

"Bipolar, a life enhancement opportunity."

"Clear your energy. Honor your rhythm. Live your vision."

"Silence is the beginning and end of all truth"

"Let stillness lead you to your passion"

"Is it the end or is your emptiness clearing the way for truth"

"A moment of compassion, strangers or not, seems to lift me faster than anything else, regardless if I am the giver or the receiver, in that moment we are both."

—George Denslow