</td>
<td>&quot;To all those who would be wise To all those you've wronged apologize&quot;</td>
</tr>
<tr>
<td>473-WISDOM</td>
<td>&quot;To all those who would be wise All your faults scrutinize&quot;</td>
</tr>
<tr>
<td>474-WISDOM</td>
<td>&quot;To all those who would be wise Reflect on the events of each day I advise&quot;</td>
</tr>
<tr>
<td>475-WISDOM</td>
<td>&quot;To all those who would be wise Your priorities you should organize&quot;</td>
</tr>
<tr>
<td>476-WISDOM</td>
<td>&quot;To all those who would be wise Know that your Actions, thoughts and intent you should supervise&quot;</td>
</tr>
<tr>
<td>477-WISDOM</td>
<td>&quot;To all those who would be wise Extreme emotions you should minimize&quot;</td>
</tr>
</tbody>
</table>
"If you don't manage your Time
Your Time
will manage You"

"He who wastes his Time
in his youth
wishes for it back in his old age"

"TIME is either your ally or your enemy"

"The nicest gift you can give anyone
is
Your Time"

"The greatest lesson we can learn from traveling
is
To truly Love our home"

"We can travel the whole wide world
without learning to See ourselves"

"The only thing we can't get away from
is
Ourselves"

"You are not alone
No one has not known pain"

"He who ascends the Mountain of Truth
will See a different view"

"Nothing transforms a man faster than
Truth"

"Sometimes the hardest thing to believe
is
The Truth"

"With every Truth that we accept
We become a Greater Man"

"TRUTH: How pure and immaculate
Each Time we accept you we become a
Greater Man"
421-SIMPLICITY
"Rich is the poor man's heart
who is satisfied with simplicity"

422-SMELL
"As fragrant as Heaven
or
As rank as Hell
Nothing provokes an emotion faster
than a smell"

423-SOLDIER
"I thought being a soldier was Cool
until I realized their job was to Kill people"

424-SOLUTIONS
"To all those who would be wise
If you are not willing to come up with
a solution yourself
You should not criticize"

425-SPRITUALITY
"Oh Universe
as vast and complex as can be
Help me find my own answers to:
What is the meaning of Life?
and
What is Reality?"

426-STEALING
"When you steal
You rob yourself of"

427-STRENGTH
"The strongest Man is the Man who can
overcome his weaknesses"

428-SUCCESS
"Life is based on Direction
Ask yourself:
Am I climbing the ladder of success
or
descending into the depths of depravity?"

429-SUCCESS
"Your Success in Life
is based on your Direction
Ask yourself:
Am I pursuing the Path of Progress?
or
Delving into the depths of degeneracy?"
396-REPUTATION

“Never let it be said of he who would be just
That he didn’t do the things he must”

397-REPUTATION

“Each time that you are indiscreet
Your reputation does deplete”

398-RESPECT

“When you respect others
You respect yourself”

399-RIGHTS

“By fighting for the Rights of others
We protect our own Rights”

400-RISK

“The only thing certain about risk
is that you will gain Experience”

401-SADDNESS

“No matter how sad you get
The world continues to turn”

402-SADDNESS

“In the pity of our sorrow
we feel a harsh regret”

403-SAINTS

“In a saint’s Loving eyes
there is no one unlovable”

404-SAINTS

“To all those who would be wise
The saints of all faiths
you should idealize”

405-SAINTS

“A saint is someone who still makes people happy
when they themselves are sad”

406-SAINTS

“A Saint
always gives more
than he gets”

407-SATISFACTION

“You will never fail to be satisfied
when you win success with honor”

408-SELF-CONTROL

“To be able to control your world
you first have to be able to control
Yourself”
374-POWER  "The spell of power does not change a good man's values"

375-PRISON  "Some people see incarceration as a punishment. Other people see it for what it really is: An Opportunity to Change"

376-PRISON  "The wiseman who is incarcerated uses his Time to Free his Mind"

377-PRISON  "There is one thing on which all prisoners will agree. Instead of being locked up they'd rather be FREE"

378-PRISON  "One of the many things you learn in prison is to keep your opinions of others to yourself"

379-PRISON  "The worst kinds of prisons are the ones in our Minds"

380-PROBLEMS  "When a fool sees a problem he complains about it endlessly. But a smartman thinks about it till a solution he does see"

381-PROBLEMS  "Everybody has one thing in common: Problems"

382-PROBLEMS  "Problems are just another opportunity to Learn"

383-PROBLEMS  "Creativity is the opposite of problems."

384-PROFESSIONAL  "The definition of being a Professional is: Even when asked to do a job he dislikes he still likes to do it well"
<table>
<thead>
<tr>
<th>Page</th>
<th>Statement</th>
</tr>
</thead>
<tbody>
<tr>
<td>350</td>
<td>&quot;When we stop worrying about yesterday, we can live today&quot;</td>
</tr>
<tr>
<td>351</td>
<td>&quot;If you want to see ahead to your future, you have to stop looking back at your past&quot;</td>
</tr>
<tr>
<td>352</td>
<td>&quot;When you keep looking back, you miss what's in front of you&quot;</td>
</tr>
<tr>
<td>353</td>
<td>&quot;The difference between a kind man and a cruel man is patience&quot;</td>
</tr>
<tr>
<td>354</td>
<td>&quot;If you want to measure the content of a man's character, measure the length of his patience&quot;</td>
</tr>
<tr>
<td>355</td>
<td>&quot;By being peaceful we are peace&quot;</td>
</tr>
<tr>
<td>356</td>
<td>&quot;How you feel about the world is just how you feel about yourself&quot;</td>
</tr>
<tr>
<td>357</td>
<td>&quot;It is not the object that has turned into an object of beauty, it is the perceiver's heart&quot;</td>
</tr>
<tr>
<td>358</td>
<td>&quot;Everytime you say something bad, it makes you look bad&quot;</td>
</tr>
<tr>
<td>359</td>
<td>&quot;The difference between dreams and dreams realized is planning&quot;</td>
</tr>
<tr>
<td>360</td>
<td>&quot;A good poet is a master of words, a bad writer is its slave&quot;</td>
</tr>
<tr>
<td>361</td>
<td>&quot;Only poets and madmen are crazy enough to always tell the truth&quot;</td>
</tr>
<tr>
<td>Page</td>
<td>Quote</td>
</tr>
<tr>
<td>---------</td>
<td>----------------------------------------------------------------------</td>
</tr>
</tbody>
</table>
| 326-MONEY | "He who doesn't save his money while he's young  
               When he gets old has no  
               fun"                            |
| 327-MONEY | "If your money you don't save  
               Then to debt you'll be a  
               slave"                          |
| 328-MONEY | "If you waste your money easily  
               Then retirement you'll never  
               see"                              |
| 330-MONSTERS | "In Life there are two kinds of Monsters  
               Those who inflict pain  
               And those who refuse to stop them" |
| 331-MORNING | "He who wakes early to greet the Morning  
               Is never late to meet the needs of the Day" |
| 332-MORNING | "Morning is when miracles happen  
               And if you woke up you are one of them" |
| 333-MOTHER | "Mother is a child's name  
               for  
               God"                                |
| 334-MOTHER | "The world is the gift your Mother  
               gave you"                            |
| 335-MOTHER | "The greatest thing  
               our Mothers teach us  
               is  
               How to Love"                         |
| 336-MOTHER | "We are never so alone as when  
               our Mothers die"                     |
| 337-MOTHER | "Dogs love us for what we can give them  
               Mothers Love us for who we are"      |
<table>
<thead>
<tr>
<th>301 - MEDITATION</th>
<th>&quot;When we close our eyes we see the world&quot;</th>
</tr>
</thead>
<tbody>
<tr>
<td>302 - MEDITATION</td>
<td>&quot;He who closes his eyes Sees himself&quot;</td>
</tr>
<tr>
<td>303 - MEMORIES</td>
<td>&quot;The best part of Living a full Life is reliving it again when you get old&quot;</td>
</tr>
<tr>
<td>304 - MIND</td>
<td>&quot;Use you Mind or Lose your Mind&quot;</td>
</tr>
<tr>
<td>305 - MIND</td>
<td>&quot;When my Mind is fully on what I Do I know what I have Done&quot;</td>
</tr>
<tr>
<td>306 - MIRACLES</td>
<td>&quot;who doesn't beleive in miracles has never almost died or paid attention to a Sunrise&quot;</td>
</tr>
<tr>
<td>307 - MISTAKES</td>
<td>&quot;To all those who would be wise mistakes are their learning&quot;</td>
</tr>
<tr>
<td>309 - MISTAKES</td>
<td>&quot;If we don't See our mistakes Our mistakes will keep Seeing us&quot;</td>
</tr>
<tr>
<td>310 - MISTAKES</td>
<td>&quot;A wise man learns not only from other people's mistakes But from his own&quot;</td>
</tr>
<tr>
<td>311 - MISTAKES</td>
<td>&quot;Mistakes aren't failures They are just rungs up the ladder of Success&quot;</td>
</tr>
<tr>
<td>312 - MISTAKES</td>
<td>&quot;Mistakes are only failures if we don't Learn from them&quot;</td>
</tr>
<tr>
<td>313 - MISTAKES</td>
<td>&quot;He who never makes a mistake never learns&quot;</td>
</tr>
<tr>
<td>Reference</td>
<td>Text</td>
</tr>
<tr>
<td>-----------</td>
<td>------</td>
</tr>
<tr>
<td>276-LOVE</td>
<td>&quot;He who has never known pain has never been in Love&quot;</td>
</tr>
<tr>
<td>277-LOVE</td>
<td>&quot;It is not he who loved the most It's he who Loved the best&quot;</td>
</tr>
<tr>
<td>278-LOVE</td>
<td>&quot;It is great to be alone But if you want Love, you need another's heart&quot;</td>
</tr>
<tr>
<td>279-LOVE</td>
<td>&quot;Love is easy to get and hard to keep&quot;</td>
</tr>
<tr>
<td>280-LOVE</td>
<td>&quot;If we must be madd Let it be for Love&quot;</td>
</tr>
<tr>
<td>281-LOVE</td>
<td>&quot;The difference between love and True Love is want and need&quot;</td>
</tr>
<tr>
<td>282-LOVE</td>
<td>&quot;On a failed relationship: A wiseman remembers only he has Loved While a fool only remembers his pain&quot;</td>
</tr>
<tr>
<td>283-LOVE</td>
<td>&quot;It is not the loved one who has turned into an object of Beauty It is the Lover's heart&quot;</td>
</tr>
<tr>
<td>284-LUCKY</td>
<td>&quot;Lucky is the man who continues to try&quot;</td>
</tr>
<tr>
<td>285-MAN</td>
<td>&quot;The only thing that has to be killed to be a Man is childish ways&quot;</td>
</tr>
<tr>
<td>286-MAN</td>
<td>&quot;We are not born Men We become them&quot;</td>
</tr>
<tr>
<td>287-MANNERS</td>
<td>&quot;The difference between a decent man and a brute is his manners&quot;</td>
</tr>
<tr>
<td>288-MANNERS</td>
<td>&quot;Without manners we are but animals&quot;</td>
</tr>
<tr>
<td>Life Quote</td>
<td>Description</td>
</tr>
<tr>
<td>------------</td>
<td>-------------</td>
</tr>
<tr>
<td>250-LIFE</td>
<td>&quot;Every moment is a Life&quot;</td>
</tr>
<tr>
<td>251-LIFE</td>
<td>&quot;A sense of purpose is the key to a meaningful Life&quot;</td>
</tr>
<tr>
<td>252-LIFE</td>
<td>&quot;Every sunrise is a miracle Every breath is a Blessing&quot;</td>
</tr>
<tr>
<td>253-LIFE</td>
<td>&quot;If your Life is a soap opera turn the channel&quot;</td>
</tr>
<tr>
<td>254-LIFE</td>
<td>&quot;If your Life's like TV you're doing it wrong&quot;</td>
</tr>
<tr>
<td>255-LIFE</td>
<td>&quot;Your Life is a series of performance Art pieces put on for the world to watch&quot;</td>
</tr>
<tr>
<td>256-LIFE</td>
<td>&quot;Living is Learning&quot;</td>
</tr>
<tr>
<td>257-LIFE</td>
<td>&quot;He who Lives a full Life dies without regrets&quot;</td>
</tr>
<tr>
<td>258-LIFE</td>
<td>&quot;Books teach knowledge Life teaches Experience&quot;</td>
</tr>
<tr>
<td>259-LIFE</td>
<td>&quot;Life doesn't stop because you're busy&quot;</td>
</tr>
<tr>
<td>260-LIFE</td>
<td>&quot;A wise man sees Life is change understands that by its very definition nothing is permanent&quot;</td>
</tr>
<tr>
<td>261-LISTEN</td>
<td>&quot;He who is a good listener will always hear the company of friends&quot;</td>
</tr>
<tr>
<td>262-LOVE</td>
<td>&quot;A fully comprehended love is no Great LOVE at all&quot;</td>
</tr>
<tr>
<td>263-LOVE</td>
<td>&quot;No matter how deep an ocean of ink A man truly in Love when writing about his Love pen would run dry&quot;</td>
</tr>
<tr>
<td>Page</td>
<td>Title</td>
</tr>
<tr>
<td>------</td>
<td>---------</td>
</tr>
</tbody>
</table>
| 227  | KINDNESS | "It's easy to discern a man's intent  
If it is Good then their kindness is  
evident" |
| 228  | KINDNESS | "Good people  
are even good to people who are  
bad" |
| 229  | KINDNESS | "You don't have to be rich to payback  
Kindness" |
| 230  | KINDNESS | "Kindness is like fertilizer  
You have to spread it around for it to  
work" |
| 231  | KNOWLEDGE | "When your Mind is full  
so are your days" |
| 232  | KNOWLEDGE | "Knowledge should not be gained for knowledge's  
sake  
But for where it will lead to" |
| 233  | LAZY    | "It's nobody's Destiny to be lazy  
We choose that for ourselves" |
| 234  | LAZY    | "A lazy man is only as spry as his  
needs" |
| 235  | LEADERSHIP | "To all those who would be wise  
A smart leader always  
verifies" |
| 236  | LESSON  | "If a lesson was learned  
it wasn't a waste of Time" |
| 237  | LIES    | "The difference between  
a goodman and a badman  
is  
the amount of lies he tells" |
| 238  | LIES    | "To all those who would be wise  
know a relationship is bound to fail  
if  
it's based on lies" |
<table>
<thead>
<tr>
<th>Page</th>
<th>Topic</th>
<th>Quote</th>
</tr>
</thead>
<tbody>
<tr>
<td>203-HOPE</td>
<td>HOPE</td>
<td>&quot;The Angel of Hope brings the gift of courage&quot;</td>
</tr>
<tr>
<td>204-HOPE</td>
<td>HOPE</td>
<td>&quot;He who has Hope has the potential for courage&quot;</td>
</tr>
<tr>
<td>205-HOPE</td>
<td>HOPE</td>
<td>&quot;With Hope comes Strength&quot;</td>
</tr>
<tr>
<td>206-HOPE</td>
<td>HOPE</td>
<td>&quot;The foundation of courage is Hope&quot;</td>
</tr>
<tr>
<td>207-HOPE</td>
<td>HOPE</td>
<td>&quot;He who has lost all Hope is already dead&quot;</td>
</tr>
<tr>
<td>208-HOPE</td>
<td>HOPE</td>
<td>&quot;Hope is like a washing machine: Without Action it doesn't work&quot;</td>
</tr>
<tr>
<td>209-HUMILITY</td>
<td>HUMILITY</td>
<td>&quot;The humblest man is the man who has enough pride to say: I don't know&quot;</td>
</tr>
<tr>
<td>210-IDEAS</td>
<td>IDEAS</td>
<td>&quot;A man is only as big as his ideas&quot;</td>
</tr>
<tr>
<td>211-IDEAS</td>
<td>IDEAS</td>
<td>&quot;Once a man's Mind is exposed to a Big idea He's never the same&quot;</td>
</tr>
<tr>
<td>212-IMAGINATION</td>
<td>IMAGINATION</td>
<td>&quot;Imagination when controlled creates fantastic wonders Uncontrolled it creates horrible monsters&quot;</td>
</tr>
<tr>
<td>213-IMAGINATION</td>
<td>IMAGINATION</td>
<td>&quot;The key to overcoming boredom is Imagination&quot;</td>
</tr>
<tr>
<td>Page</td>
<td>Quote</td>
<td></td>
</tr>
<tr>
<td>------</td>
<td>-------</td>
<td></td>
</tr>
<tr>
<td>177-FRIENDS</td>
<td>&quot;Never have we looked so good as we do in the eyes of a good friend&quot;</td>
<td></td>
</tr>
<tr>
<td>178-FRIENDS</td>
<td>&quot;The first friend that you should make is yourself&quot;</td>
<td></td>
</tr>
<tr>
<td>179-FRIENDS</td>
<td>&quot;Look into the eyes of a true friend and you'll see yourself&quot;</td>
<td></td>
</tr>
<tr>
<td>180-FRIENDS</td>
<td>&quot;A true friend knows your heart's intent&quot;</td>
<td></td>
</tr>
<tr>
<td>181-FRIENDS</td>
<td>&quot;Friendship remains and friendship may go on and on, the relationship with a true friend will continue to grow&quot;</td>
<td></td>
</tr>
<tr>
<td>182-FRIENDS</td>
<td>&quot;False friends take True friends give&quot;</td>
<td></td>
</tr>
<tr>
<td>183-GENIUS</td>
<td>&quot;A genius is somebody who wouldn't give up till they got it right&quot;</td>
<td></td>
</tr>
<tr>
<td>184-GREATNESS</td>
<td>&quot;A genius is somebody who can solve the world's complex problems in a simple way&quot;</td>
<td></td>
</tr>
<tr>
<td>185-GREATNESS</td>
<td>&quot;When can expect... Greatness?&quot;</td>
<td></td>
</tr>
<tr>
<td>186-GREATNESS</td>
<td>&quot;Great people sow Greatness&quot;</td>
<td></td>
</tr>
<tr>
<td>187-GREED</td>
<td>&quot;Don't let the shine of gold blind you to the concerns of others&quot;</td>
<td></td>
</tr>
<tr>
<td>188-HAPPINESS</td>
<td>&quot;If we were always happy we wouldn't know what happiness is&quot;</td>
<td></td>
</tr>
<tr>
<td>189-HAPPINESS</td>
<td>&quot;Happiness is like a whirlpool jet: It feels better the closer you are to it&quot;</td>
<td></td>
</tr>
</tbody>
</table>
151-FOOL  "A wiseman only does what he thinks is right
A fool thinks he can do no wrong"

152-FOOL  "A pessimist is a fool who
doesn't know what's good"

153-FOOL  "It's not
how big of a fool you were
But how long?"

154-FOOL  "If you think you were never a fool
you're fooling yourself"

155-FORGIVENESS  "The first person you should
forgive
is
yourself"

156-FORGIVENESS  "The greater the man
The greater his ability to
forgive"

157-FORTITUDE  "We are stronger than we
know"

158-FREEDOM  "Freedom is like a rubber
It only works if you use it"

159-FREEDOM  "Freedom is not a gift
It is a responsibility"

160-FRIENDS  "Friends know your name
True friends know your heart"

161-FRIENDS  "He who is your true friend
is not just the person who's time you spend
But someone who you can
depend"

162-FRIENDS  "A person that you can depend
is the one who is a true friend"

163-FRIENDS  "The people you can depend
are the ones who are your true
friends"
<table>
<thead>
<tr>
<th>Page</th>
<th>ECOLOGY</th>
<th>EDUCATION</th>
<th>EDUCATION</th>
<th>EGOISM</th>
<th>EGOISM</th>
<th>ENEMIES</th>
<th>ENLIGHTENMENT</th>
<th>EXPERIENCE</th>
<th>EXPERIENCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>126</td>
<td>&quot;A wise man follows the Natural order of the world and tries not to go against it&quot;</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>127</td>
<td>&quot;Education is a game where everybody that tries wins&quot;</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>128</td>
<td>&quot;The greatest product of an education is an open mind&quot;</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>129</td>
<td>&quot;Just because you see yourself as the center of the universe doesn't mean everyone else does&quot;</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>130</td>
<td>&quot;Just because we didn't know something doesn't mean it wasn't True&quot;</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>131</td>
<td>&quot;The worst thing you can do to your enemies is prosper&quot;</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>132</td>
<td>&quot;Best friends make the worst enemies&quot;</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>133</td>
<td>&quot;If you want to be ONE with the world stop seeing yourself and things as two separate objects&quot;</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>134</td>
<td>&quot;Enlightenment might seem sudden but it's been slowly happening our whole Lives&quot;</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>135</td>
<td>&quot;Every experience has its own Truth if we are willing to Learn&quot;</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>136</td>
<td>&quot;Theory is what you call something when you don't know what's gonna happen Experience is what you call it when you do&quot;</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>137</td>
<td>&quot;An once of Experience is worth more than a hundred pounds of conjecture&quot;</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
104-DEATH
"He who knows Death is coming knows what it is to Live"

105-DEATH
"To all those who would be wise That death is immanent should come as no surprise"

106-DEATH
"To all those who would be wise All your funeral arrangements you should finalize"

107-DEATH
"We are all even in the eyes of Death"

108-DEATH
"All our ancestors have one thing in common They're all Dead"

109-DEATH
"Without Death there would be no Life"

110-DEATH
"We can deny Death exists but we can't make it go away"

111-DEATH
"Every day we are Alive We make our deal with Death"

112-DEATH
"Only after we've been in the presence of Death do we really think about our Lives"

113-DEATH
"The aftermath with a brush with Death is to find you are ALIVE!"
81-COMPASSION

"Evil minds fill with hate 
when they see you spreading love 
But never let them make you feel bad
for trying to be good"

82-COMPASSION

"The key to becoming a true nice person
is being compassionate consistently"

83-COMPASSION

"No stranger is strange
when compassion is your friend"

84-COMPASSION

"With every stranger
we have the potential to be
a better man"

85-COMPASSION

"With every stranger
we have the potential to be
kinder than we really are"

86-COMPASSION

"Don't think of helping others as a job
but as a duty"

87-COMPASSION

"What is
the biggest thing in the world?
It is a Loving heart
it can take in the whole world"

88-CONSCIENCE

"There is one thing all great men have:
A conscience"

89-CONSERVATION

"Let us never
what Nature chooses to connect"

90-COURAGE

"It takes courage
to get old"

91-COURAGE

"Anyone can go with the flow
It takes a person with grit to go
against it"

92-COURAGE

"Reckless courage without caution
is just a coward's insanity"
<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>57-ATTITUDE</td>
<td>&quot;The difference between winners and losers is their Attitude&quot;</td>
</tr>
<tr>
<td>58-ATTITUDE</td>
<td>&quot;The difference between a wise man and an ignorant man is his attitude towards Change&quot;</td>
</tr>
<tr>
<td>59-ATTITUDE</td>
<td>&quot;To get the right results you need the right attitude&quot;</td>
</tr>
<tr>
<td>60-BABIES</td>
<td>&quot;The eyes of a baby tell no lies&quot;</td>
</tr>
<tr>
<td>61-BARS</td>
<td>&quot;To all those who would be wise you won't find true Love in a bar only barflys&quot;</td>
</tr>
<tr>
<td>62-BOOKS</td>
<td>&quot;If all you do is open books you close your Life to Experience&quot;</td>
</tr>
<tr>
<td>63-BOOKS</td>
<td>&quot;No man is alone when he's got books for friends&quot;</td>
</tr>
<tr>
<td>64-BROKEN HEART</td>
<td>&quot;The worst thing about having a broken heart is that it keeps on beating&quot;</td>
</tr>
<tr>
<td>65-CALMNESS</td>
<td>&quot;Gratefulness is the key to Serenity&quot;</td>
</tr>
<tr>
<td>66-CARE</td>
<td>&quot;People care about people who care&quot;</td>
</tr>
<tr>
<td>67-CHANCES</td>
<td>&quot;To all those who would be wise he who takes to many chances usually dies&quot;</td>
</tr>
<tr>
<td>68-CHANGE</td>
<td>&quot;If you want to change the world Change yourself&quot;</td>
</tr>
</tbody>
</table>
35-ART
"With
Great courage
comes
Great Art"

36-ART
"All Great Art creates its own
world"

37-ART
"Great Art speaks
Great Truths"

38-ART
"The Arts expose the world's Truths
and help us see past the lies"

39-ARTISTS
"An Artist
has a responsibility not only to himself
but to the world"

40-ARTISTS
"An Artist
doesn't get to pick his
'Masterpiece'"

41-ARTISTS
"In all Great Artist's work
we see
ourselves"

42-ARTISTS
"To a true Artist
nothing in Nature is ugly"

43-ARTISTS
"Show me
an Artist who is not afraid to look a fool
And I will show you
an Artist who has the potential
to be
Great"

44-ARTISTS
"An Artist
takes the obscure and makes it obvious"

45-ARTISTS
"An Artist
sees Beauty in what other people take for granted"

46-ARTISTS
"An Artist is someone who defines
the world"
11-ACTIONS: "The moral man is defined more by what he does than what he doesn't do"

12-ACTIONS: "Hope with out Action leads to despair"

13-ACTIONS: "Let them talk about your deeds in your death In the meantime... Do them!"

14-ACTIONS: "If you want to know what someone might do see what they have done"

15-ACTIONS: "People judge you not by what your going to do But by what you've done"

16-ADVICE: "Giving advice to someone is like planting a seed Once your done you should leave it alone and see if it will grow"

17-ADVICE: "A fool will not take advice he will be quick to give it"

18-AMBITION: "If you want to get ahead you got to get behind a plan of action"

19-AMBITION: "The greatest tragedy is when a man refuses to try"

20-AMBITION: "When you do nothing Nothing happens"

21-AMBITION: "Brains may look the same anatomically But how we use them to advance our lives makes them different"

22-AMBITION: "Hope don't pay the bills"
Self-improvement 409-410
Silence 411-418
Simplicity 419-421
Smell 422
Soldier 423
Solutions 424
Spirituality 425
Stealing 426
Strength 427
Success 428-435
Teacher 436,437
Thoughts 438,439
Time 440-445
Travel 446-448
Troubles 449
Truth 450-462
Understanding 463
Values 464
Violence 465
War 466,467
Wisdom 468-490
Work 491
World 492,493
Writing 494-496
Youth 497-499

ZEN 500
<table>
<thead>
<tr>
<th>Term</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life</td>
<td>241-260</td>
</tr>
<tr>
<td>Listening</td>
<td>261</td>
</tr>
<tr>
<td>Love</td>
<td>262-283</td>
</tr>
<tr>
<td>Lucky</td>
<td>284</td>
</tr>
<tr>
<td>Man</td>
<td>285,286</td>
</tr>
<tr>
<td>Manners</td>
<td>287-289</td>
</tr>
<tr>
<td>Martial Arts</td>
<td>290</td>
</tr>
<tr>
<td>Meditation</td>
<td>291-302</td>
</tr>
<tr>
<td>Memories</td>
<td>303</td>
</tr>
<tr>
<td>Mind</td>
<td>304</td>
</tr>
<tr>
<td>Mindfulness</td>
<td>305</td>
</tr>
<tr>
<td>Miracles</td>
<td>306</td>
</tr>
<tr>
<td>Mistakes</td>
<td>307-317</td>
</tr>
<tr>
<td>Moment</td>
<td>318-321</td>
</tr>
<tr>
<td>Money</td>
<td>322-329</td>
</tr>
<tr>
<td>Monsters</td>
<td>330</td>
</tr>
<tr>
<td>Morning</td>
<td>331,332</td>
</tr>
<tr>
<td>Mother</td>
<td>333-337</td>
</tr>
<tr>
<td>Names</td>
<td>338,339</td>
</tr>
<tr>
<td>Nature</td>
<td>340-343</td>
</tr>
<tr>
<td>Occupations</td>
<td>344</td>
</tr>
<tr>
<td>Old age</td>
<td>345,346</td>
</tr>
<tr>
<td>Opportunity</td>
<td>347</td>
</tr>
<tr>
<td>Parents</td>
<td>348</td>
</tr>
<tr>
<td>Parenthood</td>
<td>349</td>
</tr>
</tbody>
</table>
Crazy  94-96
Creativity  97-99
Crime  100
Cruel  101

Days  102
Death  103-117
Dependability  118, 119
Determination  120, 121
Discretion  122, 123
Dogs  124
Dreams  125

Ecology  126
Education  127, 128
Egotism  129, 130
Enemies  131, 132
Enlightenment  133, 134
Experience  135-139

Fairness  140
Fame  141
Family  142
Fear  143-149
Feelings  150
Fool  151-154
Forgiveness  155, 156
Fortitude  157
Freedom  158, 159
Friends  160-182