“Hope looks at all things the way a mother looks at her child, with a passion for the possible. That way of looking is creative. It creates the space in which perfection can unfold. More than that, the eyes of hope look through all imperfections to the heart of all things and find it perfect. The eyes of hope are grateful eyes. Before our eyes learned to look gratefully at the world, we expected to find beauty in good looking things. But grateful eyes expect the surprise of finding beauty in all things.”

Br. David Steindl-Rast

“Sacred possibilities always exist in our lives. The goodness and the gentleness of the world are always there for us to appreciate. This is not a myth; it is actual fact.”

Chögyam Trungpa Rinpoche

“Life is this simple: we are living in a world that is absolutely transparent and the divine is shining through it all the time. This is not just a nice story or a fable, it is true.”

Thomas Merton

“So the choice is ours – to identify and acknowledge the absolute reality of the beings we deal with every day, or to respond to them in terms their relatively ignorant and painful idea of themselves as who they really are. And depending in our decision, we will experience pain or peace in their presence.”

Mingyur Rinpoche