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
“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
"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."

- Cariissa 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-raisin 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