

#### Quotations

**Marsilio Ficino**

***Letters, Vol 1, Letter 5***

All things are directed from the Good to the Good. Rejoice in the present; set no value on property, seek no honours. Avoid excess; avoid activity. Rejoice in the present.

**Richard Jefferies (1848-1887)**

***The Story of My Heart***

I was sensitive to all things, to the earth under, and the star-hollow round about; to the least blade of grass, to the largest oak. They seemed like exterior nerves and veins for the conveyance of feeling to me. Sometimes a very ecstasy of exquisite enjoyment of the entire visible universe filled me. I was aware that in reality the feeling and thought were in me, and not in the earth or sun; yet I was more conscious of it when in company with these.

It is eternity now. I am in the midst of it. It is about me in the sunshine; I am in it, as the butterfly floats in the light-laden air. Nothing has to come; it is now. Now is eternity; now is the immortal life. Here this moment, by this tumult, on earth, now; I exist in it. The years, the centuries, the cycles are absolutely nothing; it is only a moment since this tumult was raised; in a thousand years more it will still be only a moment. To the soul there is no past and no future; all is and will be ever, in now.

\* *The word 'tumulus' means an ancient burial ground.*

**Mozart (1756-1791)**

When I am, as it were, completely myself, entirely alone and of good cheer – say travelling in a carriage or walking after a good meal, or during the night when I cannot sleep – it is on such occasions that my ideas flow best and most abundantly. Whence, and how, they come I know not; nor can I force them. Those ideas that please me I retain in memory and am accustomed, as I have been told, to hum them to myself. If I continue in this way, it soon occurs to me how I may turn this dainty morsel to account, so as to make a good dish of it. That is to say, agreeable to the rules of counterpoint, to the peculiarities of various instruments etc.

All this fires my soul, and, provided I am not disturbed, my subject enlarges itself, becomes methodized, and defined, and the whole, though it be long, stands almost complete and finished in my mind, so that I can survey it like a fine picture or a beautiful statue at a glance. Nor do I hear in my imagination the parts successively, but I hear them, as it were, all at once. What a delight this is, I cannot tell.

#### Practice

Rejoice in the present.

Have courage to do what needs to be done and not do that which should not be done.

Practise the Awareness Exercise two or three times a day.