

"When our world changes, we struggle for a while, and then, hopefully, our perspective expands in a way that allows us to deal with the change."





#### "Everyone is doing their best to make sense of and deal with the challenges of being a human being."







#### "Cherish all humans as part of the grand dance and flow of the universe."







#### "Enlightenment is waking up to the truth about reality, or the truth about who you really are."



 $\sim$  Bill Harris







#### "Somehow - even if you can't see how - you are creating what's happening in your life."







# "Think about us instead of me. lf you do, amazing things will happen."







### "Instead of thinking only of yourself, become more aware of other people and their needs."







### "Even though I may never meet you in person, I'm glad that you're in my life."



 $\sim$  Bill Harris





## "You are worthwhile. You are filled with promise."









"The suffering of the world, including one's own suffering, is much more bearable once a person experientially realizes his or her true nature."



