



# *A World That Works for Everyone*

*The Work and Commitment of The Boothby Institute*

You experience that loving-kindness is the most powerful tool known to all living beings.

You are disciplined.

You realize that everything is interconnected; everything impacts everything else.

You keep agreements or, if necessary, renegotiate with integrity.

You strive to be present in this moment, and this one and this one as well.

You listen as if you were the person speaking.

You are complete with and have learned from the past. Anything that arises, you take care of immediately, not put off until another time.

You are determined, consistent and persistent.

You know there is always a choice, though not always a pretty one.

Loving-kindness is the foundation of groundedness.

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You see miracle in everything.

You are truly present wherever you are.

You are impeccable with your words, always speaking the truth  
with compassion and understanding.

You begin the day with self-care, experiencing the miracle,  
feeling the interconnectedness and deciding how you will be  
today.

All beings are sacred.

You know that the capacity for all things, wonderful and  
damaging, reside within all people.

All damage comes from ungrounded human beings.

You do not take things others do personally.

Here are some quotes that express aspects of grounded  
experience.

Thich Nhat Hanh, *“Because you are alive, everything is  
possible.”*

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Helen Keller, *“Security is an illusion. It does not exist in nature nor do the children of men and women as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure, or nothing.”*

Don Miguel Ruiz, *“Don't Take Anything Personally. Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.”*

Ann Rand, *“We are fast approaching the stage of the ultimate inversion: the stage where the government is free to do anything it pleases, while the citizens may act only by permission; which is the stage of the darkest periods of human history, the stage of rule by brute force.”*

Nelson Mandela, *“As long as poverty, injustice and gross inequality persist in our world, none of us can truly rest.”*

Mother Teresa, *“If we have no peace, it is because we have forgotten that we belong to each other.”*

Martin Luther King, Jr., *“I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can*



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Anthony de Mello, *“These things will destroy the human race: politics without principle, progress without compassion, wealth without work, learning without silence, religion without fearlessness and worship without awareness.”*

Thich Nhat Hanh, *“For things to reveal themselves to us, we need to be ready to abandon our views about them.”*

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