

"It is better to light a single candle than to curse the darkness."

Tiny Red Light - traditional Nfld song - inspiration for my Affirming Flame Emails:

<https://www.youtube.com/watch?v=OFW2dN0sMCw>

Buddha - Indian TV Series:

<https://www.youtube.com/watch?v=keii9q8Tn8E>

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"The first and most discernible lesson is to stop whining."

(Leonard Cohen about his years training in a

Zen Buddhist monastery)

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10 reasons not to tell your friends that you're a Buddhist:

#1 They might think that Buddhism doesn't work.

"You should have seen me before I started to meditate."

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Buddha Cats:

<http://imgur.com/a/HfcaX>

Jon Henrik Fjellgren - Daniel's Jojk:

<https://www.youtube.com/watch?v=NQqwiG-ILOI>

Born in Columbia, adopted by Sami Swedish parents. Sings the traditional music of the Sami people

Fayum portraits of people from 2000 years ago:

[https://www.google.ca/search?q=fayum+portraits&ie=UTF-8&tbm=isch&gws\\_rd=cr&ei=xXIWWZeEF4ySjwPxzKDABQ](https://www.google.ca/search?q=fayum+portraits&ie=UTF-8&tbm=isch&gws_rd=cr&ei=xXIWWZeEF4ySjwPxzKDABQ)

"To greet you, you will understand"

<http://www.theotherpages.org/poems/flecker1.html>

Defying Gravity:

<https://www.youtube.com/watch?v=LEKIJpVppKE>