

"The unexamined life is not worth living."

Socrates

"I saw that all the things I feared had nothing good or bad in them save as the mind was affected by them."

"He who understands himself and his emotions loves God, and the more so the more he understands himself and his emotions."

Spinoza

"Personality is never static. It is alive, ever-changing, mobile; it is plastic, variable, almost protean."

Rollo May

*"To thine own self be true,
And it must follow, as the night the day,
Thou canst not then be false to any man."*

Shakespeare

"When I consider thy heavens, the work of thy fingers. . . What is man, that thou art mindful of him?. . . For thou hast made him a little lower than the angels, and hast crowned him with glory and honour."

Psalms 8:3-5