**The Process**

**Weeping may remain for a night,**

**but rejoicing comes in the morning.**

***(Psalm 30:5)***

**For the earth causes the seed to yield fruit;**

**and yet first it becomes   
a blade of grass, then an ear,**

**and at last a full grain in the ear.**

***(St. Mark 4:28)***

**Unless a grain of wheat falls into the earth and dies,**

**it remains just a single grain; but if it dies, it bears much fruit.**

***(St. John 12:24)***

**I am the Alpha and the Omega.**

***(Revelation 1:8)***

**Jack Oakie once said there are three stages in an actor’s career: “Who’s he?” “There he is!” and “My God! Is he still around?” *(Modern Maturity)***

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**Seven Ages of Man: 6 weeks – all systems go; 6 years – all systems “No!”; 16 years – all systems know; 26 years – all systems glow; 36 years – all systems owe; 56 years – all systems status quo; 76 years – all systems slow. *(B. M. Cornelius, in The Rotarian)***

**The seven ages of man: spills, drills, thrills, bills, ills, pills, wills. *(Richard Needham, in The Wit & Wisdom of Richard Needham)***

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**On your way to Wonderful, you’re going to have to pass through All Right. And when you get to All Right, take a good look around and get used to it, ‘cause that may be as far as you’re going to go. *(Bill Withers, in Still Bill)***

**Age 1: The father says to his son: “I promise I'll always be here for you.”  
Age 7: The father says to his son: “No matter what, I'll always be here for you." Age 15: The father says to his son: “I'm here, whether you like it or not.” *(Jerry Scott & Jim Borgman, in Zits comic strip).***

**Life is pleasant. Death is peaceful. It’s the transition that’s troublesome. *(Isaac Asimov)***

## You may not know it, but at the far end of despair, there is a white clearing where one is almost happy. *(Joan Baez)*

**There are two fatal errors that keep great projects from coming to life: 1. Not finishing. 2. Not starting. *(Buddha)***

**No butterfly was ever a baby. *(L. M. Boyd)***

**Life is one long process of getting tired. (*Samuel Butler)***

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**Chemicalization is a reaction akin to mixing two incompatible chemicals. They fizz, sputter, churn and seethe. Occasionally, they even explode! *(Richard & Mary-Alice Jafolla, in The Quest, p. 174)***

**In a sense, one who is experiencing chemicalization is experiencing withdrawal symptoms. He or she is really breaking an addiction! In this case, it is breaking an addiction to an old way of thinking, but the effects can be similar to breaking an addiction to a drug. If you have ever tried to stop smoking or drinking alcohol or using any other addictive drugs, you have a sense of how any change of thinking can affect your life. (*Richard & Mary-Alice Jafolla, in The Quest, p. 175)***

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**Civilization is a process whose purpose is to combine single human individuals, and after that families, and then races, peoples and nations, into one great unity, the unity of mankind. *(The Complete Psychological Works of Sigmund Freud, edited by James Strachey)***

**The Declaration of Independence wasn't signed, sealed, and delivered on July 4, 1776, as is generally believed. On that date, the document was formally adopted by the Second Continental Congress, which was in session at the Pennsylvania State House, now called Independence Hall, in Philadelphia. The only people who signed the Declaration of Independence that day were John Hancock, president of the Continental Congress, and Charles Thomson, secretary of the body. On July 9, New York, the last of the colonies to ratify it, made the declaration unanimous. On July 15, the Congress ordered the document copied on parchment. This is the form in which Americans now know it. It wasn't until August 2, almost a month after its adoption, that the declaration was finally signed by the 50 delegates to the Continental Congress who were present. Delegate stragglers showed up in Philadelphia and also signed it all through the fall of 1776. *(Bits & Pieces)***

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[**Although at least half the original weight disappears in the process, cutting more than doubles the price of a**](http://www.bbc.co.uk/) **diamond, for the labor involved is costly and arduous. The large rough gems have to be studied for days, or occasionally weeks, to determine how their grain runs. A decision is then made whether to saw against the grain or to cleave with it. If the decision is to saw, an entire day may be required for the whirring blade to slice through a single carat. If the decision is to cleave, the expert scratches a nick on the surface with a diamond chip (only diamonds are hard enough to cut diamonds), inserts a steel chisel in the groove, utters a silent prayer, and taps down sharply with a wooden or metal rod. If his calculations have been correct, the crystal will split neatly. If there is an invisible knot or fissure, the stone may shatter -- reducing a $10,000 investment to dust. *(Ronald Schiller, in Reader’s Digest)***

**Scientists believe that diamonds were formed from bubbles of carbon dioxide trapped under extreme pressure and intense heat in the mantle of the earth, when the continents split asunder. Recent research suggests that diamonds pick up speed as they near the surface and sometimes erupt into the air in rocket-like explosions powered by the gas behind them. *(Ronald Schiller, in Reader's Digest)***

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**The fullness of your most noble and healthy aspirations will come, just like the fall harvest always comes. The harvest and the sprouts do not occur together. First come the sprouts, then growth and maturation, and then the harvest. Let wisdom and love sprout and grow in you the same way. *(Gary Zukav, in Soul to Soul: Communications from the Heart, p. 11)***

**Some people feel confusion and uncertainty (which are often things that arrive right before possibility), and do nothing. Don’t do nothing. *(Alex Dimitrov, poet, in W)***

**Each time you write a page, you are a writer. Each time you practice the violin, you are a musician. Each time you start a work out, you are an athlete. (James Clear, author)**

**Error always screams loudest before it dissipates. *(Mary Baker Eddy)***

**Endings are elusive, middles are nowhere to be found, but worst of all is to begin, to begin, to begin*. (Donald Barthelme, writer)***

**The first fax machine was patented in 1843 -- 33 years before the telephone -- by Scottish inventor Alexander Bain. His device read text written in raised metal letters and transmitted it through telegraph lines. Eight years later, Frederick Bakewell, an English physicist, demonstrated a similar machine at the Crystal Exhibition. A commercial fax system was established in 1865 by Italian Giovanni Caselli between Lyon and Paris in France. German inventor Arthur Korn upgraded the fax in 1902 by adding an optical scanner and started a wire photo service for newspapers. In 1948 Western Union started its DeskFax service. Xerox introduced the first general-purpose fax machine in 1966, which operated over telephone lines. In 1980, fast digital faxes using uniform data standards appeared. Now that most computer modems can function as faxes, the stand-alone fax may vanish within a decade. *(Fenella Saunders, in Discover magazine)***

**We shall not fear the process, when we understand that it is all progress. (Nona L. Brooks)**

**Few things are created and perfected at the same moment. *(Bits & Pieces)***

**Finding your people is half the battle. *(Jami Attenberg, writer)***

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**God -- the one Presence and the one Power -- has three aspects or roles: mind, idea, and expression. The Trinity can be looked at as the creative process of God. Mind is the source, the origin, the parent--the Father/Mother. The mind gives birth to ideas or thoughts.  Expression is the manifestation or outworking of these ideas. Expression is, in a sense, the working arm of God and is commonly referred to as the Holy Spirit. This aspect of God does the work in our lives. *(Richard & Mary-Alice Jafolla, in The Quest, p. 182)***

**A long, long time ago, God was mopping His brow after finishing a difficult task. “Whew! I just made 24 hours of alternating light and dark,” He said. A nearby cherub asked, “What are You going to do now?” God replied, “I think I’ll call it a day.” *(Robert Schulz, in Country magazine)***

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**Old habits of inadequacy can be broken. They are not engraved in copper or sand-blasted into concrete, they are only old patterns that you have accepted for yourself. Oh, yes, you may find that when you reject them they will cry like banshees, but they are only screaming because they are dying. *(Jack E. Addington)***

**Slice a hailstone in half and you get onion-like layers of ice. *(L. M. Boyd)***

**If the time period from the beginning of the universe to the present time were compressed into the span of a single year, dinosaurs would still be roaming the earth on Christmas Day and all the history in the world from the Renaissance to the present day would take place in the last second of New Year’s Eve. *(Paul Stirling Hagerman, in It’s a Weird World, p. 62)***

**Every great cause begins as a movement, becomes a business, and eventually degenerates into a racket. *(Eric Hoffer, philosopher)***

**At 20, we worry about what others think of us; at 40, we don’t care what they think of us; at 60, we discover they haven’t been thinking of us at all. *(Bob Hope)***

**All houseflies are born fully grown. *(L. M. Boyd)*Every revolutionary idea evokes three stages of reaction:**

1. **It’s completely impossible**
2. **It’s possible but it’s not worth doing**
3. **I said it was a good idea all along. *(Arthur C. Clarke)***

**An island is born: “Few hours of my life do I treasure as much as one late afternoon near the volcano. Waves washed our small Coast Guard vessel from stem to stem. The eruption column was rushing continuously upward, and when darkness fell it was a pillar of fire, and the entire cone was aglow with bombs which rolled down the slopes into the white surf around the island. Lightning flashes lit up the eruption cloud, and the crashes of bombs into the sea produced a most impressive symphony. High in the sky the crescent moon rushed headlong between racing clouds. How hopelessly beyond my powers it is to do justice to such a grandiose performance of the elements.” *(Sigurdur Thorarinsson, Icelandic geologist)***

**I’ve been at the bottom. I’ve been at the top. Both places are empty. *(Nico, singer and actress)***

**Jerusalem has been destroyed 17 times. *(L. M. Boyd)***

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Everything you have to know about learning in a nutshell. No matter what you want to learn, there are four stages:**

1. **Unconscious Incompetent. You don’t know that you don’t know.**
2. **Conscious Incompetent. You know that you don’t know.**
3. **Conscious Competent. You know that you know.**
4. **Unconscious Competent. You can do it without thinking.**

***(Bits & Pieces)***

**Learning usually passes through three stages. In the beginning you learn the right answers. In the second stage you learn the right questions. In the third and final stage you learn which questions are worth asking. *(Bits & Pieces)***

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**From the time you drop a letter into the corner mailbox until it is deposited in Aunt Effie’s mailbox back there in Muskogee, there are twenty-two separate steps in handling it. The Post Office may be excused if it makes a mistake occasionally. *(Bernie Smith, in The Joy of Trivia, p. 162)***

**Life begins as a quest of the child for the man and ends as a journey by the man to rediscover the child. *(Laurens van der Post, in The Lost World of the Kalahari)***

**Lightning cannot occur without thunder, although the thunder may be too far away to be heard. *(L. M. Boyd)***

**Listen. Acknowledge. Solve. Thank. *(Sign above a register in a New York City cafe)***

**The lotus flower is a reminder of his teachings. It begins to grow in mud under water, but blossoms as it grows out of the water into the sunlight. Buddha said, “Cease to do evil, learn to do good and clarify your mind.” *(Holy Childhood Association newsletter)***

**Love, honor, and negotiate. *(Alan Loy McGinnis, in The Romance Factor)***

**A professor at the University of Southern California has given what he calls “The Five M's of Religious Evolution.” They are: The Man, The Message, The Movement, The Machine, The Monument. *(A Synoptic Study of the Teachings of Unity, p. 5)***

**May your trails be crooked, winding, lonesome, dangerous, leading to the most amazing view. *(Edward Abbey, naturalist)***

**The moment of near despair is quite often the moment that precedes courage. *(Christopher Hitchens, in The Boston Globe)***

**No man ever became wicked all at once. *(Bits & Pieces)***

**We shall not fear the process, when we understand that it is all progress. (Nona L. Brooks)**

**Often things you think are just beginning are coming to an end. (John Dos Passos)**

**They sicken of the calm, who knew the storm. (Dorothy Parker)**

**The way I see it, if you want the rainbow, you gotta put up with the rain. *(Dolly Parton)***

**In order to rise from its own ashes, a phoenix first must burn. *(Octavia Butler, author)***

**The moon’s gravitational pull is greatest at new and full phases and, obviously, reflects more light when full. So moon-minded gardeners, figuring plants respond to light and gravity, say plants germinate best during the moon’s first quarter, start leaves best during the second, grow roots best during the third, and rest best during the fourth. *(L. M. Boyd)***

**Every new project, it has been said, goes through three phases: it will not work, it will cost too much and I thought it was a good idea all along. *(Quoted by Phil Gold, in Insight)***

**Deepak Chopra, best-selling author of numerous books, gave an inspiring presentation, in which he dwelt at length on recent scientific research about the chrysalis. Needless to say, as publisher of Chrysalis Books, this captured my attention. He expounded the latest science with the intent of relating it analogically to the times in which we live. The metamorphosis of the lowly caterpillar via the chrysalis into a butterfly practically defines the idea of a quantum leap. But how does it happen? The caterpillar weaves around itself a kind of initiatic chamber, as it were, in which it will die to be reborn. The caterpillar literally disintegrates and decays into a kind of “caterpillar soup.” Within the decay, a few cells of a new type, termed “imaginal cells,” emerge, vibrating at a higher frequency than the environing decaying matter. The decaying cells perceive as threatening the high-frequency imaginal cells and attack them, but, fortunately, to no avail. Instead, the imaginal cells coalesce and finally making contact, cluster and organize to create the butterfly, which, of course, breaks free to emerge as a creature of great beauty, liberated from earth and able to fly in the vast heavens. According to Deepak, our own times can be likened to caterpillar soup waiting for something – a new butterfly humanity – to emerge. *(Deborah Forman, in Logos)***

**Everyone wants to live on top of the mountain, but happiness and growth occur while you are climbing it. *(Andy Rooney)***

**A rose does not come forth in full bloom, but goes through various stages of unfoldment. *(Rev. Al Salazar, Divine Science Minister)***

**First, you believe in Santa Claus. Then you don’t believe in Santa Claus. And before you know it, you are Santa Claus. *(Bits & Pieces)***

**Architect, idea, blueprint. Poet, inspiration, poem. Tailor, pattern, suit. Cook, recipe, dinner. The list goes on forever. The process also applies to less tangible or material things. If a person's mind gives rise to a steady stream of fear thoughts, they will eventually be expressed as some undesirable condition or situation in the person's life. Mind, idea, expression. The same creative process as God, except that our human ideas are not as perfect as God's. *(Richard & Mary-Alice Jafolla, in The Quest)***

**The first 40 years of life give us the text; the next 30 supply the commentary. *(Arthur Schopenhauer)***

**A shortcut is often the quickest way to some place you weren’t going. *(Classic Crossword Puzzles)***

**There are no shortcuts to any place worth going. *(Beverly Sills)***

**$372 million: Cost of the solar array that NASA astronauts installed on the International Space Station last week during a 6 ½ hour spacewalk. 1,631: Number of commands that ground controllers issued during the extremely complex installation (controllers normally issue only about 200). *(New York Times, as it appeared in Time magazine, September 25, 2006)***

**Death of a star: Nearly 13 billion years ago, one of the universe’s first stars exploded, releasing an enormous burst of light and gamma rays. On September 5, those rays reached Earth, Discovery.com says. The star died when the universe was in its infancy, only 900 million years after the Big Bang. That makes the former star, which collapsed into a black hole, the oldest identified object in the visible universe. The blast was first detected by the orbiting Swift Gamma Ray Observatory, a project designed for just this kind of discovery. The gamma rays that were released when the star exploded were so strong, say scientists, that if the event had taken place in our galaxy, it would have destroyed Earth instantly. As the light and gamma rays traveled through space, researchers say, they accumulated “dings and scratches” that will provide a wealth of data about the history of the universe. “This is what we’ve been waiting for,” astronomer Don Lamb of the University of Chicago says. “Now the fun begins.” *(The Week magazine, September 30, 2005)***

**A step backward, after making a wrong turn, is a step in the right direction. *(Kurt Vonnegut)***

**A rolling stone gathers no moss, but it gains a certain polish. *(Oliver Herford)***

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**Out of a storm of fear and guilt comes the beautiful rainbow called today. *(David Addington)***

**In 1831, William C. Redfield published in the American Journal of Science a compelling anatomy of the cyclonic storm, an enormous whirlwind swirling in a counterclockwise direction with a small central calm area (later to be called the “eye”) that could mislead storm victims into believing that the storm had passed when its equally punishing second half was still to follow. *(A. B. C. Whipple)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Faster and faster the atoms spin -- until, at last, the previous solar energy which has traveled so far pushes carbon, hydrogen and oxygen together and comes to rest in this union it has created. Thus, sugar -- that marvelous food which stores the gift of the sunbeam -- is ready to feed all life. *(Rutherford Platt, in The Living World of Nature, p. 236)***

**There are approximately 2,000 thunderstorms going on in the world at this moment. *(Paul S. Hagerman)***

**Things are going to get a lot worse before they get worse. *(Lily Tomlin)***

**Cultivate Virtue in yourself, and Virtue will be real.  
Cultivate Virtue in the family, and Virtue will flourish.  
Cultivate Virtue in the village, and Virtue will spread.  
Cultivate Virtue in the nation, and Virtue will be abundant.  
Cultivate Virtue in the world and Virtue will triumph everywhere. *(Lao Tsu)***

**There is a light at the end of every tunnel. Some tunnels just happen to be longer than others. *(Ada Adams, author)***

**In every person we find the conflicting ideas represented by the Children of Israel and the Philistines. They are pitted against each other in a conflict that goes on night and day. We call these warring thoughts Truth and error. When we are awakened spiritually we stand on the side of Truth, knowing that Truth thoughts are the chosen of the Lord, the Children of Israel. But the error thoughts sometimes seem so real and so formidable that we quake and cringe with fear in their presence. *(Charles Fillmore, in Prosperity, p. 180)***

**The way up and the way down are one and the same. *(Heraclitus)***

**Good to begin well, better to end well. *(German proverb)***

**Winter wheat is planted in the fall. The seeds sprout and then go dormant over the winter, until the soil warms in the spring*. (Don Voorhees, in The Super Book of Useless Information, p. 9)***

**Study while others are sleeping; work while others are loafing; prepare while others are playing; and dream while others are wishing. *(William Arthur Ward)***

**There are years that ask questions and years that answer. *(Zora Neale Hurston)***

**I dreamed of becoming a border guard, then a translator, and then a diplomat. *(Volodymyr Zelenskyy, politician)***

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