



## **Words of Prophets**

## **Introduction to the First Printing**

My desire was to create a chronological collection of purported quotes from humanity's most influential mystical figures, with no commentary, interpretation or context. I structured this compilation to be read in a single sitting as a meditation; such that I could hold the totality of the most impactful mystical writings across the whole of human history in my mind at once.

This compilation has no secondary or intentionally implied message (unconscious bias certainly remains). Setting each figure in context with each other chronologically, based on the claimed dates of the tradition, was the simplest compilation structure in my mind. I intend no favor given for any particular figure, tradition or perspective. Traditions that were excluded from this compilation are a reflection on the scale of documented impact on thinking, and the limits of my studies, not a statement of rebuke or endorsement.

As the first printing, this has not undergone peer review, thorough editing, or perfect alignment of sources and quotes, so may have errors not present in future editions. I printed this to send to people I love and people I thought would be kind enough to correct my errors with their expertise and Grace.

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# The Epistemology of this compilation

**Organizational Structure:** The book is organized chronologically, based on purported time of recording by the tradition.

## Inclusion Criteria

**Significance:** I prioritized figures who had substantial impact on widespread traditions from written history as those have authoritative sources; understanding not every tradition will be captured. I limited the number of entries such that it can be read comfortably in under 1 hour.

**Authenticity:** I focused on sources that are widely accepted within each tradition as authoritative representations of the figure's lifetime.

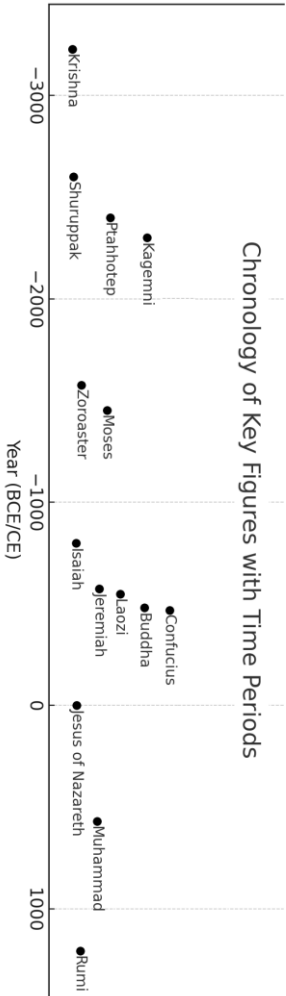
**Inclusion of Multiple Sources:** For figures whose sayings are recorded in multiple sources, all significant variations are included and attributed to its source, noting any significant variations between sources.

**Grouping Similar Sayings:** For sayings that are repeated across multiple sources with minimal differences, they are grouped together, and variations are noted.

## Table of Contents

2. *Introduction to first Printing*
3. *Epistemology*
4. *Table of Contents (You are here)*
5. *Chronology*
6. **Krishna**
8. **Shuruppak**
11. **Ptahhotep & Kagemni**
14. **Zoroaster**
20. **Moses**
24. **Laozi**
26. **Buddha**
30. **Confucius**
35. **Isaiah**
38. **Jeremiah**
42. **Jesus of Nazareth**
49. **Muhammad**
53. **Rumi**
55. **Bibliography**

Figures



## Chapter 1: Krishna 3228 BCE<sup>1</sup>

"You have a right to perform your prescribed duties, but you are not entitled to the fruits of your actions. Never consider yourself to be the cause of the results of your activities, nor be attached to inaction."

"Those who are wise lament neither for the living nor the dead."

"The soul can never be cut into pieces by any weapon, nor burned by fire, nor moistened by water, nor withered by the wind."

"For the soul there is neither birth nor death at any time. He has not come into being, does not come into being, and will not come into being: he is unborn, eternal, ever-existing, and primeval. He is not slain when the body is slain."

"One who sees inaction in action, and action in inaction, is intelligent among men."

"The mind acts like an enemy for those who do not control it."

"When meditation is mastered, the mind is unwavering like the flame of a lamp in a windless place."

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<sup>1</sup> I used the date and chronological inclusion based on what referenced scholars claim was the time in Common Era notation that Krishna was purported to have lived and transmitted these sayings in oral tradition. Historical records place the original written references to 500BC\*\*

"Among thousands of men, one may endeavor for perfection, and among those who have achieved perfection, hardly one knows me in truth."

"I am the source of all spiritual and material worlds. Everything emanates from me."

"I am the taste of water, the light of the sun and the moon, the syllable Om in the Vedic mantras; I am the sound in ether and ability in man."

"The self-controlled soul, who moves amongst sense objects, free from either attachment or repulsion, he wins eternal peace."

"By devotion, one truly understands what and who I am in essence. Having known me in truth, one immediately merges into me."

"I am time, the great destroyer of the world, and I have come here to engage all people."

"When a person responds to the joys and sorrows of others as though they were his own, he has attained the highest spiritual union."

"Fight for the sake of duty, treating alike happiness and distress, loss and gain, victory and defeat. Fulfilling your responsibility in this way, you will never incur sin."



## **Chapter 2: Instructions of Shuruppak 2600 BCE**

"Do not buy an ox which is goring; it will ruin your land."

"Do not speak ill; speak favorably."

"Do not utter lies; then your speech will be trusted."

"Do not plan lies; your words will be scrutinized."

"Do not boast; then your words will be heeded."

"Do not curse strongly; then you will not be shamed."

"Do not return evil to your adversary; requite kindness to the one who does evil to you."

"Do not laugh with a girl if she is married; the slander will be serious."

"Do not speak improperly; later it will lay a trap for you."

"Do not pass judgment when you drink beer."

"Do not plow a field at night; the dew will make your work useless."

"Do not drive away a man who comes to seek shelter."

"Do not kill a child; woe will come upon you."

"Do not mock the blind man."

"Do not insult the crippled."

"Do not make a clean house dirty."

"Do not throw a lump of earth into the well; you will not find water in the well."

"Do not answer back against your father; he will be angry with you."

"Do not curse your mother; she bore you."

"Do not commit rape upon a man's daughter; the courtyard will learn of it."

"Do not let your mouth cause your flesh to sin."

"Do not cross a river without first checking the depth."

"Do not build a house without testing the soil."

"Do not put your trust in wealth; it can vanish overnight."

"Do not mistreat your slave; he may become your master."

"Do not wrong the weak; their protector is strong."

"Do not have sex with your neighbor's wife; it will lead to disgrace."

"Do not set your heart on wealth; it will abandon you."

"Do not speak arrogantly to your mother; she is as a god to you."

"Do not speak disrespectfully to your elder brother; he is as a father to you."

### **Chapter 3: Ptahhotep & Kagemni 2300-2400 BCE**

"Do not be proud and arrogant with your knowledge. Consult and converse with the ignorant and the wise, for the limits of art are not reached."

"Good speech is more hidden than greenstone, yet may be found among maids at the grindstones."

"If you meet a disputant in action who is your equal, your match, you will make your worth exceed his by silence."

"Be not arrogant because of your knowledge, but confer with the ignorant man as with the learned, for the limits of skill are not attainable."

"If you are a leader, take responsibility in the matters entrusted to you, and you will accomplish things of great moment."

"The ruin of a man's heart is greed; the avaricious man has no tomb."

"If you are a man who leads, who controls the affairs of the many, seek out every good deed, so that your conduct may be blameless."

"Do not repeat slander; you should not hear it, for it is the result of hot temper."

"If you are mighty and powerful, then gain respect through knowledge and through your gentleness of speech."

"Do not terrorize people; it is the will of the Creator that they be comforted."

"If you are a man of trust, sent by one great man to another great man, be exact in reporting back."

"The wise is known by his wisdom, the great by his good actions; his heart matches his tongue, and his lips are straight when he speaks."

"As for the fool, he is ignorant and cannot hear; he does nothing right."

"If you have plowed and have a harvest in your field, and the gods make it great in your hand, do not boast about it."

"Do not let your heart be puffed up because of your knowledge. Be calm when you hear the speech of a supplicant."

"He who obeys his heart will control his body."

"Kindness is man's memorial forever."

"Teach others to make them wise."

"A man with a joyful heart brings good fortune."

"Follow your heart as long as you live, do no more than is required of you."

"Do not be proud because you are learned; converse with the ignorant as freely as with the wise."

"Do not be talkative, lest you fall into error."

"If you sit with a glutton, eat when his appetite has passed."

"Do not stare at someone older than you; show respect."

"When you are seated at the table of one greater than you, take what he gives you, but do not look at what lies before him."

"The humble man flourishes, but the arrogant man is brought low."

"Do not open your heart to everyone; your words may be taken against you."

"Be silent when it is time to speak, and speak when it is time to be silent."

"Do not be hasty in your actions; consider carefully before you proceed."

"He who is blameless in matters of food, no accusation can prevail against him."

## Chapter 4: Zoroaster ~1500-1000 BCE

"With outstretched hands in petition I pray to thee, O Mazda! First of all, through thy Holy Spirit vouchsafe to me all righteousness of action, all wisdom of the Good Mind, that I may bring joy to the Soul of Creation."

"I approach you with good mind and righteous action, O Mazda Ahura, that I may bring joy to the soul of the world."

"I who by worship would keep far from thee, O Mazda, disobedience and ill thought, for all time."

"To what land shall I turn, and whither turning shall I go? The rulers and their followers have united to persecute me, not the better man prefers they; nor do the wicked rulers of the land."

"Does not the Lord know what is being done? But he whose eyes are over all shall render justice to all in accordance with their deeds."

"Hear with your ears the best things; consider with clear thought, man by man, for choosing between the two ways, each one for himself before the great consummation."

"Now the two primal Spirits, who reveal themselves in vision as twins, are the better and the bad in thought and word and action."

"Between these two, the wise ones choose aright; the foolish not so."

"And when these sinners reach the abode of the Lie, then shall their lamentations make the Good Spirit rejoice."

"But to them will the Good Mind come, and the Dominion of Ahura, and Piety shall be established in power."

"Tell me, O Ahura, how shall I earn the rewards of Good Thought, how attain to righteousness, how attain to the Kingdom of Heaven, O Mazda?"

"I seek to know, O Mazda, the laws of righteousness, that I may bring joy to the soul of creation."

"He who upholds Truth with all the might of his power, he indeed is thy most beloved, O Mazda Ahura."

"I announce and I will accomplish the desire of my soul, as long as I have power and strength."

"The evil man destroys the world of righteousness; he perverts the minds of men, and turns them from the better way."

"They choose the Worst Mind's purposes, that they may vex the Wise One and those who follow righteousness."

"I approach you with my praise, O Mazda Ahura, and with my prayers, that I may gain the blessings of both worlds."



"Grant me, O Righteousness, the reward, the blessing of the Good Mind, that I may bring joy to the soul of creation."

"As long as I have strength and power, I will teach men to seek for righteousness."

"We worship the Wise Lord, who made the cattle and the water, who made the plants and the good creatures, who made the light and the earth and all good things."

"May the Good Mind teach me what is best to be known, that I may declare it to all who have come."

"He who is most good to the righteous man, be he noble or peasant, he is most beloved of Ahura Mazda."

"As the Wise Lord taught me, so do I announce: Let none of you listen to the Evil One, for he brings destruction to both worlds."

"I realized thee, O Mazda, as the first and the last, as the most adorable spirit."

"When I held thee in my soul, O Mazda, then I knew thee to be the father of Good Thought."

"This I ask thee, tell me truly, O Ahura: How shall I attain to thy kingdom, O Mazda?"

"This I ask thee, tell me truly, O Ahura: How shall I bring joy to the soul of creation?"

"This I ask thee, tell me truly, O Ahura: Who fashioned Aramaiti (Right-mindedness) together with Dominion?"

"Hearken unto me, ye who come from near and from afar! Now I shall proclaim the ordinances which the Wise Lord has given me."

"Him shall we worship with our praises, who has made the Good Mind, and the Righteousness by which prosperity and immortality come to us."

"For He is the greatest, the best, and the most beautiful, who is Ahura Mazda."

"To what land shall I flee, where shall I go? I am driven from my family and my tribe; they do not heed my teachings."

"But I know that the Wise Lord is the protector of his prophet, and that he will give victory to righteousness."

"When shall the righteous come to victory over the wicked? When shall truth triumph through the wisdom of the spirit?"

"With songs of praise I will approach thee, O Mazda, and with the confession of my faith in thee."

"May we be those who make this world excellent; O Mazda Ahura, through righteousness and the Good Mind."

"Let us remember the Wise Lord, and seek with all our might to please him with our deeds."

"When shall the righteous come to victory over the wicked? When shall the lying words of the evil one be silenced?"

"The man of good will is the friend of all; he is the promoter of peace."

"He who promotes the welfare of the world, O Mazda, through righteousness and good thought, he shall receive thy blessings."

"Those who are full of the evil spirit choose not the right; they are all deceivers and the enemies of the righteous."

"But those who are of the Good Mind and righteousness shall prosper in the kingdom of the Wise Lord."

"I, who would guide all the living to righteousness, am opposed by the followers of the Lie."

"I will praise thee, O Mazda, with songs of adoration, and I will declare thy glory to all mankind."

"May the Good Mind inspire me to speak words of wisdom, that I may bring joy to the soul of creation."

"Let the righteous deeds we have done bring us the blessings of the Wise Lord."

"He who sows the seeds of righteousness shall reap the harvest of immortality."

"The good ruler is he who serves the people with righteousness, who promotes the welfare of all."

"They who strive to uphold the dominion of Good Mind, they indeed are the saviors of the world."

"Let all advance in the way of the Good Mind, and let none listen to the words of the evil one."

"Thus I have taught men to choose aright between the two ways, the way of righteousness and the way of falsehood."

"O ye men and women, choose now between the two ways; awaken to our teaching before it is too late."

## Chapter 5: Moses ~1400 BCE

"Thus saith the LORD God of Israel, Let my people go, that they may hold a feast unto me in the wilderness."

"Wherefore hast thou so evil entreated this people? Why is it that thou hast sent me? For since I came to Pharaoh to speak in thy name, he hath done evil to this people; neither hast thou delivered thy people at all."

"Behold, I am of uncircumcised lips, and how shall Pharaoh hearken unto me?"

"Thus saith the LORD, About midnight will I go out into the midst of Egypt: And all the firstborn in the land of Egypt shall die, from the firstborn of Pharaoh that sitteth upon his throne, even unto the firstborn of the maidservant that is behind the mill; and all the firstborn of beasts."

"This is the ordinance of the passover: There shall no stranger eat thereof: But every man's servant that is bought for money, when thou hast circumcised him, then shall he eat thereof."

"Sanctify unto me all the firstborn, whatsoever openeth the womb among the children of Israel, both of man and of beast: it is mine."

"Fear ye not, stand still, and see the salvation of the LORD, which he will shew to you today: for the Egyptians whom ye have seen today, ye shall see them again no more forever."

"I will sing unto the LORD, for he hath triumphed gloriously: the horse and his rider hath he thrown into the sea."

"What shall I do unto this people? They be almost ready to stone me."

"These are the judgments which thou shalt set before them."

"The LORD hath called by name Bezaleel the son of Uri, the son of Hur, of the tribe of Judah."

"If his offering be a burnt sacrifice of the herd, let him offer a male without blemish: he shall offer it of his own voluntary will at the door of the tabernacle of the congregation before the LORD."

"For the life of the flesh is in the blood: and I have given it to you upon the altar to make an atonement for your souls: for it is the blood that maketh an atonement for the soul."

"Ye shall be holy: for I the LORD your God am holy."

"Whosoever he be of the children of Israel, or of the strangers that sojourn in Israel, that giveth any of his seed unto Molech; he shall surely be put to death."

"And ye shall hallow the fiftieth year, and proclaim liberty throughout all the land unto all the inhabitants thereof: it shall be a jubilee unto you; and

ye shall return every man unto his possession, and ye shall return every man unto his family."

"I will give peace in the land, and ye shall lie down, and none shall make you afraid: and I will rid evil beasts out of the land, neither shall the sword go through your land."

"Wherefore hast thou afflicted thy servant? And wherefore have I not found favour in thy sight, that thou layest the burden of all this people upon me?"

"Hear now my words: If there be a prophet among you, I the LORD will make myself known unto him in a vision, and will speak unto him in a dream."

"Pardon, I beseech thee, the iniquity of this people according unto the greatness of thy mercy, and as thou hast forgiven this people, from Egypt even until now."

"Hear now, ye rebels; must we fetch you water out of this rock?"

"Let the LORD, the God of the spirits of all flesh, set a man over the congregation."

"Hear, O Israel, the statutes and judgments which I speak in your ears this day, that ye may learn them, and keep, and do them."

"Hear, O Israel: The LORD our God is one LORD."

"And thou shalt love the LORD thy God with all thine heart, and with all thy soul, and with all thy might."

"Thou shalt have no other gods before me."

"Keep the sabbath day to sanctify it, as the LORD thy God hath commanded thee."

"Thou shalt not kill. Neither shalt thou commit adultery. Neither shalt thou steal. Neither shalt thou bear false witness against thy neighbour."

"The eternal God is thy refuge, and underneath are the everlasting arms."

"The LORD thy God will raise up unto thee a Prophet from the midst of thee, of thy brethren, like unto me; unto him ye shall hearken."

"The LORD thy God, he is God, the faithful God, which keepeth covenant and mercy with them that love him."



## **Chapter 6: Isaiah**

### **800 BCE**

"Come now, and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool."

"If ye be willing and obedient, ye shall eat the good of the land: But if ye refuse and rebel, ye shall be devoured with the sword: for the mouth of the Lord hath spoken it."

"Therefore the Lord himself shall give you a sign; Behold, a virgin shall conceive, and bear a son, and shall call his name Immanuel."

"For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace."

"The wolf also shall dwell with the lamb, and the leopard shall lie down with the kid; and the calf and the young lion and the fatling together; and a little child shall lead them."

"They shall not hurt nor destroy in all my holy mountain: for the earth shall be full of the knowledge of the Lord, as the waters cover the sea."

"Woe unto them that call evil good, and good evil; that put darkness for light, and light for darkness; that put bitter for sweet, and sweet for bitter!"

"In the year that king Uzziah died I saw also the Lord sitting upon a throne, high and lifted up, and his train filled the temple."

"Then said I, Woe is me! for I am undone; because I am a man of unclean lips, and I dwell in the midst of a people of unclean lips: for mine eyes have seen the King, the Lord of hosts."

"Also I heard the voice of the Lord, saying, Whom shall I send, and who will go for us? Then said I, Here am I; send me."

"Therefore with joy shall ye draw water out of the wells of salvation."

"How art thou fallen from heaven, O Lucifer, son of the morning! how art thou cut down to the ground, which didst weaken the nations!"

"The Lord of hosts hath sworn, saying, Surely as I have thought, so shall it come to pass; and as I have purposed, so shall it stand."

"Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee."

"He shall feed his flock like a shepherd: he shall gather the lambs with his arm, and carry them in his bosom, and shall gently lead those that are with young."

"But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."

"Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness."

"Seek ye the Lord while he may be found, call ye upon him while he is near."

"For my thoughts are not your thoughts, neither are your ways my ways, saith the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts."

"So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it."

"Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee."

"The Spirit of the Lord God is upon me; because the Lord hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound."

"For I the Lord love judgment, I hate robbery for burnt offering; and I will direct their work in truth, and I will make an everlasting covenant with them."

"As one whom his mother comforteth, so will I comfort you; and ye shall be comforted in Jerusalem."

## Chapter 7: Jeremiah 650–570 BCE

"Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee, and I ordained thee a prophet unto the nations."

"Then said I, Ah, Lord God! behold, I cannot speak: for I am a child."

"But the Lord said unto me, Say not, I am a child: for thou shalt go to all that I shall send thee, and whatsoever I command thee thou shalt speak."

"Be not afraid of their faces: for I am with thee to deliver thee, saith the Lord."

"For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end."

"Amend your ways and your doings, and I will cause you to dwell in this place."

"Will ye steal, murder, and commit adultery, and swear falsely, and burn incense unto Baal, and walk after other gods whom ye know not; And come and stand before me in this house, which is called by my name, and say, We are delivered to do all these abominations?"

"But this thing commanded I them, saying, Obey my voice, and I will be your God, and ye shall be my people: and walk ye in all the ways that I have commanded you, that it may be well unto you."

"For my people have committed two evils; they have forsaken me the fountain of living waters, and hewed them out cisterns, broken cisterns, that can hold no water."

"Can a maid forget her ornaments, or a bride her attire? yet my people have forgotten me days without number."

"The heart is deceitful above all things, and desperately wicked: who can know it?"

"Heal me, O Lord, and I shall be healed; save me, and I shall be saved: for thou art my praise."

"Cursed be the man that trusteth in man, and maketh flesh his arm, and whose heart departeth from the Lord."

"Blessed is the man that trusteth in the Lord, and whose hope the Lord is."

"Thus saith the Lord, Stand ye in the ways, and see, and ask for the old paths, where is the good way, and walk therein, and ye shall find rest for your souls."

"O Lord, I know that the way of man is not in himself: it is not in man that walketh to direct his steps."

"Thus saith the Lord, Learn not the way of the heathen, and be not dismayed at the signs of heaven; for the heathen are dismayed at them."

"Can the Ethiopian change his skin, or the leopard his spots? then may ye also do good, that are accustomed to do evil."

"Let not the wise man glory in his wisdom, neither let the mighty man glory in his might, let not the rich man glory in his riches: But let him that glorieth glory in this, that he understandeth and knoweth me, that I am the Lord which exercise lovingkindness, judgment, and righteousness, in the earth: for in these things I delight, saith the Lord."

"Is not my word like as a fire? saith the Lord; and like a hammer that breaketh the rock in pieces?"

"Call unto me, and I will answer thee, and show thee great and mighty things, which thou knowest not."

"Behold, I am the Lord, the God of all flesh: is there anything too hard for me?"

"The days are coming, declares the Lord, when I will make a new covenant with the people of Israel and with the people of Judah."

"For I will forgive their iniquity, and I will remember their sin no more."

"Behold, the days come, saith the Lord, that I will raise unto David a righteous Branch, and a King shall reign and prosper, and shall execute judgment and justice in the earth."

"And ye shall seek me, and find me, when ye shall search for me with all your heart."

"Let not your prophets and your diviners, that be in the midst of you, deceive you, neither hearken to your dreams which ye cause to be dreamed."

"Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart."

"I sat not in the assembly of the mockers, nor rejoiced; I sat alone because of thy hand: for thou hast filled me with indignation."

"The harvest is past, the summer is ended, and we are not saved."

## Chapter 8: Laozi 600 BCE

"The Tao that can be told is not the eternal Tao; the name that can be named is not the eternal name."

"A journey of a thousand miles begins with a single step."

"Those who know do not speak. Those who speak do not know."

"Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power."

"Nature does not hurry, yet everything is accomplished."

"When I let go of what I am, I become what I might be."

"By letting it go, it all gets done. The world is won by those who let it go, but when you try and try, the world is beyond the winning."

"The more laws and restrictions there are, the poorer people become. The sharper men's weapons, the more trouble in the land. The more ingenious and clever men are, the more strange things happen. The more rules and regulations, the more thieves and robbers."

"Manifest plainness, embrace simplicity, reduce selfishness, have few desires."



"The softest thing in the universe overcomes the hardest thing in the universe. That without substance can enter where there is no room."

"Being deeply loved by someone gives you strength, while loving someone deeply gives you courage."

"He who knows that enough is enough will always have enough."

"Care about what other people think and you will always be their prisoner."

"To the mind that is still, the whole universe surrenders."

"Do you have the patience to wait until your mud settles and the water is clear?"

## **Chapter 9: Gautama Buddha 563–483 BCE**

"All that we are is the result of what we have thought: it is founded on our thoughts, it is made up of our thoughts."

"Hatred does not cease by hatred, but only by love; this is the eternal rule."

"Better than a thousand hollow words, is one word that brings peace."

"The mind is everything. What you think you become."

"Even death is not to be feared by one who has lived wisely."

"Peace comes from within. Do not seek it without."

"To conquer oneself is a greater task than conquering others."

"Just as a solid rock is not shaken by the storm, even so the wise are not affected by praise or blame."

"Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared."

"Your work is to discover your work and then with all your heart to give yourself to it."

"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment."

"The self-controlled soul, who moves amongst sense objects, free from either attachment or repulsion, he wins eternal peace."

"Three things cannot be long hidden: the sun, the moon, and the truth."

"Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship."

"A man is not called wise because he talks and talks again; but if he is peaceful, loving, and fearless then he is in truth called wise."

"Radiate boundless love towards the entire world—above, below, and across—unhindered, without ill will, without enmity."

"Let him not deceive another nor despise anyone anywhere. In anger or ill will let him not wish another ill."

"The root of suffering is attachment."

"No one saves us but ourselves. No one can and no one may. We ourselves must walk the path."

"Even as a mother protects with her life her child, her only child, so with a boundless heart should one cherish all living beings."

"As an elephant in battle endures the arrows that are shot into it, so will I endure abuse."

"Just as the great ocean has but one taste, the taste of salt, so too has my teaching but one taste, the taste of liberation."

"There is no path to happiness: happiness is the path."

"It is in the nature of things that joy arises in a person free from remorse."

"What you think, you become. What you feel, you attract. What you imagine, you create."

"When you realize how perfect everything is, you will tilt your head back and laugh at the sky."

"Live with intention, walk to the edge, listen hard, practice wellness, play with abandon, laugh."

"A disciplined mind brings happiness."

"A fool who thinks he is wise is just a fool. A fool who knows he is a fool is wise indeed."

"He who experiences the unity of life sees his own Self in all beings and all beings in his own Self, and looks on everything with an impartial eye."

"Be truthful; do not yield to anger; give freely, even if you have but little; the gods will bless you."

"Endurance is one of the most difficult disciplines, but it is to the one who endures that the final victory comes."

"To live a pure unselfish life, one must count nothing as one's own in the midst of abundance."

## **Chapter 10: Confucius**

### **551–479 BCE**

"Is it not a pleasure, having learned something, to try it out at due intervals? Is it not a joy to have friends come from afar? Is it not gentlemanly not to take offense when others fail to appreciate your abilities? "

"To study and not think is a waste. To think and not study is dangerous."

"The gentleman cherishes virtue; the small man cherishes possessions."

"If you make a mistake and do not correct it, this is called a mistake."

"To see what is right and not do it is want of courage."

"A gentleman is ashamed to let his words outrun his deeds."

"Do not impose on others what you yourself do not desire."

"The superior man is modest in his speech, but exceeds in his actions."

"Learning without thought is labor lost; thought without learning is perilous."

"The noble-minded are calm and steady. Little people are forever fussing and fretting."

"He who learns but does not think is lost! He who thinks but does not learn is in great danger."

"The superior man thinks of virtue; the small man thinks of comfort."

"Real knowledge is to know the extent of one's ignorance."

"Only the wisest and the stupidest of men never change."

"He who exercises government by means of his virtue may be compared to the north polar star, which keeps its place and all the stars turn towards it."

"Virtue is not left to stand alone. He who practices it will have neighbors."

"The superior man is distressed by the limitations of his ability; he is not distressed by the fact that men do not recognize the ability that he has."

"He who speaks without modesty will find it difficult to make his words good."

"The superior man understands what is right; the inferior man understands what will sell."

"When we see men of a contrary character, we should turn inwards and examine ourselves."

"The object of the superior man is truth."

"The superior man cannot be known in little matters, but he may be entrusted with great concerns."

"A youth, when at home, should be filial, and abroad, respectful to his elders. He should be earnest and truthful. He should overflow in love to all, and cultivate the friendship of the good. When he has time and opportunity, after the performance of these things, he should employ them in polite studies."

"Those who know the truth are not equal to those who love it, and those who love it are not equal to those who delight in it."

"When you see a worthy person, endeavor to emulate him; when you see an unworthy person, then examine your inner self."

"He who acts with a constant view to his own advantage will be much murmured against."

"The Master said, 'In a country well-governed, poverty is something to be ashamed of. In a country badly-governed, wealth is something to be ashamed of.'"

"The man of virtue makes the difficulty to be overcome his first business, and success only a subsequent consideration."

"The cautious seldom err."

"In learning, age and youth go together. The teacher leads the old, and the young instruct one another. Thus men are benefited."



"Ceremonies are the bond that holds the multitude together, and if there were no such ceremonies, people would fall into lawlessness."

"The superior man does not set his mind either for anything, or against anything; what is right he will follow."

"The great man cherishes excellence; the petty man cherishes comfort."

"The path may not be left for an instant. If it could be left, it would not be the path."

"The superior man does what is proper to the station in which he is; he does not desire to go beyond this."

"Perfect is the virtue which is according to the Mean!"

"The way of the superior man is threefold: Virtuous, he is free from anxieties; wise, he is free from perplexities; bold, he is free from fear."

"What the superior man seeks, is in himself. What the inferior man seeks, is in others."

## **Chapter 11: Jesus of Nazareth**

### **4 BCE–30 CE**

"Blessed are the poor in spirit, for theirs is the kingdom of heaven."

"Blessed are the meek, for they shall inherit the earth."

"You are the light of the world. A city that is set on a hill cannot be hidden."

"Let your light so shine before men, that they may see your good works and glorify your Father in heaven."

"Do not think that I came to destroy the Law or the Prophets. I did not come to destroy but to fulfill."

"Love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you."

"For if you love those who love you, what reward have you? Do not even the tax collectors do the same?"

"Be perfect, therefore, as your heavenly Father is perfect."

"When you give to the needy, do not let your left hand know what your right hand is doing."

"Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break

in and steal. But store up for yourselves treasures in heaven."

"No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money."

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

"Judge not, that you be not judged."

"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you."

"Enter by the narrow gate; for wide is the gate and broad is the way that leads to destruction, and there are many who go in by it."

"Beware of false prophets, who come to you in sheep's clothing, but inwardly they are ravenous wolves."

"Not everyone who says to me, 'Lord, Lord,' shall enter the kingdom of heaven, but he who does the will of my Father in heaven."

"So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets."

"The harvest truly is plentiful, but the laborers are few."

"For my yoke is easy and my burden is light."

"Whoever is not with me is against me, and whoever does not gather with me scatters."

"Every kingdom divided against itself is brought to desolation, and every city or house divided against itself will not stand."

"For whoever does the will of my Father in heaven is my brother and sister and mother."

"The kingdom of heaven is like treasure hidden in a field, which a man found and covered up. Then in his joy he goes and sells all that he has and buys that field."

"And again I say unto you, It is easier for a camel to go through the eye of a needle, than for a rich man to enter into the kingdom of God."

"For many are called, but few are chosen."

"Render therefore unto Caesar the things which are Caesar's; and unto God the things that are God's."

"Watch therefore, for you do not know what hour your Lord is coming."

"For where two or three gather in my name, there am I with them."

"The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel."

"Follow me, and I will make you become fishers of men."

"Be silent, and come out of him!"

"Your sins are forgiven."

"Why do you question these things in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your bed and walk'?"

"A prophet is not without honor, except in his hometown and among his relatives and in his own household."

"Take nothing for your journey except a staff; no bread, no bag, no money in your belts."

"If anyone would come after me, let him deny himself and take up his cross and follow me."

"For what does it profit a man to gain the whole world and forfeit his soul?"

"This kind cannot be driven out by anything but prayer."

"Let the children come to me; do not hinder them, for to such belongs the kingdom of God."

"It is easier for a camel to go through the eye of a needle than for a rich person to enter the kingdom of God."

"Is it not written, 'My house shall be called a house of prayer for all the nations'? But you have made it a den of robbers."

"Render to Caesar the things that are Caesar's, and to God the things that are God's."

"This is my body."

"Before the rooster crows twice, you will deny me three times."

"Man shall not live by bread alone, but by every word of God."

"The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed."

"Blessed are you who are poor, for yours is the kingdom of God."

"But woe to you who are rich, for you have received your consolation."

"Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you."

"Give, and it will be given to you. Good measure, pressed down, shaken together, running over, will be put into your lap. For with the measure you use it will be measured back to you."

"For where your treasure is, there will your heart be also."

"For nothing is hidden that will not be made manifest, nor is anything secret that will not be known and come to light."

"It is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God."

"I am the way, the truth, and the life: no man cometh unto the Father, but by me."

"I am the bread of life; he that cometh to me shall never hunger; and he that believeth on me shall never thirst."

"I am the good shepherd: the good shepherd giveth his life for the sheep."

"I am the resurrection and the life. He who believes in me will live, even though he dies."

"I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life."

"Let not your heart be troubled: ye believe in God, believe also in me."

"Peace I leave with you; my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid."

"A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another."

"Greater love hath no man than this, that a man lay down his life for his friends."

"In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you."

"He that is without sin among you, let him first cast a stone at her."

"I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing."

"If the Son therefore shall make you free, ye shall be free indeed."

"My God, my God, why hast thou forsaken me?"



## Chapter 12: Muhammad 570–632 CE

"Say: He is Allah, the One and Only; Allah, the Eternal, Absolute; He begetteth not, nor is He begotten; and there is none like unto Him."

"Say: I am only a mortal like you. It is revealed to me that your God is one God. So whoever hopes to meet his Lord, let him do good deeds and not associate anyone in the worship of his Lord."

"Verily, my prayer, my sacrifice, my living, and my dying are for Allah, the Lord of the worlds."

"O mankind, I am the Messenger of Allah to you all, to whom belongs the dominion of the heavens and the earth. There is no deity except Him; He gives life and causes death."

"Say: O my servants who have wronged their souls, do not despair of the mercy of Allah: for Allah forgives all sins."

"Say: My Lord has commanded justice and that you maintain yourselves in devotion to Him at every place of worship and call upon Him, being sincere to Him in religion."

"O mankind, there has come to you instruction from your Lord and healing for what is in the breasts and guidance and mercy for the believers."

"And say: 'Do good; for Allah will see your deeds, and [so will] His Messenger and the believers; and you will be returned to the Knower of the unseen and

the witnessed, and He will inform you of what you used to do."

"Say, 'The truth is from your Lord': Let him who will, believe, and let him who will, reject."

"Say: I do not ask you for this message any payment [or reward] but only the love of relatives. And whoever commits a good deed, We will increase for him good therein. Indeed, Allah is Forgiving and Appreciative."

"The best among you are those who have the best manners and character."

"None of you truly believes until he wishes for his brother what he wishes for himself."

"The strong person is not the one who can overpower others; the strong person is the one who can control himself in a fit of anger."

"The best of you are those who are best to their wives."

"Make things easy for people, and do not make them difficult; and cheer people up and do not drive them away."

"Seek knowledge from the cradle to the grave."

"Do not waste water, even if performing ablution on the banks of a fast-flowing river."

"He who does not show mercy to our young ones or recognize the rights of our elders is not one of us."

"The best charity is that given in Ramadan."

"There is no superiority of an Arab over a non-Arab, nor of a non-Arab over an Arab, nor of a white over a black, nor of a black over a white, except by piety and good action."

"The most perfect of believers in belief are those best in conduct. And the best of you are those who are best to their wives."

"The one who severs family ties will not enter Paradise."

"Whoever guides someone to goodness will have a reward like the one who did it."

"He is not a believer whose stomach is filled while the neighbor to his side goes hungry."

"God does not judge you according to your appearance and your wealth, but He looks at your hearts and your deeds."

"The best among you is he who learns the Quran and teaches it."

"Richness is not having many possessions, but richness is being content with oneself."

"The one who looks after and works for a widow and for a poor person is like a warrior fighting for Allah's cause."

"If one of you becomes angry, let him be silent."

"Whoever believes in Allah and the Last Day, let him speak good or remain silent."

## Chapter 13: Rumi 1207–1273 CE

"The wound is the place where the light enters you."

"Don't grieve. Anything you lose comes round in another form."

"You were born with wings, why prefer to crawl through life?"

"Don't be satisfied with stories, how things have gone with others. Unfold your own myth."

"The moment you accept what troubles you've been given, the door will open."

"Why do you stay in prison when the door is so wide open?"

"Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it."

"Let yourself be silently drawn by the strange pull of what you really love. It will not lead you astray."

"When you let go of who you are, you become what you might be."

"Be like the sun for grace and mercy. Be like the night to cover others' faults. Be like running water for generosity."

"I have been a seeker and still am, but I stopped asking the books and the stars. I started listening to the teaching of my soul."

"There is a candle in your heart, ready to be kindled. There is a void in your soul, ready to be filled. You feel it, don't you?"

"The moon stays bright when it doesn't avoid the night."

"Knock, and he'll open the door. Vanish, and he'll make you shine like the sun. Fall, and he'll raise you to the heavens."

"I am not this hair, I am not this skin, I am the soul that lives within."

"Raise your words, not voice. It is rain that grows flowers, not thunder."

"Love is the bridge between you and everything."

"Let the waters settle and you will see the moon and the stars mirrored in your own being."

"Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself."

"What you seek is seeking you."

"Don't you know yet? It is your light that lights the worlds."

"You have to keep breaking your heart until it opens."<sup>22</sup>

"Run from what's comfortable. Forget safety. Live where you fear to live."23

"Close your eyes. Fall in love. Stay there."24

"Silence is the language of God, all else is poor translation."25

"This is how I would die into the love I have for you: as pieces of cloud dissolve in sunlight."26

"Seek the wisdom that will untie your knot. Seek the path that demands your whole being."27

"In silence, there is eloquence. Stop weaving, and see how the pattern improves."28

"Be melting snow. Wash yourself of yourself."29

"Wherever you are, and whatever you do, be in love."30

"Patience is not sitting and waiting, it is foreseeing. It is looking at the thorn and seeing the rose, looking at the night and seeing the day."31

"Let yourself be silently drawn by the stronger pull of what you really love."32

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12. Verse 59, page 88
13. Verse 63, page 89
14. Verse 64, page 89
15. Verse 65, page 90
16. Verse 71, page 90
17. Verse 74, page 91
18. Verse 79, page 92
19. Verse 83, page 93
20. Verse 89, page 94
21. Verse 91, page 94
22. Verse 94, page 95
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10. Verse 23, page 14
11. Verse 24, page 14
12. Verse 18, page 11
13. Verse 21, page 13
14. Verse 15, page 10
15. Verse 27, page 16
16. Verse 12, page 9
17. Verse 14, page 9
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19. Verse 22, page 13
20. Verse 15, page 10
21. Verse 26, page 15
22. Verse 29, page 17
23. Verse 32, page 18
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13. Verse 31, page 18
14. Verse 34, page 19
15. Verse 36, page 20
16. Verse 39, page 21
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18. Verse 43, page 23
19. Verse 45, page 24
20. Verse 48, page 25
21. Verse 51, page 26
22. Verse 52, page 27
23. Verse 54, page 28
24. Verse 56, page 29
25. Verse 58, page 30
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27. Verse 63, page 32
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