

**'I believe the greatest gift
I can conceive
of having from anyone is
to be seen, heard, understood
and touched by them.**

Virginia Satir

- **The greatest gift I can give is to see, hear, understand**
- **and touch another person.**

- **When this is done, I feel contact has been made.'**

- **Virginia Satir**

**Inside you is immeasurable knowledge
waiting for your permission to develop.**

**Binnenin je ligt onmetelijke kennis te wachten
op jouw toestemming om zich te ontplooien.**

©Mother Amma India

*Spiritual Companionship
is the art of
soul-to-soul presence.
It allows us to enter
another's world,
seeing them as whole....
It allows us
to be the presence of grace."*

Linda Kavelin Popov, A Pace of Grace

**The peace and
the experience of equanimity
is the real fruit of a spiritual life.**

•

**De rust en
de ervaring van gelijkmoedigheid
is de echte vrucht van een spiritueel
leven,**

© Mother Amma India

•

*"Until one is committed,
there is hesitancy,
the chance to draw back,
always ineffectiveness...
the moment one commits oneself,
then Providence moves too."*

**Wanting to be perfect?
You are sabotaging yourself.**

**Perfect willen zijn?
Je saboteert jezelf.**

©Willy Hensen 1996

*Whatever you can
do or dream
you can!
BEGIN IT.*

*Boldness has genius,
Power and magic in it."*

Johann Wolfgang Von Goethe

Mij greatest lesson from Auschwitz

**I got is that
who dehumanize
another person,
have to been first
dehumanized self!**

- The suppressors are
 - not longer human,
 - independent
- which uniform they ware.

- Dr. Hajo Meyer, 1924 – 2014.
 - Jewish Auschwitz survivor.