

Only two kinds of people can attain self-knowledge: those who are not encumbered at all with learning, that is to say, whose minds are not overcrowded with thoughts borrowed from others; and those who, after studying all the scriptures and sciences, have come to realize that they know nothing.

— RAMAKRISHNA PARAMAHAMSADEVA

To write is to descend, to excavate, to go underground.

— ANAIS NIN

Men are idolaters, and want something to look at and kiss and hug, or throw themselves down before; they always did, they always will, and if you don't make it out of wood, you must make it out of words.

— OLIVER WENDELL HOLMES

Calculate what man knows and it cannot compare to what he does not know.

— CHUANG TZU

Experience is a good teacher, but she sends in terrific bills.

— MINNA ANTRIM

The roots of education are bitter, but the fruits are sweet.

— ARISTOTLE

It is good to know the truth, but better to speak of palm trees.

— ARABIC PROVERB

It's not what you thought,
When you first began it.
You got what you want,
Now you can hardly stand it.
By now you know,
It's not going to stop until you wise up.

— AIMEE MANN

When the press is free, and every man is able to read, all is safe.

— THOMAS JEFFERSON

In the process of becoming educated we learn from each other and, in so doing, we destroy the barriers that separate us from one another; we demolish prejudices that impede us from becoming fully human.

— FRANCISCO JIMÉNEZ

The only thing we learn from history is that we do not learn.

— EARL WARREN

Learning without wisdom is a load of books on a donkey's back.

— ZORA NEALE HURSTON

We live in the present, we dream of the future,
but we learn eternal truths from the past.

— CHIANG KAI-SHEK

Never be afraid to sit awhile and think.

— LORRAINE HANSBERRY

A good listener is not only popular everywhere, but after a while he gets to know something.

— WILSON MIZNER

From the stars and the sun and the moon man should learn.

— EAGLE CHIEF

The modern era, dedicated to repeatable experimental data, buried something valuable that cannot be resurrected by scientific language: namely, the qualities of knowing that rely on unification between an observer and the object observed.

— HELEN PALMER

I have lost friends, some by death...
others by sheer inability to cross the street.

— VIRGINIA WOOLF

The easy route is not always the right route.

— JOHN J. GEORGE

If I can do anything to make sure that not just my daughter but every child in America has green pastures to run in and clean air to breathe and clean water to swim in, then that is something I'm going to work my hardest to make happen.

— BARACK OBAMA

9/11 was actually the catalyst for outrages that I was feeling for a long time. I said to myself, "It's time for women to make a statement against war and all the other madness – we have to speak out."

— JENNI PRISK

Even the dead hand of the past, as in outmoded customs or bureaucracies, retains its power over the present only by a constantly renewed acquiescence among those who submit to it.

— IRVING SINGER

My grandfather worked three jobs to buy property so that they could have a place to live and educate all five of his children. These are people who took charge of their lives. I can't believe that life is more complicated today than it was for them.

— CONDOLEEZZA RICE

You must see [the struggle in Iraq] through, and I believe that you will. It is related to the larger struggle. You must put in place moderates who can create a modern society. If you walk away from Iraq, jihadis will follow you wherever you go.

— LEE KUAN YEW

My address is like my shoes; it travels with me.
I abide where there is a fight against wrong.

— MARY JONES

We will have no national security until we are willing to invest in the health, skills, and character of our children. And this cannot be done on the cheap.

— PAUL WELLSTONE

Complacency is the enemy. We cannot really learn anything until we rid ourselves of complacency. Our attitude towards ourselves should be "insatiable in learning" and towards others to be "tireless in teaching."

— MAO ZEDONG

If you can't feed a hundred people, then feed just one.

— MOTHER TERESA

There are solutions that will see us through to a safer, more ecologically and socially harmonious future. The challenge is primarily political. The dominant forces and leaders in our society, along with many average citizens, are resisting the necessary changes, for a myriad of reasons.

— BETSY TAYLOR

Moderate effort over a long time is important, no matter what you are trying to do. One brings failure upon oneself by working extremely hard at the beginning, attempting to do too much, and then giving it all up after a short time.

— TENZIN GYATSO

Want to make something of yourself?
Then to go to school and work your ass off.

— DAVID CALLAHAN



CHAPTER SEVEN

HONOR, INTEGRITY, & MORALITY

Honor is a concept that I think is misunderstood and does not get the respect it so rightly deserves. It is more than just following orders, fighting well, or having a good family reputation. To me, and many of those included in the following pages, honor is one of the core components to a *life of value*. It is about looking within and deciding what the right thing to do is *and then doing it*. In other words, morality is the brain deciding what is right and wrong, and honor is the will and strength to carry it out. Oftentimes honor is associated with aggression and militarism, but it need not be so limited. It is just as much about admitting one made a mistake or letting a person back in line after he asked you to hold his place. And honor is behaving in ways that are consistent with your values. Honor is a lofty word that sets a high standard, for what a world we would live in if more societal leaders and protectors such as politicians, police, military, and corporate decision-makers acted honorably; racism, war, pettiness, and corruption would go the way of slavery!



*It's a matter of taking the side of the weak against the strong,
something the best people have always done.*

— HARRIET BEECHER STOWE

How Does One Build a Life of Value?

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ISBN 0-9720227-6-7





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