



Contact: 512.582.2197, info@nvcnetwork.org; www.nvcnetwork.org

Quotes from Various Cultures and Faith Traditions

(The following quotes were compiled by the Institute for Research on Unlimited Love at the School of Medicine of Case Western Reserve University, Cleveland, Ohio. The Institute funds high-level scientific research on altruistic and unlimited love. Feel free to choose the most appropriate quotes for specific situations, such as newsletters, bulletins, coalition recruitment brochures and so forth.)

“My humanity is bound up with yours, for we can only be human together.” Desmond Tutu (1931-)

“He who hath compassion upon others receives compassion from Heaven.” Talmud, the most significant collection of the oral tradition interpreting the Torah. (Judaism)

“We can do no great things – only small things with great love.” Mother Teresa (1910-1997)

“The very core of peace and love is imagination. All altruism springs from putting yourself in the other person’s place.” Harry Emerson Fosdick (1878-1969, ordained Baptist minister and professor of practical theology, Union Theological Seminary)

“Kind speech and forgiveness is better than alms followed by injury.” Qur’an, word of God revealed to Muhammad through the angel Gabriel (Islam)

“To do justice, to love kindness and to walk humbly with your God.” Micah (Judaism and Christianity)

“As a mortal you are limited, but as a child of God you are unlimited...Life should be chiefly service. Without that ideal, the intelligence that God has given you is not reaching out toward its goal. When in service you forget the little self, you will feel the big Self of Spirit.” Paramahansa Yogananda (1893-1952, spiritual leader and author of *Autobiography of a Yogi*)

“The unifying characteristic of the qualities I have described as ‘spiritual’ may be said to be some level of concern for others’ well-being.” Dalai Lama (Buddhism)

“Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.” Lao Tzu (604-531 B.C.E., founder of Taoism)

“Love cures people - both the ones who give it and the ones who receive it.” Dr. Karl Menninger (1893-1990, American psychiatrist)

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“God’s love allows no limits to be set for it by the character or conduct of man.” Anders Nygren (1890-1978, Swedish bishop and philosopher)

“Whoever does not love does not know God, for God is love.” I John, New Testament (Christianity)

“Grandfather, Sacred One, Teach us love, compassion, and honor that we may heal the earth and heal each other.” A prayer of the Ojibway people of Canada (Native American)

“Sooner or later, all the peoples of the world will have to discover a way to live together in peace, and thereby transform this pending cosmic elegy into a creative psalm of brotherhood. If this is to be achieved, man must evolve for all human conflict a method which rejects revenge, aggression, and retaliation. The foundation of such a method is love.” Rev. Dr. Martin Luther King, Jr. (1929-1968)

“Where there is hatred, let me sow love.” St. Francis of Assisi (Christianity)

“The alien who resides with you shall be to you as the citizen among you; you shall love the alien as yourself, for you were aliens in the land of Egypt; I am the Lord your God.” Leviticus (Judaism and Christianity)

“A coward is incapable of exhibiting love; it is the prerogative of the brave.” Mohandas K. Gandhi (1869-1948)

“I believe that love is the greatest thing in the world; that it alone can overcome hate; that right can and will triumph over might.” John D. Rockefeller, Jr. (1874-1960)

“He prayeth best who loveth best. All things great and small; For the dear God who loveth us, He made and loveth all.” Samuel Taylor Coleridge (1772-1834)

“This is true love, the love born of faith and trust, the love born of brotherly unity, the love that comes from being one family, the love that comes from merging with God, the love which has no limit. This love will never break or fail.” M.R. Bawa Muhaiyaddeen (18??-1986, a Sufi mystic)

“The man who foolishly does me wrong, I will return to him the protection of my most ungrudging love.” Buddha (Buddhism)

“If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but do not have love, I am nothing. If I give away all my possessions, and if I hand over my body so that I may boast, but do not have love, I gain nothing. Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in

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the truth. It bears all things, believes all things, hopes all things, endures all things. Love never ends..." I Cor. 13:1-8 (Christianity)

"True prayer is not asking God for love; it is learning to love, and to include all mankind in one affection. Prayer is the utilization of the love wherewith He loves us." Mary Baker Eddy (1821-1910, founder of Christian Science)

"If unselfish love does not extend over the whole of mankind, if it is confined within one group—a given family, tribe, nation, race, religious denomination, political party, trade union, caste, social class or any part of humanity—such an in-group altruism tends to generate an out-group antagonism." Pitirim A. Sorokin (1889-1968, sociologist and author of *The Ways and Power of Love*)

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