

# The Quote Effect

90 QUOTES WRITTEN BY BLOGGERS

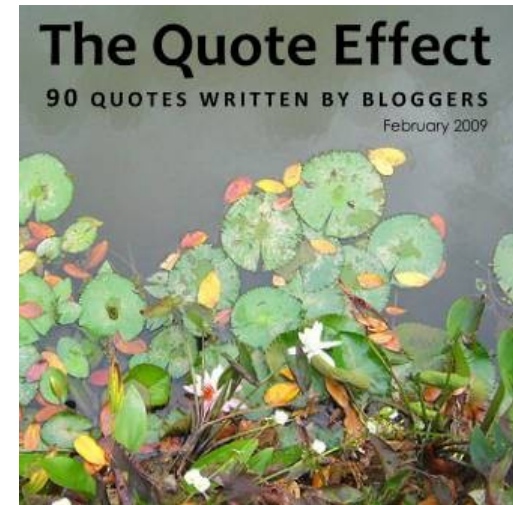
February 2009



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# Introduction

**The Quote Effect** is about inspiration, creativity, community and traffic – buzz words for bloggers.

When a person reads a quote that resonates with them, it appeals to their senses and tickles their thoughts. They are eased into reading with a wider perspective. Quotes invoke inspiration and add flavour to writing.

Creating this ebook has been an opportunity for bloggers to come together to share their authentic voices, and leave behind a wordy footprint for the blogosphere.

This book is a free resource that bloggers can pass around to share their quotes, their character and subsequently, a link back to their blog.

I hope you enjoy the effects of the quotes from these naughty, nice and niche bloggers.

Cheers!

Davina Haisell, Life Coach  
[Shades of Crimson](#)

**PS** Thank you to each of the 32 bloggers who participated in this project.  
This couldn't have happened without you guys!



*A blogger's words  
may grow icy with frost;  
a published presence,  
with subscriptions lost.  
But wireless pathways  
and creative minds,  
share colourful comments  
that forever bind.*

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*This ebook is dedicated to bloggers, and  
the connections that we form.*

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**BLOG: [A Cricket in a Garden](#)**

**Tammy**

Alabama, USA

I capture the world with my camera and written words. We may not physically know one another, but how can we be strangers when we're all sharing one collective human experience?

All living things have a relationship... we exist in the world together. A Cricket in a Garden is my place to share my collective experiences, thoughts, and sensibilities.

**WHAT INSPIRED THIS QUOTE?**

I was inspired while writing [The Light Burning](#).

The story began with a picture, then a story about an old barn. As I approached the conclusion of my story I felt as though I had stepped back in time. The rush of "puppy" love entered my thoughts. I realized that I had felt that same "love" from long ago. For a moment I was back in time. It was then that this thought surfaced. Truly a day I will hold in my heart always.

Image © Tammy, [A Cricket in a Garden](#)



INSPIRATIONAL

*Love is never forgotten... it is always tucked away for safe keeping, waiting to be recycled if even for a fleeting moment.*

1 MORE FROM:

## [A Cricket in a Garden](#)

### Tammy

Alabama, USA

#### WHAT INSPIRED THIS QUOTE?

I was inspired while writing [My Week For Thought](#).

After a busy week of just being a mom I found myself adding to my own stress. I was forcing this and forcing that to happen.

I know as a parent we all feel as though the world is depending on us to just get the job done. What we forget is that life can wait on most things. Endings are not forced.

I was living a life as though each stage had a conclusion instead of each stage being a journey that led to another course or path. I needed to slow down. I needed to not rush. I needed to not force. I just needed to do the best I could at the time and let things just fall where they may. As my son always says, "Mom, you only have two hands."

Image © Tammy, [A Cricket in a Garden](#)



INSPIRATIONAL

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*The number of times we struggle today  
is directly related to how many outcomes  
we try to force.*

**BLOG: [Teach My Children Well](#)****Dave Fowler**

England, United Kingdom

It's a Daddy blog.

I left my career to become a stay-at-home dad to four young children. It's about my personal development as a husband, as a father and as an individual. Sometimes humorous, sometimes serious but always from the heart.

**WHAT INSPIRED THIS QUOTE?**

I was inspired while writing [Why Cleaning Your Toilet Could Be Bad For Your Children's Health](#).

A humorous insight into the exasperation I sometimes feel as a stay-at-home dad. My youngest girl had found her own way to the toilet and was using wet wipes to drink the toilet water. It was disgusting and funny at the same time.

*Prior to that she'd managed to liberate every single wet-wipe from a brand new pack. Half of them were strewn across the floor and I could see another wad of them in her fist - the fist that was dipped in toilet water. Urrrrgggghhh.*

*It got worse. Before I could stop her she lifted this wad of sodden wipes to her mouth and sucked all the 'juice' out of them. Urrrrrrggggghhhhhhh!*

2 MORE FROM:

[Teach My Children Well](#)

**Dave Fowler**

England, United Kingdom

WHAT INSPIRED THESE QUOTES?

1. Writing [Happy Anniversary Darling](#)

This post is a dedication to my wife for the years of love she has given me along with an expression of gratitude for the four beautiful children she brought into this world.

2. Writing [Women's Work, The Hardest Work I've Ever Done](#)

An open acknowledgement of the hard working role of mothers, who are often taken for granted by their children and their husbands. Of course, I didn't realise it until I tried it for myself.

INSPIRATIONAL

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*I'll admit I've made plenty of mistakes, but the great thing about being in a loving relationship, is being able to forgive, and in doing so accepting the other person's fallibilities.*

INSPIRATIONAL

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*Now I've done some hard work in my time so I'm more than qualified to tell you that being a housewife or a stay at home mum, is hard graft. It's the hardest work I've ever done in my life.*

## **Tess Marshall**

USA

A personal development blog that will challenge you to be more, give more, live fearlessly, take more chances and show up in the world unstoppable, daring and bold.

### **WHAT INSPIRED THIS QUOTE?**

This comes from my book, *Flying By The Seat of My Soul* and the chapter, Claiming Your Creativity.

I grew up on a produce farm and spent my time working in the fields or at the Farmers Market. My creativity has always been inspired by nature.

*When you unleash your creativity, a whole new world will lie at your feet. The sun becomes brighter and the birds sing louder. Like a child running free at recess, you laugh, run, and explore thrilled to be alive.*

*You can feel your blood pulsating in your body, and your heart beats to the tempo of nature. Beautiful as a butterfly, you flit from one activity to another leaving your unique stamp on everything you touch.*

**BLOG: [Joyful Days](#)**

**Daphne**

Singapore

Think deeply  
Speak gently  
Love much  
Laugh a lot  
Work hard  
Give freely  
and be Kind.

**WHAT INSPIRED THESE QUOTES?**

Life inspired my quotes. These words come from deep within my heart after living through doubt, self-questioning, the thrill of discovering my own truths, and the joy of being free to live on my own terms.

Every person has words in their heart worth quoting. What most lack is a quiet mind to hear these words within, and the courage to speak them to the world without fear of being judged.

1. [Care Less About What Others Think](#)
2. [Think Deeply](#)
3. [Love Like It's Never Going to Hurt](#)

INSPIRATIONAL

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*You have more influence over the opinions of others than you think, through your actions and the results they bring. Your time and energies are therefore better spent pondering your course of action than fretting about what others will think about what you do.*

PHILOSOPHICAL

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*To know who you really are and what you truly believe, you must have the courage to question everything.*

RELIGIOUS/SPIRITUAL

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*You are worth more than you realise. God (or the Universe, if you are not religious) does not make mistakes, and he made you. Exactly as you are. If you don't believe in God then you'd better find something else to believe in that will reveal to you who and what you are. A good belief system reinforces your worth. Search till you find that faith.*

**BLOG: [Martial Development](#)**

**Chris**

Washington, USA

Martial arts are among mankind’s oldest and most effective holistic self-improvement disciplines. When used to their full potential, martial arts offer far more than personal self-defense skills; they cultivate a wisdom and mind-body harmony that can literally change every aspect of your life for the better.

You don’t need to retire to a quiet monastery, or join a fight club to gain from the study of martial arts! Martial Development is dedicated to exploring these benefits, in an entertaining and accessible way.

**WHAT INSPIRED THESE QUOTES?**

Martial Development is inspired by the philosophy and kung fu of the late, great Bruce Lee.

Image © Chris, [Martial Development](#)



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INSPIRATIONAL

*Smart people set goals. Wise people abandon them.*

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PHILOSOPHICAL

*We find sincerity where there is no time and space for pretense.*

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BUSINESS

*Conflict management skills are not learned; they are earned.*

**BLOG:** [Think Maya](#)

## **Maya Bisineer**

USA

Think Maya is an inspiration blog that inspires people to act towards happiness and balance in their lives.

INSPIRATIONAL

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*With all the responsibilities children bring to parents, they bring along an opportunity for us to relive our childhood by being a child – day after day. And with every single thing I teach them, they teach me two or three.*

*Without true happiness deep inside ourselves, no outside awesomeness can make our lives better. We are the key to our own happiness!*

BUSINESS

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*You can make money doing what you love, as long as you use your brains, work hard and differentiate yourself from all the others who are trying to make money doing what they love. Ever wondered why the most hardworking and/or the happiest people seems to be the luckiest people of all?*

**BLOG: [Writer Dad](#)****Sean Platt**

California, USA

Writer Dad is a blog for people who love language. Posts are Monday through Friday, and are unguarded essays into my life at the moment.

**WHAT INSPIRED THESE QUOTES?**

Everything I say comes from the world that orbits around me. That always includes my three best friends: my wife, daughter and son.

*Each of us is the sum of an infinity of thinly sliced seconds, where each one matters, at least to some degree. How could we ever hope to pinpoint that decisive second when things forever changed; the instant the axis of our world shifted and began to orbit in a different direction?*

*I can't control every machination of my children's lives, nor would I ever want to. They will choose what to make and who to make it with. They are with me now though, and most of their minutes are within my orbit. I can surely manage what is rolling down the conveyor belt in front of me.*

*I know that no day is longer than another, and that time marches in only one direction, but knowing my moments are fleeting is enough to keep me mindful.*

## Lori

Colorado, USA

SpaceAgeSage is a personal development blog. Writing as SpaceAgeSage, I provide insight and perspective on the journey toward embracing our potential.

### WHAT INSPIRED THESE QUOTES?

1. My health has suffered from not knowing how to deal with anger in healthy ways, and I've only recently begun to understand the nature and power of anger.
2. In my life, "walking the walk" was defined by a black and white world of dos and don'ts. "Dancing the dance" goes beyond that. It's where passion, creativity, and fun dance together with the rhythm of a freed heart.

For me dancing the dance means flowing graciously and passionately through life, at peace with the inner self, and able to make others feel comfortable or motivated in healthy ways. It is a daily goal for me.

3. As perfectionist, I often get caught up in putting myself or others down. It never works out well. This helps explain why.

*Useful anger serves to warn of threats to the self's well-being. Its job is to nurture and protect. Useless anger hungers to be right. It feeds on justification and entitlement.*

*Many people can talk the talk. Some people really know how to walk the walk. But it is a rare few who get to dance the dance.*

*People who love themselves as God does will naturally love others. People who cannot love themselves will find love replaced by negativity, anger and defensiveness.*

**BLOG:** [Very Evolved](#)

**Patrick V**

USA

Our biology shapes the world and how we perceive it. If you can learn how it works then you can hack the biological principles that underlie everything you do.

From the biochemistry of happiness to the biology of crowd behavior on the stock market.

**WHAT INSPIRED THIS QUOTE?**

Writing this article for my blog:

[It's Not Gossip. It's Evolution Baby](#)

HUMOUR

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*With the advent of language the inefficient one on one grooming and interaction seen in other primate species became unnecessary. One person can talk to many, and they in turn can pass on what you've said.*

*Hence gossiping is an efficient way of passing information among a big group of people. This makes Facebook and Digg the modern equivalent of picking fleas out of your friend's hair.*

**BLOG:** [Attraction Mind Map](#)

**Evelyn**

Singapore



PHILOSOPHICAL

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*Life is a series of Moments.  
It is the sum of all Nows.*

*Happiness is a shower of Joy.  
It is the sum of all Smiles.*

*For a Lifetime of  
Exponential Happiness,  
Simply Shower  
Joyful Smiles  
Into Each Moment of Now.*

Image © Evelyn, [Attraction Mind Map](#)

**BLOG: [Thinking Out Loud Blog](#)**

**Valerie**

USA

1. [Why I Blog](#)
2. [Bad Penny](#)
3. [Answering Comments:  
Obligation, Optional or Off?](#)

HUMOUR

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*I'm not afraid of public speaking, I'm afraid of the public speaking to me.*

2 PHILOSOPHICAL

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*If a penny of mine falls on the ground, I know it's going to cost me more energy to pick it up than it's really worth, so I leave it there.*

*Comments are like multiple births. I have 6 of a kind, but each one is treated as an individual.*

**BLOG: [The Secret of Life](#)**

**Simon**

United Kingdom

"Spirituality with a smile."

**WHAT INSPIRED THIS QUOTE?**

I usually joke that the secret of life is on my blog somewhere but I can't remember where. But here it is – I found it! It's in this quote.

I suspect it's only one secret of many, though. I'm working on the others. . .

From [Feeling What Is](#).

*If you allow your body and mind to fall still for a moment, you may find that there is a peace and stillness present in the space around you that you hadn't previously noticed. If you don't find it amongst the crowds, then go somewhere where you are alone. A garden would be ideal. Or into the country, or by a stream.*

*It is easier to find in some places than in others. But it is always present if we can be aware. And in this stillness, there is something else: a subtle, vibrant energy, an aliveness which seems so palpable that we might be surprised we'd missed it before. This is the flower at the side of the highway: beautiful, peaceful, and bursting with life. The secret of life is to carry this awareness with us as we travel, so that every moment of our lives is just as alive.*

1 MORE FROM:

[The Secret of Life](#)

**Simon**

United Kingdom

"Spirituality with a smile."

WHAT INSPIRED THIS QUOTE?

I like this quote because it dispels the popular misconception that enlightenment is something that is "out there" and unattainable for most of us. It's also funny (I think), which is even better.

From [How Does It Feel To Win A Million?](#)

*It seems to me that if people think about enlightenment at all – and it helps to remind myself from time to time that not everyone does – then it's usually in terms of lots of foreign travel. People are expected to journey along perilous mountain passes to isolated monasteries, where they rise in the middle of the night to pray, drink yak's milk, and smite themselves with sticks at frequent intervals. If they are lucky and survive twenty years or so of this, they become enlightened, which means that they sit around with their knees crossed and make cryptic remarks to their students.*

*Whatever this enlightenment thing is, the idea goes, it is out there. You have to go out and find it. It is all about long haul flights and frequent flyer points. You have to search under every stone, and having searched, search again. There is no such thing as a long weekend to enlightenment.*

*And yet increasingly, people seem to be suggesting that this popular concept of a lonely soul scouring the world for some hidden truth is mistaken: that enlightenment is really closer to home than we think. That if we only understood, we could have it here, right now, in this moment.*

1 MORE FROM:

## [The Secret of Life](#)

### **Simon**

United Kingdom

"Spirituality with a smile."

#### WHAT INSPIRED THIS QUOTE?

I guess another way of saying this would be "peace begins with us."

From

[The Ultimate Truth 4 – Living Fearlessly](#)

RELIGIOUS/SPIRITUAL

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*If the transformation in consciousness which is needed for humanity's survival is to take place, then we as a race have to shed the great weight of hurt and grievance which makes our world such a painful, chaotic place.*

*Only then can we stop hating and killing each other and join together to find a way to sort out our mutual problems. So when you work on releasing your suppressed emotions, you are not only helping yourself, you are helping us all. You are helping to shift a small part of the massive great hulking chip on humanity's shoulder.*

**BLOG:** [Create A Balance](#)

## Stacey Hoffer Weckstein

Chicago, Illinois USA

Life Balance/Personal Development

**WHAT INSPIRED THESE QUOTES?**

1. [Introducing My Authentic Self](#)
2. [Create A Balance](#)



**2** INSPIRATIONAL

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*Listen beyond words for your authentic voice.*

*Time is life's greatest gift and you deserve to give this gift to yourself.*

Image © Stacey, [Create A Balance](#)

**BLOG:****[Abundance Blog at Marelisa Online](#)****Marelisa Fábrega**

Republic of Panama

Personal Development

Abundance Blog at Marelisa Online offers tips and resources to help you increase your creativity, be more productive, and simplify your life.

**WHAT INSPIRED THESE QUOTES?**

1. [Be Happy Now – Set Goals Without Postponing Joy](#)
2. [The Yin-Yang of Creativity](#)
3. [The 25-50-25 Rule for Getting Things Done](#)

*Happiness is a result of having found a way to express who you are and of applying your strengths through the pursuit of the goals you have set for yourself.*

*Yang is forceful, while yin is receptive; yang constructs and implements, while yin is imaginative and poetic; yang pushes upward, while yin pulls back down . . . By using this same concept of ebb and flow in your creative life, you'll be better able to both conceive and give shape to your creative ideas.*

*The reason we don't get started on 'the doing stage' of the process is because we're afraid we might fail; however, in order to succeed we have to put ourselves out there.*

**BLOG: [Jungle of Life](#)**

**Lance Ekum**

Wisconsin USA

Personal Development

Life can seem like a jungle sometimes, overgrown with all the “things” that are in our life. The animals that consume us (debt, busyness, work, family, etc) lurking around every corner.

Here at “The Jungle of Life” I’m looking for you to walk through this jungle with me as I look at ways to tame this jungle we call our lives. Join me on the journey as we discover more about who we are and what makes us each unique.

*Have some fun! Be goofy! Act silly! Do something that makes others smile or chuckle! Be a little weird! Act a little strange! Get out of your comfort zone of typical adulthood!*

*Your built-in radar is picking up opportunities to share your kindness. Slow down and take a look at that screen. See what’s on there. Then take a few simple moments out of your day, out of your world – to make someone else’s world better. Be a light for others. Spread good.*

*Today. You have a choice. You can choose to worry when life confronts you with its challenges. Or you can choose to live your life. Taking care of what you do have control over. Yourself. Your actions. Go out and live!*

**BLOG:** [JannieFunster.com](http://JannieFunster.com)

## Jannie Funster

Austin, Texas USA

Sharing little snippets of my songwriting poet's blog voyage through the stars. An entertainment kind of blog, considered by some to be of a warm and wacky nature.

### WHAT INSPIRED THESE QUOTES?

1. Inspired by a fellow blogger echoing in my blog comments that she, like I, is always a few pounds heavier than she'll ever admit to. I dedicate that quote to anyone who feels less of a person because they are not happy with how a few extra pounds look on them. I want to tell them we are beautiful just as we are.
2. Inspired while writing my blog bio, and I have included it on my "About Me" page. I dedicate it to my husband who is my dream come true.
3. Inspired by The Quote Effect project, of which I consider myself honored to take part in! And I dedicate it to you, Davina for engineering this whole wonderful feat.

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*Ah, to heck with the scales – the jeans tell the tales.*

INSPIRATIONAL

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*The mind's the limit!*

PHILOSOPHICAL

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*How'd we ever get along in life before we had blog buddies to cheer us on?!*

**BLOG:** [Passing Thru](#)

## **Betsy & Pete Wuebker**

Minnesota, USA

Life's journeys. Some of our journeys involve travel. Others occur in our thoughts and dreams. The best are those that are shared. That's the only reason, in our view, why anyone would be. . . passing thru.



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INSPIRATIONAL

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*True wealth for all of us resides in connections with whom we share the road.*

2 PHILOSOPHICAL

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*What is real, like the Skin Horse says, is not only what we believe, but what we love.*

*People only want what might be for a little while. They really want what unquestionably is, and this want propels to progress.*

Image: Barred Owl, © [Pete Wuebker](#)

**BLOG: [Virtual Impax](#)****Kathy Hendershot-Hurd**

Port St. Lucie, Florida USA

Kathy Hendershot-Hurd launched Virtual Impax as a web development company in 1997. The business has grown into a full service consulting firm that helps business owners develop marketing strategies to grow and build their businesses. Kathy shares tips, tricks and tactics about business issues on her blog.

**WHAT INSPIRED THESE QUOTES?**

1. We all know that presentation has a HUGE impact upon the first impression people form of us personally and professionally.

However, if you're like me, you want to believe in your heart of hearts that if you DO screw up and make a bad first impression that time and experience will help the other person overcome a poor first impression. However, it turns out that studies are showing that first impressions are probably the ONLY impression you'll get to make.

3. What you read – what you watch – and the people you choose to accompany you on this journey called life – all have a dramatic effect on where your “life thermostat” is set.

*First impressions actually become self-fulfilling prophecies.*

*The new Web 2.0 is providing a level of transparency which is unprecedented and is making the social networking experience very similar to showing up naked to a cocktail party. Now it's more important than ever to be authentic in your interactions!*

*Just as your body will get “adjusted” to your physical environment – your mind will also get “adjusted” to the environment you create there as well.*

**BLOG: [Dream Builders Australia](#)****Liara Covert**

Australia &amp; Canada

Spirituality, dreams, esoteric, healing

Every moment I have the urge to write, the ideas flow from within me to raise my awareness. These ideas also invite others to open their senses wider or, at least consider the possibility of stepping outside their comfort zone. The more people choose to consciously explore the mysteries within, the more magic and wonder unfold.

**WHAT INSPIRED THESE QUOTES?**

1. Writing [Give as Much Guidance as You Can](#).
2. Writing [Remove the Filters that Obstruct Your Grace](#).
3. Writing [Hear the Plea of Your True Self](#).

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*Healing is not a short-term experience, though it does involve short-lived revelations. It is something each being spends a lifetime exploring in ways often unacknowledged, disregarded or unforseen.*

**RELIGIOUS/SPIRITUAL**

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*Divine grace is something freely given from an indescribable source. It's a force you cannot touch or measure, but you evolve to believe it's real. You slowly discover you create filters or blocks that obstruct answers you already have, things you already know. Some of them you acknowledge. Many you disregard. You cannot know how many signs slip by.*

**PHILOSOPHICAL**

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*That which evokes your discomfort confirms things you would prefer to deny.*

**BLOG:** [The Write Shots](#)

## Henie Reisinger

Los Angeles, CA USA

**Writing, Photography, Art, AnyEverything**

Unbeknownst to most, I am monocular in vision and having just "one working eye" I am often bemused when told that I have a really "good eye." A well meaning comment often referring to my innate composition and style.

Perhaps it is through this one very special working eye that I see, feel and taste the universe in a unique manner all my own. In lacking peripheral vision and depth perception, my sight logically should be "flat" and it is.

So how then am I infused with passion specific to the arts and photography? Where I see the beauty of weeds as exotic flowers and cracks on concrete walks as sculptures deliberately placed there for me; how, I wonder, could I be so fortunate to be gifted with such an "eye?"

*(continued on next page)*

Image © Henie, [The Write Shots](#)



INSPIRATIONAL

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*By any measure, no one's life is so ordinary to not warrant as much as a glimpse.*

This came to me while I was photographing a transient just at the break of dawn. I was sitting in my car as he walked past without detection of me.

**2 MORE FROM:****The Write Shots**

Being a "blind photographer" is oxy moronic and it somewhat produces a chaotic consciousness in me which ultimately presents my lack of vision as whole through my photographs.

So for the shot of it all, I am thus certain that the depth of my vision could only come from within my humble soul.

And as always, I thank you, for indulging my sometimes askew perspective through the vibrancy and acuity of yours.

**WHAT INSPIRED THESE QUOTES?**

1. This quote came to me while I was building and designing my first website some years ago. Truth be known, this just flowed from deep within my soul, laced with the passion that is I.
2. This came to me while I was building my most recent website. I wanted to write a quote that would best describe my passion and energy.

**I would like to dedicate these quotes to all the thinkers, dreamers and doers of the world!**

*If only I could photograph my soul,  
then eye would see the vivid colors of  
the tapestry within.*

*I will always dance every dance...  
with the tingling shyness of a first  
and the longing intensity of a last.*

**BLOG:** [All Is Within](#)

**Sharon**

United Kingdom

My musings and personal development.

**WHAT INSPIRED THESE QUOTES?**

**1, 2** Writing [5 Ways to a Better You](#).

This is a constant reminder that if I don't continue moving forward then I am moving backwards. To stay at the top one must keep moving.

**3.** Writing [Do You Really Need it All?](#)

---

**2 RELIGIOUS/SPIRITUAL**

*To be successful in life we must constantly seek to improve ourselves. Just because you are the best today does not mean you will be best tomorrow. Life evolves, and to maintain our success, we must continue to evolve with it.*

*One thing that is for sure is that every decision has a variety of consequences and we can never at any one point accurately predict the outcome of a decision. So why waste time?*

---

**PHILOSOPHICAL**

*When we let go of the need to uphold our self image, or being led by our egos, we free ourselves and the benefits are not only having more room but emotional, financial and ultimately spiritual.*

**BLOG: [Patricia's Wisdom](#)**

**Patricia**

Pacific Northwest, USA

I love to write and I am hoping my writing inspires people to be the best they can be.

**WHAT INSPIRED THESE QUOTES?**

1. Writing [I do not know anything different](#).
2. Writing [32 Years of Writing](#).

**BLOG: [Wisdom & Life](#)**

**Miguel de Luis**

Spain

"Practical good sense with purpose."

Second quote from [Generosity is of the brave](#).

**2 INSPIRATIONAL**

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*I write this because I wish to inspire, when death is always a part of life, I am left with encouragement.*

*Kindness is to find truth by learning and manifesting the lessons for serving life. Kindness is God's voice.*

**3 PHILOSOPHICAL**

---

*Live for these two words: Thank you*

*Generosity is of the brave.*

*Have you been kind today? Maybe you have saved a life or two.*

**BLOG:** [Delightful Work](#)

## Tom Volkar

Pittsburgh, Pennsylvania USA

Coaching successful leaps to the freedom, fulfillment and prosperity of authentic self-employment.

### WHAT INSPIRED THESE QUOTES?

[Any movement works](#) Came about in a coaching session six years ago when a client realized how getting up and physically moving out of his funk changed his whole perspective on available options. Often when stuck we don't realize how simple movement, any movement, works to create a shift. Dedicated to all the coaching clients who took action in spite of their fear.

[A wild ass guess](#) from the depths of your own gut and heart is far better than any copycat plan designed by another. Came about when writing this post when I realized that it's far easier to create the business of your dreams based on your own authentic desires than it is to find the perfect business designed by another. Dedicated to authentic solopreneurs throughout the world.

INSPIRATIONAL

---

*Any movement works.*

BUSINESS

---

*A wild ass guess from the depths of your own gut and heart is far better than any copycat plan designed by another.*

**BLOG: [The Sharing Connection](#)**

**Sara B. Healey**

Florida, USA

My blog is a place to share and connect. I share my own personal lessons about life and what I've learned along the way, as well as encourage my readers to offer their own tips and advice.

**WHAT INSPIRED THESE QUOTES?**

My quotes are meaningful to me because I live them and they are my own life lessons.

Image © Sara B. Healy, [The Sharing Connection](#)



**2 INSPIRATIONAL**

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*There will always be people traveling ahead of me and always people traveling behind me. My lesson is to learn to follow my own path.*

*There are always times when, for whatever reason, our journey stops and we have to wait for it to start up again. At these times, we have to be patient and trust that something new is about to begin.*

1 MORE FROM:

[The Sharing Connection](#)

**Sara B. Healey**

Florida, USA



PHILOSOPHICAL

---

*What would happen if laughter was just as important as brushing your teeth, eating, and exercising daily? These are things we do to keep ourselves healthy. Why can't we use laughter for the same reason?*

Image © Sara B. Healy, [The Sharing Connection](#)

**BLOG: [Yes To Me](#)**

**Akemi Gaines**

Portland, Oregon USA

Yes to Me is the coolest spirituality blog! Spiritual healing and growth is the foundation of success, including success as an entrepreneur. Learn the unification between spirituality and worldly success.

**WHAT INSPIRED THESE QUOTES?**

1. From [Akemi's Daily Tweet Service](#).
2. From [Inside Out Approach To Entrepreneurship, Part 1, Find The Niche](#).
3. From [True Purpose Goes Beyond the Illusion of Self](#).

INSPIRATIONAL

---

*What you have to say about someone is more about you, not that person. Are you using kind words?*

BUSINESS

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*If you go into business with what you can do but hardly care about it, even if you can do it well, you are setting yourself up for misery.*

RELIGIOUS/SPIRITUAL

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*Self-serving purpose is limiting and – True Life Purpose misleading – true purpose can't be only about you, it is about how you can serve the universe.*

**BLOG: [The Blue Duck Blog](#)**

**Jamie Simmerman, RN**

Ohio, USA

Blue Duck Copy is a copywriting business, specializing in SEO content creation.

The Blue Duck Blog is an eclectic mix of SEO tips, writing advice, business ethics, and humor.

**WHAT INSPIRED THESE QUOTES?**

These quotes came from the Blue Duck Blog. The first quote was written in response to a post on [Jungle of Life](#).

**2 RELIGIOUS/SPIRITUAL**

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*God packed us a survival kit upon conception. He knows where we're going and what we will face, and we come to the fight victorious, before the first punch is thrown.*

*He sees me pull the covers over my head and wallow in the pain, He watches patiently while I struggle with my past and present. He matches every tear I shed with two of His own because he knows me best...yet He loves me most. He loves me in spite of the ugly scars, the gaping festering wounds, and offensive behaviors that I return to time and time again, Christ loves me for who I really am, and nothing I do will ever change that.*

**BUSINESS**

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*Duplicate content is a lot like junk mail; read it once and there's no need to open any more just because the envelope is pink or yellow, or has smiley faces on it.*

**BLOG:** [Our Best Version](#)

## Ari Koinuma

Deep and thoughtful essays on learning, growing, healing, being who we are meant to be.

### WHAT INSPIRED THESE QUOTES?

1. That's my way of explaining how we share universal values yet they apply differently to every situation. All yearn for a fulfilling life, yet paths that lead to it are as many as there are people. Each of those stories are worth telling, and worth listening to.
2. Every time you encounter problems, there are hidden opportunities. For example, when a customer comes complaining is a great opportunity for a business – depending on how you respond, you can turn a dissatisfied customer to a loyal one.

---

PHILOSOPHICAL

*A few principles, infinite applications.*

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INSPIRATIONAL

*Challenges are opportunities in disguise.*

**BLOG:** [Evolving Scenes](#)

**Evita Ochel**

Ontario, Canada

Photography & Inspiration

Evolving Scenes is all about sharing the inspiration and beauty of our evolving world. It is through our personal realities and evolutions that we contribute to the whole and thus partake in creating the evolving world. Nothing in this space stands still, nothing is stagnant, everything is ever-changing and hence gives birth to Evolving Scenes.

Through the photographs and short write-ups Evolving Scenes hopes to provide material to:

- strengthen your desire for life
- motivate you to access your own creative paths
- inspire you to grow and change
- awaken your deepest, inner passions
- quiet your mind into stillness
- bring out your inner being
- connect your spirit closer than ever to the Source of all being.

Image © Evita, [Evolving Scenes](#)



INSPIRATIONAL

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*Our world is full of infinite beauty and awe that can inspire, uplift and transform our being. One only has to look to see, listen to hear and be still to take in the wonder and amazement that it holds for us.*

1 MORE FROM:

[Evolving Scenes](#)

**Evita Ochel**

Ontario, Canada



INSPIRATIONAL

---

*For it is in the greatest moments of contemplation,  
that come the greatest moments of revelation.*

Image © Evita, [Evolving Scenes](#)

1 MORE FROM:

[Evolving Scenes](#)

**Evita Ochel**

Ontario, Canada



INSPIRATIONAL

---

*From nature we can learn everything;  
Without nature we can do nothing.*

Image © Evita, [Evolving Scenes](#)

**BLOG:** [Random Meanderings](#)

**Julie**

Scottsdale, Arizona USA

Inspiration for personal peace and happiness can be found in surprising places. When we look a little deeper, we can find joy and beauty everywhere. So here I am: "moseying, observing, pondering... and finding little gems in the oddest ordinary places"... I happily fall in love with life all over again every second of the day! In writing my posts, I reinforce these findings within myself and share something for others to consider as well.

**WHAT INSPIRED THESE QUOTES?**

From [This is the Day](#). As I was writing out my train of thought, these words just sort of appeared in my mind at the right moment and I just typed what I "heard," almost as if I was transcribing a tape.

From [blog footer](#). I was journaling, in the middle of a sleepless night, my thoughts making their way through a long series of if-then statements. This "ta-da!" insight was the truth I was seeking.

From [Another Kind of Poverty](#). When I paused my story, mentally releasing Bruce from a warm hug, I took a deep breath and brought myself back to the present – and then these words just popped into my mind.

PHILOSOPHICAL

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*Curiosity lifts the corners of life.*

2 INSPIRATIONAL

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*The manner in which we greet every breath of every day determines our level of peace and happiness.*

*When we look deeper than the obvious, pause longer than the moment, we see whole worlds, worlds we can touch.*

**BLOG: [Principles for Peace](#)**

**Jennifer**

USA

Personal Development – specifically inner peace. Principles for Peace is a site dedicated to helping people find inner peace in their lives through principles that work every time they are applied.

**WHAT INSPIRED THESE QUOTES?**

- 1.** As I was walking my dog I was pondering about a person who is very dear to me. This person was absolutely miserable because of a certain situation she was in. The more I thought about it, the more I realized she was allowing this situation and the people involved to dictate her happiness (or unhappiness.)
- 2.** I was leaving a comment in response to a post about winning against the odds.
- 3.** This one came to me when I was first starting to see the big picture of life.

*You can blame others (or things) for your unhappiness or you can be happy.*

*Our life is defined by who we plan to be in the face of adversity.*

*When you see the big picture and purpose of life priorities unfold and problems turn into opportunities.*

**BLOG:** [Shades of Crimson](#)

## Davina

Vancouver, BC Canada

This is a life coach's personal development blog that takes the personal out of personal development. It's all about experience. Not having judgment extends boundaries and gives a person permission to Be.

### WHAT INSPIRED THESE QUOTES?

These quotes were inspired while reading and commenting on my favourite blogs.



PHILOSOPHICAL

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*Just when you think you stand  
above all others, there will be yet  
another kneecap staring you in the face.  
If you reach high enough you might  
be able to take that person's hand.*

Image © Davina, [Shades of Crimson](#)

2 MORE FROM:

[Shades of Crimson](#)

**Davina**

Vancouver, BC Canada



2 PHILOSOPHICAL

---

*If you are afraid of your own brilliance  
you'll be forever in the dark.*

*Emotions are like doorways that we can keep  
locked up or move through at will. There is  
something to learn on either side of the door.*

Image © Davina, [Shades of Crimson](#)

## Kelly Rigby

Australia

SHE-POWER is a cocktail of ideas on life, inspiration, and the search for personal truth. Add a double shot of humor, a glass of tequila (don't be stingy now), some original fiction and shake until frothy. Serve in a tall glass and settle down to watch the fall-out from Kelly's always entertaining SHE-POWER Men and Women interview series.

### WHAT INSPIRED THESE QUOTES?

1. [The Power of a Kind and Generous Soul.](#)

I dedicate this quote to my mother, who taught me that an open and forgiving heart will always lead a much richer life and inspire others to great heights. It is a lesson I hold onto because I've found that forgiveness of ourselves and others is the surest path to happiness and inner peace.

2. [How to Be a BABE at Any Age.](#) This one means a lot to me because I am passionate about women reclaiming their unique beauty and sex appeal back from the destructive powers of the media, which would have us believe that we need others to validate our self-worth, and so few of us are good enough the way we naturally are.

---

*When in doubt, forgive. We all mess up. We all fall down. But when we forgive those who have done us wrong we free them, and more importantly, we free ourselves.*

---

*Sexiness does not have a 'use by' date. It is 99% attitude. So, stop looking at your stretch marks or your frown lines and claim your BABE-NESS today. You are unique and there is so much about you to love and be in awe of. The first step to being sexy is believing you are sexy.*

*Don't obsess too much about your looks. They're only one part of you, and the rest is so much more interesting.*

**1 MORE FROM:**[She-Power.com](http://She-Power.com)**Kelly Rigby**

Australia

**WHAT INSPIRED THIS QUOTE?**[Honesty in Writing and the Path to Greatness.](#)

Honesty in writing is something I have struggled with for years. There is always that temptation to protect my ego by saying something pithy or clever, but what I have learned is if we get real and expose our vulnerabilities, we have so much more power to touch each other's spirits. I dedicate this quote to all the wonderful bloggers and readers I have met through SHE-POWER - they inspire me to be a better writer and a better human being.

---

*In writing, it's easy to colour everything pretty or be cynical and darkly biting, but it's a whole other story to delve deep and reveal who you really are, your fears, your neurotic imaginings, and what you have to say about life. Honesty in writing makes you memorable. Unforgettable. Without it, you'll never make your reader feel. They'll never cry, laugh until it hurts, or see the world in a new way.*

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