

ME CLARKE



consulting LLC

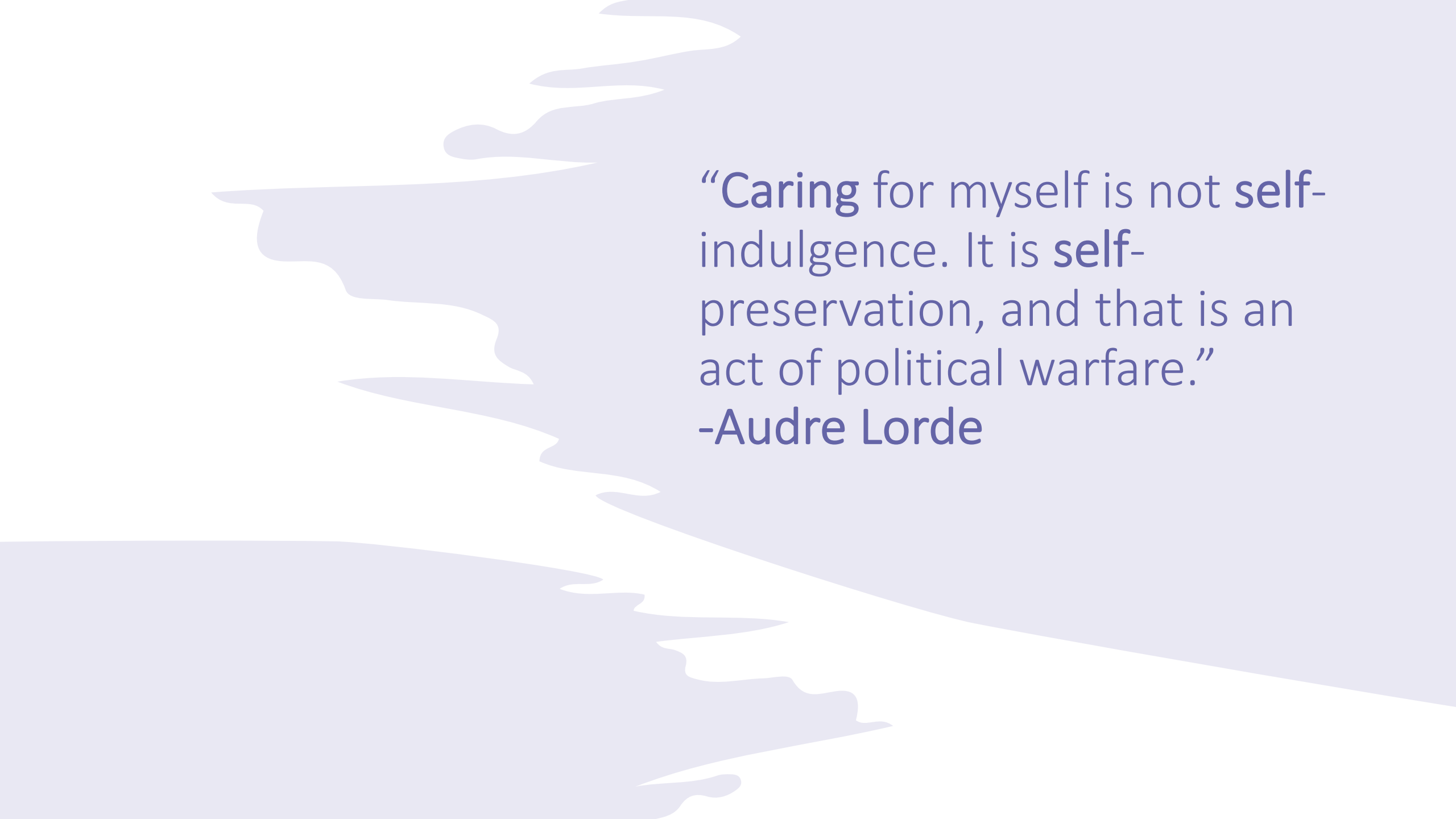
“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

-Marianne Williamson



Calm in the
Face of the
Storm

“My Life Is My
Message”
-Ghandi



“Caring for myself is not **self-**indulgence. It is **self-**preservation, and that is an act of political warfare.”

-Audre Lorde

Being
Everything to
Everyone all
the time





PEACE

“Peace.

It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart.”

-unknown

“Be bold. Be humble. Put away the incense and forget the incantations they taught you. Ask no permission from the authorities. Slip away. Close your eyes and follow your breath to the still place that leads to the invisible path that leads you home.”

-Mirabai Starr

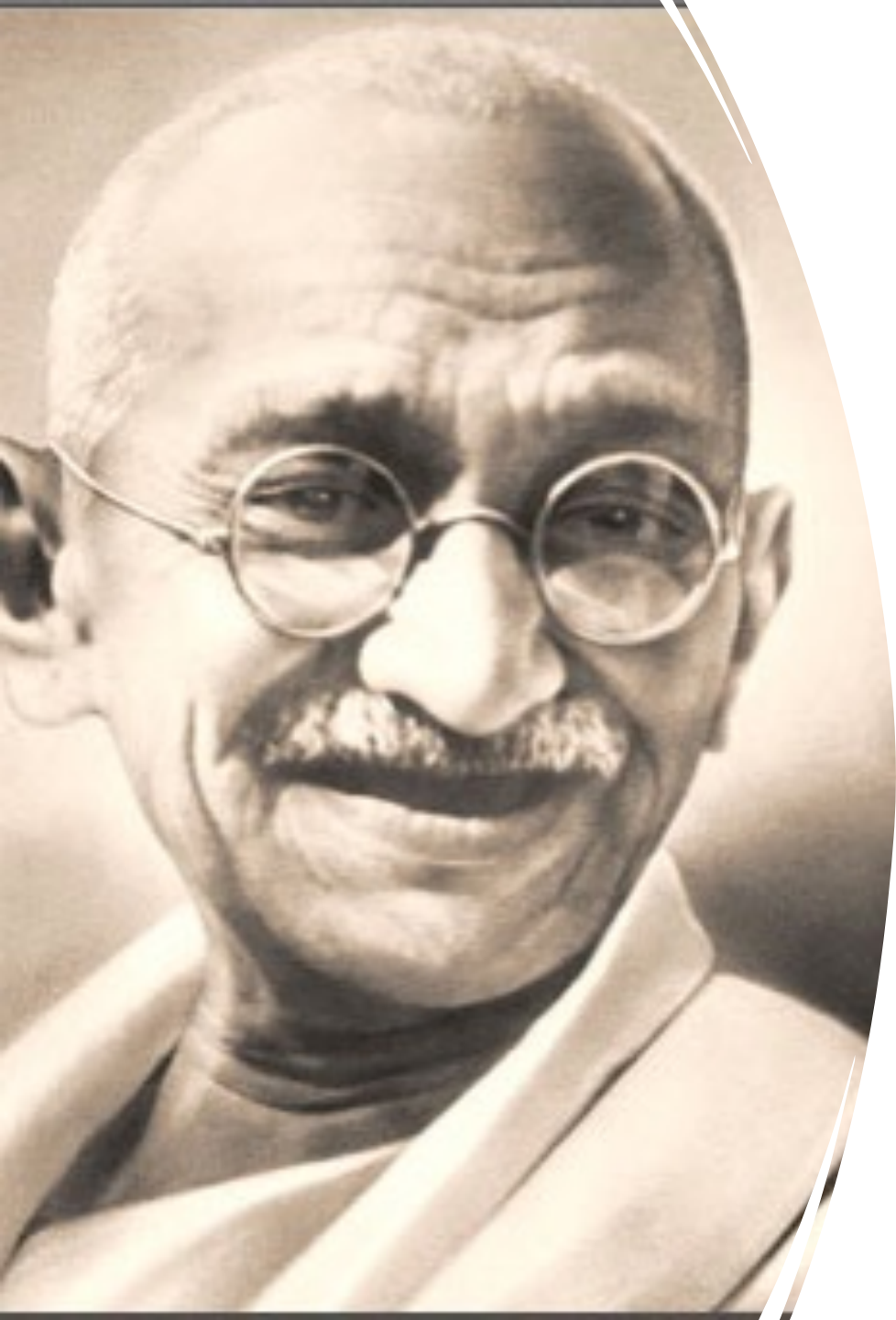


Live Simply...Or Simply Live

“You can choose a life of simplicity, fruitfulness, fulfillment, peace, and joy...However, unless we are resolute and remain undaunted in our quest for simplicity, we are destined for complication and frustration.”

- Joyce Meyer





“Be the change that you want to see in the world.”

- Mahatma Gandhi

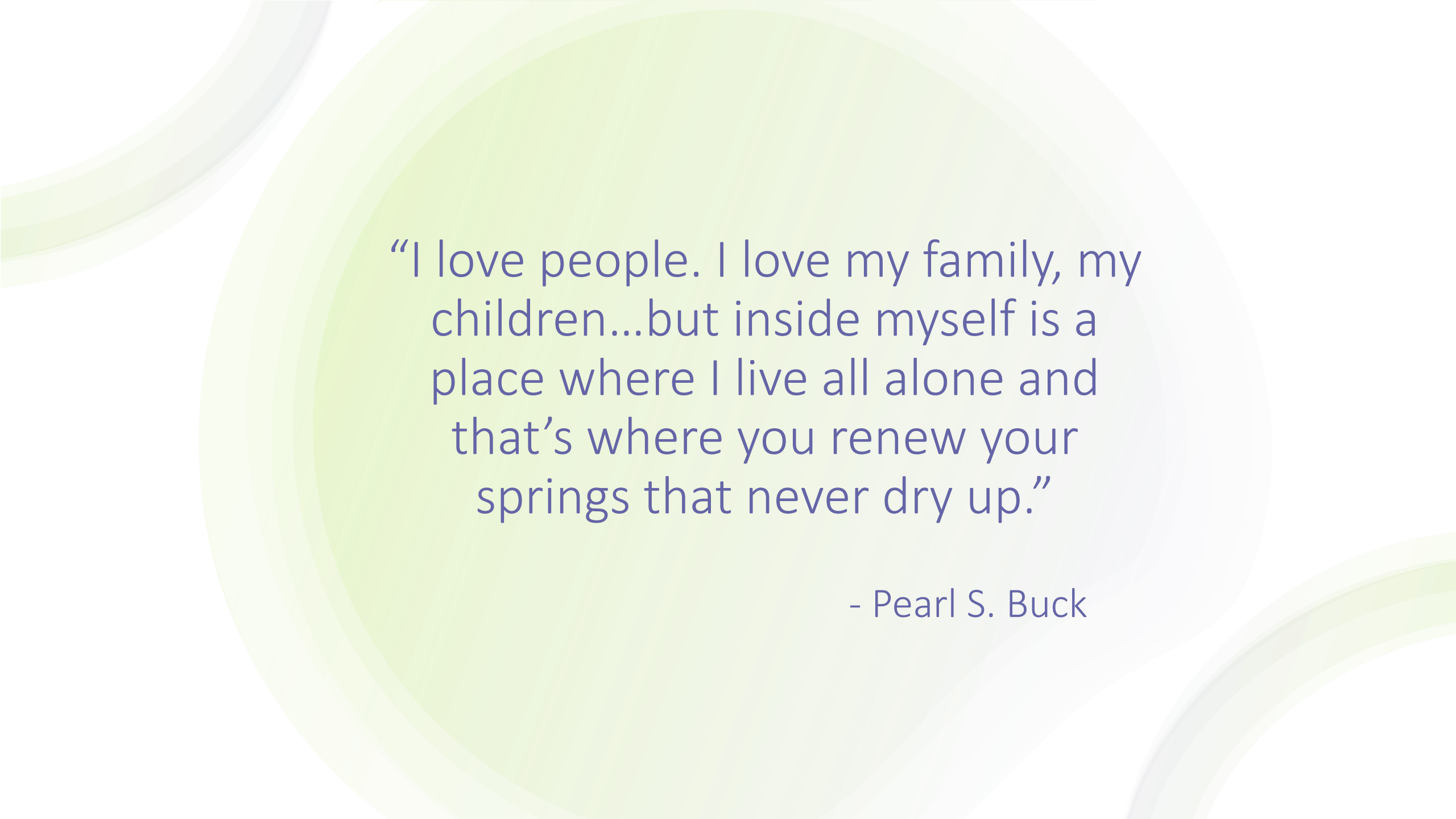
“God bless those who
make things awkward.
They wake us up and
move us forward.”

- Glennon Doyle



Thich Nhat Hanh

"Our capacity to make peace with another person and with the world depends very much on our capacity to make peace with ourselves. If we are at war with our parents, our family, our society, or our church, there is probably a war going on inside us also, so the most basic work for peace is to return to ourselves and create harmony among the elements within us."



“I love people. I love my family, my children...but inside myself is a place where I live all alone and that’s where you renew your springs that never dry up.”

- Pearl S. Buck



“So often we look outward to feel cared for, validated and well. But the ability to give ourselves the love we need is the most valuable gift we will ever receive. Because all love begins with the love we have for ourselves. We can be our own joy, solace and comfort. We can practice the ritual of self-care. Showing ourselves loving kindness when we get off track, tenderness in times of trouble and reverence in both moments of elation and uncertainty helps us become stronger and ultimately, healthier in all ways.”

- Oprah



“Ordinary men hate solitude. But the master makes use of it, embracing his aliveness, realizing he is one with the whole universe.”
-Lao Tzu, Tao Te Ching

“To experience peace does not mean that your life is always blissful. It means that you are capable of tapping into a blissful state of mind amidst the normal chaos of a hectic life.”

-Jill Bolte Taylor



“When we show up to make art, we need to get still enough to hear what wants to be expressed through us, and then we need to step out of the way and let it. We must be willing to abide in a space of not knowing before we can settle into knowing.”

- Mirabai Starr



Nonviolence: Reverence for Life

“The rush and pressure of modern life are a form, perhaps the most common form, of its innate violence. To allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to many projects, to want to help in everything is to succumb to violence. The frenzy of the activist neutralizes work for peace. It destroys the fruitfulness of work, because it kills the root of inner wisdom which makes work fruitful.”

-Thomas Merton



“It took me a long time to learn that doing what nourished my spirit was not selfish, but essential.”

-Kaylan Pickford, *Always a Woman*

“Celebrate your success and stand strong when adversity hits, for when the storm clouds come in, the eagles soar while the small birds take cover.”

-Anonymous



“Almost everything will work again
if you unplug it for a few minutes,
including you.”

- Anne Lamott



Joy

“Faith is what makes life bearable, with all its tragedies and ambiguities and sudden, startling joys.”

-Madeleine L'Engle, *Walking on Water*





To hope.

“It’s crossing your fingers when the map doesn’t make sense, when the compass doesn’t know truly north from truly lost; and it’s up to you – you and your gut and your mettle, and your level of resilience, and your wealth of wisdom – to persevere. To get to the other side.”

- Lee Ann Womack



To Grieve and To Laugh

“Those who do not know how to weep with their whole heart, don't know how to laugh either.”

-Golda Meir

“You grow up the day you have your first real laugh at yourself.”

-Anonymous

Compassion

“Compassion provides the motivation to stay connected within the space of negative energy. I choose to see that others are just doing the best they can with what they have.”

-Nan Waller Burnett





Heaven (n.):

- (1) A place somehow high above the clouds, yet deep inside your soul;
- (2) a place of complete peace, of total and utter happiness;
- (3) a place that is greater than the sum of everything you will ever be or could ever imagine to be.

Resilience

“What I know for sure is that everything that has happened to you, was also happening for you. And all that time, in all of those moments, you were building strength. Strength times strength times strength equals power.”

-Oprah



“The most beautiful thing about humanity is that the moments when we are most tested are the moments where hope abides.”

