KNOWledge to pass on.

"As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives."

- Henry David Thoreau

"Feel gratitude that you have made it to this point and take responsibility for what comes next."

– Dr. Sonya Friedman

"When was the last time you embraced a situation you didn't like? Did you complain through the entire experience or did you run away from the situation altogether? If you did either, you missed a wonderful opportunity to be something that you've never been before. And who knows? It just might have been that one thing that you had been wishing for."

Les Brown

"You don't have to go looking for love when it's where you come from."

– Werner Erhard

"You cannot escape the responsibility of tomorrow by evading it today." – Abraham Lincoln "Take your needle, my child, and work at your pattern; it will come out a rose by and by. Life is like that; one stitch at a time taken patiently, and the pattern will come out all right, like embroidery.

- Oliver Wendell Holmes

"Our greatest glory is not in never failing, but in rising up every time we fail." – Ralph Waldo Emerson

Do more than exist, live. Do more than touch, feel. Do more than look, observe. Do more than read, absorb. Do more than hear, listen. Do more than think, ponder. Do more than talk, say something.

– John H. Rhoades

"Do not anticipate trouble, or worry about what may never happen. Keep in the sunlight."

– Benjamin Franklin

"Forgiveness is not an occasional act; it is a permanent attitude."

- Martin Luther King, Jr.