

# Applied Insight

## A Few Quotes on Seeking Balance

“Reality is the leading cause of stress amongst those in touch with it.” -*Trudy the Bag Lady from Jane Wagner’s The Search for Signs of Intelligent Life in the Universe-*

“All you have to do is pause to rest. Nature herself, when we let her, will take care of everything else. It is our impatience that spoils things.” -*Jean Moliere-*

“I was wise enough never to grow up, while fooling most people into believing I had.”  
-*Margaret Mead-*

“If you always do what you always did, you will always get what you always got.”  
-*W.E. Deming-*

“If you wish to glimpse inside a human soul and get to know a man, just watch him laugh. If he laughs well, he is a good man.” -*Dostoevskii-*

“The butterfly counts not months but moments, and has time enough.” -*Rabindranath Tagore-*

“Life consists of what a man is thinking all day.” -*Ralph Waldo Emerson-*

“Renew thyself completely each day; do it again, and again, and forever again.” -*Henry David Thoreau-*

“Flow with whatever may happen and let your mind be free: stay centered by accepting whatever you are doing. This is the ultimate.” -*Chuang-Tzu-*

“We have time enough if we will but use it aright.” -*Goethe-*