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*"To ignore evil is to become accomplice to it".
- Martin Luther King Jr.*

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*"Our lives begin to end the day we become
silent about things that matter". -MLK*



"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that". -MLK

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*"Lightning makes no sound until it strikes".
-MLK*

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"I have decided to stick with love. Hate is too great a burden to bear". -MLK



"We have before us the glorious opportunity to inject a new dimension of love into the veins of our civilization". -MLK

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*"Time is always right to do what is right".
-MLK*



"Freedom is never voluntarily given by the oppressor; it must be demanded by the oppressed". -MLK



"I came to the conclusion that there is an existential moment in your life when you must decide to speak for yourself; nobody else can speak for you". -MLK

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"Injustice anywhere is a threat to justice everywhere". -MLK

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"No one really knows why they are alive until they know what they would die for". -MLK



"The ultimate measure of an individual is not where s/he stands in moments of comfort and convenience, but where s/he stands at times of challenge and controversy". -MLK

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*"Life's most persistent and urgent question is,
what are you doing for others?" -MLK*

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*"Let no one pull you low enough to hate
him/her" -MLK*



"There comes a time when one must take a position that is neither safe, nor politic, nor popular, but one must take it because conscience tells him/her that it is right" -MLK

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*"In the end, we will remember not the words
of our enemies, but the silence of our friends"
-MLK*



"I submit to you that if an individual has not discovered something to die for, s/he is not fit to live". - MLK

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"Faith is taking the 1st step even when you cannot see the whole staircase". - MLK

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*"Peace is more precious than diamonds, silver
or gold". - MLK*

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*"Nothing in all the world is more dangerous
than sincere ignorance and conscientious
stupidity". - MLK*

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*"We must live together as brothers and sisters
or perish together as fools". - MLK*

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"I have a dream". - MLK

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"There is no gain without struggle". - MLK

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"As long as the mind is enslaved the body can never be free". - MLK

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"Only in the darkness can you see the stars". - MLK



"Rarely do we find individuals who willingly engage in hard, solid thinking. There is an almost universal quest for easy answers and half-baked solutions. Nothing pains some people more than having to think" - MLK



*"We must combine the toughness of the serpent
with the softness of the dove, a tough mind &
a tender heart". -MLK*

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*"One has a moral responsibility to disobey
unjust laws". -MLK*

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*"Everything that we see is a shadow cast by
that which we do not see". -MLK*



"We have learned to fly the air like birds, we have learned to swim the seas like fish, and yet we have not learned to walk the Earth like brothers and sisters". -MLK



"Hatred paralyzes life; love releases it. Hatred confuses life; love harmonizes it. Hatred darkens life; love illuminates it". -MLK



“Nonviolence means avoiding not only external physical violence, but also internal violence of spirit. You not only refuse to hurt someone, but you also refuse to hate anyone”. -MLK



"Before you finish eating breakfast in the morning, you have depended on more than half of the world. This is how our Universe is structured, this is its interrelated quality. We are not going to have peace on Earth until we recognize the basic fact of the interrelated structure of all reality". -MLK



*“Even if I knew that tomorrow the world
would go to pieces, I would still plant my apple
tree”. -MLK*



*"When evil men plot, good men must plan.
When evil men burn and bomb, good men must
build and bind. When evil men shout ugly
words of hatred, good men must commit
themselves to the glories of love" -MLK*

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*"Intelligence plus character - that is the true
goal of education". -MLK*

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"A riot is the language of the unheard". -MLK



"Commit yourself to the noble struggle for equal rights. You will make a greater person of yourself, a greater nation of your country, and a finer world to live in". -MLK

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*"We must accept finite disappointment but
never lose infinite hope". -MLK*

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*"Those who love peace must learn to organize
as effectively as those who love war". -MLK*



"People fail to get along because they fear each other; they fear each other because they don't know each other; they don't know each other because they have not communicated with each other". -MLK

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*"I have learned this art. When I have
nothing more to say, I stop talking". -MLK*



"Never, never be afraid to do what is right, especially if the well-being of a person or animal is at stake. Society's punishments are small compared to the wounds we inflict on our soul when we look the other way". -MLK

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"Forgiveness is not an occasional act, it is a constant attitude". -MLK



"A nation that continues year after year to spend more on military defense than on programs of social uplift is approaching spiritual death". -MLK

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"A man cannot ride your back unless it is bent". -MLK

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*"We may all have come on different ships but
we are in the same boat now". -MLK*



*“Education without morals is like a ship
without a compass, merely wandering
nowhere”. -MLK*

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*"A genuine leader is not a searcher for
consensus but a molder of consensus". -MLK*



"If a man is called to be a street sweeper, he should sweep the streets even as Michelangelo painted, or Beethoven composed music. He should sweep the streets so well that all the hosts of heaven & earth will pause to say: "Here lived a great street sweeper, who did his job well". -MLK

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*"Almost always the creative dedicated minority
has made the world better". -MLK*

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*"Mankind must put an end to war or war will
put an end to mankind". -MLK*



"Everyone has the power for greatness. Not for fame, but greatness, because greatness is determined by service". -MLK



"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around". -MLK



*"The hope of a secure and livable world lies
with disciplined nonconformists who are
dedicated to Justice, Peace & Brotherhood".*

-MLK

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*"There comes a time when silence is betrayal".
-MLK*



"An individual has not started living until s/he can rise above the narrow confines of her/his individualistic concerns to the broader concerns of all humanity". -MLK

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*"The strong man is the man who can stand up
for his rights and not hit back". -MLK*



"The richer we have become materially, the poorer we have become morally and spiritually". -MLK

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"A right delayed is a right denied". -MLK

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*"The surest way to be happy is to seek
happiness for others". -MLK*



"The world around us is nothing more and nothing less than a mirror of what we have become from within". - Gregg Braden

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*"War is not human nature. It is a habit". -
Gregg Braden*

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"The way we think about ourselves will give rise to the world we live in". - Gregg Braden

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"To create reality, focus beyond the outcome, as if it has already happened". - Gregg Braden

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"The greatest prison people live in is the fear of what other people think". - Gregg Braden



*"The key to our transformation is simply this:
the better we know ourselves, the better
equipped we will be to make our choices
wisely". - Gregg Braden*



“Every time a person chooses a new way to respond to the challenges of life, each time an individual chooses a new option, that person then becomes a living bridge for all the others who choose to follow in that person’s path”. - Gregg Braden

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“Respect yourself enough to walk away from anything that no longer serves you, grows you, or makes you happy”. - Gregg Braden



"Before you assume, learn the facts. Before you judge, understand why. Before you hurt someone, feel. Before you speak, think". - Gregg Braden

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*"The heart is where the action is".
- Gregg Braden*

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*"Promote what you love instead of bashing
what you hate".
- Gregg Braden*

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*"We are the architects of our own reality".
- Gregg Braden*



"Feel the feeling as though the prayer has already been answered, and in that feeling we are speaking to the Forces of Creation, allowing the world to respond to us".

- Gregg Braden



"Create an instant mood boost by focusing on someone or something you appreciate".

- Gregg Braden

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*"When you are happy you light up the world
with you, find happiness within yourself".
- Gregg Braden*



"Do not judge people by the scriptures of their faith or the scars from their past. Embrace them by the content of their hearts".

- Dodinsky



"Morning is Spirit's way of saying one more time, go make a difference, touch a heart, encourage a mind, inspire a soul & enjoy the day".



*"The great challenges of life appear to us when,
and only when, we have everything we need to
survive and heal from the experience".*

-Gregg Braden



"The entire physical world is nothing more than our classroom, and the challenge is for us to decide whether to make choices that enhance our spirit or drain our power".

-Caroline Myss



*"I knew who I was this morning but I have
changed a few times since then".
- Alice in Wonderland*

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*"Do not ask what the meaning of life is. You
define it."*



*"You cannot connect with others until you can
connect with yourself".*

-Lynette Crane



"Choose your friends with caution, plan your future with purpose, and frame your life with faith".

- Thomas S. Monson



*"I am proud of the woman I am today because
I went through one hell of a time becoming
her".*

- Unknown



*"The soul always knows what to do to heal
itself. The challenge is to silence the mind".
-Caroline Myss*

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*“Do whatever it takes, because commitment is
key to success”.*

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*"Everything will change when your desire to
move on exceeds your desire to hold on".*

-Alan H. Cohen

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*"Habit, if not resisted, soon becomes necessity".
-St. Augustine*

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*"Not what we have, but what we enjoy,
constitutes our abundance".*

- Epicurus



"Sometimes the hardest thing and the right thing are the same".

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*"Every failure is a step to success".
- William Whewell*

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"Be somebody who makes everyone feel like a somebody".



"Finding yourself consists of peeling off years of social conditioning to find a self as it existed during childhood, unmasked".



*"Crying does not indicate that you are weak.
Since birth, it has always been a sign that you
are, in fact, alive".*



"You would be surprised what lengths people will go to not to face what's real and painful inside them".

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*"Always remember to fall asleep with a dream
and wake up with a purpose".*

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*"Once you choose hope, everything is possible".
- Christopher Reeve*



"Where you are today is no accident. Spirit is using the situation you are in right now to shape you & prepare you for the place you are to be. Trust Spirit's plan for you".



*"Happiness does not come from having much,
but from being attached to little".
- Chan Master Cheng Yen*