

The Wisdom of the Gardens

A collection of the quotations, poems
and sayings on display at the
Hanging Gardens of Fort Myers
Open 24/7@2047W.1stSt

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Frank Mann, Jr.

Always Garden Like Nobody's Watching.

Frank

You miss 100% of the shots you don't take.

Wayne Gretzky

Whatever you are, be a good one.

Abraham Lincoln

If anything is worth doing, do it with all your heart.

The Buddha

If you're gonna be a bear, be a Grizzly.

Whatever you do, do with all your heart..

Paul, Colossians 3:23

Nobody who ever gave his best regretted it.

George Halas

**If you cannot do great things,
do small things in a great way.**

Napoleon Hill

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

Mother Theresa

Let a series of Happy Thoughts run through your mind.

They will show on your face.

Norman Vincent Peale

Most smiles are started by another smile.

Frank Clark

Children learn to smile from their parents.

Shinichi Suzuki

Because of your smile, you make life more beautiful.

Thich Nhat Hanh

**What sunshine is to flowers,
smiles are to humanity.**

Joseph Addison

**Wear a smile and have friends;
wear a scowl and have wrinkles.**

George Eliot

**I have witnessed the softening of the
hardest hearts by a simple smile.**

Goldie Hawn

**The robbed that smiles
steals something from the thief.**

William Shakespeare

**The real man smiles in trouble,
gathers strength from distress,
and grows brave by reflection.**

Thomas Paine

Difficulties strengthen the mind

as labor does the body.

Seneca the Younger

**Our greatest glory is not in never falling,
but in rising every time we fall.**

Confucius

**Success is going from failure to failure
without loss of enthusiasm.**

Winston Churchill

Perfection is not attainable.

But if we chase perfection,

we can catch excellence.

Vince Lombardi

We are what we repeatedly do.

Excellence then, is not an act, but a habit.

Aristotle 384-322 BCE

**There is nothing noble in being
superior to your fellow man.**

True nobility lies in being

superior to your former self.

Ernest Hemingway

Of all possessions, a friend is most precious.

Herodotus 484–425 BCE

One loyal friend is worth ten thousand relatives.

Euripides 480–406 BCE

**The difficulty is not so great to die for a friend,
as to find a friend worth dying for.**

Homer circa 750BCE.

**You can discover more about a person in an
hour of play than in a year of conversation.**

Plato 428–348 BCE.

**Man is the most intelligent of the animals -
and the most silly.**

Diogenes 412–323 BCE

The unexamined life is not worth living.

Socrates 470–399 BCE

He who is not a good servant will not be a good master.

Plato 428–348 BCE.

Outside show is a poor substitute for inner worth.

Aesop 620–564 BCE

It's easy to be brave from a safe distance.

Aesop 620–564 BCE

**Day by day, what you choose,
what you think and what you do,
you become.**

Heraclitus 535–475 BCE

**Dignity does not consist of possessing honors,
but in deserving them.**

Aristotle 384–322 BCE

**What you leave behind is not
what is engraved in stone monuments,
but what is woven into the lives of others.**

Pericles 495–429 BCE.

**When men speak ill of thee,
live so as no one may believe them.**

Plato 427–347 BCE

**Yesterday I was clever and wanted to change the world.
Today I am wise so am changing myself.**

Rumi 1207–1273

You must be the change you wish to see in the world.
Mahatma Gandhi

**Waste no time arguing what a good man should be.
Be one.**

Marcus Aurelius 121–180

**Happiness can be found in the darkest of times
if one only remembers to turn on the light.**

J.K. Rowling

**We are not here to curse the darkness.
We are here to light a candle.**

John F. Kennedy

**If you light a lamp for someone else,
it will also brighten your path.**

The Buddha

**Most folks are as happy as they
make up their minds to be.**

Abraham Lincoln

Happiness depends on ourselves.

Aristotle 384-322 BCE

**To the world you may be one person,
But to one person you may be the world.**

Dr. Seuss

Try to be a rainbow in someone's cloud.

Maya Angelo

**You're never too old, too wacky, too wild,
To pick up a book and read to a child.**

Dr. Seuss

When you learn, teach. When you get, give.

Maya Angelo

**Luck is what happens when
preparation meets opportunity.**

Seneca the Elder 54BCE-39CE

If opportunity doesn't knock, build a door.

Milton Berle

**Whether you think you can or think you can't,
you're right.**

Henry Ford

**If I had my life to live over,
I'd make the same mistakes only sooner.**

Talulah Bankhead

**A person who never made a mistake
never tried anything new.**

Albert Einstein

**Even if you're on the right track,
you'll get run over if you just sit there.**

Confucius

The secret to getting ahead is getting started.

Mark Twain

**You cannot cross the sea
merely by standing and staring at the water.**

Rabindranath Tagore 1861-1941

Never look back unless you are planning to go that way.

Henry David Thoreau

Stop and smell the hanging plants.

There is more to life than increasing it's speed.

Mahatma Gandhi

I spent a lifetime in a garden one afternoon.

Slow down, life is crossing the road.

Dr. Debasish Mridha

**Half our life is spent trying to find something to do with
the time we have rushed through life trying to save.**

Will Rogers

Nature does not hurry yet everything is accomplished.

Lao Tzu

The trees that are slow to grow bear the best fruit.

Moliere 1622-1673

Slow but steady wins the race.

Aesop 620-564 BCE

**Everywhere is within walking distance
if you have the time.**

Steven Wright

In times like these, it's good to remember

there have always been times like these.

Paul Harvey

Things ain't what they used to be and never were.

Will Rogers

**Dogs and philosophers do the greatest good
and get the fewest rewards.**

Diogenes 412-328 BCE

All men are equal before fish.

Herbert Hoover

Women who seek to be equal with men lack ambition.

Timothy Leary

**Ah, women. They make the highs higher
and the lows more frequent.**

Friedrich Nietzsche

Housework, if you do it right, will kill you.

Erma Bombeck

**Drawing on my fine command of the English language,
I said nothing.**

Robert Benchley

**It's not what you look at that matters,
it's what you see.**

Henry David Thoreau

Everything has beauty but not everyone sees it.

Confucius

Dwell on the beauty of life.

**Watch the stars and
see yourself running with them.**

Marcus Aurelius 121-180

**Find a job you love and you will
never work a day in your life.**

Confucius

Let each man exercise the art he knows.

Aristophanes 448-380 BCE

We do well what we like well.

**If we had no faults of our own,
we should not take so much pleasure
in noticing those in others.**

Francois de La Rochefoucauld

**It has been my experience that
folks who have no vices
have very few virtues.**

Abraham Lincoln

Follow Your Bliss.

Joseph Campbell

**Those who danced were thought to be quite insane
by those who could not hear the music.**

**It does not matter how slowly you go
as long as you do not stop.**

Confucius

**Start by doing what's necessary;
then do what's possible;
and suddenly you are doing the impossible.**

Francis of Assisi

It only seems impossible until it's done.

Nelson Mandela

There is nothing impossible to him who will try.

Alexander the Great

**You've got to go out on a limb sometimes
because that's where the fruit is.**

Will Rogers

**The only real failure in life is
Not to be true to the best one knows.**

Frederich William Farrar 1831-1903

Just as a mother, at the risk of life, loves and protects her child, her only child, so one should cultivate this boundless love to all that live in the whole universe.

The Buddha

Love your enemies.

Jesus

You can search through the entire universe for someone who is more deserving of your love and affection than yourself, and that person is not to be found anywhere.

The Buddha

Deserve's got nothing to do with it.

Clint Eastwood

Let he who is without sin cast the first stone.

Jesus

**For small creatures such as we,
the vastness is bearable only through love.**

Carl Sagan

**We must learn to live together as brothers or
perish together as fools.**

Martin Luther King, Jr.

**Let us put our minds together and see what life we can
make for our children.**

Sitting Bull

**It is easier to build strong children,
than to repair broken men.**

Frederick Douglas

**Children are apt to live up to
what you expect of them.**

Ladybird Johnson

**The hardest job kids face today is
learning good manners without seeing any.**

Fred Astaire

**Kids see magic
because they look for it.**

Christopher Moore

**Truly wonderful,
the mind of a child is.**

Yoda

**Children must be taught
how to think,
not what to think.**

Margaret Meade 1901-1978

**While we try to teach
our children about life,
our children teach us
what life is all about.**

Angela Schmidt

**Grown-ups never understand anything for themselves,
and it is tiresome for children to be always and forever
explaining things to them.**

Antoine de Saint-Exupery

**We don't stop playing because we grow old.
We grow old because we stop playing.**

**How old would you be
if you didn't know how old you were?**

Sachel Paige 1906-1982

It takes a long time to become young.

Pablo Picasso

**You can't help getting older.
But you don't have to get old.**

George Burns

**Kids: They dance before they learn
there is anything that isn't music.**

William Stafford

Never give a sword to a man who can't dance.

Confucius

Dance is the Hidden language of the soul.

Sergie Polunin

You live as long as you Dance.

Rudolph Nureyev

**Nothing in life is to be feared, it is only to be understood.
Now is the time to understand more so we may fear less.**

Marie Curie 1867-1934

We fear things in proportion to our ignorance of them.

Christian Boven 1820-1904

The whole secret of existence is to have no fear.

The Buddha

The enemy is fear. We think it is hate, but it is fear.

Mahatma Gandhi

Always do what you are afraid to do.

Ralph Waldo Emerson

You must do the things you think you cannot do.

Eleanor Roosevelt

If you never did you should.

These things are fun and fun is good.

Dr. Suess

It doesn't take a lot of strength to hang on.

It takes a lot of strength to let go.

J.C. Watts

**Most people are rowing against the current of life,
when all they need to do is let go of the oars.**

Esther Hicks

Anything you can't control is teaching you how to let go.

Jackson Kiddard

**Life is not a problem to be solved but
a reality to be experienced.**

Soren Kierkegaard

Life is not a test.

It's a lecture.

You should attend it.

Frank

**I have found that if you love life,
life will love you back.**

Artur Rubenstein

Life is what you make it.

Always has been.

Always will be.

Eleanor Roosevelt

Do what you can, where you are, with what you have.

Theodore Roosevelt

The first 50 years are just for practice.

Frank

Life is a song - sing it.

Life is a game - play it.

Life is a challenge - meet it.

Life is a dream - realize it.

Life is a sacrifice - make it.

Life is love - enjoy it.

Sai Baba 1838-1913

I think I am. I think I am.

The Little Engine That Was

**Do I have a brain because I think I do,
or do I think I do because I have a brain?**

Frank

Cogito, Ergo Sum.

I think, therefore I am.

Rene Descartes 1596-1650

**We are what are thoughts have made us,
so take care about what you think.**

Swami Vivekenanada 1863-1902

The mind is everything. What you think, you become.

The Buddha

Thinking sinful things is just as bad as doing sinful things.

Jesus

**All action results from thought,
so it is thoughts that matter.**

Sai Baba 1838-1913

In order to succeed, we must first believe we can.

Nikos Kazantzakis 1883-1957

Believe you can and you're halfway there.

Theodore Roosevelt

They can because they think they can.

Virgil 70-19 BCE

I think I can, I think I can.

The Little Engine that Could.

**Two roads diverged in the wood and I - I took the one
less traveled by, and that has made all the difference.**

Robert Frost

**I will not follow where the path may lead, but I will
go where there is no path and I will leave a trail.**

Muriel Strode 1875-1964

Adults follow paths. Children explore.

Neil Gaiman

**If you want your children to be intelligent,
read them fairy tails.**

**If you want them to be more intelligent,
read them more fairy tales.**

Albert Einstein

**To imagine is everything.
To know is nothing at all.**

Anatole France 1844-1924

**The true sign of intelligence is not knowledge
but imagination.**

Albert Einstein

**Imagination was given to man to compensate him
for what he is not;
a sense of humor to console him
for what he is.**

Francis Bacon 1561-1626

The power of imagination makes us infinite.

John Muir 1838-1913

Logic will get you from A to B.

Imagination will take you everywhere.

Albert Einstein

**To invent, you need a good imagination
and a pile of junk.**

Thomas Edison

**When you're curious,
you find lots of interesting things to do.**

Walt Disney

**The main thing to do is relax and
let your talent do the work.**

Charles Barkley

**It's not that I'm so smart;
it's that I stay with problems longer.**

Albert Einstein

I like to use big words.

They make me sound more photosynthesis.

Marylee Grace Mann (Frank's Daughter)

**If you're doing something nice for someone,
it's always appropriate.**

Mary Lee Ferguson Mann (Frank's Mom)

On Etiquette

**Always be kind,
for everyone is fighting a hard battle.**

Plato 428-348 BCE

**Yet taught by time, my heart has learned to glow,
For other's good, and melt at other's woe.**

Homer Circa 750 BCE

**If you want others to be happy,
practice compassion.
If you want to be happy,
practice compassion.**

The Dalai Lama

**No act of Kindness, no matter how small,
is ever wasted.**

Aesop 620-564 BCE

**The charity that is a trifle to us
may be precious to others.**

Homer circa 750 BCE

**Myself acquainted with misfortune,
I learn to help the unfortunate.**

Virgil 70-19 BCE

**How wonderful it is that nobody need wait a single
moment before starting to improve the world.**

Anne Frank

**What's the use of a house if you haven't got
a tolerable planet to put it on?**

Henry David Thoreau

**People who will not sustain trees will soon
live in a world that will not sustain people.**

Ralph Waldo Emerson

**To exist as nation, to prosper as a state, to live as a
people, we must have trees.**

Theodore Roosevelt

**The best time to plant a tree is twenty years ago.
The second best time is now.**

Chinese Proverb

**Someone is sitting in the shade today because
someone planted a tree a long time ago.**

Warren Buffet

Treat the Earth well.

It was not given to you by your parents.

It was loaned to you by your children.

Sadly, it's much easier to create a desert than a forest.

James Lovelock

**If we could see the miracle of a single flower clearly,
our whole life would change.**

The Buddha

**If we were never wronged by another,
how would we ever learn forgiveness?**

**The weak can never forgive.
Forgiveness is the attribute of the strong.**
Mahatma Gandhi

**If thy brother wrongs thee,
remember not so much his wrong doing,
but more than ever that he is thy brother.**
Epictetus 50-138

To understand everything is to forgive everything.
The Buddha

**When we seek to discover the best in others,
We somehow bring out the best in ourselves.**
William Arthur Ward

Who seeks shall find.
Sophocles 497-406 BCE

**I don't like that man.
I must get to know him better.**
Abraham Lincoln

**Great minds discuss ideas;
Average minds discuss events;
Small minds discuss people.**
Eleanor Roosevelt

**When a man's stomach is full, it makes no difference
whether he is rich or poor.**
Euripides 480-406 BCE

**It is not the man who has too little
but the man who craves more, that is poor.**
Lucius Annaeus Seneca 5 BCE - 65 CE

By desiring little, a poor man makes himself rich.
Democritus 460-370 BCE

**The true measure of a man is how he treats
someone who can do him absolutely no good.**
Samual Johnson

**Judge a man by his questions
rather than his answers.**
Voltaire

Be curious, not judgmental.
Walt Whitman

**The best way to find out
if you can trust someone
is to trust them.**
Ernest Hemingway

**Wise people, even though all laws were abolished,
would still lead the same lives.**
Aristophanes 448-320 BCE

Against the assault of laughter, nothing can stand.

Mark Twain

We don't laugh because we're happy.

We are happy because we laugh.

William James

Laughter has no foreign accent.

Paul Lowney

The highest state is laughter.

Maharishi Mahesh Yogi

**As soap is to the body,
so laughter is to the soul.**

Jewish Proverb

**There is little success
where there is little laughter.**

Andrew Carnegie

**Laughter is the sun that
drives winter from the human face.**

Victor Hugo

A day without laughter is a day wasted.

Charlie Chaplin

Laughter is the closest distance between two people.

Victor Borge

**People understand me so poorly that
they don't even understand my complaint
about them not understanding me.**

Soren Kierkegaard 1813-1855

**The single biggest problem in communication
is the illusion that it has taken place.**

George Bernard Shaw

**The ink of the scholar is more sacred than
the blood of the martyr.**

Muhammad 570-632

**Old age and treachery will always
beat youth and exuberance.**

David Mamet

The grass is always greener when you water it.

**Little things console us because
little things afflict us.**

Blaise Pascal 1623-1662

The best way out is always through.

Robert Frost

Everyone's quick to blame the alien.

Aeschylus 525-456 BCE

**If you could kick the person in the pants
responsible for most of your trouble,
you wouldn't sit for a month.**

Theodore Roosevelt

**Nothing is more fairly distributed than common sense:
No one thinks he needs more of it than he already has.**

Rene Descartes 1596-1650

**It is easier to fool people than
to convince them they have been fooled.**

**Man's mind is so formed that it is far more
susceptible to falsehood than to truth.**

Desiderius Erasmus 1466-1536

**Few people have the wisdom to prefer the criticism that
would do them good to the praise that deceives them.**

François de La Rochefoucauld 1630-1680

Speak for justice, show forgiveness and avoid the ignorant.

The Quran:7:199

**Those who can make you believe absurdities
can make you commit atrocities.**

Voltaire 1694-1773

**The greatest deception men suffer
is from their own opinions.**

Leonardo da Vinci

Convictions are more dangerous foes of truth than lies.

Friedrich Nietzsche

**It's not what you don't know that gets you into trouble.
It's what you know for sure that just ain't so.**

Mark Twain

**Whenever you find yourself on the side of the majority,
it is time to pause and reflect.**

Will Rogers

**If everyone is thinking alike,
then somebody isn't thinking.**

George S. Patton

**What we wish, we readily believe,
and what we ourselves think,
we imagine others think also.**

Julius Caesar

**I have never in my life learned anything
from any man who agreed with me.**

Dudley Field Malone

**If you would be a real seeker after truth,
it is necessary that at least once in your life
you doubt, as far as possible, all things.**

Rene Descartes 1596-1650

**To know what you know and
what you do not know,
that is true knowledge**

Confucius

**It is beyond doubt that all our
knowledge begins with experience.**

Immanuel Kant 1724-1804

The only source of knowledge is experience.

Albert Einstein

**Good Judgement comes from experience,
and a lot of that comes from bad judgment.**

Will Rogers 1879-1935

**Experience is simply
the name we give our mistakes.**

Oscar Wilde

**Wisdom is the reward
for surviving our own stupidity.**

Brian Rathbone

**Good advice is something a man gives
when he is too old to set a bad example.**

François de La Rochefoucauld. 1613-1680

Time discovers truth.

Lucius Annaeus Seneca 5 BCE - 65 CE

When in doubt, tell the truth.

Mark Twain

**I created the Hanging Gardens of Fort Myers
because I wished to live deliberately, to front only
the essential facts of life, and see if I could not
learn what it had to teach, and not, when I came to
die, discover that I had not lived. I did not wish to
live what was not life, living is so dear; nor did I
wish to practice resignation, unless it was quite
necessary. I wanted to live deep and suck out all
the marrow of life, to live so sturdily and spartan-
like as to put to rout all that was not life, to cut a
broad swath and shave close, to drive life into a
corner, and reduce it to its lowest terms, and, if it
proved to be mean, why then to get the whole and
genuine meanness of it, and publish its meanness to
the world; or, if it were sublime, to know it by
experience, and be able to give a true account of it
in my next excursion.**

Frank (Borrowing liberally from Thoreau. Very liberally.

Actually, everything after the first line is from "Walden")

**There is nothing either good or bad
but thinking makes it so.**

William Shakespeare

**There is no right and wrong, no good and evil.
There is only more understanding and less understanding.**

Frank

**When we are unable to
find tranquility within ourselves,
it is useless to seek it elsewhere.**

François de La Rochefoucauld 1613-1680

**Peace comes from within.
Do not seek it without.**

The Buddha

Paradise is not a place, it's a state of mind.

Sri Chinmoy 1931-2007

**Find a place where you are alone.
Train yourself in the following way:
When you breathe in, experience breathing in.
When you breathe out,
be fully conscious that you are breathing out.
If you cherish and practice this,
it will bear great fruit.**

**Whatever you are doing and wherever you are,
you will find steadiness, calm and concentration
if you become conscious of your breath.**

The Buddha

Who looks outside, dreams.

Who looks inside, awakens.

Carl Jung

**You should sit in meditation for 20 minutes a day,
unless you're too busy;
then you should sit for an hour.**

Zen saying

**He who lives in harmony with himself
lives in harmony with the universe.**

Marcus Aurelius

**Praying is talking to the universe;
Meditation is listening to it.**

Paulo Coelho

One hour of contemplation surpasses sixty years of worship.

Muhammad 570-632

**All of man's difficulties are caused by
his inability to sit, quietly, in a room by himself.**

Blaise Pascal 1623-1662

**Practice meditation regularly.
Meditation leads to eternal bliss.**

Therefore meditate, meditate.

Swami Sivananda 1887-1963

It's not a matter of faith. It's a matter of practice.

Thich Nhat Hahn

**Meditate, because some questions
can't be answered by Google.**

Doing is never enough if you neglect Being.
The ego knows nothing of being but believes you will eventually be saved by doing. If you are in the grip of the ego, you believe that by doing more and more you will eventually accumulate enough "doings" to make yourself feel complete at some point in the future. You won't.
You will only lose yourself in the doing.
Eckhart Tolle

When you are in doubt, be still and wait.
When doubt no longer exists for you,
then go forward with courage.
Chief White eagle, Ponca

Imagine that every person in the world is enlightened but you. They are all your teachers, each doing just the right things to help you learn perfect patience, perfect wisdom and perfect compassion.
The Buddha

I cannot believe in a God who wants to be praised all the time....
I would believe only in a God that knows how to dance.
Friedrich Nietzsche

No one saves us but ourselves.
No one can and no one may.
We ourselves must walk the path.
The Buddha

In the beginning was the Word.
and the Word was with God,
and the Word was God,
and the Word was made Flesh.

Word = Thoughts = Consciousness
Flesh = Matter

Our brains did not create Consciousness.
A Universal Consciousness, unbounded by
Space and Time, created all things that are so bound.
Or not. Just a thought.
Frank

$E = mc^2$
If Energy = Consciousness, that would explain a lot.
Frank

Life is really simple but
we insist on making it complicated.
Confucius

**However many Holy words you read,
however many you speak,
what good will they do you
if you do not act upon them?**

The Buddha

**If you knew what I know about the power of giving,
you would not let a single meal pass without sharing
it in some way.**

The Buddha

**The price of anything is
the amount of life you exchange for it.**

Henry David Thoreau

**Friendship is the only cure for hatred,
the only guarantee of peace.**

The Buddha

**Irrigators channel waters;
Fletchers straighten arrows;
Carpenters bend wood;
The Wise master themselves.**

The Buddha

If it was easy, everyone would do it.

**Quantum Mechanics thus reveals
a basic oneness of the Universe.**

Erwin Schrödinger Nobel Laureate Physics 1933

Learn how to see.

Realize that everything connects to everything else.

Leonardo DaVinci 1452-1519

Humankind has not woven the web of life.

We are but one thread within it.

Whatever we do to the web, we do to ourselves.

All things are bound together. All things connect.

Chief Seattle, Duwamish

**That which is not good for the beehive
cannot be good for the bees.**

Marcus Aurelius 121-180

**If all things are connected
then you are part of everything
and everything is part of you.**

How cool is that?!

Frank

**If you truly loved yourself
you could never hurt another.**

The Buddha

Knowing others is wisdom.

Knowing yourself is enlightenment.

Lao Tzu circa 500 BCE

It takes tremendous discipline, takes tremendous courage to think for yourself, to examine yourself.

Cornel West

To find yourself, think for yourself.

Socrates 470-399 BCE

To think independently for yourself is a sign of fearlessness.

Mahatma Gandhi

The most courageous act is still to think for yourself. Aloud.

Coco Chanel

Learn to see, listen and think for yourself.

Malcom X

Dare to think for yourself.

Voltaire 1694-1778

No one can give you wiser advise than yourself.

Cicero 106-43 BCE

It is not enough to have a good mind.

The main thing is to use it well.

Rene Descartes 1596-1650

Believe nothing merely because you have been told it. Do not believe what your teacher tells you merely out of respect for the teacher. But whatsoever, after due examination and analysis you find to be kind, conducive to the good, the benefit, the welfare of all beings, that doctrine believe and cling to and take it as your guide.

The Buddha

Be yourself. Everyone else is already taken.

Oscar Wilde

The privilege of a lifetime is to be who you are.

Joseph Campbell

There is just one life for each of us: Our own.

Euripides 480-406 BCE

The cosmos is within us. We are made of star stuff.

We are a way for the Universe to know itself.

Carl Sagan

Stop acting so small.

You are the Universe in ecstatic motion.

Rumi 1207-1273

To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.

Ralph Waldo Emerson

When I let go of what I am, I become what I might be.

Lao Tzu circa 500 BCE

We know what we are, but know not what we may be.

William Shakespeare

**We must let go of the life we have planned so as to
accept the one that is waiting for us.**

Joseph Campbell

To gain anything, first you must lose everything.

It's never too late to be what you might have been.

George Eliott 1819-1880

The Hero Path

**We have not even to risk the adventure alone for
the heroes of all time have gone before us.**

The labyrinth is thoroughly known.

We have only to follow the thread of the hero path.

And where we had thought to find an abomination

We shall find a God.

And where we had thought to slay another

We shall slay ourselves.

Where we had thought to travel outwards

We shall come to the center of our own existence.

And where we had thought to be alone

We shall be with all the world.

Joseph Campbell

**Confidence is going after Moby Dick in a row boat
and taking tartar sauce with you.**

Zig Ziglar

**The world turns aside to let any man pass
who knows where he is going.**

Epictetus 50-135

Not all who wander are lost.

JRR Tolkien

One man with courage is a majority.

Thomas Jefferson

**How few there are who have courage enough to own
their faults, or resolution enough to mend them.**

Benjamin Franklin

**It takes a great deal of bravery to stand up to our enemies.
But it takes just as much to stand up to our friends.**

J.K Rowling

**Courage is being scared to death...
and saddling up anyway.**

John Wayne

You can't be brave if you're not scared.

Marylee Grace Mann

**Who except the gods
can live time through forever
without any pain?**

Aeschylus 525-456 BCE

**Pain is inevitable.
Suffering is optional.**

The Dalai Lama

**Do you not see how necessary
a world of pains and troubles is
to school an intelligence and make it a soul?**

John Keats 1795-1821

**Your pain is the breaking of the shell
that encloses your understanding.**

Kahlil Gibran 1883-1931

**One word frees us of all the weight and pain in life.
That word is Love.**

Sophocles 497-406 BCE

**Find a place inside where there is joy
and the joy will burn out the pain.**

Joseph Campbell

The soul is healed by being with children.

Fyodor Dostoevsky

If you're going through Hell, keep going.

Winston Churchill

**Every morning we are born again.
What we do today is what matters most.**

The Buddha

**Write it on your heart
that every day is the
best day in the year.**

**He is rich who owns the day,
and no one owns the day
who allows it to be invaded
with fret and anxiety.**

Finish every day and be done with it.

You have done what you could.

**Some blunders and absurdities
no doubt crept in.**

Forget them as soon as you can,

tomorrow is a new day;

Begin it well and serenely,

with too high a spirit

to be cumbered with your old nonsense.

This new day is too dear,

with its hopes and invitations,

to waste a moment on the yesterdays,

Ralph Waldo Emerson

Don't let yesterday take up too much of today.

Will Rogers

**Silence the angry man with love.
Silence the ill-natured man with kindness.
Silence the miser with generosity.
Silence the liar with truth.**

The Buddha

**Silence is the language of God.
All else is poor translation.**

Rumi 1207-1273

**Revere those things beyond science
about which it is so hard to speak.**

Werner Heisenberg Nobel Laureate Physics 1932

The less men think, the more they talk.

Montesquieu 1689-1755

Knowledge speaks but wisdom listens.

Jimi Hendrix

**The quieter you become,
the more you are able to hear.**

Rumi 1207-1273

Quite the mind and the soul will speak.

Ma Jaya Sati Bhagavati

**If you are quiet enough you will hear the flow of the
Universe. You will feel it's rhythm. Go with this flow.
Happiness lies ahead. Meditation is the key.**

The Buddha

The best cure for the body is a quiet mind.

Napoleon Bonaparte

**Quiet minds cannot be perplexed or frightened but go
on in fortune and misfortune at their own private pace,
like a clock during a thunderstorm.**

Robert Lewis Stevenson

**The best thing one can do when it's raining
is to let it rain.**

Henry Wadsworth Longfellow

Some people walk in the rain.

Others just get wet.

Roger Miller

**The invariable mark of wisdom is to
see the miraculous in the common.**

Ralph Waldo Emerson

Wonder is the beginning of wisdom.

Socrates

**In all things of nature
there is something of the marvelous.**

Aristotle

We should weep for men at their birth, not at their death.

Montesquieu 1689-1755

Life is not separate from death.

It only seems that way.

Blackfoot saying

**Death is not extinguishing the light; it is only putting
out the lamp because the dawn has come.**

Rabindranath Tagore 1861-1941

**Death is different from what anyone supposed,
and luckier.**

Walt Whitman

The first step to eternal life is you have to die.

Chuck Palahniuk

**The day which we fear as our last
is but the birthday of eternity.**

Lucius Annaeus Seneca 5 BCE - 65 CE

Life, if well lived, is long enough

Lucius Annaeus Seneca 5 BCE - 65 CE

Every man dies. Not every man really lives.

William Wallace 1270-1305

**If a man has not discovered something he will die for,
he isn't fit to live.**

Martin Luther King, Jr.

**Millions long for immortality
who don't know what to do with themselves
on a rainy Sunday afternoon.**

Susan Ertz

**I am prepared to meet my maker.
Whether my maker is prepared
for the great ordeal of meeting me
is another matter.**

Winston Churchill

Time is the most valuable thing a man can spend.

Diogenes 412-323 BCE

**One moment can change a day,
One day can change a life,
And one life can change the world.**

The Buddha

There is no path to happiness.

Happiness is the path.

The Buddha

**Happiness is a butterfly, which when pursued,
is always just beyond your grasp,
but which, if you will sit down quietly,
may alight upon you.**

Nathaniel Hawthorne

**Most men pursue pleasure
with such breathless haste
that they hurry past it.**

Soren Kierkegaard 1813-1855

**Happiness resides not in possessions,
and not in gold.**

Happiness dwells in the soul.

Democritus 470-360 BCE

**Happiness does not depend on
what you have or who you are.**

It solely relies on what you think.

The Buddha

It's ok to be happy.

Frank

Whoever is happy will make others happy too.

Anne Frank

**When you realize how perfect everything is,
you will tilt your head back and laugh at the sky.**

The Buddha

**What lies behind us
and what lies ahead of us
are tiny matters compared to
what lives within us.**

Henry David Thoreau

**I have lived with several Zen masters -
all of them cats.**

Eckart Tolle

**You have power over your mind - not outside events.
Realize this and you will find strength.**

Marcus Aurelius

**Except our own thoughts,
there is nothing absolutely in our power.**

Rene Descartes 1596-1650

No man was ever wise by chance.

Lucius Annaeus Seneca 5 BCE-65 CE

**Meditate, and in your wisdom realize Nirvana,
the highest happiness.**

The Buddha

The reality we can put into words is never reality itself.

Werner Heisenberg Nobel laureate Physics 1932

**As far as the laws of mathematics refer to reality,
they are not certain;
and as far as they are certain,
they do not refer to reality.**

Albert Einstein

A human being is only breath and shadow.

Sophocles 497-406 BCE

**So I say to you - This is how to contemplate our
conditioned existence in this fleeting world:
Like a drop of dew, or a bubble floating in a stream;
like a flash of lightning in a summer cloud,
or a flickering lamp, an illusion, a phantom, or a dream.
So is all conditioned existence to be seen.**

The Buddha

There is no spoon.

Bald kid in The Matrix

**The most beautiful thing
we can experience is the mysterious;
it is the true source of all art and science.**

Albert Einstein

**Everything we call real is made of things
that cannot be regarded as real.**

Niels Bohr Nobel Laureate Physics 1922

**Atoms or elementary particles themselves are not real;
they form a world of potentialities or possibilities
rather than one of things and facts.**

Werner Heisenberg Nobel laureate Physics 1932

**Reality is merely an illusion,
albeit a very persistent one.**

Albert Einstein

**Those who are not shocked by Quantum Theory
cannot possibly have understood it.**

Niels Bohr Nobel Laureate Physics 1922

**Only when observed does the
Probability Wave Function "collapse"
To become a real particle,
Occupying a particular bit of Space and Time;
One finite particle imagined from infinite possibilities.**

Frank

The World is but a canvas to our imagination.

Henry David Thoreau

Try looking at things from a different angle.

**If triangles had a God,
they would give him three sides.**

Montesquieu 1669-1758

**All religions must be tolerated, for every man must
get to Heaven in his own way.**

Epicetetus 50-138

All religions, arts and sciences are branches of the same tree.

Albert Einstein

You have your way. I have my way.

**As for the right way, the correct way, the only way,
it does not exist.**

Friedrich Nietzsche

When I do good, I feel good.

When I do bad, I feel bad.

And that's my religion

Abraham Lincoln

The essence of all religions is one.

Only their approaches are different.

Mahatma Gandhi

It's not about religion.

It's about discovering the

Divine Humanity within each of us.

Frank

**The True Peace, the First Peace, which is the most
important, is that which comes within the souls of
people when they realize their relationship, their
oneness, with the universe and all its powers; when
they realize that at the center of the universe dwells
Wakan-Taka (The Great Spirit), and that this center
is really everywhere, it is within each of us.**

This is the real peace.

Black Elk, Oglala Sioux Spiritual Leader 1863-1950

Heaven is under our feet as well as over our heads.

Henry David Thoreau

The entire world is my temple, and a very fine one too.

Desiderius Erasmus 1466-1536

**The kingdom of the Father is spread out upon the earth
and people do not see it.**

Jesus, Gospel of Thomas, 113

The Holy Land is everywhere.

Black Elk, Oglala Sioux Spiritual Leader 1863-1950

The Great Spirit is in all things.

Big Thunder, Wabanaki, Algonquin

**Forget not that the earth delights to feel your bare
feet and the winds long to play with your hair.**

Kahlil Gibran 1883-1950

Carpe Diem! Seize the Day!

**You must launch yourself on every wave,
find your eternity in each moment.**

Henry David Thoreau

**True happiness is to enjoy the present
without anxious dependence on the future.**

Lucius Annaeus Seneca 5 BCE- 65 CE

**Do not dwell in the past, do not dream of the future.
Concentrate the mind on the present moment.**

The Buddha

Be here now. Be someplace else later.

Is that so complicated?

David Bader

**If we examine our thoughts we shall find them
always occupied with the past and the future.**

Blaise Pascal 1623-1662

**If our condition were truly happy we would not seek
diversion from it in order to make ourselves happy.**

Blaise Pascal 1623-1662

**Holding onto anger is like drinking poison
and expecting the other person to die.**

The Buddha

**We are more often frightened than hurt and
we suffer more from imagination than from reality.**

Lucius Annaeus Seneca 5 BCE-65 CE

**How much pain they have cost us,
the evils which have never happened.**

Thomas Jefferson

**I am an old man and have known a great many troubles,
but most of them never happened.**

Mark Twain

**How much more grievous are the
consequences of anger than the causes of it.**

Marcus Aurelius 121-180

**Anger, if not restrained, is frequently more hurtful to
us than the injury that provokes it.**

Lucius Annaeus Seneca 5 BCE-65 CE

We are not punished because of our anger.

We are punished by our anger.

The Buddha

**For every minute you are angry,
you lose 60 seconds of happiness.**

Ralph Waldo Emerson

Success

To Laugh often and much;
To win the respect of intelligent people
And the affection of children;
To earn the appreciation of honest critics
And endure the betrayal of false friends;
To appreciate beauty;
To find the best in others;
To leave the world a bit better,
Whether by a healthy child, a garden patch
Or a redeemed social condition;
To know even one life has breathed easier
Because you have lived.
This is to have succeeded.

Ralph Waldo Emerson

Sometimes you win.
Sometimes you learn.

John C. Maxwell

If we knew what it was we were doing,
it wouldn't be called "Research", would it?

Albert Einstein

I rarely have any idea what I am doing.
That doesn't mean I'm not doing it intentionally,
after having given the matter a great deal of thought.

Frank

Once there lived a village of creatures along the bottom of a great crystal river. The current of the river swept silently over them all - young and old, rich and poor, good and evil, the current going its own way, knowing only its own crystal self. Each creature in its own manner clung tightly to the twigs and rocks at the river bottom, for clinging was their way of life, and resisting the current what each had learned from birth.

But one creature said at last "I am tired of clinging. Though I cannot see it with my eyes, I trust that the current knows where it is going. I shall let go, and let it take me where it will. Clinging I shall die of boredom."

The other creatures laughed and said "Fool! Let go, and that current you worship will throw you tumbled and smashed across the rocks, and you shall die quicker than boredom!" But the one heeded them not, and taking a breath did let go, and at once was tumbled and smashed by the current across the rocks.

Yet in time, as the creature refused to cling again, the current lifted him free from the bottom, and he was bruised and hurt no more.

And the creatures downstream, to whom he was a stranger, cried, "See a miracle! A creature like ourselves, yet he flies! See the Messiah come to save us all"

And the one carried in the current said, "I am no more Messiah than you. The river delights to lift us free, if only we dare to let go. Our true work is this voyage, this adventure".

But they cried the more, "Savior!", all while clinging to the rocks, and when they looked again he was gone, and they were left alone making legends of a Savior.

Richard Bach

I've always liked quotes, or "Reminders" as I call them, since they remind me of various "Truths" we all already know deep down inside. I tell people that being surrounded by all these reminders in the Hanging Gardens is like living with a personal trainer - they keep you striving to be your best.

Although I spent a lifetime reading and hours scanning the Internet to accumulate this material, and many more hours arranging, editing, printing and stapling each booklet by hand, and paid for the paper and toner, I don't claim to own the wisdom contained herein and want as many folks as possible to have access to it.

So, I'm hoping people will pay \$5.00 for a copy; but if you can't afford that, pay what you can or nothing at all; just promise to actually read it.

Hope you enjoy reading as much as I've enjoyed putting it all together.

Your humble servant,

Frank



If you would like to support the Hanging Gardens of Fort Myers, just scan the QR code above; a link to our web site, NirvanaNurseries.com, should automatically appear. Click on it. There's a yellow "Buy Now" button at the bottom of the page that takes you to my PayPal site, where you can use a credit Card. Don't list anything, just enter the amount you'd like to contribute and follow PayPal's instructions. It's not tax deductible but we'll put it to good use. Thanks much.

Frank