

Quotes by Dan Millman, author of "The Way of the Peaceful Warrior"

"There are three kinds of people in this world: Those who make things happen, those who watch what happens, and those who wonder what happened."

Faith means living with uncertainty - feeling your way through life, letting your heart guide you like a lantern in the dark.

Don't wait until you die to learn the warrior's way. Do it now, each night, just before you drift off to sleep. As you review your day, consider these two questions of courage and love. Learn from each day, so that each day you can show a little more courage and a little more love. Then, as incidents occur, you may rise to the occasion and look back at the end of your life and feel good about the way you lived.

Life is not a private affair. A story and its lessons are only made useful if shared.

Wake up! If you knew for certain you had a terminal illness--if you had little time left to live--you would waste precious little of it! Well, I'm telling you...you do have a terminal illness: It's called birth. You don't have more than a few years left. No one does! So be happy now, without reason--or you will never be at all.

It is better for you to take responsibility for your life as it is, instead of blaming others, or circumstances, for your predicament. As your eyes open, you'll see that your state of health, happiness, and every circumstance of your life has been, in large part, arranged by you -- consciously or unconsciously.

If you don't get what you want, you suffer; if you get what you don't want, you suffer; even when you get exactly what you want, you still suffer because you can't hold on to it forever. Your mind is your predicament. It wants to be free of change. Free of pain, free of the obligations of life and death. But change is a law, and no amount of pretending will alter that reality.

Pain is a relatively objective, physical phenomenon; suffering is our psychological resistance to what happens. Events may create physical pain, but they do not in themselves create suffering. Resistance creates suffering. Stress happens when your mind resists what is...The only problem in your life is your mind's resistance to life as it unfolds.

No amount of knowledge will nourish or sustain your spirit, it can never bring you ultimate happiness or peace. Life requires more than knowledge; it requires intense feeling and constant energy. Life demands right action if knowledge is to come alive.

Faith is our direct link to universal wisdom, reminding us that we know more than we have heard or read or studied. We have only to look, listen, and trust the love and wisdom of the Universal Spirit working through us all.

"There is no need to search; achievement leads to nowhere. It makes no difference at all, so just be happy NOW! Love is the only reality of the world, it is all ONE, you see. And the only laws are paradox, humor, and change. There is no problem, never was, and never will be. Release your struggle, let go of your mind, throw away your concerns, and relax into the world. No need to resist life; just do your BEST. Open your eyes and see that you are far more than you imagine. You are the world, you are the universe; you are yourself and everyone else, too! It's all the marvelous Play of God. WAKE UP, REGAIN YOUR HUMOR. DONT WORRY, YOU ARE ALREADY FREE"

There is no way to peace; Peace is the Way.

There is no way to happiness; Happiness is the Way.

There is no way to love; Love is the Way.

You haven't yet opened your heart fully, to life, to each moment. The peaceful warrior's way is not about invulnerability, but absolute vulnerability--to the world, to life, and to the Presence you felt. All along I've shown you by example that a warrior's life is not about imagined perfection or victory; it is about love. Love is a warrior's sword; wherever it cuts, it gives life, not death.

Moderation? It's mediocrity, fear, and confusion in disguise. It's the devil's dilemma. It's neither doing nor not doing. It's the wobbling compromise that makes no one happy. Moderation is for the bland, the apologetic, for the fence-sitters of the world afraid to take a stand. It's for those afraid to laugh or cry, for those afraid to live or die. Moderation...is lukewarm tea, the devil's own brew.

It may be true that the unexamined life is not worth living-but neither is the un-lived life worth examining.

Every positive change--every jump to a higher level of energy and awareness--involves a rite of passage. Each time to ascend to a higher rung on the ladder of personal evolution, we must go through a period of discomfort, of initiation. I have never found an exception.

To be authentic literally means to be your own author.

Willpower is the key to success. Successful people strive no matter what they feel by applying their will to overcome apathy, doubt or fear.

Act happy, feel happy, be happy, without a reason in the world. Then you can love, and do what you will.

As a peaceful warrior, I would choose when, where and how I would behave. With that commitment, I began to live the life of a warrior.

There are no ordinary moments.

Do you have the courage for it? Do you have the love? If you have enough of one, you will develop the other.

Someday, in the moment of death, your whole life will pass before you. In a few fractions of a second--because time no longer applies--you will see many incidents from your life in order to learn. You will review your life with two questions in your consciousness: Could I have shown a little more courage in these moments? Could I have shown a little more love? You will see where you let fear stop you from expressing who you are, how you feel, or what you need. You will see whether you were able to expand into these moments, just a little, to show love, or whether you contracted.

In the real world, those of us who are most productive, successful, and satisfied focus not on fixing feelings or manipulating thoughts, but on what needs to be done—and then doing it—no matter what thoughts or feelings arise.

Simplicity has power. Founding our life on constructive, positive behavior is the simplest, most direct, and powerful approach I've ever found—simple, but not easy.

Life is brief--a flash of lightning, a snap of eternity's fingers.