



Where are  
my shiny parts?



Where do my shadows  
cover my sparkle?



## Sparkle

Two monks were watching a flag flapping in the wind.  
One said to the other,  
“The flag is moving.”  
The other replied, “The wind is moving.”  
Huineng overheard this.  
He said, “Not the flag, not the wind; mind is moving.”  
**Jack Kornfield, After the ecstasy, the laundry**

Any woman can look her best if she feels good in her skin.  
It's not a question of clothes or makeup. It's how she sparkles.  
**Sophia Loren**

In order for the light to shine so brightly, the darkness must be present.  
**Francis Bacon**

People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within.  
**Elisabeth Kubler-Ross, Family Limited Partnership**

There is a vitality, a life force, an energy, a quickening, that is translated through you into action, and because there is only one of you in all time, this expression is unique.  
**Martha Graham**

We are all of us stars, and we deserve to twinkle.  
**Marilyn Monroe**



**What was the last thought that provoked you?**



**Who is intriguing you?**



## Intriguing

A youthful monk, journeying home, reached the bank of a vast river. There were no visible means of crossing it. Standing there, he pondered for long on how he could get across. No ideas occurred to him; eventually, he gave up and was about to retrace his steps when he spotted an old Zen teacher standing on the opposite bank. He yelled across to the older man, "Oh master, I am stranded here. Can you tell me how I may get across to the other side?" The aged teacher thought for a few moments, looking up and down the river. He then shouted back, "My good fellow, you are on the other side!"

### Zen Story

I have always been intrigued by these lives I have never experienced.

**Daniel Day-Lewis**

Q. How are we supposed to treat others?

A. There are no others.

**Ramana Maharshi**

We are told that people stay in love because of chemistry, or because they remain intrigued with each other, because of many kindnesses, because of luck. But part of it has got to be forgiveness and gratefulness.

**Ellen Goodman**

Forbidden fruit is always very intriguing, though never as tasty as one imagined it would be.

**Claudy Conn**

Anyone can get dressed up and be glamorous, but it is how people dress in their days off that is the most intriguing.

**Alexander Wang**



**How is it for you  
to be in a place  
of exploration,  
without knowing  
all of the answers?**



**At this moment,  
what would you like to  
explore in your life?**



## Explore

A monk set out on his travels across a faraway land. As night was falling he found a humble shack, in the middle of nowhere. A poor family lived there and the mother, father and children were dressed in rags. The monk asked if he could spend the night. "You are most welcome" they said and prepared a simple meal consisting of milk, cheese and cream. The monk greatly appreciated their simple generosity. When they finished eating, he asked how they managed to survive in such an isolated place. "We have one cow" said the wife, "We sell her milk to our neighbors and keep enough for our needs."

The next morning, the monk said his goodbyes and set out to continue his journey. Not far from the family's little hut, he came across the cow. The monk pondered for a moment before leading the cow to the edge of a nearby cliff and pushing it over the edge.

Several years later the monk again passed that same road where he found lodging so many years ago, and decided to visit the family. As he rounded the curve, he saw a splendid mansion, surrounded by landscaped gardens. The monk knocked on the door. The father answered, now well-dressed and looking healthy. He recognized the monk immediately. While they ate, the monk asked what had changed in the years that had passed. "You know, we used to have a cow" explained the father, "She kept us alive. One day she fell down the cliff and died. To survive, we had to develop skills we didn't know we had. We were forced to come up with new ways of doing things. It was the best thing that ever happened to us! We are now much better off than before." The old monk smiled.

### Zen story

Life is either a daring adventure or nothing.

### Helen Keller

Wherever you go becomes a part of you somehow.

### Anita Desai

You can never cross the ocean until you have the courage to lose sight of the shore.

### Christopher Columbus

A good traveler has no fixed plans and is not intent on arriving.

### Lao Tzu



Where would I  
like to have  
more excitement  
in my life?



Do I do things  
that excite me?



What excites me?

## Excitement

'When you wake up in the morning, Pooh,' said Piglet at last,  
'What's the first thing you say to yourself?'  
'What's for breakfast?' said Pooh. 'What do you say, Piglet?'  
'I say, I wonder what's going to happen exciting today?' said Piglet.  
Pooh nodded thoughtfully.  
'It's the same thing,' he said.

**A.A.Milne, Winnie the Pooh**

The idea of waiting for something makes it more exciting.  
**Andy Warhol**

If you're not excited about it, it's not the right path.  
**Abraham Hicks**

I do have a childlike enthusiasm at times. I certainly enjoy life and get pleasure sometimes in childish things.

**Brian Baumgartner**

Excitement must lead to immediate action or you will lose the power of momentum. More dreams die because we fail to seize the moment. Do it now!

**Tony Robbins**

The real secret of success is enthusiasm. Yes, more than enthusiasm, I would say excitement. I like to see men get excited. When they get excited, they make a success of their lives.

**Walter Chrysler**



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