

# LISTEN SPIRIT WISDOM JOY

A  
QUOTE-BOOK  
COMPANION

—  
COMPILED BY  
SPIRITUAL  
DIRECTORS  
INTERNATIONAL



This little book is dedicated to spiritual directors around the world who, in the words of SDI co-founder Lucy Abbott Tucker, help people "hold in a loving embrace all the realities of their lives."

We also dedicate it to every person on this beautiful planet of ours. Not everyone has a religion, but everyone has a spirit. SDI exists to help each person nurture his or her individual spirit and find a spiritual path to service, joy and wisdom.

We are all connected. At SDI, we honor that connection by recognizing everyone's spiritual independence.  
Keep shining your light.

-- Steven Crandell  
Director of Content & Philanthropy  
Spiritual Directors International

P.S. Each quote image in this e-book has a hyperlink to internet-based source material. We do this to provide context. All you have to do is click on any image that makes you curious to learn more. Our intention is that this little quote book may be a resource to you as you continue your spiritual journey.... Bon voyage.

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# SPIRITUAL DIRECTION



"EVERYONE IS INVITED TO  
JOIN THE SDI PUBLIC  
SQUARE WITH WHATEVER  
SPIRITUAL IDENTITY IS  
THEIR OWN, WITH NO  
NEED TO HANG UP THAT  
IDENTITY ON THE  
OUTSKIRTS OF THE  
SQUARE TO ENTER"

-- ANIL SINGH-MOLARES,  
EXEC. DIRECTOR, SDI



“WE ALL ARE SPIRITUALLY  
HUNGRY. WE ALL NEED  
SOMEONE TO WALK WITH US.  
TO JOURNEY WITH US. TO GIVE  
US THE COURAGE, TO GIVE US  
THE INCENTIVE, TO GIVE US  
THE INSPIRATION ...  
THAT’S WHAT A SPIRITUAL  
DIRECTOR IS.  
THAT’S WHAT WE DO.”

-- REV. DR. CAROL VACCARIELLO





"THE SPIRITUAL DIRECTOR  
IS CONCERNED WITH THE  
WHOLE PERSON, FOR THE  
SPIRITUAL LIFE IS NOT JUST  
THE LIFE OF THE MIND, OR OF  
THE AFFECTIONS, OR OF THE  
'SUMMIT OF THE SOUL' – IT IS  
THE LIFE OF THE WHOLE  
PERSON."

*Thomas Merton*



JAMES FINLEY ON  
THOMAS MERTON'S  
SPIRITUAL DIRECTION STYLE :



"[HE ASKED]  
QUESTIONS  
THAT  
REQUIRED ME  
IN ANSWERING  
HIM TO LISTEN  
MORE DEEPLY  
TO MYSELF."







"THE SPIRITUAL DIRECTOR  
SERVES AS COMPANION AND  
WITNESS, SOMEONE WHO  
HELPS YOU (SOMETIMES WITH  
QUESTIONS, SOMETIMES JUST  
BY LISTENING) TO DISCERN  
THE DIVINE WHERE YOU  
MIGHT HAVE MISSED IT AND  
TO INTEGRATE THAT  
AWARENESS  
INTO YOUR DAILY LIFE."

- Rabbi Jacob Staub





"SPIRITUAL DIRECTORS ... HELPED  
ME RECLAIM THE BEST GIFT I  
HAVE TO GIVE, WHICH IS TRUE  
SELF... THEY HELPED ME WALK  
BACK INTO THE WORLD  
THROUGH WOUNDS AND  
HURTS AND FEARS AND EGO  
ISSUES ... TO WALK BACK TO THE  
WORLD TO SERVICE."

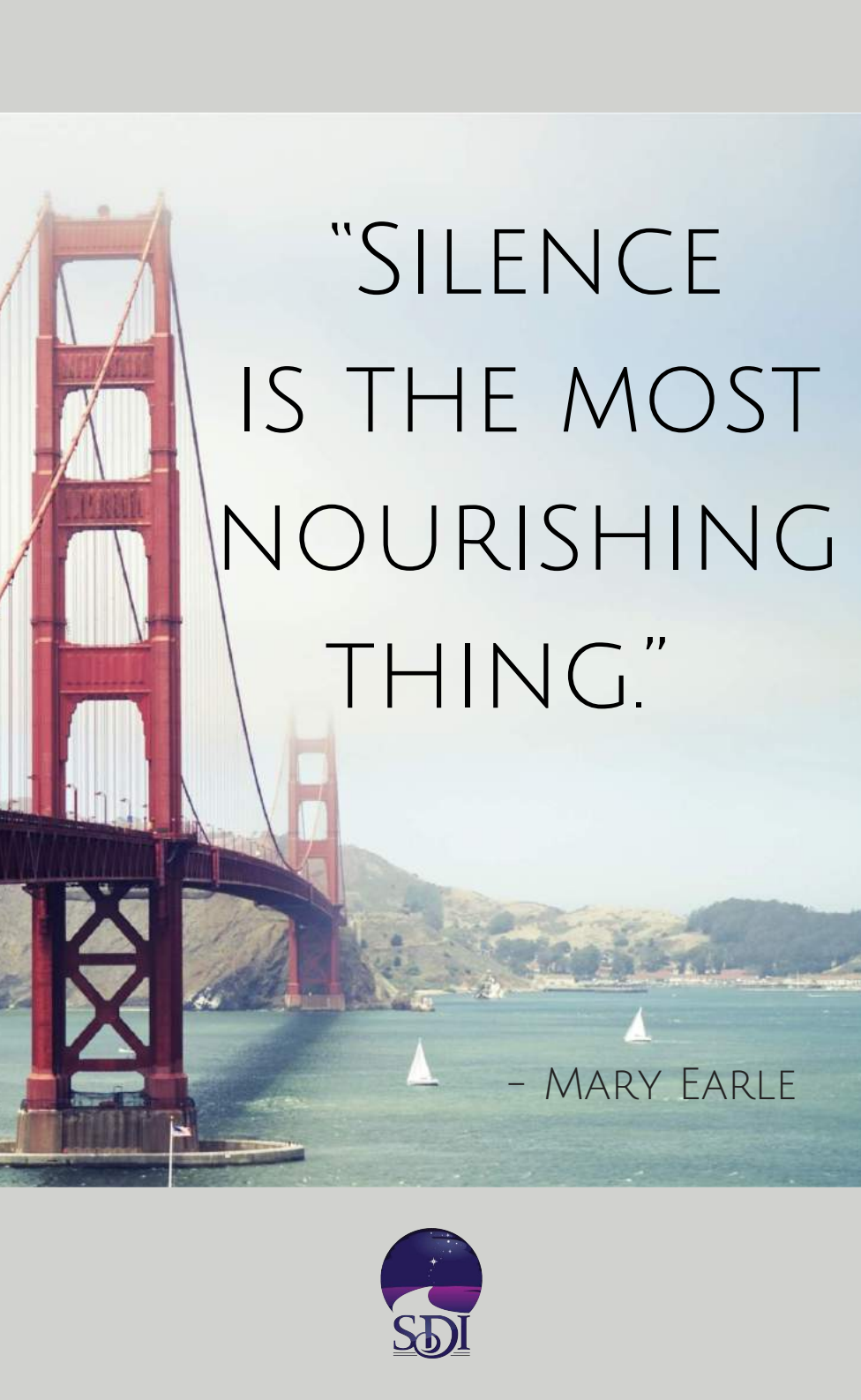
- PARKER PALMER



"IF SOMEONE KNOWS  
ANOTHER PERSON IS  
REALLY LISTENING, THE  
CONVERSATION CHANGES.  
THE SPEAKER DOESN'T NEED  
TO DESPERATELY GUARD HER  
OR HIS OPINION. THE  
SPEAKER HAS NO NEED TO  
LINE UP CONVINCING  
COUNTER ARGUMENTS. THE  
CONVERSATION HAS ROOM  
FOR REFLECTION AND DEEPER  
UNDERSTANDING."

*- Rev. Catherine Tran*



A photograph of the Golden Gate Bridge in San Francisco, California. The bridge's red-orange towers and suspension cables are prominent on the left side of the frame. The bridge spans a body of water, with hills and a few sailboats visible in the background under a clear sky.

"SILENCE  
IS THE MOST  
NOURISHING  
THING."

– MARY EARLE



"SPIRITUAL DIRECTION IS  
HOLY LISTENING, PRESENCE  
AND ATTENTIVENESS ... IN THIS  
COVENANTED RELATIONSHIP  
THE DIRECTOR HAS AGREED  
TO PUT HIMSELF [OR  
HERSELF] ASIDE SO THAT  
TOTAL ATTENTION CAN BE  
FOCUSED ON THE PERSON  
SITTING IN THE OTHER CHAIR.  
WHAT A GIFT TO BRING TO  
ANOTHER, THE GIFT OF  
DISINTERESTED, LOVING  
ATTENTION!"

– MARGARET GUENTHER



# DISTANCE SPIRITUAL DIRECTION

"DESPITE THE FACT THAT  
SHE IS ON ONE CONTINENT  
AND I AM ON ANOTHER,  
PRESENCE IS HERE."

- JANICE L. LUNDY, DMIN



# dis·cern·ment



*noun*, **perception in the absence of judgment** with a view to obtaining spiritual direction and understanding.



PRACTICE



"WE MUST MOVE  
FROM  
A BELIEF-BASED  
SPIRITUALITY  
TO  
A PRACTICE-BASED  
SPIRITUALITY,  
OR LITTLE WILL CHANGE  
IN RELIGION, POLITICS,  
AND THE WORLD."

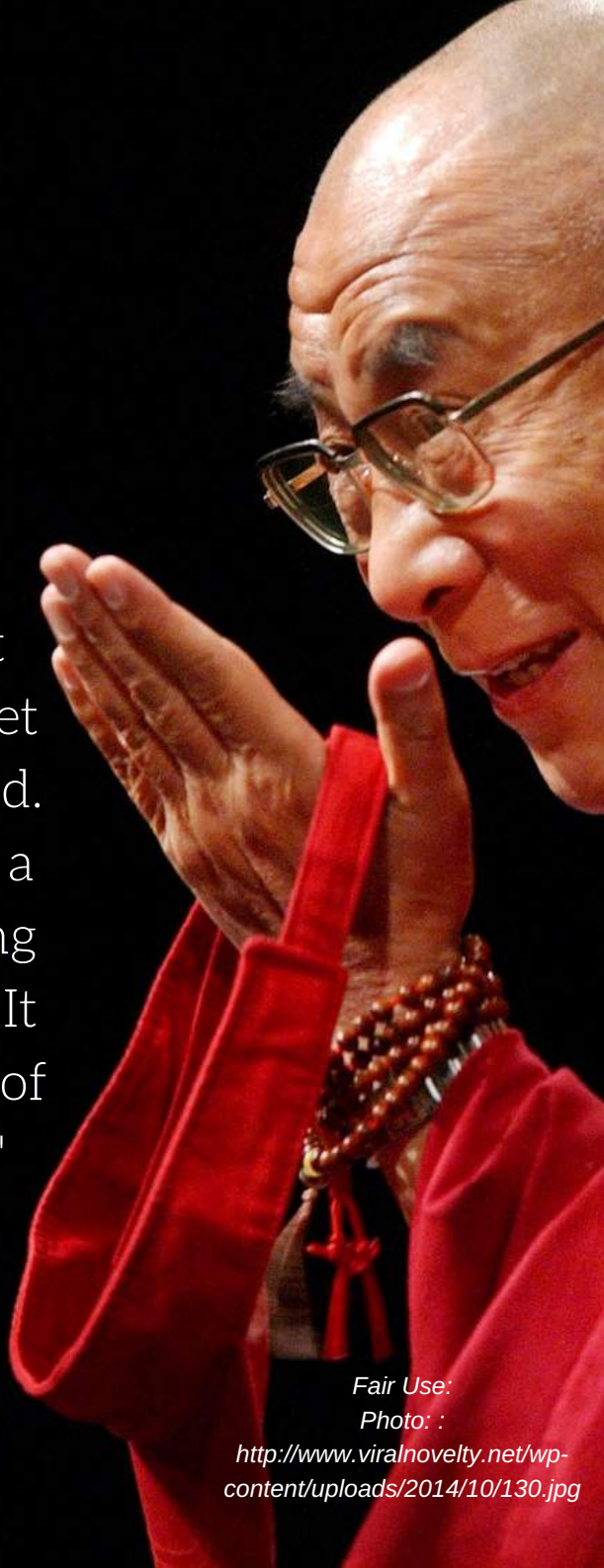
-- RICHARD ROHR, O.F.M.





"I try to treat  
whoever I meet  
as an old friend.  
This gives me a  
genuine feeling  
of happiness. It  
is the practice of  
compassion."

- His Holiness  
The XIVth  
Dalai Lama



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"CONTEMPLATION  
IS THE END OF ALL  
LONELINESS  
BECAUSE IT ERASES THE  
SEPARATENESS BETWEEN THE  
SEER AND THE SEEN."

- RICHARD ROHR, OFM





# Interfaith Amigos - Insights

1) God is greater than any one path to God.

2) God is connected to all things and all people, and so **true spirituality is inclusive.**

3) Seek to know “the other” personally - listen, connect, respect on a human level.



"IF TO BE FREE IS THE MOST  
IMPORTANT GOAL OF ALL ...



.... THEN TO **HELP SOMEONE** ELSE TO  
BE OR BECOME FREE MUST BE THE  
MOST SUBLIME AND REWARDING OF  
ALL HUMAN ENDEAVORS."

- ELIE WIESEL, NOBEL PEACE PRIZE LAUREATE





"THE RELIGIOUS QUEST  
IS NOT ABOUT  
DISCOVERING 'THE  
TRUTH' OR THE 'THE  
MEANING OF LIFE' BUT  
ABOUT LIVING AS  
INTENSELY AS POSSIBLE  
HERE AND NOW . . .  
NOT TO 'GET INTO  
HEAVEN' BUT  
TO DISCOVER HOW TO  
BE FULLY HUMAN. "

-- KAREN ARMSTRONG







"I AM NOT SURE IF IT MATTERS  
TO GOD IF YOU CALL YOURSELF  
CHRISTIAN, JEWISH, HINDU,  
AGNOSTIC, OR ATHEIST  
IF YOU ARE UNKIND."

~ DR. BRUCE TALLMAN





"WISE PEOPLE  
HAVE ALWAYS PASSED  
THROUGH A MAJOR  
DEATH TO THEIR  
EGOCENTRICITY. THIS IS  
THE CORE MEANING OF  
TRANSFORMATION."

– RICHARD ROHR, OFM







# BODHISATTVA VOW

"ALTHOUGH BEINGS ARE  
NUMBERLESS, I VOW TO  
SAVE THEM ALL FROM  
SUFFERING..."

IN SETTING SUCH  
UNOBTAINABLE GOALS,  
WE ALSO HAVE TO ADMIT  
THAT WE WILL NEVER  
ACHIEVE THEM, WHICH  
GROUNDS US IN REALITY  
AND FORCES US TO BRING  
HUMILITY TO OUR  
AMBITIONS."

- Aaron Hurst  
Buddhist entrepreneur





“COMMUNITY IS NOT WHERE  
FORGIVENESS IS UNNECESSARY OR  
UNNEEDED. IT IS WHERE FORGIVENESS  
IS VERY FREE TO HAPPEN. AND IF IT  
DOESN'T HAPPEN—ON A DAILY BASIS—  
THERE WILL BE NO COMMUNITY;  
WITHOUT FORGIVENESS THE LOGIC OF  
VICTIMHOOD AND PERPETRATOR RULES  
INSTEAD OF THE ILLOGIC OF LOVE.”

--RICHARD ROHR, OFM



"There is a way  
of breathing  
That's a shame  
and a  
suffocation.  
And there's  
another  
way of  
expiring,  
A love breath,  
that lets you  
open infinitely."

~ Rumi





" 'I AM BORED.'  
WHO KNOWS THIS?  
'I AM ANGRY, SAD, AFRAID.'  
WHO KNOWS THIS?  
YOU ARE THE KNOWING,  
NOT THE CONDITION  
THAT IS KNOWN."

- Eckhart Tolle



BEING



"OUR ONLY DESIRE AND  
OUR ONE CHOICE SHOULD  
BE THIS: I WANT AND I  
CHOOSE WHAT BETTER  
LEADS TO GOD'S DEEPENING  
LIFE IN ME."

~ST. IGNATIUS OF LOYOLA





"THE WAY IS NOT TO GOD, BUT WITH GOD."

- MESSAGES FROM THE ANCESTORS -

WISDOM FOR THE WAY





"Hate, it has caused a lot of problems in the world, but has not solved one yet.... Have enough courage to **trust love** one more time and always one more time."



-- Maya Angelou





"In Buddhism we speak of salvation by understanding... even if our enemy is crushing us, sowing terror and injustice, we have to love him. This is the message of Jesus. But how can we love our enemy? There is only one way – to understand him."

- THICH NHAT HANH





God  
is not  
a super-natural  
Being  
hovering above  
earth, but the  
supra-personal  
whole,  
the Omega,  
who exists in all  
and through all.

- Ilia Delio





"HUMANS COME TO FULL  
CONSCIOUSNESS PRECISELY BY  
**SHADOWBOXING**, FACING  
THEIR OWN CONTRADICTIONS,  
AND MAKING FRIENDS WITH  
THEIR OWN MISTAKES AND  
FAILINGS."

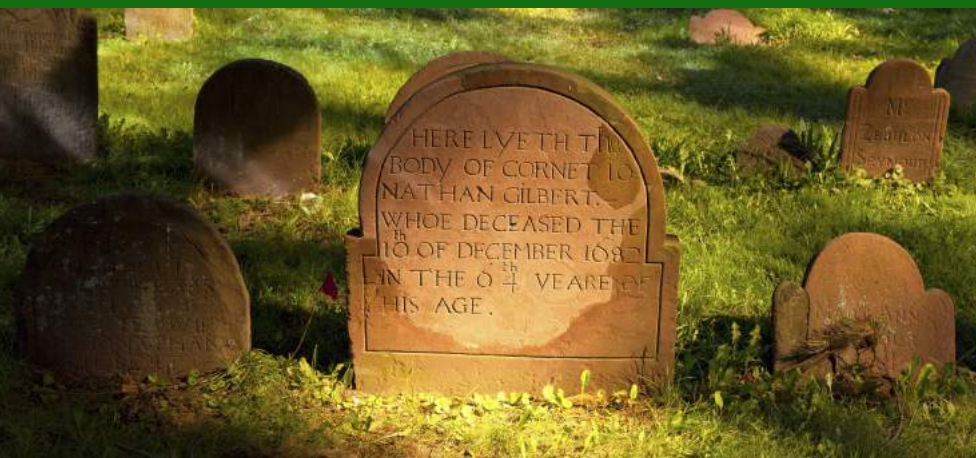
- Richard Rohr, OFM



"SILENCE IS GOD'S FIRST  
LANGUAGE;  
EVERYTHING ELSE IS A  
POOR TRANSLATION."

~ FR THOMAS KEATING





"Somewhere between  
the time you arrive  
and the time you go  
May lie a reason  
you were alive  
but you'll never know."

-- JACKSON BROWNE



"BE PATIENT  
TOWARD ALL  
THAT IS  
UNSOLVED IN  
YOUR HEART...  
LOVE THE  
QUESTIONS ...  
LIVE THE  
QUESTIONS  
NOW."

~ RAINER MARIA RILKE



"LOVE  
AND  
JUSTICE  
ARE NOT  
TWO."

*Rev. angel Kyodo williams Sensei*





"THE BEAUTY AND THE  
FRAILTY OF LIFE ARE NOT  
OPPOSING QUALITIES.  
IT'S PRECISELY IN THE  
FRAILTY, AND OUR  
RESPONSE, THAT THE  
BEAUTY IS UNCOVERED."

- REV. CATHERINE KERR







"LONG BEFORE WE DO ANYTHING EXPLICITLY RELIGIOUS AT ALL, WE HAVE TO DO SOMETHING ABOUT THE FIRE THAT BURNS WITHIN US. WHAT WE DO WITH THAT FIRE, HOW WE CHANNEL IT, IS OUR SPIRITUALITY. THUS, WE ALL HAVE A SPIRITUALITY WHETHER WE WANT ONE OR NOT, WHETHER WE ARE RELIGIOUS OR NOT."

- Ronald Rolheiser





"MYSTERY IS  
NOT  
SOMETHING  
MYSTIFYING.  
IT'S AN  
ACTUALITY."

"YOU CANNOT  
GRASP IT  
INTELLECTUALLY,  
BUT YOU CAN  
UNDERSTAND IT ...  
*IF IT GRABS YOU.*"

-- Brother David  
Steindl-Rast  
OSB





"Desperate times  
call for  
deeper measures."

- JANICE LYNNE LUNDY, DMIN





"Whatever I cannot let go,  
'owns' me in some way,  
and, as long as it does, I  
will not be free to choose  
or be open to change."

- CARISSA A. KANE





"IT COULD BE AS SIMPLE AS KNOWING  
THAT PRAYER IS ALSO LOVE-IN-  
ACTION,  
OR EVEN HATE IN NON-ACTION,  
THAT THERE IS ONLY ONE YOU  
IN THE ENTIRE UNIVERSE,  
THAT YOUR SPARK-RAISING CANNOT  
BE DONE  
BY ANYONE ELSE, NOT EVEN BY GOD."

- JENNIFER "JINKS" HOFFMAN

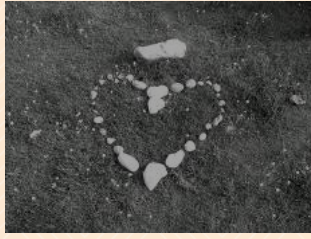




*“THE BEGINNING OF LOVE IS  
TO LET THOSE WE LOVE BE  
PERFECTLY THEMSELVES, AND  
NOT TO TWIST THEM TO FIT  
OUR OWN IMAGE. OTHERWISE  
WE LOVE ONLY THE  
REFLECTION OF OURSELVES  
WE FIND IN THEM.”*

- Thomas Merton





"WE MUST LOVE THEM BOTH:

THOSE WHOSE OPINIONS WE SHARE  
AND THOSE

WHOSE OPINIONS WE REJECT.

FOR BOTH HAVE LABORED  
IN SEARCH FOR THEIR TRUTH  
AND BOTH HAVE HELPED US  
IN THE FINDING OF OUR OWN."

- St. Thomas Aquinas





"Don't worry  
about results;  
just **open your  
heart** in an  
inconceivably  
big way,  
in that  
limitless way  
that benefits  
everyone you  
encounter."

~ Pema Chodron







"TO 'LISTEN'  
ANOTHER'S  
SOUL INTO A  
CONDITION OF  
DISCLOSURE  
AND  
DISCOVERY  
MAY BE ALMOST  
THE GREATEST  
SERVICE THAT  
ANY HUMAN  
BEING EVER  
PERFORMS FOR  
ANOTHER."

~ DOUGLAS STEERE



"WHEN WE SEEK WHAT  
IS TRUEST IN OUR OWN  
TRADITION, WE  
DISCOVER WE ARE ONE  
WITH THOSE WHO SEEK  
WHAT IS TRUEST IN  
THEIR TRADITION ... WE  
RECOGNIZE EACH  
OTHER AS SEEKERS OF  
AWAKENING."

~ JAMES FINLEY



"I've never  
found anyone  
... whose  
[deep] faith  
was anything  
other than  
strengthened  
when they  
took the risk  
of opening  
their hearts to  
the presence  
of love in  
other holy  
houses."



~ MIRABAI STARR





"YOU ARE THE SKY.  
EVERYTHING ELSE –  
IT'S JUST THE WEATHER."

~ Pema Chodron



BLESSINGS

May we change like the water,  
Receive like the earth,  
Wander like the wind,  
Nurture like the light.

- Anonymous





BE STILL.  
LISTEN.  
THE LISTENING  
IS THE SINGING.  
AND LIFE IS THE SONG.  
THE MOST BEAUTIFUL ONE  
I KNOW,  
THE SOUND  
OF YOUR BREATHING.

~ ANONYMOUS





Walk a circle for blessing,  
walk a spiral for love,  
walk away to loop home:  
the path to light  
is always circuitous.  
Consider the dawn.

~Anonymous







LOVE IS THE ABODE.  
DWELL THERE IN  
TRUST AND PLENTY.

~ MESSAGES FROM THE ANCESTORS  
WISDOM FOR THE WAY





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