

Right Effort

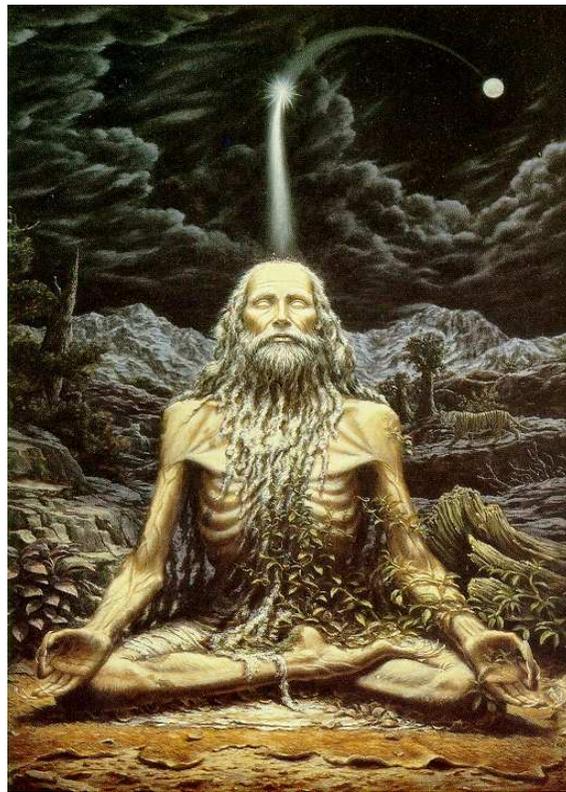


All I can do is engage with complete sincerity.
Then, whatever happens, there is no regret.
(The Dalai Lama)

Dedicated to
Sant Kirpal Singh

Sincere Effort

If the end is attainable by human effort,
I will not rest or relax until it is attained.
Let only my skin and sinews and bones remain.
Let my flesh and blood dry up. I will not stop the
course of my effort until I win that which may be
won by human ability, human effort, human exertion.
(Buddha)



Great effort springs naturally from great attitude.
(Pat Riley)



Enthusiasm is the mother of effort, and without it
nothing great was ever achieved.

(Ralph Waldo Emerson)



It is better to die in sincere effort than to attain all
worldly success.

(Baba Sawan Singh)



The heights by great men reached and kept
were not attained by sudden flight, but they while
their companions slept, were toiling upward
in the night.

(Henry Wadsworth Longfellow)



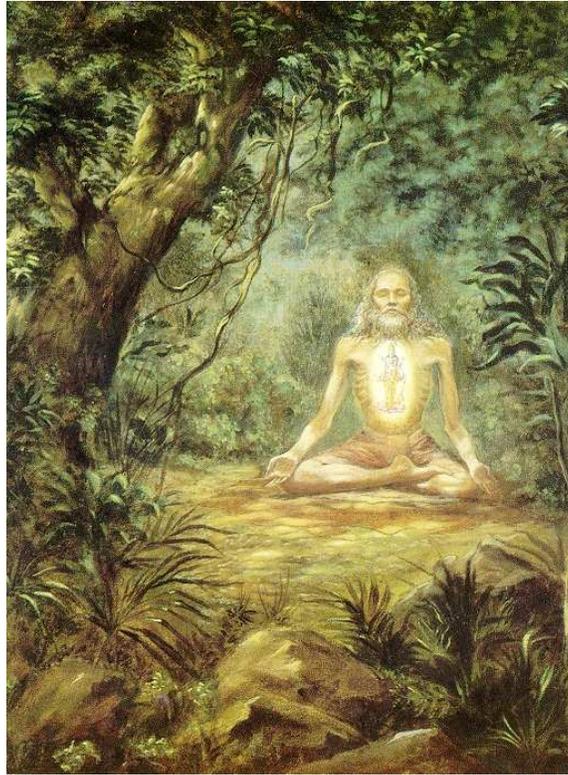
Hope is effort, not wish; effort to make it so;
not wish that it may be so.

(George Gurdjieff)



When the mind has gone in, it tastes sweetness such as it has never before tasted in worldly objects. Then it becomes obedient and faithful. So long as it has not tasted that sweetness, there is no greater enemy. The primary factor in this success is the effort of the disciple.

(Baba Sawan Singh)



Make so much effort in this line that even at the time of death you fall forward on the Path, not backward.

(Baba Sawan Singh)



To believe in the Tao is easy;
to keep the Tao is difficult.

(Lao-tzu)



Those who seek the easy way
do not seek the True Way.

(Dogen)



Do not blame karma, or anybody else,
for what you are. You can undo what has been done
through the exercise of a determined will.

(Papa Ramdas)



The difference between a successful person and
others is not a lack of strength, not a lack of
knowledge, but rather in a lack of will.

(Vince Lombardi)



Without labor nothing prospers.

(Sophocles)

Strength does not come from physical capacity.
It comes from an indomitable will.

(Mahatma Gandhi)



Always bear in mind that your own resolution to
succeed is more important than any other one thing.

(Abraham Lincoln)



In mighty enterprises,
it is enough to have had the determination.

(Sextus Propertius)



In all human affairs there are efforts,
and there are results, and the strength of the effort is
the measure of the result.

(Zen Soup)



Freedom from effort in the present merely means that
there has been effort stored up in the past.

(Theodore Roosevelt)

Heaven never helps the man who will not act.
(Sophocles)



There are only two mistakes one can make along the
road to Truth: not going all the way, and not starting.
(Buddha)



I exhort you, brothers: remember, all things that come
into being must pass away. Strive earnestly!
(Buddha)



To awaken to the Divine Truth requires great energy and dynamic will power. We cannot awaken from the cosmic dream by wishful thinking.

(Yogananda)



Great souls have will, feeble ones have only wishes.

(Chinese proverb)



If a life of ease and merriment led to God,
would anyone be without Him?

(Guru Amar Das)



I know of no more encouraging fact
than the unquestionable ability of man to elevate
his life by conscious endeavor.

(Henry David Thoreau)



Continuous effort – not strength or intelligence –
is the key to unlocking our potential.

(Winston Churchill)

Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is filled with educated derelicts.

Perseverance and determination alone
are omnipotent.

(Calvin Coolidge)



I hold to the doctrine that with ordinary talent, and extraordinary perseverance, all things are attainable.

(Thomas Buxton)



Far and away the best prize that life has to offer is the chance to work hard at work worth doing.

(Theodore Roosevelt)



It is only through labor and painful effort,
by grim energy and resolute courage,
that we move on to better things.

(Theodore Roosevelt)

I always remember an epitaph which is in the cemetery at Tombstone, Arizona. It says:
“Here lies Jack Williams. He done his damndest.”
I think that is the greatest epitaph a man can have -
when he gives everything that is in him to do the job
he has before him.

(Harry Truman)



Very few people are capable of sustained effort,
and that’s the reason why we have comparatively
few outstanding successes.

(Roger McDonald)



If a warrior is to succeed at anything,
the success must come gently, with a great deal of
effort but with no stress or obsession.

(Carlos Castaneda)



We all have dreams. But in order to make dreams
come into reality, it takes an awful lot of
determination, dedication, self-discipline, and effort.

(Jesse Owens)

I firmly believe that any man's finest hour,
the greatest fulfillment of all that he holds dear,
is the moment when he has worked his heart out in a
good cause and lies exhausted on the field of battle –
victorious.

(Vince Lombardi)



When you give total effort – everything you have –
the score can never make you a loser. And when you
do less, it can't magically turn you into a winner.

(John Wooden)



It is by hard effort and strict spiritual discipline
that the human body is purified of the impurities
of the mind and thus can remain attuned
to the holy Naam at the eye center.

(Sant Kirpal Singh)



Proficiency demands persistent and earnest efforts.
Time factor is also necessary.

(Sant Kirpal Singh)



It is for you to make the effort and for Him
to crown your effort with success.

(Sant Kirpal Singh)



Satisfaction lies in the effort, not in the attainment.
Full effort is full victory.

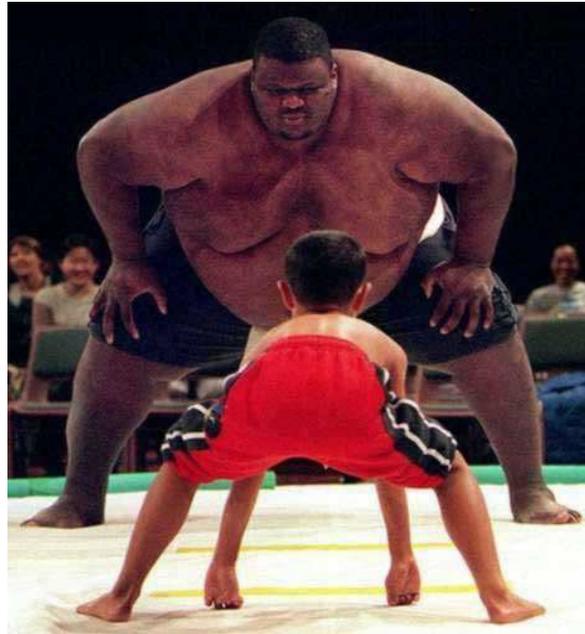
(Mahatma Gandhi)



It is for us to make the effort.
The result is always in God's hands.
(Mohandas Gandhi)

Defeat/Failure

In great attempts it is glorious even to fail.
(Vince Lombardi)



The men who try to do something and fail
are infinitely better than those who try to do nothing
and succeed.
(Lloyd Jones)



Failure is the foundation of success,
and the means by which it is achieved.

(Lao-tzu)



He who doesn't fall never stands up.

(Fedor Emelianenko)



Failure after long perseverance is much grander than
never to have a striving good enough to be called a
failure.

(George Eliot)



If thou art a man, admire those who attempt great
things, even though they fail.

(Seneca)



Many of life's failures are people who did not realize
how close they were to success when they gave up.

(Thomas Edison)

Being defeated is often a temporary condition.
Giving up is what makes it permanent.

(Marilyn vos Savent)



Defeat never comes to any man until he admits it.

(Josephus Daniels)



In this world whatever is gained is gained only by
self-effort; where failure is encountered, it is seen
that there has been a slackness in self-effort.

(Yoga Vasistha)



There is no failure except in no longer trying.
There is no defeat save your own inherent weakness
of purpose.

(Richard Pape)



Defeat is not so bad as the admission of defeat.

(Baba Sawan Singh)

One mistake after another is also true practice.
(Dogen)



Constant effort and frequent mistakes are
the stepping stones to genius.
(Elbert Hubbard)



A saint is a sinner who never gave up.
(Yogananda)



Every saint has a past, every sinner a future.
(Sant Kirpal Singh)



One falls often, no doubt,
but one becomes a good rider only after many a fall.
(Sant Kirpal Singh)



To fall in sin is manly, but to remain there is devilish.
(Sant Kirpal Singh)



Many of the insights of the saint stem from his
experiences as a sinner.
(Eric Hoffer)



In the archer there is a resemblance to the mature
person. When he misses the bullseye, he turns and
seeks the reason for his failure in himself.
(Confucius)



As a child learning to walk falls a thousand times
before he can stand, and after that falls again and
again until at last he can walk, so are we as little
children before God.
(Hazrat Inayat Khan)



The spiritual path is one of falling on your face,
getting up, brushing yourself off, turning and looking
sheepishly at God and then taking the next step.

(Sri Aurobindo)



Our greatest glory is not in never falling,
but in rising every time we fall.

(Confucius)



To conduct great matters and never commit a fault is
above the force of human nature.

(Plutarch)



I know the path: it is straight and narrow.
It is like the edge of a sword. I rejoice to walk on it.
I weep when I slip. God's word is: "He who strives
never perishes." I have implicit faith in that promise.

Though, therefore, from my weakness I fail a
thousand times, I shall not lose faith.

(Mohandas Gandhi)

Far better is it to dare mighty things,
to win glorious triumphs, even though checkered by
failure... than to rank with those poor spirits who
neither enjoy nor suffer much, because they live in a
gray twilight that knows not victory nor defeat.

(Theodore Roosevelt)



We try often, though we fall back often. A brave
delight, fit for freedom's athletes, fills these arenas,
and fully satisfies, out of the action in them,
irrespective of success.

(Walt Whitman)



The only man who never makes a mistake is the man
who never does anything.

(Theodore Roosevelt)

It is not the critic who counts: not the man who points out how the strong man stumbles or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs and comes up short again and again, because there is no effort without error or shortcoming, but who knows the great enthusiasms, the great devotions, who spends himself for a worthy cause; who, at the best, knows, in the end, the triumph of high achievement, and who, at the worst, if he fails, at least he fails while daring greatly, so that his place shall never be with those cold and timid souls who knew neither victory nor defeat.

(Theodore Roosevelt)

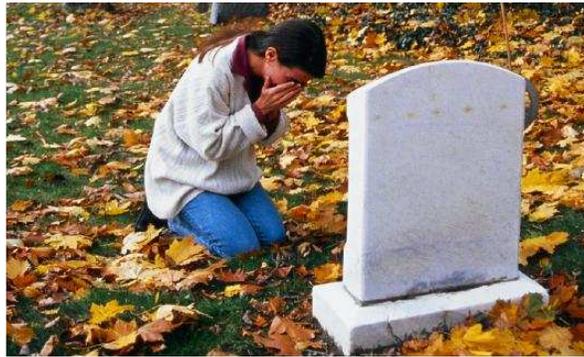


Joe Stevenson after his loss to BJ Penn

Regret

For of all sad words of tongue or pen,
the saddest are these: "It might have been!"

(John Greenleaf Whittier)



The bitterest tears shed over graves are for the words
left unsaid and deeds left undone.

(Harriet Beecher Stowe)



Get the full benefit of meditation, and increase it day
by day. The more you increase it, the nearer will you
advance toward your goal. If you refuse, the day will
come when you will be filled with regret for the lost

opportunity.

(Sant Kirpal Singh)



Meditate now, lest you regret it later.
(Buddha)



We forget that every good that is worth possessing
must be paid for in strokes of daily effort.
We postpone and postpone, until those
smiling possibilities are dead.
(William James)



The worst thing one can do is not to try, to be aware
of what one wants and not give in to it, to spend years
in silent hurt wondering if something could have
materialized – and never knowing.
(David Viscott)



Regret for the things we did can be tempered by time;
it is regret for the things we did not do
that is inconsolable.
(Sydney Harris)



A wrong-doer is often a man that has left something
undone, not always he that has done
something wrong.

(Marcus Aurelius)



The real tragedy is the tragedy of the man who never
in his life braces himself for his one supreme effort,
who never stretches to his full capacity, never stands
up to his full stature.

(Arnold Bennet)



Hell begins on the day when God grants us a clear
vision of all that we might have achieved, of all the
gifts which we have wasted, of all that we might have
done which we did not do.

(Carlo Menotti)

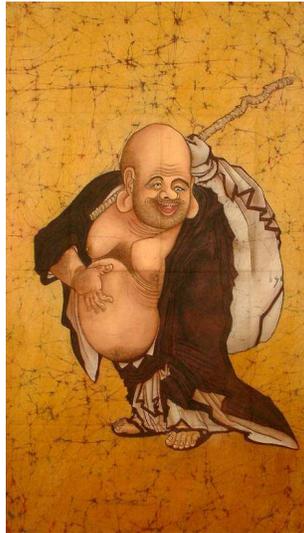
We must all suffer from one of two pains:
the pain of discipline or the pain of regret.
The difference is discipline weighs ounces
while regret weighs tons.

(Jim Rohn)



All I can do is engage with complete sincerity.
Then, whatever happens, there is no regret.

(The Dalai Lama)



May your soul be happy;
journey joyfully.
(Rumi)

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