

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.

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

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

To be thankful is to be joyful.

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.

All that glisters is not gold.

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

One swallow does not make a summer.

(From *Don Quixote*, by Miguel de Cervantes)

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)