**Each excerpt below is color-coded for your convenience:**

**inspiring excerpts, interesting excerpts, and funny excerpts!**

**Going Higher**

**And he dreamed, and behold a ladder set up on the earth,**

**and the top of it reached to heaven:**

**and behold the angels of God ascending and descending on it.**

***(Genesis 28:12)***

**I lift up my eyes to the hills --**

**from where will my help come?**

**My help comes from the Lord,**

**who made heaven and earth.**

***(Psalm 121:1-2)***

**Those who wait for the Lord shall renew their strength,**

**they shall mount up with wings like eagles,**

**they shall run and not be weary, they shall walk and not faint.**

***(Isaiah 40:31)***

**He went up the mountain by himself to pray.**

**When evening came, he was there alone.**

***(St. Matthew 14:23)***

**Set your minds on things that are above,**

**not on things that are on earth.**

***(Colossians 3:2)***

**Every generous act of giving, with every perfect gift,**

**is from above, coming down from the Father of lights.**

***(James 1:17)***

**Suspended 1,200 feet above Boston Common in the basket of the hot-air balloon Queen of the Air, American photographer James Wallace Black took the first aerial photographs in the United States, October 13, 1860. Since his glass plates required fast processing, Black followed French photographer Nadar’s example and brought developing equipment up with him. Balloon photography later played a part in Civil War reconnaissance. Today Black’s Boston as the Eagle and the Wild Goose See It is the oldest existing aerial image. *(Alison McLean, in Smithsonian magazine)***

**Against the law in Washington, D.C., to fly a kite higher than the Washington Monument. *(L. M. Boyd)***

**The general direction of the Alps is straight up. *(Jack Ray, in Reader’s Digest)***

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**After her one and only mating flight, a young queen ant goes underground to lay an egg an hour for 10 years. Most ants mate in flight. What, you didn’t know they flew? Most of those that mate do. Just once. *(L. M. Boyd)***

**In India, when the ants move their eggs to higher ground the watchful locals likewise go for altitude, knowing from the ants that a flood is imminent. The ants know because they’ve been deeper, where it’s already wet. *(L. M. Boyd)***

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**Three days after launch, the crew of Apollo 8 – astronauts Frank Borman, James Lovell and William Anders – became, on December 24, 1968, the first humans to leave Earth’s gravity and orbit the moon. “The moon” says Lovell, in the first close-up report, “looks like plaster of Paris or a sort of a grayish beach sand.” The astronauts made six live TV broadcasts from space, including a Christmas Eve reading from the book of Genesis that reached 100 million households. After ten orbits, they splashed down December 27th. *(Allison McLean, in Smithsonian magazine)***

**Star Trek creator Gene Roddenberry and his wife will have their ashes launched into deep space in 2010. (Don Voorhees, in The Essential Book of Useless Information, p. 7)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Shuttle astronauts can get a little mixed up, literally. Weightlessness actually makes the heart and other organs shift inside the body. And because bodily fluids move toward the head, the astronauts get “a fat face and chicken legs.” *(1993 Disney Adventures)***

**Right now, seven astronauts from the United States, Europe, Japan and Russia are on the International Space Station (I.S.S.). There's one more member of the current crew, too: Sasha, a stuffed-animal three-toed sloth. Each mission typically takes a stuffed animal as a zero-g indicator; when Sasha started to float in the cabin, the astronauts knew they were entering orbit. More than 80 countries have sent satallites into orbit, including many smaller nations, which often share spacecraft costs and expertise. At least 44,500 space objects now circle Earth, including 9,000 active satellites and 19,000 significant pieces of debris. Since the Soviet Union launched Sputnik I in 1957, over 6,100 rockets have headed into space, launching around 15,400 satellites. More than 70 percent of those satellites haven't returned to the planet's surface, which means there's a lot of debris in low Earth orbit. *(The New York Times magazine, November 12, 2023)***

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**Thinking she wanted to be an attorney, my daughter Kim majored in criminal justice at Arizona State University. By her senior year she had lost interest in law and decided to study for the ministry. Her cousin, startled by the sudden change, asked Kim how she could make such a drastic move. “It was easy,” she responded. “I’m just taking the law to a higher court.” *(Doris Sterner-Young, in Reader’s Digest)***

**Babies of jet pilots are more likely to be girls than boys. So are those of anesthesiologists. Nobody seems to know why. *(L. M. Boyd)***

**A ball of glass will bounce higher than a ball made of rubber. A ball of solid steel will bounce higher than one made entirely of glass. *(David Louis, in Fascinating Facts, p. 130)***

**The best place to launch a satellite into orbit is from a site near the equator, where the Earth spins at 1,040 miles per hour. The rocket gets more of a boost from the speed of the spin, allowing it to do its job with less fuel. This is one reason NASA chose Cape Canaveral as a launch site. *(The Daily Chronicles)*  
\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*A bird has to fly at a minimum speed of eleven miles per hour to be able to keep itself aloft. *(Noel Botham, in The Ultimate Book of Useless Information, p. 41)***

**Some species of birds live high up in the canopies of the tallest trees. People so rarely see them that nobody knows how many there are. *(L. M. Boyd)***

**How high above the ground do the highest-flying birds fly? The highest fliers are Siberian cranes and some species of geese, which fly over the Himalayas and are estimated to have gone as high as 29,000 feet, said Mary Taylor Young, News bird columnist and author of a number of wildlife books. Bearded vultures are known to make homes near the 29,028 foot summit of Mount Everest, and alpine choughs nest there. *(Rocky Mountain News)***

**The majority of migrating birds fly at altitudes of about 3,000 to 6,000 feet. But here again. Canada geese are impressive -- they have been detected by radar as high as 29,000 feet! *(Country magazine)***

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**Syndicated columnist Erma Bombeck once wrote a piece that likened children to kites. “You spend a lifetime trying to get them off the ground. You run with them until you’re both breathless. They crash. They hit the rooftop. You patch and comfort, adjust and teach. You watch them lifted by the wind and assure them that someday they’ll fly. Finally they are airborne. They need more string and you keep letting it out. But with each twist of the ball of twine, there is a sadness that goes with joy. The kite becomes more distant, and you know it won’t be long before that beautiful creature will snap the lifeline that binds you two together and will soar as it is meant to soar, free and alone. Only then do you know that you did your job.” *(Dr. Delia Sellers, in Abundant Living magazine)***

**If God wanted us to fly, he would have given us tickets. *(Mel Brooks)***

**My family was unpacking the car at the beach when a telephone-repair truck pulled up. A man stepped out and asked if we knew of a place to change. We told him the only spot was a portable toilet at the edge of the lot. He made a face, then thanked us and returned to his truck. A minute later I caught sight of the telephone-repair bucket rising into the air. The man was in the bucket, but I couldn't see what he was doing -- then the bucket descended, and from it emerged the man in his swimming trunks. He smiled, waved and trotted off for a refreshing swim. *(Alessandro Cafaro, in Reader's Digest)***

**Remember the fellow who found himself in the middle of a pasture with an angry bull charging him? The only escape in sight was a tree, but the nearest limb was ten feet off the ground. The fellow ran for it and made a tremendous leap. He missed it on the way up, but caught it on the way down. *(Anonymous)***

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**Four miles up is not too much altitude for some butterflies. *(L. M. Boyd)***

**Do commercial jet pilots ever see butterflies while they're cruising along up there? To four miles high conceivably, though rarely. But those pilots usually do their cruising at six miles up or higher. (*L. M. Boyd)*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**If you'd like an inspiring cable car ride, try the Merida Telepherique in Venezuela. Takes an hour to go the eight miles up Mount Pico Espejo, altitude 15,629 feet. World's longest and highest cable car run. *(L. M. Boyd)***

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**Two caterpillars were crawling across the grass when a butterfly flew over them. They looked up, and one nudged the other and said: “You couldn’t get me up in one of those things for a million dollars!” *(Bits & Pieces)***

**Two caterpillars were watching a butterfly, when one said to the other, “They'll never get me up in one of those hang gliders.” *(Neil McKay, in Reader's Digest)  
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**World’s tallest cathedral spire: the Ulm Cathedral in Germany, at 528 feet. (*Uncle John’s Bathroom Reader: Wise Up!, p. 259)***

**There’s also a good, better, best way to climb stairs, evidently. Experts say best is to exhale before you start, inhale during first two steps, exhale during the next two, and so on. *(L. M. Boyd)*  
  
A physics major notes the clock in your attic runs more slowly than the clock in your basement. *(L. M. Boyd)*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  
Daytime clouds fly higher than nighttime clouds. *(L. M. Boyd)*  
Clouds fly higher during the day than during the night. *(David Louis, in Fascinating Facts, p. 183)***

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**When things get really bad, just raise your glass and stamp your feet and do a little jig. That’s about all you can do. *(Leonard Cohen, Canadian poet, novelist, singer, and songwriter)***

**The highest of the Colorado Rocky Mountains is just over 14,000 feet – but Mount Everest, in Asia, is more than double that height. Everest is over 29,000 feet high. The highest of the Alps in Europe is just over 15,000 feet, so Mount Everest is almost twice as high as the highest of the Alps. *(Charles Reichblum, in Knowledge in a Nutshell, p. 114)***

**$40 million: For that sum Russia is offering newlyweds the chance to swap Venice or Niagara Falls for a cosmic honeymoon romance by buying a ticket to space, officials said. Russia's Rosaviakosmos space agency is proposing together with U.S. firm Space Adventures for couples to fly to the International Space Station on a Russian Soyuz craft. *(Space Daily, as told in Rocky Mountain News, December 23, 2003)*  
Two out of three living critters can fly. *(Boyd’s Curiosity Shop, p. 177)***

**You have to climb to reach a deep thought. *(Stanislaw Lec, poet)***

**While on vacation in San Francisco, my sister developed a toothache. The hotel desk clerk recommended a dentist. Susan, who dislikes heights, was horrified to discover that he was located on the 14th floor of a skyscraper, with two of the office walls made entirely of glass. Susan was sitting rigidly in the examination chair, clutching its sides, when the dentist came in. “Are you always this nervous?” he asked. It’s just that I’m not used to being up this high,” Susan replied, eyes closed. “Oh, I’m sorry,” he said. Then he lowered her chair six inches. *(Joan B. Hortin, in Reader’s Digest)***

**A doctor who had devoted his life to helping the underprivileged lived over a liquor store in the poor section of a large city. In front of the liquor store was a sign reading: “Dr. Williams is upstairs.” When he died, he had no relatives and he left no money for his burial. He had never asked for payment from anyone he had ever treated. Friends and patients scraped enough money together to bury the good doctor, but they had no money for a tombstone. It appeared that his grave was going to be unmarked until someone came up with a wonderful suggestion. They took the sign from in front of the liquor store and nailed it to a post over his grave. It made a lovely epitaph: “Dr. Williams is upstairs.” (Bits & Pieces)**

**There are 1,792 steps to the top of the Eiffel Tower, 296 steps to the top of the Leaning Tower of Pisa, and 168 steps to the crown of the Statue of Liberty. *(Jack Kreismer, in The Bathroom Trivia Book, p. 68)***

[**Use different tools to solve a problem than what was used to create it. We cannot solve our problems with the same thinking we used when we created them. *(Albert Einstein)***](http://www.bbc.co.uk/)

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[**In Washington, D. C., a high-stress town, I stepped into an elevator on my way to the 11th floor. As the door shut, I discovered that all the indicator buttons were lit. Furious at the prospect of stopping on every floor, I suddenly noticed, taped to the door, a piece of paper with a short handwritten note. It said, “In the middle of this day full of pressure and haste, my gift to you is a fully justified four-minute break. So step back and enjoy a few moments of total peace.” With no other choice, I did just that as the elevator slowly made its way upward. When I got to my floor, I found myself amazingly refreshed. *(Joseph Belotte, In Reader’s Digest)*  
Ingenious elevators on early aircraft carriers lifted planes to the flight decks. Similar lifts shuffled performers on and off stage at old Radio City Music Hall. Mechanisms were so similar the stage elevators were also regarded as militarily secret and put under round-the-clock guard during World War II. *(L. M. Boyd)***](http://www.bbc.co.uk/)

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[**If you would lift me, you must be on higher ground. *(Ralph Waldo Emerson) 49012***](http://www.bbc.co.uk/)

[**Those who work on upper floors of skyscrapers are more likely than those who work at ground level to have extramarital affairs. That turned up in a computer run on databanks of sex scholars. One theory is some people who ride elevators together repeatedly eventually become acquaintances. Some of those become friends. Some of those become lovers. *(L. M. Boyd)***](http://www.bbc.co.uk/)

[**There was a huge elm in the back yard, and in this tree Rickert Fillmore built a series of platforms and ladders that enabled one to climb up high. Often his mother and he would climb up together, and he would play his guitar while she sat and meditated. *(James Dillet Freeman, in The Story of Unity, p. 145)***](http://www.bbc.co.uk/)

[**The only flag that can be flown above the U. S. flag is the United Nations flag. *(L. M. Boyd)***](http://www.bbc.co.uk/)

[**After vandals cut down six royal palms along Miami's Flagler Street, Dade County gladly accepted six more as a gift (they're expensive) to replace them. The old ones were 15 feet tall and made a nice background for what was then a "Fly Delta" billboard. The new palms are 35 feet tall, making it difficult to read the sign. The donor: Eastern Airlines. *(Clinton H. Johnson, in Tampa, Florida, Tribune)*Why are forest fires more dangerous in the mountains? Fire moves twice as fast up a 10-degree slope as on the level. *(L. M. Boyd)***](http://www.bbc.co.uk/)

[**The tallest skyscraper in New York City is now One World Trade Center, whose unfinished skeleton reached 1,271 feet this week – 21 feet higher than the observation deck at the top of the Empire State Building. When completed, the “Freedom Tower” – built to replace the twin towers destroyed on 9/11 – will have 104 stories and a 408-foot needle that will make it arguably taller than Chicago’s 110-story Willis Tower. *(Associated Press, as it appeared in The Week magazine, May 11, 2012)***](http://www.bbc.co.uk/)

[**From a cartoon showing a NASA switchboard operator replying to a caller interested in Sen. John Glenn's trip on the space shuttle: “Yes, we're launching a member of Congress into outer space. No, we won't launch the other 534 members with him.” *(Mike Thompson, Copley News Service)***](http://www.bbc.co.uk/)

[**Rocky Mountain goats can climb up cliffs which are almost vertical. Tough pads on their hooves act as suction cups, and stop them from slipping on the steep rocks. *The Usborne Book of Facts & Lists: Omnibus Edition, p. 8)***](http://www.bbc.co.uk/)

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[**Billy: “Grandma said parents should give their children love and wings. Will my wings be flapping ones like a bird’s, or the airplane kind?” *(Bil Keane, in The Family Circus comic strip)***](http://www.bbc.co.uk/)

[**As they arrive at the airport, the kids are singing: “Over the country and through the clouds to Grandmother's house we go!” *(Bil Keane, in The Family Circus comic strip)***](http://www.bbc.co.uk/)

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[**My Uncle Jack is an avid pilot and took his minister -- who had never flown before -- up for a ride. The clergyman was afraid of heights, so my uncle tried to comfort him. “Didn’t the Lord say, I am with you always?” Uncle Jack asked. The minister replied, “Jack, the correct quote is ‘Lo, I am with you always.’” *(Richard Paul Hinkle, in Reader's Digest)***](http://www.bbc.co.uk/)

**One way to get high blood pressure is to go mountain-climbing over molehills. *(Quoted by Earl Wilson, Publishers-Hall Syndicate)***

[**Why do we refer to a main road as a “highway"? Early builders dug a trench on each side of the intended road and threw the dirt into the middle to elevate it for rain runoff. That made it a “high” way. Later, some poet identified any small private road leading into it as a “by" way. *(L. M. Boyd)*At 150 feet above sea level, the horizon is just fifteen miles away. *(E. C. McKenzie, in Tantalizing Facts, p. 86)***](http://www.bbc.co.uk/)

[**For $175 per person a night, there is a hotel where many of the guests complain of nausea, headaches or sleeplessness caused by the 12,700-foot altitude. One favorite item on the room-service menu is oxygen. Electricity doesn't come on until the evening. When operating, the plumbing carries water fetched in the primitive way. Sherpa women tote it on their backs -- sometimes helped by yaks -- up a 400-foot vertical rise, ten times a day. But staying at the Hotel Everest View in the Himalayas, thought to be the world's highest hotel, is an easy way to get a glimpse of the famous peak. For the venturesome, the dazzling view of Mount Everest is worth the price of admission. *(Jeannie Ralston, in American Way)***](http://www.bbc.co.uk/)

**How space changes the body: A pioneering “twins study” by NASA has found that astronaut Scott Kelly experienced notable physiological changes during his year in space but no major long-term effects. Kelly lived on the International Space Station for 340 days in 2015 and 2016, while his identical twin brother, Mark Kelly, a former astronaut, served as a comparison subject back on Earth. Perhaps the most important finding was that Kelly’s telomeres – the protective structures at the end of chromosomes that usually shorten with age and stress – actually lengthened during his time in space. They reverted to average length when Kelly returned to Earth, before shortening even further. Kelly also experienced several changes in his gene expression – how genes turn on and off – particularly in relation to his immune system. The researchers said the findings contained nothing that would definitively rule out sending humans on a lengthy space voyage, such as a mission to Mars. But they emphasized that the body was limited, and that astronauts on the space station are protected from most harmful radiation. We need to get (them) outside of low Earth orbit,” researcher Susan Bailey, from Colorado State University, tells The Washington Post. “Radiation exposure will certainly be a very big concern.” *(The Week magazine, May 3, 2019)***

**I guarantee you, you will find no reasonable man on top of big mountains. *(David Lee Roth, singer)*** [**When our five-year-old son asked if he could go to see a movie playing at our local theater, I told him I didn't think he would enjoy it because the jokes would be over his head. He thought about it for a moment, then said, “That's all right, Mom. We can sit in the balcony.” *(Lynne Dziedzic, in Reader's Digest)***](http://www.bbc.co.uk/)

[**The long day of Joshua: Joshua could have seen a second sun setting after leaving the deep valley of Ajalon in pursuit of the Amorites. In mountainous regions the sun sets early in the valley, but later it can still be seen from the top of the mountain. *(Joshua 10:11-14) (George M. Lamsa, in Old Testament Light, p. 289)***](http://www.bbc.co.uk/)

[**If one knows that one has been singled out by divine choice and intention from the beginning of the world, then one feels lifted beyond the transitoriness and meaninglessness of ordinary human existence, and transported to a new state of dignity and importance, like one who has a part in the divine world drama. *(Carl Gustav Jung)***](http://www.bbc.co.uk/)

**I avoid looking forward or backyard, and try to keep looking upward. *(Charlotte Bronte, novelist)***

[**A new study has found that obese people are prone to altitude sickness. This is too bad because we know how fond fat people are of mountain climbing. (*Craig Kilborn)***](http://www.bbc.co.uk/)

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**You never go wrong when you take the high road – it’s less crowded up there. *(Gayle King, of CBS This Morning)***

[**I refuse to accept the idea that the “is-ness" of man's present nature makes him morally incapable of reaching up for the “ought-ness" that forever confronts him. *(Martin Luther King Jr.)***](http://www.bbc.co.uk/)

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[**Lady Gaga is set to boldly go where no pop star has gone before and perform the first ever concert in space. The 27-year-old plans to blast off in a Virgin Galactic passenger spaceship in 2015, and sing one track as the craft cruises 62 miles above the earth. To make sure she can hit the right notes in zero gravity, the singer will spend a month in vocal training, a source told Us Weekly. Gaga has also “taken out a ridiculous life insurance policy,” the source said, just in case. *(The Week magazine, November 22, 2013)*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***](http://www.bbc.co.uk/)

[**Kent Couch had always wanted to fly. So last week, he strapped 105 helium balloons to his lawn chair and took to the skies from his home in Bend, Oregon. For nine hours, the 47-year-old gas station owner drifted east, using bags of water for ballast while his family and dog followed below in a three-car caravan. After 193 miles, Couch took aim with his BB gun and popped enough balloons to settle down softly. “When you’re lying in the grass on a summer day and you see the clouds, you wish you could jump on them,” he said. “This is as close as you can come.” *(The Week magazine, July 20, 2007)***](http://www.bbc.co.uk/)

[**Riding a green lawn chair supported by more than 150 helium-filled party balloons, Kent Couch flew from central Oregon to Idaho last July. Couch kissed his wife and kids goodbye, patted their Chihuahua, and rose out of the parking lot of his gas station into the morning sky. He was cheered by spectators. “If I had the time, I’d do this every weekend,” Couch said of his 230-mile, 9-hour trip. “He’s crazy,” said his wife, Susan. “It’s never been a dull moment since I married him.” *(Parade magazine, December 28, 2008)***](http://www.bbc.co.uk/)

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[**Aim at heaven and you will get earth thrown in. Aim at earth and you will get neither. *(C. S. Lewis)***](http://www.bbc.co.uk/)

[**Records indicate that man's first attempt at flying dates back to 1020 when an English monk named Oliver of Malmesbury strapped a pair of wings to his body and attempted to soar the air from Malmesbury Abbey. Consequently, he fell and broke both legs. *(Charlotte Lowe, in Fact-O-Pedia, p. 2)***](http://www.bbc.co.uk/)

[**If you melt ice in outer space, I’m told, it turns immediately into vapor, not water*. (L. M. Boyd)***](http://www.bbc.co.uk/)

[**Mistletoe is a parasitic plant that only grows in the tops of trees. *(Don Voorhees, in The Super Book of Useless Information, p. 9)***](http://www.bbc.co.uk/)

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[**Is it true fossil fish have been found on top of Mount Everest? Something like that. The top is marine limestone, composed of the shells of billions of tiny sea critters. *(L. M. Boyd)*  
Everyone here has a mountain inside of him or her. You can climb up on that mountain any time you desire and leave the chattering crowd below. You can see them like you do when you look out of the window of an airplane. They will have no power over you. You will look down from the window of your mind and think, “My, aren’t they little.” In time, perhaps even less than forty days, you’ll say, “I can’t believe I gave them so much power.” What a joyous time that will be. *(Christopher Ian Chenoweth, Unity Minister)***](http://www.bbc.co.uk/)

[**You wouldn’t know it to look at their sturdy sides, but California’s Sierra Nevada Mountains are bobbling upward, untethered to the layers of rock underneath. This unorthodox behavior, uncovered by seismologist George Zandt and colleagues at the University of Arizona, solves a long-standing puzzle about how the majestic range formed. Most mountain ranges rise up where two plates – large sections of Earth’s crust – collide and buckle, explains Zandt’s collaborator Mihai Ducea. Normally, where the crust buckles, the lightweight part underneath, called the root, buoys the rock above it upward. The Sierras, however, sit near a boundary where two plates slide past each other, and they seem to lack roots. “This is one place that plate tectonics failed, because it doesn’t explain the formation of the Sierra Nevadas,” Ducea says. *(Jessa Forte Netting, in Discover magazine)***](http://www.bbc.co.uk/)

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[**Lady: “I need a mouse trap for a very large mouse.” Man: “How large?” Lady: ‘About the size of a small dog!” Man: “Are you sure it wasn’t a rat?” Lady: “Well, it was just a blur, and then I was on top of the refrigerator.” *(Jerry Bittle, in Geech comic strip)***](http://www.bbc.co.uk/)

[**It’s only a coincidence that “nasa” in Hebrew means “to go up.” *(L. M. Boyd)***](http://www.bbc.co.uk/)

[**Whenever I climb I am followed by a dog called Ego. *(Friedrich Nietzsche)***](http://www.bbc.co.uk/)

[**One thing the discovery of the North Pole revealed is that there is nobody sitting on top of the world. *(Tennessee Farm Bureau News)***](http://www.bbc.co.uk/)

[**The typical tree or plant receives about 10 percent of its nutrition from the soil. The rest comes from the atmosphere. *(Isaac Asimov’s Book of Facts, p. 177)***](http://www.bbc.co.uk/)

[**One climbs a mountain, not to conquer it, but to be lifted away from the earth up to the sky. *(Russell Banks, novelist)***](http://www.bbc.co.uk/)

[**Billy tells his friend while walking to school: “All summer I was in orbit. Now my worry is re-entry.” *(Bil Keane, in The Family Circus comic strip)***](http://www.bbc.co.uk/)

**Climb up on some hill at sunrise. Everybody needs perspective once in a while, and you’ll find it there. *(Robb Sagendorph)***

[**Woman: “Oh, baby! Why do you always want Mommy to pick you up?” Dog: “Because up here is where all the hugs are!” *(Chris Browne, in Raising Duncan comic strip)***](http://www.bbc.co.uk/)

[**Wise man on mountaintop to exhausted pilgrim who has clawed his way up: “Tsk, tsk! You could have reached me at GURU@mountain.com.”  
*(Auth, in Philadelphia Inquirer Magazine)***](http://www.bbc.co.uk/)

[**St. Simeon Stylites, who lived from 390 to 459 A.D., built a pillar 60 feet high. He lived on top of the pillar for thirty years without ever coming down. His friends and disciples brought him all the necessities. He preached from the pillar all that time. He was the first of the so-called “Pillar Hermits.” *(Bernie Smith, in The Joy of Trivia, p. 59)***](http://www.bbc.co.uk/)

**Faith and reason are like two wings on which the human spirit rises to the contemplation of truth. *(Pope John Paul II)***

[**The boss called an employee into his office. “Bob,” he said, “you have been with the company for a year. You started in the mail room, one week later you were promoted to a sales position, and one month after that you were promoted to district manager of the sales department. Just four short months later, you were promoted to vice president. Now it's time for me to retire, and I want to make you the new president and CEO of the corporation. What do you say to that?” “Thanks," said the employee. “Thanks?” the boss replied. “Is that all you can say?” “I guess not,” the employee said. “Thanks, Dad!” *(Ron Dentinger, in Dodgeville, Wisconsin, Chronicle)*  
World’s tallest “pyramid”: the Transamerica Pyramid in San Francisco, at 853 feet. World’s tallest Egyptian pyramid: the Great Pyramid of Giza, at 481 feet. (*Uncle John’s Bathroom Reader: Wise Up!, p. 259)***](http://www.bbc.co.uk/)

[**Five of the world's eight tallest trees stand in northern California's Humboldt Redwoods State Park. Scientists studying the giants say in today's issue of Nature that redwoods once reached 420 feet, but that appears to be their physical limit. 370 feet is the tallest redwood today, matching a 30-story building. 24 days for water to reach the top from the base. 2,200 years is oldest known redwood, determined by growth rings. *(Associated Press, USDA, as in Rocky Mountain News, April 22, 2004)***](http://www.bbc.co.uk/)

[**Is there a relationship which has you upset or frustrated or depressed? It doesn't matter if it's with a spouse, a child, an acquaintance, a relative, or a friend. If you want it to improve, the method is the same: lift yourself up in consciousness. Lift yourself out of any negative emotions and reactions and become aware of the presence of God within you. It is as simple as that! The reason it always works is because when you feel this Presence, it will automatically be communicated from that level in you to the same Presence in the other person. *(Richard & Mary-Alice Jafolla, in The Quest, p. 310)***](http://www.bbc.co.uk/)

**To fly we have to have resistance. *(Maya Lin)***

[**If there’s “always room at the top,” why is there so much shoving going on up there? *(Olin Miller, in Atlanta Journal)***](http://www.bbc.co.uk/)

[**As Dolly and Billy observe the highway sign with the arrow pointing up just above the Highway 10 symbol, Dolly says to Billy: “That means Route 10 is just for planes, rockets, or hot-air balloons.” *(Bil Keane, in The Family Circus comic strip)***](http://www.bbc.co.uk/)

[**The rung of a ladder was never meant to rest upon, but only to hold a man’s foot long enough to put the other somewhat higher. *(Thomas Huxley)***](http://www.bbc.co.uk/)

[**If the dinosaurs had had a space program, they would not be extinct. *(Carl Sagan)***](http://www.bbc.co.uk/)

[**Charlie Brown says to the store manager: “Yes, Sir, I'd like to buy a new kite. Oh, red, blue, yellow, I don't care. The color doesn't matter. Do you have one that isn't afraid of heights?” *(Charles M. Schulz, in Peanuts comic strip)***](http://www.bbc.co.uk/)

[**The longest navigable inland waterway in the world is the Amazon River. Seagoing vessels can ascend it for a distance of twenty-three hundred miles. *(E. C. McKenzie, in Tantalizing Facts, p. 33)***](http://www.bbc.co.uk/)

[**The Sears Tower is the tallest building in the world at 1,450 feet. *(Tracy Stephen Burroughs, in Bizarro Facts & Radical Earthlings, p. 57)***](http://www.bbc.co.uk/)

**Shatner’s space epiphany: William Shatner always wanted to see Earth from space, said Jonathan Edwards in The Washington Post, but the experience was not what he expected. When the 91-year-old actor, famed for playing Captain Kirk in the Star Trek TV series and films, strapped in for a 10-minute voyage on Jeff Bezos’ space shuttle in October, 2021, he thought the view would fill him with awe and elation. Instead, he felt an overwhelming sadness, and when the ship landed, he began to weep. “Everybody else was shaking bottles of champagne. And I didn’t feel that way at all,” he says. “I was in grief for the Earth.” The juxtaposition of the “cold, dark, black emptiness” of space with “the warm nurturing Earth below” gave him an acute sense of the vulnerability of humanity – and heightened his fear that we are destroying our haven through pollution and climate change. “I am aware that every moment that goes by, things that took 5 billion years to emerge are going extinct,” Shatnersays. He has considered himself an environmentalist since reading Silent Spring, Rachel Carson’s seminal book on pesticides, in the 1960s. Man-made threats to nature and to ourselves have only grown over time, Shatner says, making the lesson of his trip more urgent. “I discovered that the beauty isn’t out there, it’s down here, with all of us.” *(The Week magazine, October 28, 2022)***

[**Shoot for the moon . . . even if you miss you’ll be among the stars. *(Bits & Pieces)***](http://www.bbc.co.uk/)

[**Sierra Club: It all started with John Muir, a man who would climb to the top of trees during windstorms, the better to feel nature the way the birds feel it. In the 1870’s, he fell rapturously in love with California’s Sierra Nevadas when he climbed atop a 100-foot Douglas fir during a violent windstorm, “enjoying the passionate music of the storm like a bobolink on a reed.” *(Bill Scanlon, in Rocky Mountain News)***](http://www.bbc.co.uk/)

[**Bombyx mori, a silkworm moth, has been cultivated for so long that it can no longer exist without human care. Because it has been domesticated, it has lost the ability to fly. *(Isaac Asimov’s Book of Facts, p. 86)***](http://www.bbc.co.uk/)

[**On January 4, 2010, at 2,722 feet, Burj Khalifa became the tallest skyscraper in the world. It is located in Dubai, United Arab Emirates. *(The Daily Chronicles)***](http://www.bbc.co.uk/)

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[**The International Space Station recently received a brand new $23 million space toilet, known as the Universal Waste Management System. NASA spent six years developing the design. It is 65% smaller, 40% lighter, and more energy efficient than the commode currently in use. More importantly, while toilets previously were designed for male astronauts, this one was built to accommodate women, keeping in mind NASA's Artemis mission to land the first woman on the moon in 2024. *(The Daily Chronicle Extra, 2021)*  
Spaceship earth is one enough if we go high enough to see it. *(J. Sig Paulson, Unity Minister)***](http://www.bbc.co.uk/)

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[**Stand tall, and you may be able to see over many of your troubles. *(Ashleigh Brilliant, in Pot-Shots)***](http://www.bbc.co.uk/)

[**Standing on the streets or housetops in Jerusalem and looking up at the stars in the direction of Bethlehem, the stars appear to be lower in the heavens than if looked upon from the plain because Jerusalem is built on the top of a mountainside and Bethlehem is in the valley. The stars appear to be standing over particular places in the town. When looking at the stars from a distance toward the horizon, they appear to be touching the ground. Moreover the mind of a traveler in the desert is often mystified. *(George M. Lamsa, in Gospel Light, p. 14)*  
  
Supermarkets try to coax you to spend more. For example, moving a brand from the bottom shelf to eye level can increase sales by 50 percent. It's no surprise, then, that gourmet foods and other high-profit items are at eye level, while staples sit down low. *(Consumer Reports)***](http://www.bbc.co.uk/)

[**Good week for: Communications from above, after a church in Lake Worth, Florida, agreed to a deal with T-Mobile in which the phone company will build a 100-foot-tall cross on church property that will double as a cell phone tower. *(The Week magazine, December 25, 2009 - January 8, 2010)***](http://www.bbc.co.uk/)

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[**Teacher: “Do you know how tall you are, Dolly?" Dolly: “A little above the kitchen table." *(Bil Keane, in The Family Circus comic strip)***](http://www.bbc.co.uk/)

[**Years ago when I worked in a day care center, a little girl looked up at my 5’10” frame and said, “Wow. You’re really tall!” “Yes, I am,” I said. “And someday when you’re all grown up, you will be tall, too.” She looked up at me solemnly and said, “I’m not afraid.” *(Laurie Beth Jones, in Jesus CEO, p. 62)***](http://www.bbc.co.uk/)

[**It’s tall people who are most uncomfortable in wheelchairs, says a hospital psychologist, because they're not used to being looked down on. *(L. M. Boyd)***](http://www.bbc.co.uk/)

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[**Contrary to what you may have heard lately, most folks are still concerned with the higher things in life – prices, for example. *(Bits & Pieces)***](http://www.bbc.co.uk/)

[**Explore your own higher latitudes. *(Henry David Thoreau)***](http://www.bbc.co.uk/)

[**As a young evangelist in my first full-time preaching job, I was unsettled one morning when I heard a church member boasting about how he had used a radar detector to avoid getting ticketed for speeding. Moments later, however, I was pleased to hear another parishioner tell him in a somber tone, “It's the man upstairs you need to be worried about.” I was about to chime in with a comment about honesty when the second man added, “That guy in the helicopter will get you every time!" *(Dan Schnell, in Reader's Digest)***](http://www.bbc.co.uk/)

[**There's nothing wrong with shooting for the stars. (*Justin Timberlake*)**](http://www.bbc.co.uk/)

**Ascend Off: The tourist boarded a bus at Madison Avenue and 42nd Street in New York City. “Does this bus go straight up?” he asked the driver. “I drop you near St. Patrick’s Cathedral,” was the reply. “After that, you’re on your own.” *(Guido Cribari, in Surburbia Today)***

[**Deep within a forest a little turtle began to climb a tree. After hours of effort, he reached the top, jumped into the air waving his front legs, and crashed to the ground. After recovering, he slowly climbed the tree again, jumped, and fell to the ground. The turtle tried again and again while a couple of birds sitting on a branch watched his sad efforts. Finally, the female bird turned to her mate. “Dear,” she chirped. “I think it's time to tell him he's adopted.” *(Rocky Mountain News)***](http://www.bbc.co.uk/)

[**On the very first flight to the moon, there was a piece of Unity literature; we did not know about this until ten years after the event. Col. Edwin E. Aldrin was the second man to walk on the surface of the moon; he carried Unity’s “Prayer for Protection” with him on his walk. Colonel Aldrin had never heard of Unity. A year later on Apollo 15, Col. James Irwin took the poem “I Am There” with him to leave on the moon. Irwin was a Baptist. Only twelve men have walked on the moon. Two of them carried Unity prayers with them. What is important is that Unity helps not only Unity students but people of every faith. Is that not what you hope your religion will do? *(James Dillet Freeman, in Unity magazine)***](http://www.bbc.co.uk/)

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[**We’ve got a two-letter word we use constantly that may have more meanings than any other. The word is UP. It is easy to understand UP, meaning toward the sky or toward the top of a list. But when we waken, why do we wake UP? At a meeting, why does a topic come UP? And why are participants said to speak UP? Why are officers UP for election? And why is it UP to the secretary to write UP a report? The little word is really not needed, but we use it anyway. We brighten UP a room, light UP a cigar, polish UP the silver, lock UP the house and fix UP the old car. At other times, it has special meanings. People stir UP trouble, line UP for tickets, work UP an appetite, think UP excuses and get tied UP in traffic. To be dressed is one thing, but to be dressed UP is special. It may be confusing, but a drain must be opened UP because it is stopped UP. We open UP a store in the morning, and close it UP in the evening. We seem to be all mixed UP about UP. In order to be UP on the proper use of UP, look UP the word in the dictionary. *(Frank S. Endicott)***](http://www.bbc.co.uk/)

[**We all seem to be hung up on up. We put up, use up, come up, butter up, line up, punch up and belly up. Houses are opened up, lighted up, warmed up, cleaned up, and closed up. Motors are fired up, gassed up and charged up. Boats are speeded up, slowed up, tied up and laid up. If we are mixed up, we must hurry up and shape up, or we’ll be fouled up. And, heaven help us, we drink up with 7-UP. If you think up other examples, don’t call me up. I’m up the wall with up. I give up. *(Thelma Wilson Cook)***](http://www.bbc.co.uk/)

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[**It is in the heart -- what Jesus describes as "the upper room" -- that we can most clearly and purely link ourselves to the presence and power of the Divine. All love, all life, all possibilities for joy and abundance, are sourced in that heart energy. *(Rev. Ed Townley, in Interpret This)***](http://www.bbc.co.uk/)

[**Dad: “Son, your problem is that you lie down on your back and let people walk all over you. People never walk all over me! And why do you suppose that is?” Mom: “Maybe they don’t want to walk uphill!” Dad: “I wasn’t talking to you!” *(Kevin Fagan, in Drabble comic strip)***](http://www.bbc.co.uk/)

[**At your highest moment, be careful – that’s when the devil comes for you. *(Denzel Washington)***](http://www.bbc.co.uk/)

[**Hagar: “I fought and clawed my way to the top, and now that I've finally arrived, I have to ask myself this question: ‘What's so good about getting to the top?’” *(Dik Browne, in Hagar The Horrible comic strip)***](http://www.bbc.co.uk/)

[**When you reach for the stars, you may not quite get one, but you won’t come up with a handful of mud either. *(Leo Burnett)*We too shall push on to new heights of spiritual development, until we come to the measure of the stature of Christ as it was in Jesus. Then we can speak these words now with our lips, but then they will burst forth from our inner consciousness, and the works, even the greater works that Jesus said we should do, will be done. We are moving on to this glorious day. *(Nona Brooks, in Expansion in Divine Science)***](http://www.bbc.co.uk/)

[**From atop the World Trade Center in New York City, you can see five states. *(Tracy Stephen Burroughs, in Bizarro Facts & Radical Earthlings)  
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What did the father of Wilbur and Orville Wright say about his sons’ first flight? That’s not in the record at hand. What is known is Orville took him up in 1910, and he kept shouting “Higher, Orville, higher!” *(L. M. Boyd)***](http://www.bbc.co.uk/)

[**Bishop Milton Wright handled his western jurisdiction of the United Brethren Church with the skill he’d learned over a half century of churchmanship. His area was the sprawling, growing West of these United States just at the turn of the century. Of the many pronouncements he was called on to make, one was a judgment on several popular writings of the day suggesting that man might design and construct a machine that would make him airborne. A statement by Bishop Wright was obviously needed. “Only angels are meant to fly, and not a man!” Those words ended it for all loyal churchmen. But it was near this same time that two young men, two brothers in their thirties, labored on a primitive machine at the sandy beach of Kitty Hawk, North Carolina. These brothers had a great faith to add to the very doubtful project. You see. They believed that it could be done. Men, as well as angels, should fly. Their first attempts were abortive. They didn’t even get off the ground. But finally, on a lonely beach, the brothers proved Milton Wright wrong when their flying machine became airborne for a total of 128 feet. And what, were their names? Orville and Wilbur Wright, of course, the famous sons of Bishop Milton Wright, who once said it couldn’t be done. *(Derric Johnson, in The Wonder of America, p. 78)***](http://www.bbc.co.uk/)

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