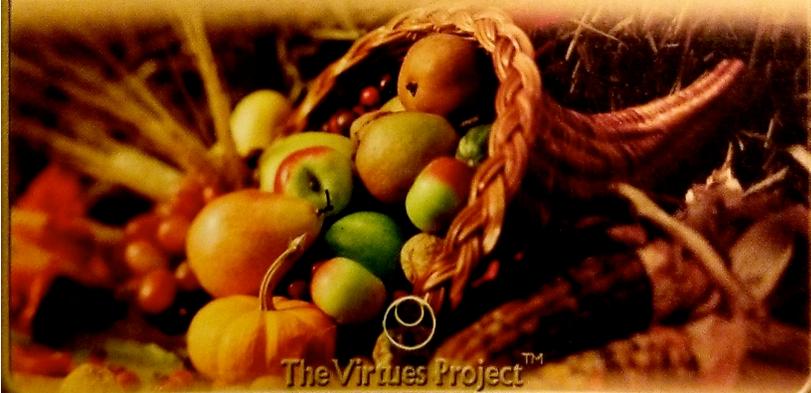


Tranquility Zone

GENEROSITY

Generosity

Generosity is giving to others something that is of value to us. Generosity is a quality of spirit that calls us to share what we have. We also allow others to give to us. Every gift is doubly blessed, bringing joy to the giver and the receiver. Generosity helps us to give time and attention to the feelings, needs and views of those around us. It springs from a sense of abundance and gratitude for the limitless richness of life. We give cheerfully without expecting anything in return. We are receptive to blessings. Generosity encourages us to share the bounty.



1. "The darkness of greed and envy becloudeth the radiance of the soul even as the clouds obstruct the light of the sun. Should anyone hearken unto this utterance with a discerning ear, he will unfurl the wings of detachment and soar effortlessly in the atmosphere of true understanding."

~ Baha'u'llah

2. **"The most truly generous persons are those who give silently without hope of praise or reward."**

~ Carol Ryrie Brink

3. "A fight is going on inside me," said an old man to his son. "It is a terrible fight between two wolves. One wolf is evil. He is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego. The other wolf is good. He is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith. The same fight is going on inside you." The son thought about it for a minute and then asked, "Which wolf will win?" The old man replied simply, "The one you feed." ~ Cherokee Proverb

4. ***"We cannot segregate the human heart from the environment outside us and say that once one of these is reformed everything will be improved. Man is organic with the world. His inner life moulds the environment and is itself also deeply affected by it. The one acts upon the other and every abiding change in the life of man is the result of these mutual reactions."*** Shoghi Effendi

5. "A generous person will prosper; whoever refreshes others will be refreshed". ~ Proverbs 11:25

6. **"Nothing is too much trouble when one loves, and there is always time."** - 'Abdu'l-Baha

7. ***"Envy is the ulcer of the soul."*** ~ Socrates

8. **“Know, verily, the heart wherein the least remnant of envy yet lingers, shall never attain My everlasting dominion, nor inhale the sweet savors of holiness breathing from My kingdom of sanctity.” ~ Baha'u'llah**

9. “Envy is a symptom of lack of appreciation of our own uniqueness and self-worth. Each of us has something to give that no one else has.” ~ Elizabeth O'Connor

10. “Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness.” ~ Martin Luther King, Jr.

11. **“Envy closes the door of Bounty.” ~ ‘Abdu'l-Baha**

12. “Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, **for God loves a cheerful giver.**” 2 Corinthians 9:7

13. ***“The Dead Sea in the Middle East receives fresh water, but it has no outlet, so it doesn't pass the water out. It receives beautiful water from the rivers, and the water goes dank. I mean, it just goes bad. And that's why it is the Dead Sea. It receives and does not give. In the end generosity is the best way of becoming more, more, and more joyful.”***
~ Desmond Tutu

14. “What we do for ourselves dies with us. What we do for others and the world remains and is immortal.”
~ Albert Pine

15. **“Be a gift** to everyone who enters your life, and to everyone whose life you enter. Be careful not to enter another's life if you cannot be a gift. (You can always be a gift, because you always are the gift – yet sometimes you don't let yourself know that.)” ~ Neale Donald Walsch

16. “Do not be content with showing friendship in words alone, let your heart burn with loving kindness for all who may cross your path.” ~ ‘Abdu'l-Baha

17. **“People who love themselves come across as very loving, generous and kind; they express their self-confidence through humility, forgiveness and inclusiveness.” ~ Sanaya Roman**

18. “Do not overrate what you have received, nor envy others. He who envies others does not obtain peace of mind.” ~ Buddha

19. **“Generosity is the most natural outward expression of an inner attitude of compassion and loving-kindness.”**
~ The Dalai Lama XIV

20. “The Buddha said that no true spiritual life is possible without a generous heart. Generosity allies itself with an inner feeling of abundance—the feeling that we have enough to share.” - Sharon Salzberg

21. “There are some people who make this short span of life miserable to themselves and others because they harbour envy in their hearts. Envy is the most despicable quality in man. Some people are so filled with it that they cannot bear to see any of their friends receive greater privileges and higher promotions in life than themselves. Like poison, envy kills all their nobler sentiments. **Envy lowers the station of man** and makes him a supreme egoist, and self-centred. If man extricates himself from the claws of this ignoble monster, he has defeated the powers of Satan. Then he will attain tranquillity and peace of mind. Man must become evanescent and self-denying. Then all the difficulties and hardships of the world will not touch him. He will become like unto a sea, although on its surface the tempest is raging and the mountainous waves rising, in its depth there is complete calmness.” ~ ‘Abdu'l-Bahá

22. **“Attention is the rarest and purest form of generosity.” ~ Simone Weil**