

## ***FOOD FOR THOUGHT***

Includes selected quotes from  
*Living Spiritually: Are You Serious About Walking the Talk?*  
by  
A. Samuel

The foundation of spirituality is humility.

If spirituality is the chosen path, Truth is the most reliable compass for the journey.

To be thankful is to be joyful.

The quality of mercy is not strain'd, it droppeth as the gentle rain from heaven.

(From *The Merchant of Venice*, by Wm. Shakespeare)

Better it is to be of an humble spirit with the lowly, than to divide the spoil with the proud. (Proverbs 16:19)

Nothing clouds reason—nor obscures truth—faster or more effectively than Ego.

Love surfeits not, Lust like a glutton dies; Love is all Truth, Lust full of forged lies.

(From “Venus and Adonis,” by Wm. Shakespeare)

The love of money is the root of all evil. (1 Timothy 6:30)

Money's only real value is in the good that it can do, the needless suffering it can help to alleviate.

Envy thou not the oppressor, and choose none of his ways. (Proverbs 3:31)