

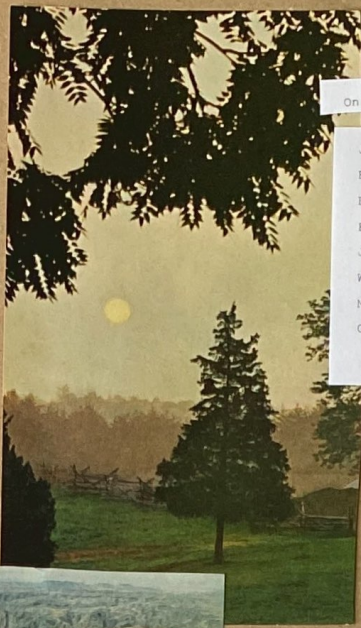


On deconstructing:
Mushroom Mycelium represents rebirth, rejuvenation, regeneration. Fungi generate soil that gives life. The task that we face today is to understand the language of Nature.
- Paul Stamets



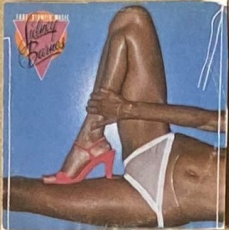
On leaving room to grow:

Forget your perfect offering
There is a crack, a crack in everything
That's how the light gets in.
- Leonard Cohen, Anthem

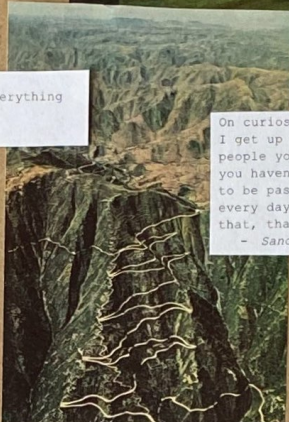
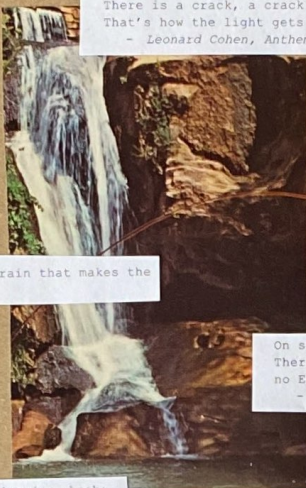


On between the sheets:

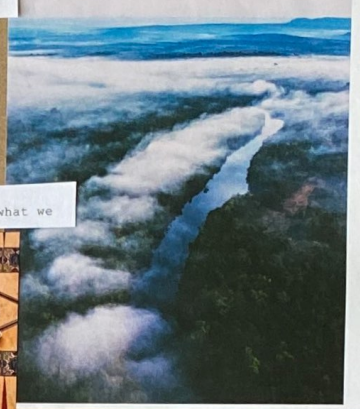
Just a little lovin'
Early in the mornin'
Beats a cup of coffee
For starting off the day
Just a little lovin'
When the world is yawnin'
Makes you wake up feeling
Good things are coming your way
- Dusty Springfield, Just A Little Lovin'



On rising above:
Raise your words, not your voice. It is rain that makes the flowers grow, not thunder.
- From the film The Breadwinner



On curiosity:
I get up and I'm passionate [...] life is amazing and it's full of people you haven't met yet, full of music you haven't heard, books you haven't read. And if you start each day looking for something to be passionate about, mostly you won't be disappointed because every day you'll find something that'll make you say, look at that, that's so cool.
- Sandi Toksvig

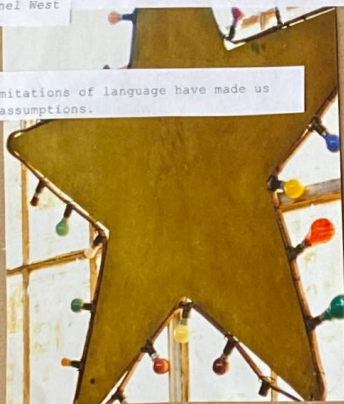


On keeping check:
You have to have a habitual vision of greatness ... you have to believe in fact that you will refuse to settle for mediocrity. You won't confuse your financial security with your personal integrity, you won't confuse your success with your greatness or your prosperity with your magnanimity ... believe in fact that living is connected to giving.
- Cornel West

On sacredness:
There are moments in moist love when heaven is jealous of what we no Earth can do.
- Hafiz



Unexamined cultural values & limitations of language have made us unwitting prisoners of our own assumptions.
- Terrence Mckenna



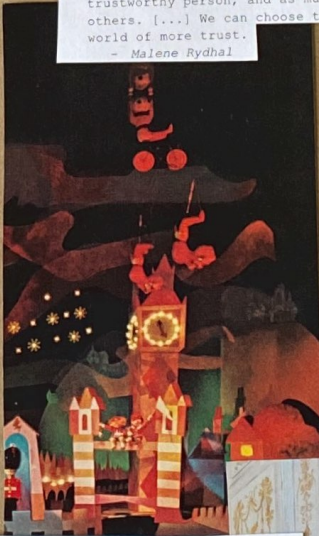
On taking the first step:
If you want to live in a world with more trust, it's going to have to start with you. The first seed you can plant is to be a trustworthy person, and as much as you can to show trust in others. [...] We can choose to be part of the team fostering a world of more trust.
- Malene Rydhal



On music:

When she listened to songs that she loved on the radio, something stirred inside her. A liquid ache spread under her skin, and she walked out of the world like a witch.
- Arundhati Roy, from The God of Small Things

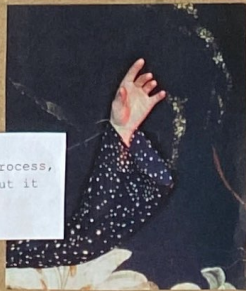
Music is what we need when language fails us, but we cannot remain silent.
- Cornel West



On being in love:
How can it be that we can say so much without words
Bless you and bless me baby, bless the bees and the birds.
- Labi Siffre, It Must Be Love



On won acclaim:
I wish I could tell you that it was this slow, beautiful process, that I was homing in on something as clear as a diamond, but it was a big mess.
- Avni Doshi (about her debut novel Burnt Sugar)



On navigating chat:
If you aspire to be a good conversationalist, be an attentive listener. To be interesting, be interested.
- Dale Carnegie