



The Nightly Book of Positive Quotations

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November 24

Security is a Myth

“Security is mostly superstition. It does not exist in nature.”

-Helen Keller

We want to feel safe. And it’s good and healthy for us to have relationships and home space where we do. But it can be limiting to require a perfect sense of security everywhere we go. Life is uncertain, and much of what we get to do with our lives involves making decisions about how to best manage risks—not avoid them. Each day we get out of bed, we begin our interaction with risk. Once we accept that complete security is a myth, we can face life more honestly, viewing it as an unpredictable adventure. Instead of trying to control our lives, we can explore them.

I wish I could feel secure all the time, but life can be random. I will stay light on my feet, ready to respond to changes and surprises.

November 25

Reconciliation

“Reconciliation is more beautiful than victory.”

-Violeta Barrios de Chamorro

When we get in an argument, our tunnel vision makes it feel like our goal is to win. We want the other person to give in and say we’re right. But a persuasive victory is rarely a boon to the relationship. Maybe we’re right, maybe we’re not. Maybe neither of us is right.

In the end, even if we’re right, we don’t really feel good about the situation unless the relationship is patched up. Even if we “win” the argument, we feel terrible if the other person is bitter or hurt. Reconciliation takes more time, thought, and kindness—and it is the only end that leaves us truly happy.

When I’m in an argument, I’ll think twice about doing or saying anything that might make reconciliation difficult or impossible.

November 26

Intuition, then Intellect

“I make all my decisions on intuition. I throw a spear into the darkness. That is intuition. Then I must send an army into the darkness to find the spear. That is intellect.”

-Ingmar Bergman

Some of the most successful people claim that they rarely wait to have all the facts lined up in order to make a major decision. Instead, they seem to track down the right path like a bloodhound. They catch the trail and just know. Later on, the facts and research come into play merely to confirm what they knew to be the right approach all along.

Facts and statistics are good, but my hunches are very powerful. I will listen to my intuition and hone it by relying on it in my decision-making process.

November 27

The Art of Waiting

“Waiting is one of the great arts.”

-Margery Allingham

“May my little girl listen to you practice violin?” a woman asked a young musician. “I’m trying to teach her that waiting quietly can be fun.” What a pleasant thought. That toddler got a head start on learning an art quite forgotten—or never learned—by most adults.

Waiting is an art. It is a discipline to quiet our minds rather than reach for the next distraction, tapping our fingers in impatience. It’s more satisfying, and even fun, to rest and let the moment be. We discover a hidden gift in the middle of the day: a chance to come back into our selves and be aware of only this moment.

The next time I’m in a line waiting, instead of reaching for headphones or a magazine, I’ll simply wait without creating any distractions for myself.