

On faith:

Music is medicine and we're in need of healing. [...] Create constantly. Hold your creativity up as a mirror to society and paint what you see with whatever medium is at your disposal.  
- Alfred Howard

I prefer a patchwork cosmology.  
- John Densmore, drummer in The Doors

On voice:

I've always been aware of being an inconsistent personality. Of having a lot of contradictory voices knocking around my head. As a kid, I was ashamed of it. Other people seemed to feel strongly about themselves, to know exactly who they were. I was never like that. I could never shake the suspicion that everything about me was the consequence of a series of improbable accidents - not least of which was the 400 trillion-to-one accident of my birth. As I saw it, even my strongest feelings and convictions might easily be otherwise, had I been the child of the next family down the hall, or the child of another century, another country, another God. My mind wandered.  
- Zadie Smith

On sacredness:

I think that responsible living in the biosphere means learning to see other species as beings like us, in that they have intentions, make decisions, and they know what they're doing. They have points of view. I think that responsible living in the biosphere means learning to take the interests of other species into consideration and allowing them room to live. And I think it means learning to relate to them and to think through the kinship we have with them.

[...] The Dictionary defines nature as the phenomena of the physical world - including plants, animals and the landscape - as opposed to humans and human creations. The word "nature" means everything that is not human, and anthropologists have pointed out that this is a concept specific to Western cultures. If you go to the Amazon, for example, and ask people there about their word for nature, for everything that is not human, they say they have no such concept.

- Jeremy Narby

On 100%:

When you're receiving, go totally into receiving. Receive it all. When you're giving, go totally into giving. Give everything.  
- Barbara Carrellas

On learning:

I make a distinction between information, knowledge, and wisdom. [...] We live in an age in which we have a lot of information, about anything and everything, but we have less knowledge, and even less wisdom, and we need to change the ratio. We definitely do not need this much information; we can't process it [...], we are not thinking and engaging. We need to lessen that, but we need to increase knowledge; and that requires reading books, reading longer articles and in-depth analysis, and it requires to slow down, to go within, to not be in the company of others for a moment. Wisdom is something else altogether. Wisdom requires bringing the heart and the mind together. It requires emotional intelligence, and that's why we need stories, empathy and the art of story-telling.  
- Elif Shafak

On perspective:

In the midst of the rich symphony of Nature, plants appear utterly silent. Designed to believe our own perceptions, our human experience of their silence is so obvious and undeniable that we forget to question whether plants truly are as voiceless as we perceive them.

- Monica Gagliano

We are all artists. We all have our flower and song; we all create beauty.  
- Jerry Tello

On longevity:

The best way to avoid anxiety is to go out in the street and say hello to people. I do it every day. I go out there and say 'Hello!' and 'See you later!'.

The key to staying sharp in old age is in your fingers. From your fingers to your brain, and back again. If you keep your fingers busy, you'll live to see one hundred.

I wake up early at the same time every day, early, and spend the morning in my vegetable garden. I go dancing with my friends once a week.

My secret to a long life is always saying to oneself 'Slow down', and 'Relax'.

Talking every day with the people you love.

There's no secret to it. The trick is just to live.

- Wise words from some of Japan's centenarians

On people:

The quality of your life ultimately depends on the quality of your relationships. Not on your achievements, not on how smart you are, not on how rich you are, but on the quality of your relationships.  
- Esther Perel

On affirmation:

Before you go to sleep  
Say a little prayer  
Every day in every way  
It's getting better and better  
- John Lennon, from Beautiful Boy (Darling Boy)

On physics:

I think physics is about escaping the prison of the received thoughts and searching novel ways of thinking of the world; about trying to clear a bit the misty lake of insubstantial dreams, which reflect reality like the lake reflects the mountains.  
- Carlo Rovelli

On alcohol:

About ten million years ago, the enzyme in our bodies use to detoxify alcohol, known as alcohol dehydrogenase, or ADH, underwent a single mutation that left it forty times more efficient. The mutation occurred in the last common ancestor we shared with gorillas, chimpanzees and bonobos. Without a modified ADH, even small quantities of alcohol are poisonous. With a modified ADH, alcohol can be consumed safely and used by our bodies as a source of energy. Long before our ancestors became human, and long before we evolved stories to make cultural and spiritual sense of alcohol and the cultures of yeast that produce it, we evolved the enzymes to make metabolic sense of them. Why would the ability to metabolise alcohol arise so many millions of years before humans developed technologies of fermentation? Researchers point out that ADH upgraded at a time when our ancestors were spending less time in trees and adapting to life on the ground. The ability to metabolise alcohol, they speculate, played a crucial role in the ability of primates to make a living on the forest floor by opening up a new dietary niche: overripe, fermented fruit that had fallen from trees.  
- Merlin Sheldrake, from Entangled Life

On the erotic:

The imagination is the spur of delights, all depends on it, it is the mainspring of everything; now, is it not by means of the imagination one knows joy? Is it not of the imagination that the sharpest pleasures arise?

- The Marquis de Sade