



Blissful Thoughts

- I am a man of peace I believe in peace. But I do not want peace at any price. I do not want the peace that you find in stone; I do not want the peace that you find in the grave; but I do want the peace which you find embedded in the human breast, which is exposed to the arrows of the world, but which is protected from all harm by the power of Almighty God.
- Mahatma Gandhi
- Let food be thy medicine.
- Hippocrates
- It is through your ignorance along that the universe exists. In reality you are One. There is no individual self or Supreme Self other than you.
- Ashtavakra Samhita
- Health best of all gains and peace of mind is the best of all happiness.
- The Mahabharata
- The whole earth is one family.
- Veda
- Since you alone are responsible for your thoughts, only you can change them... Therefore, start now to think only those thoughts that will bring you health and happiness.
- Yogananda Paramahansa
- Sometimes the best solution is simplification.
- Bobby Bragan
- We must be a beacon of hope.
- Margaret Atwood
- Trees are the earth's endless effort to speak to the listening heaven.
- Rabindranath Tagore
- The greatest wealth is health.
- Virgil
- Being kind to others makes us happy, because the acts of kindness are a good way of making friends.
- Oliver Scott Carry
- Music is a gift from the mind that touches the soul.
- Steven Aitchison