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Doubt kills more dreams than failure ever will. - Suzy Kassem

Truth waits to be found. It searches for no one. - Suzy Kassem

Nothing exists without a purpose. Every experience you have in this lifetime was written for you to grow into the light (person) you were meant to become. - [Suzy Kassem](#)

Wise words are like seeds. The more you scatter them, the more they will grow into infinite gardens of knowledge. - Suzy Kassem

Take care of your life force and always keep it streaming. Always be active and creative, and never ever stop dreaming. - [Suzy Kassem](#)

To become a true global citizen, one must abandon all notions of 'otherness' and instead embrace 'togetherness'. - Suzy Kassem

Humanity is lost because people have abandoned using their conscience as their compass. - Suzy Kassem

A lion of truth never assumes anything without validity. Assumptions are quick exits for lazy minds that like to graze out in the fields without bother. - Suzy Kassem

Each time a person passes by you and you say 'hello', imagine that person turning into a candle. The more positivity, love and light you reflect, the more light is mirrored your way. Sharing beautiful hellos is the quickest way to earn spiritual brownie points. You should start seeing hellos as small declarations of faith. Every time you say hello to a stranger, your heart acknowledges over and over again that we are all family. - Suzy Kassem

Understanding languages and other cultures builds bridges. It is the fastest way to bring the world closer together and to Truth. Through understanding, people will be able to see their similarities before differences. - Suzy Kassem

Beware of those who step in the path of your dreams. They only dream to have the ability to take half your steps. - [Suzy Kassem](#)

Always judge a man by the coloring of his heart and only his heart. Truth can be found in his record of actions, not intentions. - [Suzy Kassem](#)

As a citizen of the world, I stand only with Truth and my conscience is my only leader. - Suzy Kassem

Beware of those who speak negatively about everything and everybody. A negative person will never say a positive thing about you. - Suzy Kassem

We cannot control the way people interpret our ideas or thoughts, but we can control the words and tones we choose to convey them. Peace is built on understanding, and wars are built on misunderstandings. Never underestimate the power of a single word, and never recklessly throw around words. One wrong word, or misinterpreted word, can change the meaning of an entire sentence and start a war. And one right word, or one kind word, can grant you the heavens and open doors. - Suzy Kassem

A conscious human is driven by their conscience, not popular opinion. - Suzy Kassem

Your mind can be your enemy or friend. If you always follow your heart, your mind will feel neglected. If you follow only your mind, your heart will never forgive you. Never ignore your conscience, yet always be conscious of reason. Make your heart and mind friends and you will have peace of mind throughout life's seasons. - Suzy Kassem

Knowledge is as infinite as the universe. The man who claims to know all, only reveals to all that he really knows nothing. - Suzy Kassem

People reject what they do not understand because it makes them feel small. They would rather believe in some other reality, even if it is only an illusion, so long as it makes them feel bigger. - Suzy Kassem

Truth does not sit in a cave and hide like a lie. It wanders around proudly and roars loudly like a lion. - Suzy Kassem

Doubt, fear and regret are the three villains of success. If you close the door on the first two, you will never have to worry about meeting the third. - Suzy Kassem

Time has always been the greatest ally to Truth, because Time eventually relieves and reveals all. - Suzy Kassem

More souls become casualties of war than physical bodies. War is a soul-shattering experience for the innocent. - Suzy Kassem

Nothing threatens a corrupt system more than a free mind. - Suzy Kassem

I am not for the left or the right, but for what is right over the wrong. I am not an elephant or a donkey, but a lion that stands only with Truth and my conscience. However, if I were to choose a political party, it would DEMOCRAT. Why? Because I am a creative thinker, an artist and writer. I like to cover the world with colors, not conserve the paints. - Suzy Kassem

A graceful heart is a virtue of the meek. - Suzy Kassem

Not all fish in the sea are meant to be eaten, just as not all plants are to be used as remedies. Nonetheless, I do believe that every living thing was created to serve a purpose. So please, use the process of elimination to get to the root of every breathing thing's existence. Mankind has yet to discover half of earth's true wealth. - Suzy Kassem

Comedy is a necessity to get through life with the fewest scars. Humor is the best antidote to help relieve all struggles. - Suzy Kassem

You can hide Truth under a doormat, but eventually the mat will rise very high with Time - forcing it to reveal all the truths it conceals. - Suzy Kassem

The world citizen is a small leaf on the giant tree of life. They do not see a difference between the branch they were born on and the remaining branches on the tree, because they understand well that we are all connected to the same roots. The world citizen sees each section of the world as part of their arm, leg, eyes, and heart. They do not class, contain or separate themselves or their identity by ethnicity or religion -- because they see their existence as a small part of a greater whole. When asked about their religion, the world citizen simply replies: 'My heart. - Suzy Kassem

We are all connected. When one arm or foot is poisoned, the whole body becomes infected. - Suzy Kassem

You are a valuable instrument in the orchestration of your own world, and the overall harmony of the universe. - Suzy Kassem

When the world shifts its focus on heart over mind, we will finally experience a beautiful global village for our children. - Suzy Kassem

Truth does not sit in a cave and hide like a lie. It wanders around proudly and roars loudly like a lion. - Suzy Kassem

The man armed with knowledge has a better chance of survival than the man who is simply the fittest. Knowledge is the true strength. Muscle is where the myth is. - Suzy Kassem

Whenever you should doubt your self-worth, remember the lotus flower. Even though it plunges to life from beneath the mud, it does not allow the dirt that surrounds it to affect its growth or beauty. - Suzy Kassem

Always surround yourself with friends that have plenty of light in them. That way, you will always have candles around you when days are dark. - Suzy Kassem

A heart without dreams is like a bird without feathers. - Suzy Kassem

Ignorance is not bliss. It is the kiss of death. - Suzy Kassem

To tell your soul you love it, is like remembering who you are after being in a coma for a hundred years. Your face will beam the light of a hundred galaxies. - Suzy Kassem

Language is still separating us even though technology is bringing us closer together. - Suzy Kassem

A pineapple is a compilation of berries that grow and fuse together. When joined, they create a single fruit. And within each eyelet, contains a location where a flower may grow. I see the Creator of all existence as the crown on a pineapple, and all religions of the world as the spiky eyelets, where each eyelet symbolizes a different religion or race under the same crown. Each garden of faith may have different perspectives of God, yet every garden belongs to the same God. - Suzy Kassem

Great people will always be mocked by those who feel smaller than them. A lion does not flinch at laughter coming from a hyena. A gorilla does not budge from a banana thrown at it by a monkey. A nightingale does not stop singing its beautiful song at the intrusion of an annoying woodpecker. Whenever you should doubt your self-worth, remember the lotus flower. Even though it plunges to life from beneath the mud, it does not allow the dirt that surrounds it to affect its growth or beauty. - Suzy Kassem

Humanity is lost because people have abandoned using their conscience as their compass. - Suzy Kassem

Creativity is one of the highest transmissions of love. - Suzy Kassem

Right from the moment of our birth, we are under the care and kindness of our parents. Later on in life, when we are oppressed by sickness and become old, we are again dependent on the kindness of others. Since we are dependent on the kindness of others at the beginning and end of our lives, then how can we neglect projecting kindness towards others in the middle of our lives, when it is our best time to share it? - Suzy Kassem

Sometimes God will place a wall on your path to force you to go in another direction. - Suzy Kassem

Regardless of your chosen faith, at the end of your life's journey, your heart will be measured in two ways. One, the weight of your conscience must far outweigh the weight of a feather. Two, any impurities in your heart must weigh no more than one feather. The purer your heart, the lighter your spirit will be. The lighter your spirit, the closer to light it will float. The closer to light it is permitted to go, the higher it will float. The higher it floats, the closer to God you will be. Heaven has seven layers. The vibrations of your good deeds, which will be reflected by the weight of your conscience and the purity of your heart, will determine the layer in which your soul will reside. Your goal is to make your heart as light as a feather. The heavier the heart, the more chained to this hell it will remain. - Suzy Kassem

Like the weather or bonds between lovers, transformations cannot always be predicted. All energy transmutes one day or another, in one way or another. Either in its form or composition, or in its position or disposition. - Suzy Kassem

The moth prefers the moon and detests the sun, while the butterfly loves the sun and hides from the moon. Every living creature responds to light. But depending on the amount of light you have inside, determines which lamp in the sky your heart will swoon. - Suzy Kassem

A beetle will chase after an opening of light, while a cockroach will scatter at a crack of it. How are we so different from insects? Nobody is purely good or purely evil. Most of us are in-

between. There are moths that explore the day and butterflies that play at night. Polarity is an integral part of nature. - Suzy Kassem

If we want truth and justice to rule our global village, there must be no hypocrisy. If there is no truth, then there will be no equality. No equality, no justice. No justice, no peace. No peace, no love. No love, only darkness. - Suzy Kassem

The human ego is the ugliest part of man. We lift up men who only show us darkness, and put down those brave enough to show us the light. Likewise, people engage in darkness when it is light outside, and acknowledge the light only when it is dark. We abandon those fighting for us to cheer behind those fighting against us. And, we only remember good people and God when it is convenient for us, and take them for granted because their doors are always open - only to chase after closed doors and personalities void of substance and truth. - Suzy Kassem

Allow your hearts to be driven by principle, not bias. Love, not hate. Unity, not division. The fire of your dreams, not the rain of your sorrows. - Suzy Kassem

You are not white, but a rainbow of colors. You are not black, but golden. You are not just a nationality, but a citizen of the world. You are not just for the right or left, but for what is right over the wrong. You are not just rich or poor, but always wealthy in the mind and heart. You are not perfect, but flawed. You are flawed, but you are just. You may just be a conscious human, but you are also a magnificent reflection of God. - Suzy Kassem

An original is always worth more than a copy. - Suzy Kassem

To really change the world, we have to help people change the way they see things. - Suzy Kassem

The spirit is one of the most neglected parts of man by doctors and scientists around the world. Yet, it is as vital to our health as the heart and mind. It's time for science to examine the many facets of the soul. The condition of our soul is usually the source of many sicknesses. - Suzy Kassem

Be yourself because an original is worth more than just a copy. - Suzy Kassem

Vibration is the core of the spirit. It is the breath of life. - Suzy Kassem

I am nothing but oxygen and hydrogen. A luminous sphere of plasma held together by helium and gravity. And like a balloon I float on earth, waiting to be released back into the sky. Waiting to go back in the reverse direction from which I came. Traveling through a warm tunnel of light, and out into a dark, cold abyss where I shall explode into a thousand pieces. I will leave behind my body, just like air abandons the skin of a shattered balloon. And the magnetic dust that carries my heart and spirit will lift us back to congregate and shine with the stars. Home again, in the fluorescent kingdom of the constellations, I will once again be called by my soul's true name.
- Suzy Kassem

When you find yourself in the thickness of pursuing a goal or dream, stop only to rest. Momentum builds success. - Suzy Kassem

Truth is as straight as an arrow, while a lie swivels like a snake. -- Suzy Kassem

To really change the world, we have to help people change the way they see things. Global betterment is a mental process, not one that requires huge sums of money or a high level of authority. Change has to be psychological. So if you want to see real change, stay persistent in educating humanity on how similar we all are than different. Don't only strive to be the change you want to see in the world, but also help all those around you see the world through commonalities of the heart so that they would want to change with you. This is how humanity will evolve to become better. This is how you can change the world. The language of the heart is mankind's main common language. - Suzy Kassem

Truth can only be seen by those with truth in them. - Suzy Kassem

You cannot move things by not moving. - Suzy Kassem

Destiny is manifested only through action. - Suzy Kassem

Build bridges, not walls. (The Spring For Wisdom, The University of Toledo, 1993) - Suzy Kassem

Stand up for what you believe in even if you stand alone. (The Spring For Wisdom, The University of Toledo, 1993) - Suzy Kassem

When picking a leader, choose a peacemaker. One who unites, not divides. A cultured leader who supports the arts and true freedom of speech, not censorship. - Suzy Kassem

It is up to us to keep building bridges to bring the world closer together, and not destroy them to divide us further apart. We can pave new roads towards peace simply by understanding other cultures. This can be achieved through traveling, learning other languages and interacting with others from outside our borders. Only then will one truly discover how we are more alike than different. Never allow language or cultural traditions to come between brothers and sisters. The same way one brother may not like his sister's choice of fashion or hairstyle, he will never hate her for her personal style or music preference. If you judge a man, judge only the actions of his heart. And when you do so, make sure you use the truth in your conscience when weighing one's character. Do not measure anybody strictly based on the bad you see in them and ignore all the good. - Suzy Kassem

Before you examine the body of a patient, be patient to learn his story. For once you learn his story, you will also come to know his body. - Suzy Kassem

Your heart is your temple. - Suzy Kassem

By studying yesterday, you will understand today. - Suzy Kassem

Destiny is manifested only through action. You cannot be the captain of your own destiny, only the sailor, because we cannot control external influences that may alter the stability or direction of our ships. Once you understand this basic principle, you won't be so hard on yourself when things don't go your way. If man could write his own fate, he would have designed his journey to be without obstacles. Yet all obstacles come with valuable lessons designed just for you and only you. Suffering is imposed on us time and again so that one day we would become brave wise masters. Faith keeps our ships moving, while empathy and the memories of our experiences guide us towards wisdom. - Suzy Kassem

They say that wisdom comes from suffering. This is not true. Wisdom comes from having unconditional empathy for all mankind. Any man filled with empathy is capable of gaining valuable insights on the human condition through the suffering of others. You do not need to suffer to know suffering, but you need empathy first to identify and feel the suffering of others around you. If you do not feel love for all mankind, nor see everyone around you as a valuable human and an extension of yourself, then you will never feel real empathy. - Suzy Kassem

You have no control over how your story begins or ends. But by now, you should know that all things have an ending. Every spark returns to darkness. Every sound returns to silence. Every flower returns to sleep with the earth. The journey of the sun and moon is predictable. But yours, is your ultimate art. - Suzy Kassem

You are a valuable instrument in the orchestration of your own world, and the overall harmony of the universe. Always be in command of your music. Only you can control and shape its tone. If life throws you a few bad notes or vibrations, don't let them interrupt your song. - Suzy Kassem

Every flower blooms at a different pace. - Suzy Kassem

Learn to love and see every human with the heart and eyes of God. - Suzy Kassem

Do not stress out over everything. Control your vibrations and you are the master of your own harmony. - Suzy Kassem

History does not remember the forgettable. It honors the unique minority the majority cannot forget. - Suzy Kassem

Sometimes we have to soak ourselves in the tears and fears of the past to water our future gardens. - Suzy Kassem

To be of value to humanity, start by thinking for yourself. - Suzy Kassem

Always listen to your conscience. If your conscience conflicts with your faith, question everything. - Suzy Kassem

True cool is an attitude that is projected from a person who is extremely comfortable in their own skin. Cool people have the ability to forge their own paths, stand apart from the herd, and not give a damn about fitting in. A person who is truly cool is a work of art. And remember, original works of art cost exponentially higher than imitations. Just take a look at the the coolest people in history. They will always be a part of history for being extremely original individuals, not imitations. [Suzy Kassem](#)

Unity is a beast in itself. If a wolf sees two little boys playing in the woods on one side, and a big strong man on the other, he will go to the one who stands alone. - Suzy Kassem

Stand up for Truth, regardless of who steps on it. - Suzy Kassem

Not a single bird makes its first leap from a tree without faith, and not a single animal in the jungle begins its day without faith. Faith is the flame that eliminates fear, and faith is the emperor of dreams. - Suzy Kassem

The key to a wonderful life is to never stop wandering into wonder. - Suzy Kassem

When we continue to hate, we continue to lose. When we amplify mutual respect and love, we have a lot to gain. Quite simply, there is more for us to gain through love than hate. - Suzy Kassem

Everybody has good and bad forces working with them, against them, and within them. - Suzy Kassem

Love is the sister to Truth, but they differ in two ways. You must go to Truth to find her. She will never come looking for you. However, you are never to go looking for her sister, Love. Love will find you in your own divine timing, when you are ready for her. So don't look, she will come. She always does. - Suzy Kassem

Transformations are a part of life. We are constantly being changed by things changing around us. Nobody can control that. Nobody can control the environment, the economy, luck, or the moods of others. Compositions change. Positions change. Dispositions change. Experiences change. Opportunities and attitudes change. You will change. - Suzy Kassem

A man who tells you to follow him will turn his followers into his company, while a true leader who does not tell you to follow him, will sit in the company of his followers. - Suzy Kassem

Every man will fall at some point in their life. But do remember, you are a reflection of the universe and every man experiences the seasons within. Meaning, you will fall many times, but also spring back up. You will have sunny days, but also many bad days where you feel like dying. You never know when you will need help, and help will only remember you if you were good to them when you were UP. Not a single wave is constant. You are no different. You are like music, a moving composition of vibrations and waves. You will experience happiness, sadness, pain and loss many times. Just learn to enjoy the music and never take setbacks too seriously. They are only temporary. And whenever you do fall, just remember that spring is just around the corner. - [Suzy Kassem](#)

Right from the moment of our birth, we are under the care and kindness of our parents. Later on in life, when we are oppressed by sickness and become old, we are again dependent on the kindness of others. Since we are dependent on the kindness of others at the beginning and end of

our lives, then how can we neglect projecting kindness towards others in the middle of our lives, when it is our best time to share it? - Suzy Kassem

To be successful, one has to be one of three bees - the queen bee, the hardest working bee, or the bee that does not fit in. One success is inherited, and the the next one is earned. While the last one is self-sought, self-served, and happens on its own terms. - Suzy Kassem

We need to eliminate the concept of division by class, skills, race, income, religion, and nationality. Every human requires food and water to survive and every human has a heart that bleeds, loves, and grieves. - Suzy Kassem

The Creator favors the man who loves over the man who hates. - Suzy Kassem

If you teach hatred to your children, then one day your child will have that hatred reflected back onto them — or onto you. - Suzy Kassem

Keep creating new chapters in your personal book and never stop re-inventing and perfecting yourself. Try new things. Pick up new hobbies and books. Travel and explore other cultures. Never stay in the same city or state for more than five years of your life. There are many heavens on earth waiting for you to discover. Seek out people with beautiful hearts and minds, not those with just beautiful style and bodies. The first kind will forever remain beautiful to you, while the other will grow stale and ugly. Learn a new language at least twice. Change your career at least thrice, and change your location often. Sometimes to change a situation you are in requires you to take a giant leap. But, you won't be able to fly unless you are willing to transform. - Suzy Kassem

Like all creatures in the wild, we were designed to keep moving. When a snake sheds its old skin, it becomes a more refined creature. Never stop refining and re-defining yourself. Transformations are an integral part of life. Just look at the seasons or the weather. - Suzy Kassem

Always have faith in yourself and the universe, for one will not get you anywhere without the other. Both must be equally strong to reach your desires, for they are the wings that will lift you to your dreams. - Suzy Kassem

Your heart has a powerful little antenna and its vibrations can be felt throughout the universe. - Suzy Kassem

Learn to love people unconditionally. The light of love sees no walls. - Suzy Kassem

Today's enemies can be your friends tomorrow, and today's friends can be tomorrow's enemies. - Suzy Kassem

Today's opponents can be your allies tomorrow, and today's allies can be tomorrow's opponents. - Suzy Kassem

Today's partners can be your competitors tomorrow, and today's competitors can be your partners tomorrow. - Suzy Kassem

What you reject today, you could accept tomorrow. And what you accept today, you could reject tomorrow. Never say never unless you can predict the future. - Suzy Kassem

The human body resonates at the same frequency as Mother Earth. So instead of only focusing on trying to save the earth, which operates in congruence to our vibrations, I think it is more important to be one with each other. If you really want to remedy the earth, we have to mend mankind. And to unite mankind, we heal the Earth. That is the only way. Mother Earth will exist with or without us. Yet if she is sick, it is because mankind is sick and separated. And if our vibrations are bad, she reacts to it, as do all living creatures. - Suzy Kassem

The smaller the creature, the bolder its spirit. - Suzy Kassem

Even animals have a conscience. Those in the jungle KILL only to eat, not live to kill. This is why we often see packs of predators focusing on just one kill, instead of targeting many. Even animals exercise reason. I have seen a mother lion taking care of a baby antelope, and a mother elephant taking care of a baby lion. The primal need to eat is unavoidable, yet even under severe hunger stretches, the desire to love can sometimes overcome the desire to eat. -- Suzy Kassem

Our evolution depends on our memory. If we keep forgetting the mistakes of the past, only to keep repeating them, then we will never change. And if we keep recycling through the exact same kind of leaders—the kind who do not propel us forward, but only hold us back—then perhaps what we really need now is a completely different style of leadership altogether. We need heart-driven leaders, not strictly mind-driven ones. We need compassionate humanitarians, not greedy businessmen. Peacemakers, not war instigators. We need unity, not division. Angels, not devils. - Suzy Kassem

Be wary of any man who is quick to put down another man's faith. His love for Truth is not deep enough for him to want to explore additional truths outside his borders. The language of light can only be decoded by the heart. Thus, a man with a closed heart is already blind to understand the words of his own faith. - Suzy Kassem

The language of light can only be decoded by the heart. - Suzy Kassem

A memorable heart is the easiest way to immortality. - Suzy Kassem

Truth is as straight as an arrow, while a lie swivels like a snake. - Suzy Kassem

It is only normal that people count losses with their minds, and ignore to count blessings with the graciousness of their hearts. - Suzy Kassem

When you keep hitting walls of resistance in life, the universe is trying to tell you that you are going the wrong way. It's like driving a bumper car at an amusement park. Each time you slam into another car or the edge of the track, you are forced to change direction. - Suzy Kassem

In the short run, technology may be more efficient than man, but it will never be perfect. Every piece of equipment will eventually reveal an error code. In the long run, man will never be perfect, but prove to be more reliable than technology. Technology is our friend today, but will be our enemy in the future. - Suzy Kassem

You once told me you wanted to find yourself in the world, and I told you to first apply within, to discover the world within you. You once told me you wanted to save the world from all its wars, and I told you to first save yourself from the world, and all the wars you put yourself through. - Suzy Kassem

When the world shifts its focus on heart over mind, we will finally experience a beautiful global village for our children. He who speaks and acts through his heart, is truly tapped into the cosmic heart of the universe. Truth is in the heart, not the mind. He who needs his mind to understand everything, is not elevated. He has yet a very long way to go. - Suzy Kassem

Everyone should strive to become a world citizen. Boundaries were created by man, not the Creator. There is no such thing as THEM vs. US. There is only 'WE'. - Suzy Kassem

Fear the vulture and the vulture will come. Fear nothing and you are the vulture. - Suzy Kassem

To know the good from the bad, measure the heart. Actions reveal the true coloring of one's heart, not their intentions. - Suzy Kassem

When you keep hitting walls of resistance in life, the universe is trying to tell you that you are going the wrong way. It's like driving a bumper car at an amusement park. Each time you slam into another car or the edge of the track, you are forced to change direction. - Suzy Kassem

Whatever your passion is, keep doing it. Don't waste time chasing after success or comparing yourself to others. Every flower blooms at a different pace. Excel at doing what your passion is and only focus on perfecting it. Eventually people will see what you are great at doing, and if you are truly great, success will come chasing after you. - Suzy Kassem

Everything turns, rotates, spins, circles, loops, pulsates, resonates, and repeats. - Suzy Kassem

To become a true global citizen, one must abandon all notions of 'otherness' and instead embrace 'togetherness'. The world is no longer white, black, yellow and brown. Through love, tribes have been intermixing colors to reveal a new rainbow world. And as more time passes, this racial and cultural blending will make it harder for humans to side with one race, nation or religion over another. Therefore, practical wisdom should be used to abandon any cultural, social, religious, tribal, and national beliefs of alterity altogether. This is the only way mankind will truly evolve. Segregation is a word of the past. Unity is the key to a peaceful future.

Empathy is the door to wisdom. - Suzy Kassem

Empathy nurtures wisdom. Apathy cultivates ignorance. - Suzy Kassem

In the last 10 years, we have seen a rise in selfishness: selfies, self-absorbed people, superficiality, self-degradation, apathy, and self-destruction. So I challenge all of you to take initiative to change this programming. Instead of celebrating the ego, let's flip the script and celebrate the heart. Let's put the ego and celebrity culture to sleep, and awaken the conscience. This is the battle we must all fight together to win back our humanity. To save our future and our children. - Suzy Kassem

God is not anybody's problem, nor are the many paths to him. However, man is God's problem. Most of the problems across the land are due to man's hand. Men playing God. Men tampering with the divine plan. If it was all left to God then there would be peace among all living things. Yet man is his own enemy. People doubt Satan exists, but he has always existed in left eye of every man. In the moon of man, which harbors the ego of man. Only when you train yourself to see only through your right eye, which reflects the sun, conscience and heart of man - will you have truly defeated Satan. Know which eye reflects the heart and which reflects the mind and only then will you really begin to see the light. Truth can only be seen by those with truth in them. - Suzy Kassem

Any man filled with empathy is capable of gaining valuable insights on the human condition through the suffering of others. You do not need to suffer to know suffering, but you need empathy first to identify and feel the suffering of others around you. - Suzy Kassem

Always be respectful and open-minded when listening to another man's beliefs. What you reject today could be your mantra tomorrow. Man's evolution is all about transformations. An unexpected experience you have one day could change you forever. - Suzy Kassem

If the Creator stood before a million men with the light of a million lamps, only a few would truly see him because truth is already alive in their hearts. Truth can only be seen by those with truth in them. He who does not have Truth in his heart, will always be blind to it. - Suzy Kassem

Everything turns in circles and spirals with the cosmic heart until infinity. Everything has a vibration that spirals inward or outward — and everything turns together in the same direction at the same time. This vibration keeps going: it becomes born and expands or closes and destructs — only to repeat the cycle again in opposite current. Like a lotus, it opens or closes, dies and is born again. Such is also the story of the sun and moon, of me and you. Nothing truly dies. All energy simply transforms. - Suzy Kassem

God's religion is love and the light of love sees no walls. Anybody who unconditionally loves another human being for the goodness of their heart and nothing more is already on the right side of God. True honor is being truthful, humble, selfless and compassionate towards all living creatures. Those filled with discrimination, prejudice, hatred, egotism, and pride stand the furthest away from God. - Suzy Kassem

Mankind should always stay united, standing shoulder to shoulder so evil can never cheat and divide them. - Suzy Kassem

A wealth of knowledge is openly accessible in nature. Our ancestors knew this and embraced the natural cures found in the bosoms of the earth. Their classroom was nature. They studied the lessons to be learned from animals, knowing that much of human behavior can be explained by

watching the wild beasts around us. Animals are constantly teaching us things about ourselves and the way of the universe, but most people are too blind to watch and listen. - Suzy Kassem

The smaller a creature is, the bolder its spirit. - Suzy Kassem

To seek truth requires one to ask the right questions. Those void of truth never ask about anything because their ego and arrogance prevent them from doing so; therefore, they will always remain ignorant. Those on the right path to Truth are extremely heart-driven and childlike in their quest, always asking questions, always wanting to understand and know everything — and are not afraid to admit when they do not know something. However, every truth seeker does need to breakdown their ego first to see Truth. If the mind is in the way, the heart will not see anything. - Suzy Kassem

Stand up to hypocrisy. If you don't, the hypocrites will teach. Stand up to ignorance, because if you don't, the ignorant will run free to spread ignorance like a disease. Stand up for truth. If you don't, then there is no truth to your existence. If you don't stand up for all that is right, then understand that you are part of the reason why there is so much wrong in the world. - Suzy Kassem

The greater the spirit, the more one is alone. - Suzy Kassem

The more doors you open to understanding the world, the smaller you feel. And because you begin to feel smaller and smaller until your ego disappears, the more humble you become. Therefore, any man who behaves arrogantly with what little he knows, or claims to know all, only reveals to all that he really knows nothing. Real greatness does not reside inside those who feel large. The truly wise are meek. - Suzy Kassem

The universe contains many planets which make it what it is – a unified system. In addition, our bodies contain many organs, and each part is congruent to a planet in our solar system. The universe we see out our eyes is a mirror of what is within us. This is what God meant by making man in his image. We are all made as a reflection of God and that reflection of him is within us. Furthermore, not only are all religions connected to the same Truth, or Cosmic Heart, but this concept is also mirrored in the pantheons of ancient religions, where each of the many gods simply represented one set of characteristics of the ONE. And in all cases, these many gods

symbolized the planets, therefore mimicking the different parts of the universe and the ONE God's many mirrors (He Who is All). The structure behind all polytheistic religions of the past and present is one and the same. They are all built on the same foundation as Nature. - Suzy Kassem

When the world shifts its focus on heart over mind, we will finally experience a beautiful global village for our children. He who speaks and acts through his heart, is truly tapped into the cosmic heart of the universe. Truth is in the heart, not the mind. He who needs his mind to understand everything, is not elevated. He has yet a very long way to go. - Suzy Kassem

Love is a flower that should never cease to grow. Nurture it, and it will outlive you. Neglect it, and it will wilt away and die. - Suzy Kassem

Take care of your life force and always keep it streaming. Always be active and creative, and never ever stop dreaming. - [Suzy Kassem](#)

Striving to be good is the ultimate struggle of every man. Being bad is easy, but being good requires sincere commitment, discipline and strength. We have to work hard every day just to remain good. - Suzy Kassem

Choose a leader who will invest in building bridges, not walls. - Suzy Kassem

Speak up, stand up, and keep correcting the false perceptions. Stay true to your heart's views and keep chanting for peace and justice. - Suzy Kassem

People reject what they do not understand because it makes them feel small. They would rather believe in some other reality, even if it is only an illusion, so long as it makes them feel bigger. - Suzy Kassem

Initiative without action is the same as having the mind to acknowledge a problem, but not having the heart to see it through. - Suzy Kassem

The past is done. The future is a blank canvas. Work on creating a masterpiece. Only you who have the power to make your painting beautiful. - Suzy Kassem

If we want truth and justice to rule our global village, there must be no hypocrisy. If there is no truth, then there will be no equality. No equality, no justice. No justice, no peace. No peace, no love. No love, only darkness. - Suzy Kassem

Once you reject fear, you will become the perfect candidate to receive and reflect Truth. - Suzy Kassem

Beware of those who are too focused with polishing and beautifying their outer shells. They lack true substance to understand that genuine beauty is reflected from the heart that resides inside. - Suzy Kassem

Stand up for what is right, regardless of who is committing the wrong. - Suzy Kassem

Stand up for what is right even if you stand alone. - Suzy Kassem

Textbook intelligence is not true intelligence. It only marks a man good at memorization. - Suzy Kassem

I would rather die fighting for what is right, than live passively amidst all that is wrong. - Suzy Kassem

Have faith in your skills. Doubt kills more dreams than failure ever will. - Suzy Kassem

Speak up, stand up, and keep correcting the false perceptions. Stay true to your heart's views and keep chanting for peace and justice. - Suzy Kassem

Wise words are like seeds. The more you scatter them, the more they will grow into infinite gardens of knowledge. - Suzy Kassem

The key to a wonderful life is to never stop wandering into wander. - Suzy Kassem

Treasure integrity. Treasure your own story and truths. How will people remember you when you want to be an imitation? How will people remember your voice when you want to sound like another existing instrument? - Suzy Kassem

To really change the world, we have to help people change the way they see things. Global betterment is a mental process, not one that requires huge sums of money or a high level of authority. Change has to be psychological. So if you want to see real change, stay persistent in educating humanity on how similar we all are than different. Don't only strive to be the change you want to see in the world, but also help all those around you see the world through commonalities of the heart so that they would want to change with you. This is how humanity will evolve to become better. This is how you can change the world. The language of the heart is mankind's main common language. - Suzy Kassem

Beware of those who are bitter; for they will never allow you to enjoy your fruit. - Suzy Kassem

Censorship exists to block criticism and protect corruption. - Suzy Kassem

Lost men will always look for someone to guide them. While a confident warrior, who has already found his way, will only look towards the horizon. - Suzy Kassem

Greatness comes with patience. - Suzy Kassem

People try to treat their illnesses without first trying to understand the cause of them. Behind every effect there is a cause. You can never eliminate an effect without first understanding its cause. - Suzy Kassem

A leader should always be open to criticism, not silencing dissent. Any leader that does not tolerate criticism from the public is afraid of their dirty hands being revealed under heavy light. And such a leader is dangerous, because they only feel secure in the darkness. Only a leader who is free from corruption welcomes scrutiny; for scrutiny allows a good leader to be an even greater leader. - Suzy Kassem

Destiny is manifested only through action. You cannot be the captain of your own destiny, only the sailor, because we cannot control external influences that may alter the stability or direction of our ships. Once you understand this basic principle, you won't be so hard on yourself when things don't go your way. If man could write his own fate, he would have designed his journey to be without obstacles. Yet all obstacles come with valuable lessons designed just for you and only you. Suffering is imposed on us time and again so that one day we would become brave wise masters. Faith keeps our ships moving, while empathy and the memories of our experiences guide us towards wisdom. - Suzy Kassem

When two brothers are busy fighting, an evil man can easily attack and rob their poor mother. Mankind should always stay united, standing shoulder to shoulder so evil can never cheat and divide them. - Suzy Kassem

Without the orchestra of the universe, there would be no ether. And without its instrumentation by the ether, there would be no waves. And without any waves, there would be no sound. And without sound, there would be no music. And without music, there would be no life. And without a life force, there would be no matter. But it does not matter, because what is matter, if there is no light? - Suzy Kassem

There are three people you will be judged heavily on how you treat them in this lifetime. For the man, it is his mother for giving him life, his wife for showing him life, and his daughter for teaching her all that he has learned from life. For the woman, it is her father for giving her the

seed of life, her husband for showing her life, and her son for teaching him all that she has learned from life. How a person treats their parents is how they show their gratefulness to the Creator for life. How a husband and wife treat each other, is how they show the Creator how well they do with this gift of life, how well they value and honor the sacred oath they made before him, and how well they understand the Lord and his religion, LOVE. A father must be good to his wife and daughter, because from watching this treatment — the son will learn how to treat all women, and his daughter will know what a good man is supposed to act like. And a mother must always remain morally good and faithful to her husband, be attentive to all her children, and be filled with patience, forgiveness, kind words, compassion and love — so her children are raised to respect all mothers, and know what a good woman is supposed to act like. If you neglect your fathers, mothers, sons, daughters, husbands, and wives, then don't be surprised when the Creator is forced to neglect you. Neglect, and you will be neglected. Protect, and you will be protected. Reject, and you will be rejected. Love all, and all that love will be mirrored by the Creator — and reflected back onto YOU. - Suzy Kassem

The number of ways to live in one lifetime is limitless. So why limit yourself? The sky is not the limit. Beyond the universe is. - Suzy Kassem

From now on, try to look at the world as if it were a gigantic ice cream store. What makes it so great is that it contains a combination of so many unique flavors, and this is why people love it so much. If you want to keep enjoying all the ice cream, we all have to take part in preserving and maintaining 'the store'. United, we have to make sure that it never gets robbed or destroyed, and to protect it from greedy crooks who want to brand and monopolize certain flavors, and eliminate those that compete with them. Our job as devoted protectors of our universal ice cream store is to make sure that no one group tries to control it, and that there is always enough cream for everybody all around. There is no such thing as 'cream only for the cream', or 'the best cream only for this or that team'. We have to stick together and melt together. Or else, there will be no peace. - Suzy Kassem

Selflessness. Humility. Truthfulness. These are the three marks of an honorable man. - Suzy Kassem

A good leader does not tell people to stand behind him. That position does not give anybody power but the leader. Today's politician isn't going to be the first marching to war, so why put that guy in front? Instead, a good leader tells people to stand beside him. That creates an invincible wall of people, and that's a force where everybody stands as a true equal. - Suzy Kassem

Our hearts resonate at the same frequency as the earth and the universe. Therefore, we are all valuable instruments in the orchestration of the world and its harmony. We must always be aware of the vibrations we emit individually and collectively. Always be in command of your music. Only you can control and shape its tone. If life throws you a few bad notes or vibrations, don't let them interrupt or alter your song. - Suzy Kassem

Whenever you should doubt your self-worth, remember the lotus flower. Even though it plunges to life from beneath the mud, it does not allow the dirt that surrounds it to affect its growth or beauty. - Suzy Kassem

When many different creatures are part of the same species, this typically means that they share many similarities over differences and can reproduce among themselves. If humans share more similarities than differences, in desires, needs, and fears, then what is keeping our species apart? If our Creator wanted us to be divided, we would have not been designed to interbreed. - Suzy Kassem

Like a lotus plunging to the surface of a pond to embrace the light from its muddy darkness, truth always rises with time. - Suzy Kassem

In love, treat your relationship as if you are growing the most beautiful flower. Keep watering it, tend to its roots, give it lots of sunlight, and always make sure the petals are full of color and are never curling. Once you neglect your plant, it will die, as will your relationship. - Suzy Kassem

Be different. Be original. Nobody will remember a specific flower in garden loaded with thousands of the same yellow flower, but they will remember the one that managed to change its color to purple. - Suzy Kassem

Be different. Stay an original work of art. Originals cost more than imitations. - Suzy Kassem

Have faith that your child's brain is an evolving planet that rotates at its own speed. It will naturally be attracted to or repel certain subjects. Be patient. Every planet sings its own song and has its own unique gifts. - Suzy Kassem

Never judge someone's character based on the words of another. Instead, study the motives behind the words of the person casting the bad judgment. - Suzy Kassem

When people can get away with crimes just because they are wealthy or have the right connections, the scales are tipped against fairness and equality. The weight of corruption then becomes so heavy that it creates a dent that forces the world to become slanted, so much so — that justice just slips off. - Suzy Kassem

To choose not to be part of a religion does not make me non-religious; for my religion is Truth and I am very much in love with God. I do not need to align myself with a specific messenger if I already understand God's message. - [Suzy Kassem](#)

Being different and thinking differently make a person unforgettable. History does not remember the forgettable. It honors the unique minority the majority cannot forget. - Suzy Kassem

Being different and thinking differently makes a person unforgettable. History does not remember the forgettable. It honours the unique minority the majority cannot forget. - Suzy Kassem

Life is no different than the weather. Not only is it unpredictable, but it shows us a new perspective of the world every day. - Suzy Kassem

The Creator favors the man who loves over the man who hates. If you teach hatred to your children, one day your child will have that hatred reflected back onto them, or onto you. - Suzy Kassem

Violence against women should be given the death penalty. Why? Because abusing a woman is the same as hurting your mother. And hurting your mother is the same as hurting God. They both gave you life. - Suzy Kassem

Like all creatures in the wild, we were designed to keep moving. When a snake sheds its old skin, it becomes a more refined creature. Never stop refining and re-defining yourself. - Suzy Kassem

Pick a leader who will keep jobs in your country by offering companies incentives to hire only within their borders, not one who allows corporations to outsource jobs for cheaper labor when there is a national employment crisis. Choose a leader who will invest in building bridges, not walls. Books, not weapons. Morality, not corruption. Intellectualism and wisdom, not ignorance. Stability, not fear and terror. Peace, not chaos. Love, not hate. Convergence, not segregation. Tolerance, not discrimination. Fairness, not hypocrisy. Substance, not superficiality. Character, not immaturity. Transparency, not secrecy. Justice, not lawlessness. Environmental improvement and preservation, not destruction. Truth, not lies. - Suzy Kassem

Every nation needs two wings to fly. Any bird torn at the wings will never soar the skies. - Suzy Kassem

Learn to love people unconditionally. The light of love sees no walls. - Suzy Kassem

For the newborn and wise, everything begins small. - Suzy Kassem

Suffering is imposed on us time and again so that one day we would become brave wise masters. That is, a strong being who is confidently aware of their intended direction in life, and fearlessly adding value to the world and their future. - Suzy Kassem

Pick a leader who is strong and confident, yet humble. Intelligent, but not sly. A leader who encourages diversity, not racism. One who understands the needs of the farmer, the teacher, the welder, the doctor, and the environmentalist -- not only the banker, the oil tycoon, the weapons developer, or the insurance and pharmaceutical lobbyist. - Suzy Kassem

You were born a winner, a warrior, one who defied the odds by surviving the most gruesome battle of them all - the race to the egg. And now that you are a giant, why do you even doubt victory against smaller numbers and wider margins? The only walls that exist are those you have placed in your mind. And whatever obstacles you conceive, exist only because you have forgotten what you have already achieved. - Suzy Kassem

God would prefer us all to be united than divided. The devil would prefer us all to be divided than united. God prefers the man who loves than the one who hates. The devil prefers the man who hates than the one who loves. - Suzy Kassem

Colonialism is the mother of terrorism and capitalism is its father. - [Suzy Kassem](#)

If you study the rhythm of life on this planet, you will find that everything moves in perfect symphony with everything else — by grand divine design. The earth has the ability to heal and regenerate itself, just as our oceans have the ability to replenish themselves by turning over their debris with the waves to wash them ashore. This perfect orchestration of the cycle of life is one of the Creator's greatest and most beautiful miracles. The earth will continue to exist with or without us. So the real concern should be, will we be able to continue to co-exist with each other? - Suzy Kassem

The human body resonates at the same frequency as Mother Earth. So instead of only focusing on trying to save the earth, which operates in congruence to our vibrations, I think it is more important to be one with each other. If you really want to remedy the earth, we have to mend mankind. And to unite mankind, we heal the Earth. That is the only way. Mother Earth will exist with or without us. Yet if she is sick, it is because mankind is sick and separated. And if our vibrations are bad, she reacts to it, as do all living creatures. - Suzy Kassem

You were born an original work of art. Stay original always. Originals cost more than imitations. - Suzy Kassem

The most dangerous people in the world are not the tiny minority instigating evil acts, but those who do the acts for them. For example, when the British invaded India, many Indians accepted to work for the British to kill off Indians who resisted their occupation. So in other words, many Indians were hired to kill other Indians on behalf of the enemy for a paycheck. Today, we have mercenaries in Africa, corporate armies from the western world, and unemployed men throughout the Middle East killing their own people - and people of other nations - for a paycheck. To act without a conscience, but for a paycheck, makes anyone a dangerous animal. The devil would be powerless if he couldn't entice people to do his work. So as long as money continues to seduce the hungry, the hopeless, the broken, the greedy, and the needy, there will always be war between brothers. - Suzy Kassem

Do not take anything to heart when people measure your art. Art has no boundaries, no limitations, no form, no standards and there is no right or wrong way to manifest the language of your soul. Form is burden. Form is confined art. Eliminate the form and release the burden. That is true art. - [Suzy Kassem](#)

Always have faith in yourself and the universe, for one will not get you anywhere without the other. Both must be equally strong to reach your desires, for they are the wings that will lift you to your dreams. - Suzy Kassem

We must all work in harmony with each other to stand up for what is right, to speak up for what is fair, and to always voice any corrections so that the ignorant become informed and justice is never ignored. Every time a person allows an act of ignorance to happen, they delay our progress for true change. Every person, molecule and thing matters. We become responsible for the actions of others the instant we become conscious of what they are doing wrong and fail to remind them of what is right. - Suzy Kassem

Stand up for what is right even if you are standing alone. - Suzy Kassem

Be so different that everybody will remember you. Be yourself because an original is worth more than a copy. Be true to yourself or your heart will never forgive you; for once you silence the music from your own instrument, your true purpose and intended path will begin to fade. - Suzy Kassem

If I could remove one thing from the world and replace it with something else, I would erase politics and put art in its place. That way, art teachers would rule the world. And since art is the most supreme form of love, beautiful colors and imagery would weave bridges for peace wherever there are walls. Artists, who are naturally heart-driven, would decorate the world with their love, and in that love — poverty, hunger, lines of division, and wars would vanish from the earth forever. Children of the earth would then be free to play, imagine, create, build and grow without bloodshed, terror and fear. - Suzy Kassem

Our evolution depends on our memory. If we keep forgetting the mistakes of the past, only to keep repeating them, then we will never change. And if we keep recycling through the exact same kind of leaders— the kind who do not propel us forward, but only hold us back—then perhaps what we really need now is a completely different style of leadership altogether. We need heart-driven leaders, not strictly mind-driven ones. We need compassionate humanitarians, not greedy businessmen. Peacemakers, not war instigators. We need unity, not division. Angels, not devils. - Suzy Kassem

Our evolution depends on our memory. If we keep forgetting the mistakes of the past, only to keep repeating them, then we will never change. Humanity will never move forward, spiritually or morally, to become superior beings. We must apply the wisdom of our forefathers and the lessons gained from their experiences to today's decision-making. We should be intellectually smarter, not the opposite. We should be wiser, not the opposite. It is time for us to really examine and understand why certain causes in the past have produced major negative effects. This is the only way we can prevent repeating the same mistakes in our present and future. It is the only way we will evolve. - Suzy Kassem

There is no greater crime than ignoring your conscience. - Suzy Kassem

You are not just for the right or left, but for what is right over the wrong. - Suzy Kassem

There is more for us to gain through love than hate. - Suzy Kassem

Every time you say hello to a stranger, your heart acknowledges over and over again that we are all family. - Suzy Kassem

The gut is the seat of all feeling. Polluting the gut not only cripples your immune system, but also destroys your sense of empathy, the ability to identify with other humans. Bad bacteria in the gut creates neurological issues. Autism can be cured by detoxifying the bellies of young children. People who think that feelings come from the heart are wrong. The gut is where you feel the loss of a loved one first. It's where you feel pain and a heavy bulk of your emotions. It's the central base of your entire immune system. If your gut is loaded with negative bacteria, it affects your mind. Your heart is the seat of your conscience. If your mind is corrupted, it affects your conscience. - Suzy Kassem

The heart is the Sun. The gut is the Moon. The pineal gland is Neptune, and your brain and nervous system (5 senses) are Mercury. What affects the moon or sun affects the entire universe within. So, if you poison the gut, it affects your entire nervous system, your sense of reasoning, and your senses. - Suzy Kassem

My older sister died because there was no peace in the world. And believe or not, thousands of youth die in this country for the same reason every year. No matter how much money their parents threw at them, they could not buy their "sick" children peace of mind or a piece of peace in this world. To many, money is everything. To others, love is everything. Yet to a tiny minority, only peace in this world will give them true inner peace. And without that peace, everything is nothing. -- Suzy Kassem

Nobody will ever reach ultimate perfection in this lifetime, but trying to achieve it is a full-time job. Start now and don't stop. Make your book of life a musical. Never abandon obligations, but have fun leaving behind a colorful legacy. Never allow anybody to be the composer of your own destiny. Take control of your life, and never allow limitations implanted by society, tell you how your music is supposed to sound — or how your book is supposed to be written. -- Suzy Kassem

It is only normal that people count losses with their minds and ignore to count blessings with the graciousness of their hearts." -- Suzy Kassem

Just like freedom, Truth is not cheap. Yet both are worth more than all the gold in the world. But what is freedom, if there is no truth? And what is truth, if there is no freedom? Both are worth fighting for — because one without the other would be hell." -- Suzy Kassem

When you go against the flow of nature and betray the spiritual laws existing within, there will always be a negative reaction." -- Suzy Kassem

Truth recognizes truth, just as a man with real talent is the first to recognize another with real talent. Likewise, superficiality attracts others with an artificial surface. Only the superficial applaud the superficial. A man of true substance rejects the superficial because he seeks only truth and depth. Based on this reasoning, you can easily measure the weight of any man's character just by observing who he admires." -- Suzy Kassem

When the world shifts its focus on heart over mind, we will finally experience a beautiful global village for our children. He who speaks and acts through his heart, is truly tapped into the cosmic heart of the universe. Truth is in the heart, not the mind. He who needs his mind to understand everything, is not elevated. He has yet a very long way to go. -- Suzy Kassem

Sometimes we have to soak ourselves in the tears and fears of the past to water our future gardens. Keep planting and spreading the seeds for your gardens of tomorrow. -- Suzy Kassem

Even after the stormiest weather, a true warrior will still reflect the brilliant rays of the magnificent sun through both his or her eyes. You may get hit by sudden lightning or take severe beatings from the cruel wind, but you will always get back up and stand strong on your feet again, soak in the sunlight, and be prepared to get hit by even the most merciless hail - time and time again. -- Suzy Kassem

When gorillas smell danger, they run around and call out to the rest of the primates in the jungle to warn them something evil is coming. And when one of their own dies, they mourn for days while beating themselves up in sadness for failing to save that gorilla, even if the cause of death was natural. And when one colony is mourning, their chilling echoes migrate to other colonies — and those neighbors, even if they are territorial rivals, will also grieve with them. When faced with a common danger, rivals turn into allies. And when faced with death, the loss of just one gorilla becomes the loss of the entire jungle. - [Suzy Kassem](#)

Our hearts resonate at the same frequency as the earth and the universe. Therefore, we are all valuable instruments in the orchestration of the world and its harmony. We must always be

aware of the vibrations we emit individually and collectively. Always be in command of your music. Only you can control and shape its tone. If life throws you a few bad notes or vibrations, don't let them interrupt or alter your song. - [Suzy Kassem](#)

Choose a leader who will invest in building bridges, not walls. Morality, not corruption. Intellectualism and wisdom, not ignorance. Stability, not fear and terror. Peace, not chaos. Love, not hate. Convergence, not segregation. Tolerance, not discrimination. Fairness, not hypocrisy. Substance, not superficiality. Character, not immaturity. Transparency, not secrecy. Justice, not lawlessness. Environmental improvement and preservation, not destruction. Truth, not lies. - [Suzy Kassem](#)

It is only normal that people count losses with their minds, and ignore to count blessings with the graciousness of their hearts. So, stop counting your losses and start counting your blessings. Only then will you discover that losses are always easier to point out and count than blessings. And that your blessings will always outnumber your losses, for they are truly immeasurable. -- Suzy Kassem

Keep creating new chapters in your personal book and never stop re-inventing and perfecting yourself. Try new things. Pick up new hobbies and books. Travel and explore other cultures. Never stay in the same city or state for more than five years of your life. There are many heavens on earth waiting for you to discover. Seek out people with beautiful hearts and minds, not those with just beautiful style and bodies. The first kind will forever remain beautiful to you, while the other will grow stale and ugly. Learn a new language at least twice. Change your career at least thrice, and change your location often. Like all creatures in the wild, we were designed to keep moving. When a snake sheds its old skin, it becomes a more refined creature. Never stop refining and re-defining yourself. We are all beautiful instruments of God. He created many notes in music so we would not be stuck playing the same song. Be music always. Keep changing the keys, tones, pitch, and volume of each of the songs you create along your journey and play on. Nobody will ever reach ultimate perfection in this lifetime, but trying to achieve it is a full-time job. Start now and don't stop. Make your book of life a musical. Never abandon obligations, but have fun leaving behind a colorful legacy. Never allow anybody to be the composer of your own destiny. Take control of your life, and never allow limitations implanted by society, tell you how your music is supposed to sound — or how your book is supposed to be written. - [Suzy Kassem](#)

There is no light greater than love, and it shines at the heart of all creation. - [Suzy Kassem](#)

Birds are the eyes of Heaven and flies are the spies of hell. - Suzy Kassem

Your mentality shapes your reality. -- Suzy Kassem

To test a man's ego, simply ask him a complicated question. A good person will never be afraid to admit they don't know the answer to something. And only when a man has fully dismantled his ego, can he begin to be truly good. -- Suzy Kassem

Did you know that wherever you find fool's gold, real gold exists somewhere nearby? This also goes for relationships and friendships. Real gold is found in the heart. For every piece of fake gold that you discard, remember that true gold isn't too far. -- Suzy Kassem

Birds were created to record everything. They were not designed just to be beautiful jewels in the sky, but to serve as the eyes of heaven. Birds are the eyes of Heaven." -- Suzy Kassem

Stand up to hypocrisy. If you don't, the hypocrites will teach. Stand up to ignorance, because if you don't, the ignorant will run free to spread ignorance like a disease." -- Suzy Kassem

If we want truth and justice to rule our global village, there must be no hypocrisy. If there is no truth, then there will be no equality. No equality, no justice. No justice, no peace. No peace, no love. No love, only darkness. -- Suzy Kassem

Transformations are a part of life. We are constantly being changed by things changing around us. Nobody can control that. Nobody can control the environment, the economy, luck, or the moods of others. Compositions change. Positions change. Dispositions change. Experiences change. Opportunities and attitudes change. YOU will change. Never say never unless you can predict the future. One experience you have one day could change you forever. -- Suzy Kassem

Do not only remember people when you are down. Be good to others and always give to others when you can. Every man will fall at some point in their life. But do remember, you are a

reflection of the universe and every man experiences the seasons within. Meaning, you will fall many times, but also spring back up. You will have sunny days, but also many bad days where you feel like dying. You never know when you will need help, and help will only remember you if you were good to them when you were UP. Not a single wave is constant. You are no different. You are like music, a moving composition of vibrations and waves. You will experience happiness, sadness, pain and loss many times. Just learn to enjoy the music and never take setbacks too seriously. They are only temporary. And whenever you do fall, just remember that spring is just around the corner. - Suzy Kassem

Fiercely guard the passions burning inside your heart so that their flames can safely reach the highest ceilings of success without the eyes of envy. -- Suzy Kassem

No effect occurs without cause, and no cause occurs without effect. No unjust action goes without penalty, and no action or thought flows unnoticed throughout the universe.-- Suzy Kassem

Do not ever think of bad things that could happen, and you'll have a better chance of them never happening. Do not ever think about doing something bad to someone, because depending on the intensity of your mind waves, something bad could really happen to them. Think love. Be love. Breathe only love, and love you shall be. When you stress out, things will stress out around you. Always control your thoughts and pacify any unnecessary stress. Control your vibrations and you are the master of your own harmony. - Suzy Kassem

Being good does not necessarily draw more good your way. That's the part of "attraction" most do not understand. When you are good, it's because you're sensitive to the need to be good, and because you throw that goodness out there -- you also attract tests to measure the sincerity of that spirit. THAT is the only main challenge in life. Your job is to make it from start to finish - being good. However, just because you started with the GOOD state of mind, does not mean you will make it through the game of life - easily. Striving to be good is the ultimate struggle of every man. We have to constantly work hard to remain good.-- Suzy Kassem

Divine gifts and intervention happen when you are unaware of what is happening. These are actions that happen to you for you to fulfill a purpose, learn a lesson, or to help you reach your destiny. Some people do not believe in fate. But I am here to tell you that even an ant has a fate that was cosmically written for it. **All life on this earth is relevant.** We are here to teach and

learn from each other. It is part of our evolution. Your losses will teach you lesson on how not to lose again, and how to strike harder the next time you try again. -- Suzy Kassem

Life is about overcoming strains and drains. It's about finding out who you really are and what you can achieve throughout the obstacle course. And in the end, it is about sharing what you have learned with others. So, you can choose to wallow in your many disappointments or embrace your blessings. Your mentality shapes your reality. Believe it. - Suzy Kassem

You discover your true faith when you start flowing with your conscience. After lessons, visions, and theories validate themselves to you, you build faith in that hypothesis/ feeling/ idea that originated from your own heart and mind -- not that of others. Before you submit to any one religion, create your own and find which one out there resonates closest with the one already in your heart. This is the way to choose your faith. -- Suzy Kassem

After I removed all the cultural coatings and traditions that disguise each religion, I discovered the soul to be the same in all of them. Therefore, it is hard for me to say I am just one, when my heart recognizes the truths in them all. -- Suzy Kassem

We awaken by asking the right questions. We awaken when we see knowledge being spread that goes against our own personal experiences. We awaken when we see popular opinion being wrong but accepted as being right, and what is right being pushed as being wrong. We awaken by seeking answers in corners that are not popular. And we awaken by turning on the light inside when everything outside feels dark. -- Suzy Kassem

The price for standing up for Truth, no matter how severe, will always be less than the price our souls will be penalized for not speaking up for our conscience. There is no greater crime in the universe than silencing your conscience. -- Suzy Kassem

The human ego is the ugliest part of man. We lift up men who only show us darkness, and put down those brave enough to show us the light. Likewise, people engage in darkness when it is light outside, and acknowledge the light only when it is dark. We abandon those fighting for us to cheer behind those fighting against us. And, we only remember good people and God when it is convenient for us, and take them for granted because their doors are always open - only to chase after closed doors and personalities void of substance and truth. -- Suzy Kassem

Some people will follow their minds without listening to their hearts, and others will follow their hearts without listening to their minds. This is why reason exists, for there to be balance between the heart and mind. We were not meant to follow the mind and ignore the heart. Instead, we were meant to follow the heart over the mind, but without completely abandoning logic. The middle way is the preferred way, and this path simply means to allow your heart to drive you, but do not forget to balance reason with your conscience. -- Suzy Kassem

The only walls that exist are those you have placed in your mind. And whatever obstacles you conceive, exist only because you have forgotten what you have already achieved." -- Suzy Kassem

Power is given only to those you allow to have power over you. No man was born with a master. The only master of all is the Creator and he created all men to be free. Freedom is a God-given right , not a human granted gift. No man should have to fight to breathe in good health and peace." -- Suzy Kassem

You will discover who you were meant to be only after you have shown confidence being yourself." -- Suzy Kassem

If the Creator stood before a million men with the light of a million lamps, only a few would truly see him because truth is already alive in their hearts. Truth can only be seen by those with truth in them. He who does not have Truth in his heart, will always be blind to it. -- Suzy Kassem

Stand up for what you believe in even if it means standing alone. -- Suzy Kassem

Stand up for what you believe in even if you stand alone -- Suzy Kassem

Stand up for Truth regardless of who steps on it. -- Suzy Kassem

Stand up for what is right regardless of who is committing the wrong. -- Suzy Kassem

Stand up for what is right even if it means standing alone. -- Suzy Kassem

Stand up for what is just against the unjust. -- Suzy Kassem

Stand up for what is right even if you stand alone. -- Suzy Kassem

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Stand up for what is right against the wrong. -- Suzy Kassem

Stand up for what is right even if you are standing alone. -- Suzy Kassem

You are not for the left or right team, but for what is right against the wrong. -- Suzy Kassem

Stand up! Stand up for what is fair against the unfair. -- Suzy Kassem

Stay original. Originals are worth more than copies. -- Suzy Kassem

Be original. An original is worth more than a copy. -- Suzy Kassem

Be yourself. An original is always worth more than a copy. -- Suzy Kassem

Be yourself because an original is worth more than a copy. -- Suzy Kassem

If we want truth and justice to rule our global village, there must be no hypocrisy. If there is no truth, then there will be no equality. No equality, no justice. No justice, no peace. No peace, no love. No love, only darkness. -- Suzy Kassem

Stand up for your conscience. Use light to reveal what is concealed in the darkness. Use truth to fight the lies, and the heart to fight the mind. -- Suzy Kassem

A true democratic society is supposed to serve its people, not big businesses. The welfare of its citizens, not corporate pockets. But when you have corporations buying the seats of our political leaders, who do you think they will serve? -- Suzy Kassem

They say that wisdom comes from suffering. This is not true. Wisdom comes from having unconditional empathy for all mankind. Any man filled with empathy is capable of gaining valuable insights on the human condition through the suffering of others. You do not need to suffer to know suffering, but you need empathy first to identify and feel the suffering of others around you. If you do not feel love for all mankind, nor see everyone around you as a valuable human and an extension of yourself, then you will never feel real empathy. And if you do not have empathy, then you will not gain, learn and remember valuable knowledge from your experiences, or those around you, so that you one day become wise." -- Suzy Kassem

Truth recognizes truth, just as a man with real talent is the first to recognize another with real talent. Likewise, superficiality attracts others with an artificial surface. Only the superficial applaud the superficial. A man of true substance rejects the superficial because he seeks only truth and depth. Based on this reasoning, you can easily measure the weight of any man's character just by observing who he admires. -- Suzy Kassem

God would prefer us all to be united than divided. The devil would prefer us all to be divided than united. God prefers the man who loves than the one who hates. The devil prefers the man who hates than the one who loves." -- Suzy Kassem

God created every man to be free. The ability to choose whether to live free or enslaved, right or wrong, happy or in fear is something called freewill. Every man was born with freewill. Some people use it, and some people use any excuse not to. Nobody can turn you into a slave unless you allow them. Nobody can make you afraid of anything, unless you allow them. Nobody can tell you to do something wrong, unless you allow them. God never created you to be a slave, man did. God never created division or set up any borders between brothers, man did. God never told you hurt or kill anyone, man did. And in the end, when God asks you:

"Who told you to kill one of my children?"

And you tell him, "My leader."

He will then ask you, "And are THEY your GOD?"

-- Suzy Kassem

To enjoy each breathing day, you have to set time aside to play. -- Suzy Kassem

We become responsible for the actions of others the instant we become conscious of what they are doing wrong and fail to remind them of what is right. -- Suzy Kassem

We will never know peace and stability in the world without balance. And we will never know balance without justice for all. Yet, justice exists only where there is fairness and equality -- when every man and country is treated and viewed equally. No country should be given power over another, and no country should be granted privileges that are denied to others. Eliminate the hypocrisy.-- Suzy Kassem

Nobody can turn you into a slave unless you allow them. Nobody can make you afraid of anything, unless you allow them. Nobody can tell you to do something wrong, unless you allow them. God never created you to be a slave, man did. God never created division or set up any borders between brothers, man did. God never told you hurt or kill another, man did. Why is man your god and not the Creator? - Suzy Kassem

We need to eliminate the concept of division by class, skills, race, income, religion, and nationality. Every human requires food and water to survive and every human has a heart that bleeds, loves, and grieves. - Suzy Kassem

If you study the rhythm of life on this planet, you will find that everything moves in perfect symphony with everything else — by grand divine design. The earth has the ability to heal and regenerate itself, just as our oceans have the ability to replenish themselves by turning over their debris with the waves to wash them ashore. This perfect orchestration of the cycle of life is one of the Creator's greatest and most beautiful miracles. The earth will continue to exist with or without us. So the real concern should be, will we be able to continue to co-exist with each other? - Suzy Kassem

In another thirty to fifty years, the demand for cheap labor will have produced even more machines over the employment of actual humans. And in that time frame, humans will have lost their voice, their power, all freedoms, and all worth. It is inevitable that machines will one day become the ultimate enemies of mankind. We are not evolving or progressing with our technology, only regressing. Technology is our friend today, but will be our enemy in the future. In the short run, technology may be more efficient than man, but it will never be perfect. Every piece of equipment will eventually reveal an error code. In the long run, man will never be perfect, but prove to be more reliable than technology. -- Suzy Kassem

If all men are made in God's reflection, then why do some people continue to acknowledge only what is in their part of the mirror? If every man was created equal and in the image of God, then how can any man claim that one race is better than another?" -- Suzy Kassem

Just because a man is dressed in a clean white robe does not mean his heart and hands are clean. Any man who neglects his conscience is a dangerous animal. Never judge a man by his image. Images can be bought or produced by any Hollywood producer, marketing team or fleet of stylists. Even kids know how to wear amazing costumes for Halloween. Always judge a man by the coloring of his heart and only his heart. Truth can be found in his record of actions, not intentions.

-- Suzy Kassem

Everybody has a little bit of the sun and moon in them. Everybody has a little bit of man, woman, and animal in them. Darks and lights in them. Everyone is part of a connected cosmic

system. Part earth and sea, wind and fire, with some salt and dust swimming in them. We have a universe within ourselves that mimics the universe outside. None of us are just black or white, or never wrong and always right. No one. No one exists without polarities. Everybody has good and bad forces working with them, against them, and within them. -- Suzy Kassem

You can't judge a book by its cover, but you can judge a man by his vibrations." - Suzy Kassem

Every man will fall at some point in their life. But do remember, you are a reflection of the universe and every man experiences the seasons within. Meaning, you will fall many times, but also spring back up." -- Suzy Kassem

True cool is an attitude that is projected from a person who is extremely comfortable in their own skin. Cool people have the ability to forge their own paths, stand apart from the herd, and not give a damn about fitting in. A person who is truly cool is a work of art. And remember, original works of art cost exponentially higher than imitations. Just take a look at the the coolest people in history. They will always be a part of history for being extremely original individuals, not imitations." -- Suzy Kassem

You are not just for the right or left team, but for what is right over the wrong. -- Suzy Kassem

The people of today would rather stand next to a man with no substance but covered in gold, rather than the man with substance and wisdom of gold. What if God was dressed as a carpenter with dirty nails and beaten boots? Would you recognize your Maker? Would you give him your time? Your vote? A cup of tea or water? Only those with truth in them will recognize truth. And you must learn to recognize all that is untrue to get the truth.-- Suzy Kassem

A truly good person will speak truth, act with truth, and stand for truth. A truly good person is not afraid to think from their heart; therefore, allowing nonconformist decisions, viewpoints, and perspectives to lead their life. By following their heart, they stand with their conscience, and only with God. -- Suzy Kassem

Keep creating new chapters in your personal book and never stop re-inventing and perfecting yourself. Travel and explore other cultures. Never stay in the same city or state for more than five years of your life. Take control of your life, and never allow limitations implanted by society, tell you how your music is supposed to sound — or how your book is supposed to be written." -- Suzy Kassem

Nobody will ever reach ultimate perfection in this lifetime, but trying to achieve it is a full-time job. Start now and don't stop. Make your book of life a musical. Never abandon obligations, but have fun leaving behind a colorful legacy. Never allow anybody to be the composer of your own destiny. Take control of your life, and never allow limitations implanted by society, tell you how your music is supposed to sound — or how your book is supposed to be written. -- Suzy Kassem

One who gossips usually carries boredom in one hand and bitterness in the other. -- Suzy Kassem

Killing in the name of religion defines someone who is ignorant and actually void of religion. God does not condone terror. To kill innocent people to make a political statement is like shooting a dove to say hunting is wrong. -- Suzy Kassem

Speak kind words to mankind and the unkind will attack you. Speak common sense using all your senses, and you will be attacked by the senseless. Speak truth and you will be attacked by the untruthful. Speak about absolutely nothing and absolutely nothing will speak back, but then nothing at all will ever change. -- Suzy Kassem

To know God, know your heart (conscience). After you know your heart, you will learn to see God in all things. Truth can only be seen by those with Truth in them.-- Suzy Kassem

Had mankind listened to the Creator when he advised his children to never create his image, or give him a name, then humanity would not be so confused and divided in believing that every faith is worshiping a different god." -- Suzy Kassem

More souls become casualties of war than physical bodies. War is a soul-shattering experience for the innocent. -- Suzy Kassem

Eliminate the concept of division by class, skills, race, income, and nationality. We are all equals with a common pulse to survive. Every human requires food and water. Every human has a dream and desire to be happy. Every human responds to love, suffering and pain. Every human bleeds the same color and occupies the same world. Let us recognize that we are all part of each other. We are all human. We are all one. - Suzy Kassem

Not a single bird makes its first leap from a tree without faith, and not a single animal in the jungle begins its day without faith. Faith is the flame that eliminates fear, and faith is the emperor of dreams." -- Suzy Kassem

Many people will never learn the lessons meant for them in this lifetime, nor become the person they were meant to be, simply because they are too busy being someone else. -- Suzy Kassem

There is at least one truth to every myth, and it takes one truth to create a lie. Lies can be formed from Truth; however, Truth cannot be formed from lies. -- Suzy Kassem

Empathy nurtures wisdom. Apathy cultivates ignorance. -- Suzy Kassem

Only the beautiful can acknowledge all that is beautiful, and only the ugly can acknowledge all that is ugly as being beautiful. Beauty is in the heart of the beholder. -- Suzy Kassem

Teach all men to fish, but first teach all men to be fair. Take less, give more. Give more of yourself, take less from the world. Nobody owes you anything, you owe the world everything. -- Suzy Kassem

Love the person who loves you unconditionally, over the one who only loves you under favorable conditions. -- Suzy Kassem

Unity is a beast in itself. If a wolf sees two little boys playing in the woods on one side, and a big strong man on the other, he will go to the one who stands alone. -- Suzy Kassem

Ignorance is not bliss. It is the kiss of death. -- Suzy Kassem

Truth is as straight as an arrow, while a lie swivels all over the place. You can hide Truth under a doormat, but eventually the mat will rise very high with Time -- forcing it to reveal all the truths it conceals. -- Suzy Kassem

Stand up to ignorance, because if you don't, the ignorant will run free to spread ignorance like a disease. -- [Suzy Kassem](#)

"Stand up for what is right, regardless of who is committing the wrong." -- [Suzy Kassem](#)

"A lion of truth never assumes anything without validity. Assumptions are quick exits for lazy minds that like to graze out in the fields without bother." -- [Suzy Kassem](#)

"Stand up for what is right even if you stand alone." -- [Suzy Kassem](#)

"Always stand up for Truth regardless of who steps on it." -- [Suzy Kassem](#)

Stand up for your conscience. Use light to reveal what is concealed in the darkness. Use truth to fight the lies, and the heart to fight the mind. -- Suzy Kassem

"Nothing exists without a purpose. Every experience you have in this lifetime was written for you to grow into the light (person) you were meant to become." -- Suzy Kassem

"Stand up for what is right even if you are standing alone." -- Suzy Kassem

Stand up for what is right against the wrong. -- Suzy Kassem

Stand up for what you believe in even if you are standing alone. -- [Suzy Kassem](#)

Stand up for what is right even if you are standing alone. -- [Suzy Kassem](#)

Stand up for TRUTH regardless of who steps on it. - [Suzy Kassem](#)

Speak truth and you will be attacked by the untruthful. Speak about absolutely nothing, and nothing will speak back, but then nothing will ever change. -- [Suzy Kassem](#)

Stand up to hypocrisy. If you don't, the hypocrites will teach. Stand up to ignorance, because if you don't, the ignorant will run free to spread ignorance like a disease. Stand up for Truth! If you don't, then there is no Truth to your existence. If you do not stand up for all that is right, then understand that you are part of the reason why there is so much that is wrong in the world. -- Suzy Kassem

Stand up for what you believe in even if it means standing alone." -- Suzy Kassem

"Stand up for what you believe in even if you stand alone." -- Suzy Kassem

"Stand up for Truth regardless of who steps on it." -- Suzy Kassem

"Stand up for what is right regardless of who is committing the wrong." -- Suzy Kassem

"Stand up for what is right even if it means standing alone." -- Suzy Kassem

"Stand up for what is just against the unjust." -- Suzy Kassem

"Stand up for what is right even if you stand alone." -- Suzy Kassem

"Stand up for Truth even it means standing alone." -- Suzy Kassem

"Stand up for what is right against the wrong." -- Suzy Kassem

"Stand up for what is right even if you are standing alone." -- Suzy Kassem

"You are not for the left or right team, but for what is right against the wrong." -- Suzy Kassem

"Stand up! Stand up for what is fair against the unfair." -- Suzy Kassem

Speak up, stand up, and keep correcting the false perceptions. Stay true to your heart's views and keep chanting for peace and justice. -- Suzy Kassem

"We must all work in harmony with each other to stand up for what is right, to speak up for what is fair, and to always voice any corrections so that the ignorant become informed and justice is never ignored. Every time a person allows an act of ignorance to happen, they delay our progress for true change. Every person, molecule and thing matters. We become responsible for the actions of others the instant we become conscious of what they are doing wrong and fail to remind them of what is right." -- Suzy Kassem

.....AND THOUSANDS MORE.....

"Stay original. Originals are worth more than copies."

"Be original. An original is worth more than a copy."

"Be yourself. An original is always worth more than a copy."

"Be yourself because an original is worth more than a copy."

"A heart without dreams is like a bird without feathers." -- Suzy Kassem

"Surround yourself with friends that have plenty of light in them. That way you will always have candles around you when days are dark."

-- Suzy Kassem

"I would rather die fighting for what is right, than live passively amidst all that is wrong." -- Suzy Kassem

"Love is the sister to Truth, but they differ in two ways. You must go to Truth to find her. She will never come looking for you. However, you are never to go looking for her sister Love. Love will find you in your own divine timing, when you are ready for her. So don't look, she will come. She always does." -- Suzy Kassem

"A man of God would never burn or harm a temple of any kind -- regardless of religion. A true man of God would see every temple or divine mansion built to glorify THE CREATOR -- as an extension of the temple closest to his home, regardless of its shape, size, or color. A man who truly recognizes and knows God can see God in all things. Truth can only be seen by those with truth in them." -- Suzy Kassem

"How a man perceives substance dictates the amount of substance in a man. To know the depth of anyone's true substance, simply measure the weight of what consumes and excites their inner drive." -- Suzy Kassem

"Never follow the man who tells you to follow him. He is only telling you to follow his motives and mind. Always listen to the man who speaks through his heart and does not tell you to follow him. He only wants you to follow the teachings from his heart and not his mind. A man who tells you to follow him will turn his followers into his company, while a true leader who does not tell you to follow him, will sit in the company of his followers."

-- Suzy Kassem

"Never fear Death for you will feel aroused by his sleep. Never cheat death or he will slap you with a sentence of misery for the defeat."

-- Suzy Kassem

"Even heaven would become hell if you were alone in it, or away from a loved one. And even if you were with your loved one, but in hell, eventually you would cry to have you and your loved one together in heaven. So to create your own heaven on earth, make sure you and your loved one are in a place you both LOVE, because what could be heaven for one, could be hell for the other." -- Suzy Kassem

"In love, treat your relationship as if you are growing the most beautiful flower. Keep watering it, tend to its roots, give it lots of sunlight, and always make sure the petals are full of color and are never curling. Once you neglect your plant, it will die, as will your relationship."

-- Suzy Kassem

"There is at least one truth to every myth, and it takes one truth to create a lie. Lies can be formed from Truth; however, Truth cannot be formed from lies." -- Suzy Kassem

"Only the beautiful can acknowledge all that is beautiful, and only the ugly can acknowledge all that is ugly as being beautiful." -- Suzy Kassem

"Teach all men to fish, but first teach all men to be fair. Take less, give more. Give more of yourself, take less from the world. Nobody owes you anything, you owe the world everything." -
- Suzy Kassem

"The number of ways you can live in one lifetime is limitless. So why limit yourselves? The sky is NOT the limit. Beyond the universe is."

-- Suzy Kassem

"Truth is first felt in the heart before the mind. Those that look for truth through the mind before the heart will never find Truth." -- Suzy Kassem

"It does not matter what religion you are as long as your conscience guides your words and actions. We are all reflections of God means we are all reflections of his image -- which is LIGHT. There is only one God and that is the cosmic heart of the universe -- whatever you choose to call him or her. The heart within us is what connects us to God (the heart of the universe). This super basic concept is preached in all religions. God is TRUTH and LIGHT. Only through your conscience do you connect to him." -- Suzy Kassem

"Everyone should strive to be a world citizen. Boundaries were created by man, not the Creator. There is no such thing as THEM vs. US. There is only "WE"."-- Suzy Kassem

"If a wolf sees two little boys playing in the woods on one side, and a big strong man on the other, he will go to the one who stands alone."

-- Suzy Kassem

"Stand up for what is right, even if you stand alone." -- Suzy Kassem

"LANGUAGE is a serious weapon in shining and sharing Truth. It is also a serious weapon used in her distortion." -- Suzy Kassem

"Never follow a follower who is following someone who has fallen. It's why the whole world is falling apart." -- Suzy Kassem

"A good leader leads with compassion and love, not fear and blood. A country that harms its people because they are not happy with the leader -- is not a country that belongs to the people, but to the leader."

-- Suzy Kassem

"Take care of your life force and always keep it streaming. Always be active and creative, and never ever stop dreaming." -- Suzy Kassem

"Initiative without action is the same as having the mind to acknowledge a problem, but not having the heart to see it through." -- Suzy Kassem

"Always listen to the voice of your conscience. If your conscience conflicts with your faith, question everything." -- Suzy Kassem

"It's time for everybody to start becoming conscious of their conscience. Being truthful is the new beautiful." -- Suzy Kassem

"Children make the best measurements of time. It is only when I see the son or daughter of a friend or relative over periods of time, do I realize how much time has passed based on how much they've grown. Otherwise, I would have no concept of time whatsoever." -- Suzy Kassem

"In this busy modernized age, it's easy to be blind to the light all around us. You see, there truly are real angels living with us in our world that look just like you and me. If you open your eyes, you can find them because they're quite easy to spot. They're the souls with the eternally deep eyes who always act like something is broken inside, but fail to realize it's just their wings." -- Suzy Kassem

"There is nothing more rewarding for me than to reward those not expecting to be rewarded." -- Suzy Kassem

"There is nothing more painful for me than to pay for services never rendered, not performed in good faith, or to hand out money to those expecting to be rewarded for doing absolutely nothing worth rewarding." -- Suzy Kassem

"Do not focus too much on the east and forget the west. And do not ignore the south, to speak for the north. What happens in the east has effects in the north, as what happens in the west has effects in the south. And do not focus on one species and ignore the other. Or love your father, but ignore your mother. Or love your sister, but ignore your brother. Do not forget each other. We are all part of each other. We are all ONE." - Suzy Kassem

"There is no point drumming up noise about a cause, if you are not willing to take a beating for it." -- Suzy Kassem

"The first major step towards achieving true world peace, and one of the most important pinnacles in the evolution of mankind, is to shift peoples perception of how they view wealth. If we can change the way consumers place value on material versus spiritual wealth, we can demolish the media. We can make the government work for us. We can have Big Business serving the vested interests of the people and we can put a halt to advertising puffery, toxic chemicals in our medicines and foods, wars, violence, and corruption. Peacemakers come from all trades. We can be and will be self-sufficient. It starts now. We far outweigh those setting the rules and limitations." -- Suzy Kassem

"Know that Truth sees through bullshit. So if you can't handle looking at Truth, you must be a Devil's culprit." -- Suzy Kassem

"Stand up to hypocrisy. If you don't, the hypocrites will teach. Stand up to ignorance, because if you don't, the ignorant will run free to spread ignorance like a disease. Stand up for Truth! If you don't, there is no Truth to your existence. If you don't stand up for all that is right, then understand that you are part of the reason that there is no balance in the world, and why others will always stand under!" -- Suzy Kassem

"Fear something and the vulture will come. Fear nothing and you are the vulture." -- Suzy Kassem

"Fear attracts the darkness. When you have no fear, the darkness fears YOU." -- Suzy Kassem

"My heart is my temple and with it I can see and hear Truth. Only through my heart can I feel God. My heart is my conscience. Truth is God." -- Suzy Kassem

"Those who choose to remain ignorant, passive, and asleep now, are the selfish types that will STAND UP only when their comfort of living is severely threatened. Today's man does not care for the outside world as long as he has a roof and walls to contain his own." -- Suzy Kassem

"The sun's rays have vision and give us vision. However, it is the bird's eyes and the two invisible angels by your side that record everything. Nothing goes unnoticed throughout the universe. Wherever there is a vibration, there are eyes and ears. Some energies don't need ears or vision to see or hear, they can feel what is in your heart and tap into all your sins and fears." -- Suzy Kassem

"I ask people of the world and children of light to start reflecting the stories of their souls to vibrate wisdom around the earth. Pick up a paintbrush or microphone. Press the inks of your pens to paper, tap words onto your screens and start sharing what you know and have learned with the masses. Turn your personal painting into a piece of the earth's puzzle so that our unified assemblage of thoughts, stories and lessons reveal Truth. What if the world suddenly spoke real loud, the unconventionality of the words were strong enough to melt paper? Imagine what Truth could do to neutralize the clutches of evil once this black and white world suddenly became embraced by a strong rainbow of loud powerful voices." -- Suzy Kassem

"If my eyes could talk, film would be pouring down my cheeks; however, they stay trapped behind shutters with tinted lenses. Surely, if I kept the cinema in my mind trapped for too long, eventually the film would turn into tears that would choke the well in my throat right down to my very soul. And in the end, I would die with records of knowledge never to be shared and my camera eyes would remain forever capped as soon as the hands of death slid past my lids for once and forever. What a shame to silence my soul or to hear your soul silenced without ever knowing you, my love, my brother, my sister, my father?" -- Suzy Kassem

"Have faith in your skills. Negative thoughts kill." -- Suzy Kassem

"Beautiful is he who recognizes what is truly beautiful even if the surface is ugly. Truthful is he who says what is true even if the truth is ugly. Ugly is he who measures beauty by its exterior without first weighing the interior. And ugly is the man who judges harshly what he sees looking out without first judging what he sees in the mirror. -- Suzy Kassem"

"You cannot change someone using fear, degradation, humiliation, or by comparing them to others. It can only be done through love, with love, for love. Love." -- Suzy Kassem

"Write and people will come to read. Write and people will heed to your words and share them with others. Not all may relate, but wait, and those that were meant to see it eventually will find it, for Truth waits to be found. It searches for no one." -- Suzy Kassem

"I truly believe that all religions were descended to man in different styles and languages so that natives in each land would be able to understand them. The underlying principles of all religions are the same even though their messengers came in different colors and voices. If you study history, you will find that the same names are often repeated in different languages. There are common correlations in all spiritual beliefs and ancient texts speak of the same entities. People are too lazy to do their own research. Truth is out there. We are all children from the same light source whatever He, She or It may be called. One. The Light. Period." -- Suzy Kassem

"We will never know peace in the world without balance. And we will never know balance without justice for all. Yet, justice exists only where there is fairness and equality -- when every

man and country is treated and viewed equally. My father believes that there is no such thing as justice because all his life he has witnessed the tipping of the scales. We must change this widespread mentality by making equality a reality, not just something we read and hear about on the TV and in literature." -- Suzy Kassem

"Every experience you have in this lifetime was written for you to grow into the light you were meant to become." -- Suzy Kassem

"No one man should be viewed as having more to offer the world than the other. We are all equals and every human being has something of value in their composition which makes them unique such as every country has their own unique resources to share with the world. Never discount somebody based on material wealth, for true wealth is what cannot be seen. Never discount a country by what they can't provide your country, while their resources may benefit other lands in need." -- Suzy Kassem

"There are over a million types of fish in the sea as there are flowers in all of the world's gardens. There are at least a million different types of rocks/minerals as there are species of birds or monkeys. To believe we are the only "intelligent beings" on this earth and beyond is limited intelligence. The possible configurations of lifeforms that could be created from a single atom are infinite. We don't even know one fourth of all that is out there. There are at least a billion people on this earth...and no two faces look the same. It is ignorant too to assume that we have seen all of God's miracles." -- Suzy Kassem

"Every soul on earth is equally precious - even those of plants and animals. If you see love in one area, and not another, you are not reflecting true love -- only a deficiency in your intelligence. The light of love sees no walls. " -- Suzy Kassem

"Every time a person allows an act of ignorance to happen (one word, thought or action), they delay our progress towards building a beautiful global garden for our children. Every person, molecule, and THING matters. All of our separate actions are a reflection of the actions of a whole. We become responsible for the actions of others the instant we become conscious of what they are doing wrong. Ignoring your conscience is the first violation of Truth. It is far worse than forgetting your own mother, or taking the life of another human. Your mind is reason, your heart is your conscience, and in your heart, you will find truth. This is why Truth is always recognized first by the heart. Our minds are simply there to reason with our conscience. The only thinking

that matters is that which passes through the heart. Your heart is the mouth of God. He who acts through his heart, truly stands by God. " -- Suzy Kassem

"If an evil spirit had to hide from God, it would hide in a diamond. If an angel had to hide from the Devil, it would hide in rose quartz."-- Suzy Kassem

"What's the point of a spark of light if it stands alone? The key is, and will always be, synergy. Without it, each and every light being will forever feel broken, misplaced, and internally crippled." -- Suzy Kassem

"Start something that means a lot to you. Get the community involved and create synergy. The more solid synergy you create, the more the vibe you are creating will roll into a bigger ball and attract others just like you. Make it your project and show the world the biggest ball of light instigated by YOU. That is true illumination. Illumination is nothing if only you have it and you share it with nobody. Illumination is about spreading light across entire nations. It's about wearing that crown that shines like the sun on your head and getting other minds to synergize with yours."

-- Suzy Kassem

"Pay no attention to pop culture for it is what poisons our minds and divides our children. Without pop culture, we wouldn't have unrealistic icons to compare ourselves to that also thwart our perceptions and standards. They are the modern day animal gods. The real role models our children, friends and families need are all around them if they look hard enough - not on TV. Materialism leads to selfishness and egotism. Eliminate all of it. It is the plague of Big Business." -- Suzy Kassem

"Never follow the man who tells you to follow him. He is only telling you to follow his motives and mind. Always listen to the man who speaks through his heart and does not tell you to follow him. He only wants you to follow the teachings from his heart and not his mind. A man who tells you to follow him will turn his followers into his company, while a true leader who does not tell you to follow him, will sit in the company of his followers."

-- Suzy Kassem

"We are taught to believe that the 'alienation' that we experience sometimes, when we withdraw from everything or feel alone, is a craving for something sexual, material, or in the physical - and can be cured by popping a pill in most cases. When in Truth, it's the circuitry within our souls and minds that is hinting to be connected - to real flowing energy - outside of our TVs and computer monitors. What many of us mistaken for depression is actually a need to be understood, or to see desires come to fruition. There is absolutely nothing abnormal about feeling disconnected. Your sensitivity only means you are more human than most. If you cry, you are alive. I'd be more worried if you didn't." -- Suzy Kassem

"The birds are the eyes of heaven, and the flies are the spies of hell."

-- Suzy Kassem

"The true test of a light warrior is how your 'stance' holds up after any 'circumstance'. Meaning, how you stand up after the rain, tornado, sunshine, and blizzard (the unpredictable weather of life) is the ultimate test of the whiteness of your spirit. Even through the stormiest weather, a light warrior will still reflect the brilliant rays of the magnificent sun through both his or her eyes. You may get hit by sudden lighting or take severe beatings from the cruel wind, but you will always get back up and stand strong on your feet again, soak in the sunlight, and be prepared to get hit by even the most merciless hail -- time and time again." -- Suzy Kassem

"What they teach you as history is mythology and true mythology is far from fantasy -- it is our true history. A bulk of our real history can be found in Egyptian and Greek mythology. Yes, myths reveal to us worlds of other dimensions that make up our true reality. History books teach us that the minds of the past operated on the same frequency, dimension, or level of consciousness as we do now. Not true at all." -- Suzy Kassem

"If you hold a candle close to you, its flame rises. And if you hold it away from you, its flame shrinks. The same way you hold a candle close to you, keep all your plans, aspirations, projects, and dreams close to you too. Do not share your plans or goals until you complete them, because as you hold your candle away from you, your goals will shrink in the eyes of others. Envy, jealousy, and resentment will put out your flame before it grows. Never reveal what you are doing until you have accomplished it. Resentment does not only come from those close to you, but also distant strangers. Guard the passions in your heart fiercely, so your flame reaches the highest ceilings of success without the eye of envy." -- Suzy Kassem

"I was thinking today about how everything turns in circles and spirals with the cosmic heart until infinity. Everything has a vibration that spirals INWARD or OUTWARD -- and everything turns together in the same direction at the same time. This vibration keeps going: it becomes born and expands or closes and destructs -- only to repeat the cycle again in opposite current. So, we can find out if we are going to end or awaken by studying how a shell on a snail or sea creature is being built. If we take one of these to a lab and observe the direction in which it creates its shell, we will know if we are going to destruct in this cycle or truly awaken." -- Suzy Kassem

"I have been finding treasures in places I did not want to search. I have been hearing wisdom from tongues I did not want to listen. I have been finding beauty where I did not want to look. And I have learned so much from journeys I did not want to take. Forgive me Gracious One, for I have been closing my ears and eyes for too long. I have learned that miracles are only called miracles because they are often witnessed by only those who can see through all of life's illusions. I am ready to see what really exists on other side, what exists behind the blinds, and taste all the ugly fruit instead of all that looks right, plump and ripe." -- Suzy Kassem

"It's the little gestures one does that say the most and make a difference. Pay attention to the smallest details of someone's actions, and don't overlook them. The big gestures are the fake ones, the small ones are the real ones. If you disregard the small details that tell you a lot about someone's true character, then don't cry later -- you'll only create a screen of tears that will blur your vision even more. Focus your vision, tune your ears, and pay attention. The smallest actions send the biggest signals, and should be the only ones that count."

-- Suzy Kassem

"What makes a woman love a man? For some, it's money. For some, it's status. For some, it's sexual chemistry. For some, it's attractiveness. For some, it's security. For some, it's his talent or professional skills. But for the real woman with a pure heart and mind full of light, she will seek someone out based on HOW HE MAKES HER FEEL. Seek Truth in all your relationships. All else is irrelevant." -- Suzy Kassem

"The more light in your composition, the more generous you are. That is the first sign of a true light warrior. They give without waiting for you to ask. They give without expecting to be repaid. They give to strangers and even offer help to enemies. And sadly, because their light is so bright, they also attract tons of bugs and flies their way." -- Suzy Kassem

"You are not better than the man who has no education. You are not better than the man who lacks the skills you do. You are not better than your brother because you can run faster or drive a Porsche. Your brother can do something you can't - no matter how big or small it may be. Get over the egos. Get over the competition and envy. Get out of the materialistic race, because those in that game are not worth running with. Get out of your shell and look at yourself in the mirror. Everyone was born a star. Find it." -- Suzy Kassem

"The modern day idols and animal gods embrace higher platforms in the sky than the statues of the Gods of the ancients. They beam through our screens and and we scream for them to be seen, and we cry if they aren't covering the pages. We care more about Britney than the man who saved an island of a million drowning men. Eliminate these plastic idols and bloated gods that represent nothing but shame, and shame on us for allowing them to be seen in a divine manner. No man is ever to be put on a pedestal if he/she is not a prime example of the right way, has nothing to say, or simply has the money to buy a rotating banner."

-- Suzy Kassem

"How much more proof does any sane person need to know that there is more to GAIN from loving each other and being good to all people -- than from hating and envying each other? When we continue to hate, we continue to LOSE. When we amplify mutual respect and LOVE, we have a lot to gain! Quite simply, there is more to gain through love than hate."

-- Suzy Kassem

"Never fear Death for you will feel aroused by his sleep. Never cheat death or he will slap you with a sentence of misery for the defeat."

-- Suzy Kassem

"Eliminate the word HATE and replace it with LOVE. The words: hate, hatred, hating, haters, hate that, hate this...and so forth. Stop people when they say them. Stop people from expressing any of those words in action. Make the word HATE as old as GROOVY. The word LOVE has been proven to be the most beautiful word. Learn to use it and put in action - any which way you can." -- Suzy Kassem

"It's very important to me to be respected by true talented artists and great minds than by the masses who need to be told how to think. It's more important for me to do things that are spiritually rewarding because that wealth is what makes me feel alive. I do not touch projects that do not yield personal fulfillment, or put me in a field with talent that is over-measured. You won't find me where there is no Truth. And I'm not one to jump on any bandwagons or join a gold rush without a purpose. I'd rather create my own projects and grow my own fields." -- Suzy Kassem

"Being good does not necessarily draw more good your way. That's the part of "Attraction" most do not understand. When you are good, it's because you're sensitive to the need to be good, and because you throw it out there (the goodness) you also attract tests to measure that spirit. THAT is the only main challenge in life. Your job is to make it from start to finish - being good. However, just because you started with the GOOD state of mind, does not mean you will make it through a game of Chutes n' Ladders EASY- you will struggle being good. That is the ultimate struggle of every man. WE HAVE TO WORK AT BEING GOOD." -- Suzy Kassem

"Pay close attention to the birds that perch on your balconies, windows, and doorsteps. Pay attention to the birds that fly past your eyes and over your heads. Pay attention to the birds that are paying attention to you. They are all bringing you messages -- so pay extra attention. If a dove should fall on your path, say AMEN. If a lone eagle should fly above your head, say THANK YOU. If you see a vulture, PRAY. If you see an owl, WRITE. And if you see a crow, ask yourself WHY. The little birds bring positive messages from the deceased and can be viewed as little angels. The larger birds act as guides and bring larger messages from the divine ... from the other, other side." -- Suzy Kassem

"You discover your true faith when you start flowing with your conscience. After lessons, visions, and theories validate themselves to you, you build faith in that hypothesis/ feeling/ idea that originated from your own heart and mind -- not that of others. Before you submit to any one religion, create your own and find which one out there resonates closest with the one already in your heart. This is the way to choose your faith. After I removed all the cultural coatings/traditions that disguise each religion, I discovered the soul to be the same in all of them. Therefore, it is hard for me to say I am just one, when my heart recognizes the truths in them all." -- Suzy Kassem

"We are all connected. When one arm or foot is poisoned, the whole body becomes infected." -- Suzy Kassem

"Each time you say hello to a stranger, your heart is acknowledging over and over again that we are all family." -- Suzy Kassem

"Thought before word. Never word before thought." -- Suzy Kassem

"If you hold a candle close to you, its flame rises. And if you hold it away from you, its flame shrinks. The same way you hold a candle close to you, keep all your plans, aspirations, projects, and dreams close to you too. Do not share your plans or goals until you complete them, because as you hold your candle away from you, your goals can shrink from the envious eyes of others. Animosity, jealousy and resentment can put out your flame before it grows." -- Suzy Kassem

"A life fueled by passions is like riding on the back of a dragon." -- Suzy Kassem

"Artists are the flowers of our world. The best ones are those that can stand out from the crowd and create their own concrete garden — to move us, inspire us, and makes us think hard. A flower with no smell to it is just something to look at. A flower that emits a beautiful fragrance is the one we want in our homes and on our walls. Your mission as an artist, is to become the best-smelling flower in the world, so that when the day finally comes when you are plucked from the ground, the world will cry for the loss of your mind-stimulating fragrance. Be different. Be original. Nobody will remember a specific flower in garden loaded with thousands of the same flower, BUT they will remember the one that managed to change its color to purple." -- Suzy Kassem

"We are all part of the same rainbow. We are all reflections of each other. As unique and diverse as we are in character and skills, the source of all creation is as multidimensional as we are." -- Suzy Kassem

"I ask people of the world and children of light to start reflecting the stories of their souls to vibrate wisdom around the earth. Pick up a paintbrush or microphone. Press the inks of your pens to paper or tap words onto your screens, and start sharing what you know and have learned with the masses. Turn your personal painting into a piece of the earth's puzzle so that our unified assemblage of thoughts, experiences and lessons reveal common truths that cannot be denied. Imagine the changes that could happen if everyone suddenly stopped acting like someone else, became true to themselves, and celebrated the beauty of their uniqueness. Only after people have

willingly removed their masks and costumes, and have begun pouring light from their hearts to reveal their vulnerability, dreams and pains, will we be able to see that beneath the surface we are all the same. After all, how can the world collectively fight for truth, if soldiers in its army are void of truth? We must first all be true by putting truth in our words and actions. And to do so, everyone must learn to think and react with their conscience. Imagine what Truth could do to neutralize the clutches of evil once this black and white world suddenly became embraced by a strong rainbow of loud powerful voices. We could put color back into every home, every school, every industry, every nation, and every garden on earth where flowers have been crushed by corruption." -- Suzy Kassem

"If I could remove one thing from the world and replace it with something else, I would erase politics and put art in its place. That way, art teachers would rule the world. And since art is the most supreme form of love, beautiful colors and imagery would weave bridges for peace wherever there are walls. Artists, who are naturally heart-driven, would decorate the world with their love, and in that love — poverty, hunger, lines of division, and wars would vanish from the earth forever. Children of the earth would then be free to play, imagine, create, build and grow without bloodshed, terror and fear." -- Suzy Kassem

"Learn to be a master of your own mind. Your mentality shapes your reality. Learn to control your vibrations and you will be the master of your own harmony." -- Suzy Kassem

"Vibration is the core of the spirit. It is the breath of life." -- Suzy Kassem

"The worst thing in life is having parents that always stand against you and never with you. They discourage you, instill fear in you, hold you back, push you down and never encourage you to fly forward. When I have kids, they'll already be born with propellers with added wings. Even if one tells me they want to go learn how to ride lions in Africa, if their heart is driving that desire, I'd say "DO IT". If we throw blankets over our children's dreams, we darken their world and extinguish their desire to live. I'd rather my kid die with a wild fire in his/her heart than with a malfunctioning or drained out fuse. Always allow your kids to keep humming with dreams and ideas that fuel their passions. Never tell them something is impossible. If you have a really strong determined kid, they'll go out there killing themselves trying to do the achievable just to prove you wrong. And if you have a weak kid, they'll give up on life and settle for bagging Cokes and potato chips at your local grocery store." -- Suzy Kassem

"Faith is the conqueror of dreams." -- Suzy Kassem

"Earth, water, fire, and wind. Where there is energy there is life." -- Suzy Kassem

"If you can show people how to build castles, make sure you do not neglect building and nurturing your own." -- Suzy Kassem

"We are not sheep or cows. God didn't create fences for us or boundaries to contain our nationalities. Man did. God didn't draw up religious barriers to separate us from each other. Man did. And on top of that, no father would like to see his children fighting or killing each other. The Creator favors the man who spreads love over the man who spreads hate. A religious title does not make anyone more superior over another. If a kind man stands by his conscience and exhibits truth in his words and actions, he will stand by God regardless of his faith. If mankind wants to evolve, we must learn from our past mistakes. If not, our technology will evolve without us." -- Suzy Kassem

"Greatness comes with patience." -- Suzy Kassem

"Every flower blooms at its own pace." -- Suzy Kassem

"Sometimes to know what is happening in the dark, one must consult the darkness." -- Suzy Kassem

"Great people will always be mocked by those who feel smaller than them. A lion does not flinch at laughter coming from a hyena. A gorilla does not budge from a banana thrown at it by a monkey. A nightingale does not stop singing its beautiful song at the intrusion of an annoying woodpecker. Whenever you should doubt your self-worth, remember the lotus flower. Even though it plunges to life from beneath the mud, it does not allow the dirt that surrounds it to affect its growth or beauty." -- Suzy Kassem

"We were all born to be peaceful citizens of the world. Take care of your global garden and do not allow evil gardeners to convince you which flowers are ugly and which should be destroyed.

This is God's universe and he is the master gardener of all. If you see ugliness in his creations, then you see ugliness in our Creator. Wake up. If we eliminate all colors in his garden, then what would be a rainbow with only one color? And what would be a garden with only one kind of flower? Why would the Creator create a vast assortment of plants, ethnicities, and animals, if only one beast or seed is to dominate all of existence?" -- Suzy Kassem

"Each time a person passes by you and you say 'hello', imagine that person turning into a candle. The more positivity, love and light you reflect, the more light is mirrored your way. Sharing beautiful hellos is the quickest way to earn spiritual brownie points. You should start seeing hellos as small declarations of faith. Every time you say hello to a stranger, your heart acknowledges over and over again that we are all family." -- Suzy Kassem

"Beware of those who step in the path of your dreams. They only dream to have the ability to take half your steps." -- Suzy Kassem

"Always judge a man by the coloring of his heart and only his heart. Truth can be found in his record of actions, not intentions." -- Suzy Kassem

"As a citizen of the world, I stand only with Truth and my conscience is my only leader." -- Suzy Kassem

"A conscious human is driven by their conscience, not popular opinion." -- Suzy Kassem

"Nothing threatens a corrupt system more than a free mind." -- Suzy Kassem

"Not all fish in the sea are meant to be eaten, just as not all plants are to be used as remedies. Nonetheless, I do believe that every living thing was created to serve a purpose. So please, use the process of elimination to get to the root of every breathing thing's existence. Mankind has yet to discover half of earth's true wealth." -- Suzy Kassem

"You can hide Truth under a doormat, but eventually the mat will rise very high with Time - forcing it to reveal all the truths it conceals." -- Suzy Kassem

"The world citizen is a small leaf on the giant tree of life. They do not see a difference between the branch they were born on and the remaining branches on the tree, because they understand well that we are all connected to the same roots. The world citizen sees each section of the world as part of their arm, leg, eyes, and heart. They do not class, contain or separate themselves or their identity by ethnicity or religion -- because they see their existence as a small part of a greater whole. When asked about their religion, the world citizen simply replies: 'My heart.'" -- Suzy Kassem

"You are a valuable instrument in the orchestration of your own world, and the overall harmony of the universe." -- Suzy Kassem

"When the world shifts its focus on heart over mind, we will finally experience a beautiful global village for our children." -- Suzy Kassem

"A pineapple is a compilation of berries that grow and fuse together. When joined, they create a single fruit. And within each eyelet, contains a location where a flower may grow. I see the Creator of all existence as the crown on a pineapple, and all religions of the world as the spiky eyelets, where each eyelet symbolizes a different religion or race under the same crown. Each garden of faith may have different perspectives of God, yet every garden belongs to the same God." -- Suzy Kassem

"Great people will always be mocked by those who feel smaller than them. A lion does not flinch at laughter coming from a hyena. A gorilla does not budge from a banana thrown at it by a monkey. A nightingale does not stop singing its beautiful song at the intrusion of an annoying woodpecker. Whenever you should doubt your self-worth, remember the lotus flower. Even though it plunges to life from beneath the mud, it does not allow the dirt that surrounds it to affect its growth or beauty." -- Suzy Kassem

"Like the weather or bonds between lovers, transformations cannot always predicted. All energy transmutes one day or another, in one way or another. Either in its form or composition, or in its position or disposition." -- Suzy Kassem

"The moth prefers the moon and detests the sun, while the butterfly loves the sun and hides from the moon. Every living creature responds to light. But depending on the amount of light you have inside, determines which lamp in the sky your heart will swoon." -- Suzy Kassem

"A beetle will chase after an opening of light, while a cockroach will scatter at a crack of it. How are we so different from insects? Nobody is purely good or purely evil. Most of us are in-between. There are moths that explore the day and butterflies that play at night. Polarity is an integral part of nature." -- Suzy Kassem

"You are not white, but a rainbow of colors. You are not black, but golden. You are not just a nationality, but a citizen of the world. You are not just for the right or left, but for what is right over the wrong. You are not just rich or poor, but always wealthy in the mind and heart. You are not perfect, but flawed. You are flawed, but you are just. You may just be a conscious human, but you are also a magnificent reflection of God." -- Suzy Kassem

"An original is always worth more than a copy." -- Suzy Kassem

"To really change the world, we have to help people change the way they see things." -- Suzy Kassem

"Be yourself because an original is worth more than just a copy." -- Suzy Kassem

"Vibration is the core of the spirit. It is the breath of life." -- Suzy Kassem

"I am nothing but oxygen and hydrogen. A luminous sphere of plasma held together by helium and gravity. And like a balloon I float on earth, waiting to be released back into the sky. Waiting to go back in the reverse direction from which I came. Traveling through a warm tunnel of light, and out into a dark, cold abyss where I shall explode into a thousand pieces. I will leave behind my body, just like air abandons the skin of a shattered balloon. And the magnetic dust that carries my heart and spirit will lift us back to congregate and shine with the stars. Home again, in

the fluorescent kingdom of the constellations, I will once again be called by my soul's true name." -- Suzy Kassem

"To really change the world, we have to help people change the way they see things. Global betterment is a mental process, not one that requires huge sums of money or a high level of authority. Change has to be psychological. So if you want to see real change, stay persistent in educating humanity on how similar we all are than different. Don't only strive to be the change you want to see in the world, but also help all those around you see the world through commonalities of the heart so that they would want to change with you. This is how humanity will evolve to become better. This is how you can change the world. The language of the heart is mankind's main common language." -- Suzy Kassem

"You cannot move things by not moving." -- Suzy Kassem

"Destiny is manifested only through action." -- Suzy Kassem

"Build bridges, not walls. (The Spring For Wisdom, The University of Toledo, 1993)" -- Suzy Kassem

"Stand up for what you believe in even if you stand alone. (The Spring For Wisdom, The University of Toledo, 1993)" -- Suzy Kassem, *past punk rocker and protester*

"When picking a leader, choose a peacemaker. One who unites, not divides. A cultured leader who supports the arts and true freedom of speech, not censorship." -- Suzy Kassem

"It is up to us to keep building bridges to bring the world closer together, and not destroy them to divide us further apart. We can pave new roads towards peace simply by understanding other cultures. This can be achieved through traveling, learning other languages and interacting with others from outside our borders. Only then will one truly discover how we are more alike than different. Never allow language or cultural traditions to come between brothers and sisters. The same way one brother may not like his sister's choice of fashion or hairstyle, he will never hate her for her personal style or music preference. If you judge a man, judge only the actions of his

heart. And when you do so, make sure you use the truth in your conscience when weighing one's character. Do not measure anybody strictly based on the bad you see in them and ignore all the good." -- Suzy Kassem

"By studying yesterday, you will understand today." -- Suzy Kassem

"Destiny is manifested only through action. You cannot be the captain of your own destiny, only the sailor, because we cannot control external influences that may alter the stability or direction of our ships. Once you understand this basic principle, you won't be so hard on yourself when things don't go your way. If man could write his own fate, he would have designed his journey to be without obstacles. Yet all obstacles come with valuable lessons designed just for you and only you. Suffering is imposed on us time and again so that one day we would become brave wise masters. Faith keeps our ships moving, while empathy and the memories of our experiences guide us towards wisdom." -- Suzy Kassem

"You are a valuable instrument in the orchestration of your own world, and the overall harmony of the universe. Always be in command of your music. Only you can control and shape its tone. If life throws you a few bad notes or vibrations, don't let them interrupt your song." -- Suzy Kassem

"Learn to love and see every human with the heart and eyes of God." -- Suzy Kassem

"Learn to see and love every human with the eyes and heart of God." -- Suzy Kassem

"Do not stress out over everything. Control your vibrations and you are the master of your own harmony." -- Suzy Kassem

"History does not remember the forgettable. It honors the unique minority the majority cannot forget." -- Suzy Kassem

"To be of value to humanity, start by thinking for yourself." -- Suzy Kassem

"Always listen to your conscience. If your conscience conflicts with your faith, question everything." -- Suzy Kassem

"Stand up for Truth, regardless of who steps on it." -- Suzy Kassem

"Love is the sister to Truth, but they differ in two ways. You must go to Truth to find her. She will never come looking for you. However, you are never to go looking for her sister, Love. Love will find you in your own divine timing, when you are ready for her. So don't look, she will come. She always does." -- Suzy Kassem

"Transformations are a part of life. We are constantly being changed by things changing around us. Nobody can control that. Nobody can control the environment, the economy, luck, or the moods of others. Compositions change. Positions change. Dispositions change. Experiences change. Opportunities and attitudes change. You will change." -- Suzy Kassem

"A man who tells you to follow him will turn his followers into his company, while a true leader who does not tell you to follow him, will sit in the company of his followers." -- Suzy Kassem

"The Creator favors the man who loves over the man who hates." -- Suzy Kassem

"If you teach hatred to your children, then one day your child will have that hatred reflected back onto them — or onto you." -- Suzy Kassem

"Keep creating new chapters in your personal book and never stop reinventing and perfecting yourself. Try new things. Pick up new hobbies and books. Travel and explore other cultures. Never stay in the same city or state for more than five years of your life. There are many heavens on earth waiting for you to discover. Seek out people with beautiful hearts and minds, not those with just beautiful style and bodies. The first kind will forever remain beautiful to you, while the

other will grow stale and ugly. Learn a new language at least twice. Change your career at least thrice, and change your location often. Sometimes to change a situation you are in requires you to take a giant leap. But, you won't be able to fly unless you are willing to transform." -- Suzy Kassem

"Like all creatures in the wild, we were designed to keep moving. When a snake sheds its old skin, it becomes a more refined creature. Never stop refining and re-defining yourself. Transformations are an integral part of life. Just look at the seasons or the weather." -- Suzy Kassem

"Always have faith in yourself and the universe, for one will not get you anywhere without the other. Both must be equally strong to reach your desires, for they are the wings that will lift you to your dreams." -- Suzy Kassem

"Today's enemies can be your friends tomorrow, and today's friends can be tomorrow's enemies." -- Suzy Kassem

"Today's opponents can be your allies tomorrow, and today's allies can be tomorrow's opponents." -- Suzy Kassem

"Today's partners can be your competitors tomorrow, and today's competitors can be your partners tomorrow." -- Suzy Kassem

"What you reject today, you could accept tomorrow. And what you accept today, you could reject tomorrow. Never say never unless you can predict the future." -- Suzy Kassem

"Our evolution depends on our memory. If we keep forgetting the mistakes of the past, only to keep repeating them, then we will never change. And if we keep recycling through the exact same kind of leaders—the kind who do not propel us forward, but only hold us back—then perhaps what we really need now is a completely different style of leadership altogether. We need heart-driven leaders, not strictly mind-driven ones. We need compassionate humanitarians,

not greedy businessmen. Peacemakers, not war instigators. We need unity, not division. Angels, not devils." -- Suzy Kassem

"Be wary of any man who is quick to put down another man's faith. His love for Truth is not deep enough for him to want to explore additional truths outside his borders. The language of light can only be decoded by the heart. Thus, a man with a closed heart is already blind to understand the words of his own faith." -- Suzy Kassem

"In the short run, technology may be more efficient than man, but it will never be perfect. Every piece of equipment will eventually reveal an error code. In the long run, man will never be perfect, but prove to be more reliable than technology. Technology is our friend today, but will be our enemy in the future." -- Suzy Kassem

"You once told me you wanted to find yourself in the world, and I told you to first apply within, to discover the world within you. You once told me you wanted to save the world from all its wars, and I told you to first save yourself from the world, and all the wars you put yourself through." -- Suzy Kassem

"To become a true global citizen, one must abandon all notions of 'otherness' and instead embrace 'togetherness'. The world is no longer white, black, yellow and brown. Through love, tribes have been intermixing colors to reveal a new rainbow world. And as more time passes, this racial and cultural blending will make it harder for humans to side with one race, nation or religion over another. Therefore, practical wisdom should be used to abandon any cultural, social, religious, tribal, and national beliefs of alterity altogether. This is the only way mankind will truly evolve. Segregation is a word of the past. Unity is the key to a peaceful future." -- Suzy Kassem

Empathy is the door to wisdom. - Suzy Kassem

"In the last 10 years, we have seen a rise in selfishness: selfies, self-absorbed people, superficiality, self-degradation, apathy, and self-destruction. So I challenge all of you to take initiative to change this programming. Instead of celebrating the ego, let's flip the script and celebrate the heart. Let's put the ego and celebrity culture to sleep, and awaken the conscience.

This is the battle we must all fight together to win back our humanity. To save our future and our children." -- Suzy Kassem

"God is not anybody's problem, nor are the many paths to him. However, man is God's problem. Most of the problems across the land are due to man's hand. Men playing God. Men tampering with the divine plan. If it was all left to God then there would be peace among all living things. Yet man is his own enemy. People doubt Satan exists, but he has always existed in left eye of every man. In the moon of man, which harbors the ego of man. Only when you train yourself to see only through your right eye, which reflects the sun, conscience and heart of man - will you have truly defeated Satan. Know which eye reflects the heart and which reflects the mind and only then will you really begin to see the light. Truth can only be seen by those with truth in them." -- Suzy Kassem

"Any man filled with empathy is capable of gaining valuable insights on the human condition through the suffering of others. You do not need to suffer to know suffering, but you need empathy first to identify and feel the suffering of others around you." -- Suzy Kassem

A man of God would never burn or harm a temple of any kind -- regardless of religion. A true man of God would see every temple or divine mansion built to glorify THE CREATOR -- as an extension of the temple closest to his home, regardless of its shape, size, or color. A man who truly recognizes and knows God can see God in all things. Truth can only be seen by those with truth in them. When a mother gives birth, her body is not only able to provide nourishment to her baby, but is also designed to be its own personal medicine cabinet. Breast milk is the best and most natural food you can give a child, and applying it sparingly on a baby's head, eye or skin will eliminate cradle cap, acne, rashes, dryness, and even eye infections." -- Suzy Kassem

"Love is a chemical reaction, but it cannot be fully understood or defined by science. And though a body cannot exist without a soul, it too cannot be fully understood or defined by science. Love is the most powerful form of energy, but science cannot decipher its elements. Yet the best cure for a sick soul is love, but even the most advanced physician cannot prescribe it as medicine." -- Suzy Kassem

"Always be respectful and open-minded when listening to another man's beliefs. What you reject today could be your mantra tomorrow. Man's evolution is all about transformations. An unexpected experience you have one day could change you forever." -- Suzy Kassem

"Everything turns in circles and spirals with the cosmic heart until infinity. Everything has a vibration that spirals inward or outward — and everything turns together in the same direction at the same time. This vibration keeps going: it becomes born and expands or closes and destructs — only to repeat the cycle again in opposite current. Like a lotus, it opens or closes, dies and is born again. Such is also the story of the sun and moon, of me and you. Nothing truly dies. All energy simply transforms." -- Suzy Kassem

"God's religion is love and the light of love sees no walls. Anybody who unconditionally loves another human being for the goodness of their heart and nothing more is already on the right side of God. True honor is being truthful, humble, selfless and compassionate towards all living creatures. Those filled with discrimination, prejudice, hatred, egotism, and pride stand the furthest away from God." -- Suzy Kassem

"The smaller a creature is, the bolder its spirit." -- Suzy Kassem

"To seek truth requires one to ask the right questions. Those void of truth never ask about anything because their ego and arrogance prevent them from doing so; therefore, they will always remain ignorant. Those on the right path to Truth are extremely heart-driven and childlike in their quest, always asking questions, always wanting to understand and know everything — and are not afraid to admit when they do not know something. However, every truth seeker does need to breakdown their ego first to see Truth. If the mind is in the way, the heart will not see anything." -- Suzy Kassem

"Stand up to hypocrisy. If you don't, the hypocrites will teach. Stand up to ignorance, because if you don't, the ignorant will run free to spread ignorance like a disease. Stand up for truth. If you don't, then there is no truth to your existence. If you don't stand up for all that is right, then understand that you are part of the reason why there is so much wrong in the world." -- Suzy Kassem

"The more doors you open to understanding the world, the smaller you feel. And because you begin to feel smaller and smaller until your ego disappears, the more humble you become. Therefore, any man who behaves arrogantly with what little he knows, or claims to know all, only reveals to all that he really knows nothing. Real greatness does not reside inside those who feel large. The truly wise are meek." -- Suzy Kassem

"The universe contains many planets which make it what it is – a unified system. In addition, our bodies contain many organs, and each part is congruent to a planet in our solar system. The universe we see out our eyes is a mirror of what is within us. This is what God meant by making man in his image. We are all made as a reflection of God and that reflection of him is within us. Furthermore, not only are all religions connected to the same Truth, or Cosmic Heart, but this concept is also mirrored in the pantheons of ancient religions, where each of the many gods simply represented one set of characteristics of the ONE. And in all cases, these many gods symbolized the planets, therefore mimicking the different parts of the universe and the ONE God's many mirrors (He Who is All). The structure behind all polytheistic religions of the past and present is one and the same. They are all built on the same foundation as Nature." -- Suzy Kassem

"Love is a flower that should never cease to grow. Nurture it, and it will outlive you. Neglect it, and it will wilt away and die." -- Suzy Kassem

"Striving to be good is the ultimate struggle of every man. Being bad is easy, but being good requires sincere commitment, discipline and strength. We have to work hard every day just to remain good." -- Suzy Kassem

"Choose a leader who will invest in building bridges, not walls." -- Suzy Kassem

"Beware of those who are too focused with polishing and beautifying their outer shells. They lack true substance to understand that genuine beauty is reflected from the heart that resides inside." -- Suzy Kassem

"Textbook intelligence is not true intelligence. It only marks a man good at memorization." -- Suzy Kassem

"The key to a wonderful life is to never stop wandering into wander." -- Suzy Kassem

"Treasure integrity. Treasure your own story and truths. How will people remember you when you want to be an imitation? How will people remember your voice when you want to sound like another existing instrument?" -- Suzy Kassem

"To really change the world, we have to help people change the way they see things. Global betterment is a mental process, not one that requires huge sums of money or a high level of authority. Change has to be psychological. So if you want to see real change, stay persistent in educating humanity on how similar we all are than different. Don't only strive to be the change you want to see in the world, but also help all those around you see the world through commonalities of the heart so that they would want to change with you. This is how humanity will evolve to become better. This is how you can change the world. The language of the heart is mankind's main common language." -- Suzy Kassem

"Beware of those who are bitter; for they will never allow you to enjoy your fruit." -- Suzy Kassem

"Censorship exists to block criticism and protect corruption." -- Suzy Kassem

"There is hope over the horizon. Truth always rises with time." -- Suzy Kassem

Real greatness does not reside inside those who feel large. The truly wise are meek." -- Suzy Kassem

"Lost men will always look for someone to guide them. While a confident warrior, who has already found his way, will only look towards the horizon." -- Suzy Kassem

"Greatness comes with patience." -- Suzy Kassem

"People try to treat their illnesses without first trying to understand the cause of them. Behind every effect there is a cause. You can never eliminate an effect without first understanding its cause." -- Suzy Kassem

"A leader should always be open to criticism, not silencing dissent. Any leader that does not tolerate criticism from the public is afraid of their dirty hands being revealed under heavy light. And such a leader is dangerous, because they only feel secure in the darkness. Only a leader who is free from corruption welcomes scrutiny; for scrutiny allows a good leader to be an even greater leader." -- Suzy Kassem

"Destiny is manifested only through action. You cannot be the captain of your own destiny, only the sailor, because we cannot control external influences that may alter the stability or direction of our ships. Once you understand this basic principle, you won't be so hard on yourself when things don't go your way. If man could write his own fate, he would have designed his journey to be without obstacles. Yet all obstacles come with valuable lessons designed just for you and only you. Suffering is imposed on us time and again so that one day we would become brave wise masters. Faith keeps our ships moving, while empathy and the memories of our experiences guide us towards wisdom." -- Suzy Kassem

"Without the orchestra of the universe, there would be no ether. And without its instrumentation by the ether, there would be no waves. And without any waves, there would be no sound. And without sound, there would be no music. And without music, there would be no life. And without a life force, there would be no matter. But it does not matter, because what is matter, if there is no light?" -- Suzy Kassem

"This is God's universe and he is the master gardener of all. If we were to eliminate all colors in his garden, then what would be a rainbow with only one color? Or a garden with only one kind of flower? Why would the Creator create a vast assortment of plants, ethnicities, and animals, if only one beast or seed is to dominate all of existence?" -- Suzy Kassem

"We are the flowers that make up the Creator's vast and beautiful garden." -- Suzy Kassem

Our evolution depends on our memory. If we keep forgetting the mistakes of the past, only to keep repeating them, then we will never change. Humanity will never move forward, spiritually or morally, to become superior beings." -- Suzy Kassem

"I never blindly roamed with a team just for the sake of social labeling or fitting in. I was never part of a particular group, scene or tribe. I was friends with everybody. My best friend in high school was prom queen, yet I was voted the biggest nonconformist of my senior class." -- Suzy Kassem

"Nothing exists without a purpose. Every experience you have in this lifetime was written for you to grow into the light you were meant to be." -- Suzy Kassem

"There are three people you will be judged heavily on how you treat them in this lifetime. For the man, it is his mother for giving him life, his wife for showing him life, and his daughter for teaching her all that he has learned from life. For the woman, it is her father for giving her the seed of life, her husband for showing her life, and her son for teaching him all that she has learned from life. How a person treats their parents is how they show their gratefulness to the Creator for life. How a husband and wife treat each other, is how they show the Creator how well they do with this gift of life, how well they value and honor the sacred oath they made before him, and how well they understand the Lord and his religion, LOVE. A father must be good to his wife and daughter, because from watching this treatment — the son will learn how to treat all women, and his daughter will know what a good man is supposed to act like. And a mother must always remain morally good and faithful to her husband, be attentive to all her children, and be filled with patience, forgiveness, kind words, compassion and love — so her children are raised to respect all mothers, and know what a good woman is supposed to act like. If you neglect your fathers, mothers, sons, daughters, husbands, and wives, then don't be surprised when the Creator is forced to neglect you. Neglect, and you will be neglected. Protect, and you will be protected. Reject, and you will be rejected. Love all, and all that love will be mirrored by the Creator — and reflected back onto YOU." -- Suzy Kassem

"The number of ways to live in one lifetime is limitless. So why limit yourself? The sky is not the limit. Beyond the universe is." -- Suzy Kassem

"From now on, try to look at the world as if it were a gigantic ice cream store. What makes it so great is that it contains a combination of so many unique flavors, and this is why people love it so much. If you want to keep enjoying all the ice cream, we all have to take part in preserving

and maintaining 'the store'. United, we have to make sure that it never gets robbed or destroyed, and to protect it from greedy crooks who want to brand and monopolize certain flavors, and eliminate those that compete with them. Our job as devoted protectors of our universal ice cream store is to make sure that no one group tries to control it, and that there is always enough cream for everybody all around. There is no such thing as 'cream only for the cream', or 'the best cream only for this or that team'. We have to stick together and melt together. Or else, there will be no peace." -- Suzy Kassem

"Selflessness. Humility. Truthfulness. These are the three marks of an honorable man." -- Suzy Kassem

"When many different creatures are part of the same species, this typically means that they share many similarities over differences and can reproduce among themselves. If humans share more similarities than differences, in desires, needs, and fears, then what is keeping our species apart? If our Creator wanted us to be divided, we would have not been designed to interbreed." -- Suzy Kassem

"Be different. Stay an original work of art. Originals cost more than imitations." -- Suzy Kassem

"Have faith that your child's brain is an evolving planet that rotates at its own speed. It will naturally be attracted to or repel certain subjects. Be patient. Every planet sings its own song and has its own unique gifts." -- Suzy Kassem

"When people can get away with crimes just because they are wealthy or have the right connections, the scales are tipped against fairness and equality. The weight of corruption then becomes so heavy that it creates a dent that forces the world to become slanted, so much so — that justice just slips off." -- Suzy Kassem

"There are three people you will be judged heavily on how you treat them in this lifetime. For the man, it is his mother for giving him life, his wife for showing him life, and his daughter for teaching her all that he has learned from life. For the woman, it is her father for giving her the seed of life, her husband for showing her life, and her son for teaching him all that she has learned from life. How a person treats their parents is how they show their gratefulness to the Creator for life. How a husband and wife treat each other, is how they show the Creator how well they do with this gift of life, how well they value and honor the sacred oath they made before him, and how well they understand the Lord and his religion, LOVE. A father must be good to

his wife and daughter, because from watching this treatment — the son will learn how to treat all women, and his daughter will know what a good man is supposed to act like. And a mother must always remain morally good and faithful to her husband, be attentive to all her children, and be filled with patience, forgiveness, kind words, compassion and love — so her children are raised to respect all mothers, and know what a good woman is supposed to act like." -- Suzy Kassem

"To choose not to be part of a religion does not make me nonreligious; for my religion is Truth and I am very much in love with God. I do not need to align myself with a specific messenger if I already understand God's message." -- Suzy Kassem

"Work on making yourself a complete being. Though you were born with the physical traits of one sex, you possess the characteristics of both - including those of plants and animals. You were created as a nearly complete universal being, but with flaws. True perfection can only be achieved when one recognizes that they need to combine their oneness with others and nature. Only then is one considered complete. Your heart is your temple." -- Suzy Kassem

"The Creator favors the man who loves over the man who hates. If you teach hatred to your children, one day your child will have that hatred reflected back onto them, or onto you." -- Suzy Kassem

"Violence against women should be given the death penalty. Why? Because abusing a woman is the same as hurting your mother. And hurting your mother is the same as hurting God. They both gave you life." -- Suzy Kassem

"Pick a leader who will keep jobs in your country by offering companies incentives to hire only within their borders, not one who allows corporations to outsource jobs for cheaper labor when there is a national employment crisis. Choose a leader who will invest in building bridges, not walls. Books, not weapons. Morality, not corruption. Intellectualism and wisdom, not ignorance. Stability, not fear and terror. Peace, not chaos. Love, not hate. Convergence, not segregation. Tolerance, not discrimination. Fairness, not hypocrisy. Substance, not superficiality. Character, not immaturity. Transparency, not secrecy. Justice, not lawlessness. Environmental improvement and preservation, not destruction. Truth, not lies." -- Suzy Kassem

"For the newborn and wise, everything begins small." -- Suzy Kassem

"Suffering is imposed on us time and again so that one day we would become brave wise masters. That is, a strong being who is confidently aware of their intended direction in life, and fearlessly adding value to the world and their future." -- Suzy Kassem

"Pick a leader who is strong and confident, yet humble. Intelligent, but not sly. A leader who encourages diversity, not racism. One who understands the needs of the farmer, the teacher, the welder, the doctor, and the environmentalist -- not only the banker, the oil tycoon, the weapons developer, or the insurance and pharmaceutical lobbyist." -- Suzy Kassem

"The most dangerous people in the world are not the tiny minority instigating evil acts, but those who do the acts for them. For example, when the British invaded India, many Indians accepted to work for the British to kill off Indians who resisted their occupation. So in other words, many Indians were hired to kill other Indians on behalf of the enemy for a paycheck. Today, we have mercenaries in Africa, corporate armies from the western world, and unemployed men throughout the Middle East killing their own people - and people of other nations - for a paycheck. To act without a conscience, but for a paycheck, makes anyone a dangerous animal. The devil would be powerless if he couldn't entice people to do his work. So as long as money continues to seduce the hungry, the hopeless, the broken, the greedy, and the needy, there will always be war between brothers." -- Suzy Kassem

"Always have faith in yourself and the universe, for one will not get you anywhere without the other. Both must be equally strong to reach your desires, for they are the wings that will lift you to your dreams." -- Suzy Kassem

"Be so different that everybody will remember you. Be yourself because an original is worth more than a copy. Be true to yourself or your heart will never forgive you; for once you silence the music from your own instrument, your true purpose and intended path will begin to fade." -- Suzy Kassem

"If I could remove one thing from the world and replace it with something else, I would erase politics and put art in its place. That way, art teachers would rule the world. And since art is the most supreme form of love, beautiful colors and imagery would weave bridges for peace wherever there are walls. Artists, who are naturally heart-driven, would decorate the world with their love, and in that love — poverty, hunger, lines of division, and wars would vanish from the earth forever. Children of the earth would then be free to play, imagine, create, build and grow without bloodshed, terror and fear." -- Suzy Kassem

"Our evolution depends on our memory. If we keep forgetting the mistakes of the past, only to keep repeating them, then we will never change. And if we keep recycling through the exact same kind of leaders—the kind who do not propel us forward, but only hold us back—then perhaps what we really need now is a completely different style of leadership altogether. We need heart-driven leaders, not strictly mind-driven ones. We need compassionate humanitarians, not greedy businessmen. Peacemakers, not war instigators. We need unity, not division. Angels, not devils." -- Suzy Kassem

"Our evolution depends on our memory. If we keep forgetting the mistakes of the past, only to keep repeating them, then we will never change. Humanity will never move forward, spiritually or morally, to become superior beings. We must apply the wisdom of our forefathers and the lessons gained from their experiences to today's decision-making. We should be intellectually smarter, not the opposite. We should be wiser, not the opposite. It is time for us to really examine and understand why certain causes in the past have produced major negative effects. This is the only way we can prevent repeating the same mistakes in our present and future. It is the only way we will evolve." -- Suzy Kassem

"There is no greater crime than ignoring your conscience." -- Suzy Kassem

"There is more for us to gain through love than hate." -- Suzy Kassem

"Every time you say hello to a stranger, your heart acknowledges over and over again that we are all family." -- Suzy Kassem

"The gut is the seat of all feeling. Polluting the gut not only cripples your immune system, but also destroys your sense of empathy, the ability to identify with other humans. Bad bacteria in the gut creates neurological issues. Autism can be cured by detoxifying the bellies of young children. People who think that feelings come from the heart are wrong. The gut is where you feel the loss of a loved one first. It's where you feel pain and a heavy bulk of your emotions. It's the central base of your entire immune system. If your gut is loaded with negative bacteria, it affects your mind. Your heart is the seat of your conscience. If your mind is corrupted, it affects your conscience." -- Suzy Kassem

"The heart is the Sun. The gut is the Moon. The pineal gland is Neptune, and your brain and nervous system (5 senses) are Mercury. What affects the moon or sun affects the entire universe within. So, if you poison the gut, it affects your entire nervous system, your sense of reasoning, and your senses." -- Suzy Kassem

"My older sister died because there was no peace in the world. And believe it or not, thousands of youth die in this country for the same reason every year. No matter how much money their parents threw at them, they could not buy their "sick" children peace of mind or a piece of peace in this world. To many, money is everything. To others, love is everything. Yet to a tiny minority, only peace in this world will give them true inner peace. And without that peace, everything is nothing." -- Suzy Kassem

"It is only normal that people count losses with their minds and ignore to count blessings with the graciousness of their hearts." -- Suzy Kassem

"Sometimes we have to soak ourselves in the tears and fears of the past to water our future gardens. Keep planting and spreading the seeds for your gardens of tomorrow." -- Suzy Kassem

"Even after the stormiest weather, a true warrior will still reflect the brilliant rays of the magnificent sun through both his or her eyes. You may get hit by sudden lightning or take severe beatings from the cruel wind, but you will always get back up and stand strong on your feet again, soak in the sunlight, and be prepared to get hit by even the most merciless hail - time and time again." -- Suzy Kassem

"It is only normal that people count losses with their minds, and ignore to count blessings with the graciousness of their hearts. So, stop counting your losses and start counting your blessings. Only then will you discover that losses are always easier to point out and count than blessings. And that your blessings will always outnumber your losses, for they are truly immeasurable." -- Suzy Kassem

"Keep creating new chapters in your personal book and never stop reinventing and perfecting yourself. Try new things. Pick up new hobbies and books. Travel and explore other cultures. Never stay in the same city or state for more than five years of your life. There are many heavens on earth waiting for you to discover. Seek out people with beautiful hearts and minds, not those

with just beautiful style and bodies. The first kind will forever remain beautiful to you, while the other will grow stale and ugly. Learn a new language at least twice. Change your career at least thrice, and change your location often. Like all creatures in the wild, we were designed to keep moving. When a snake sheds its old skin, it becomes a more refined creature. Never stop refining and re-defining yourself. We are all beautiful instruments of God. He created many notes in music so we would not be stuck playing the same song. Be music always. Keep changing the keys, tones, pitch, and volume of each of the songs you create along your journey and play on. Nobody will ever reach ultimate perfection in this lifetime, but trying to achieve it is a fulltime job. Start now and don't stop. Make your book of life a musical. Never abandon obligations, but have fun leaving behind a colorful legacy. Never allow anybody to be the composer of your own destiny. Take control of your life, and never allow limitations implanted by society, tell you how your music is supposed to sound — or how your book is supposed to be written." -- Suzy Kassem

"There is no light greater than love, and it shines at the heart of all creation." -- Suzy Kassem

"Birds are the eyes of Heaven and flies are the spies of hell." -- Suzy Kassem

"Your mentality shapes your reality." -- Suzy Kassem

"Birds were created to record everything. They were not designed just to be beautiful jewels in the sky, but to serve as the eyes of heaven. Birds are the eyes of Heaven." -- Suzy Kassem

"Do not ever think of bad things that could happen, and you'll have a better chance of them never happening. Do not ever think about doing something bad to someone, because depending on the intensity of your mind waves, something bad could really happen to them. Think love. Be love. Breathe only love, and love you shall be. When you stress out, things will stress out around you. Always control your thoughts and pacify any unnecessary stress. Control your vibrations and you are the master of your own harmony." -- Suzy Kassem

"Being good does not necessarily draw more good your way. That's the part of "attraction" most do not understand. When you are good, it's because you're sensitive to the need to be good, and because you throw that goodness out there -- you also attract tests to measure the sincerity of that spirit. THAT is the only main challenge in life. Your job is to make it from start to finish - being

good. However, just because you started with the GOOD state of mind, does not mean you will make it through the game of life - easily. Striving to be good is the ultimate struggle of every man. We have to constantly work hard to remain good." -- Suzy Kassem

"Divine gifts and intervention happen when you are unaware of what is happening. These are actions that happen to you for you to fulfill a purpose, learn a lesson, or to help you reach your destiny. Some people do not believe in fate. But I am here to tell you that even an ant has a fate that was cosmically written for it. All life on this earth is relevant. We are here to teach and learn from each other. It is part of our evolution. Your losses will teach you lesson on how not to lose again, and how to strike harder the next time you try again." -- Suzy Kassem

"Life is about overcoming strains and drains. It's about finding out who you really are and what you can achieve throughout the obstacle course. And in the end, it is about sharing what you have learned with others. So, you can choose to wallow in your many disappointments or embrace your blessings. Your mentality shapes your reality. Believe it." -- Suzy Kassem

"We awaken by asking the right questions. We awaken when we see knowledge being spread that goes against our own personal experiences. We awaken when we see popular opinion being wrong but accepted as being right, and what is right being pushed as being wrong. We awaken by seeking answers in corners that are not popular. And we awaken by turning on the light inside when everything outside feels dark." -- Suzy Kassem

"You are not just for the right or left team, but for what is right over the wrong." -- Suzy Kassem

"Keep creating new chapters in your personal book and never stop reinventing and perfecting yourself. Travel and explore other cultures. Never stay in the same city or state for more than five years of your life. Take control of your life, and never allow limitations implanted by society, tell you how your music is supposed to sound — or how your book is supposed to be written." -- Suzy Kassem

"Love the person who loves you unconditionally, over the one who only loves you under favorable conditions." -- Suzy Kassem

"Ignorance is not bliss. It is the kiss of death." -- Suzy Kassem

"Beware of those who speak negatively about everything and everybody. A negative person will never say a positive thing about you." -- Suzy Kassem

"We cannot control the way people interpret our ideas or thoughts, but we can control the words and tones we choose to convey them. Peace is built on understanding, and wars are built on misunderstandings. Never underestimate the power of a single word, and never recklessly throw around words. One wrong word, or misinterpreted word, can change the meaning of an entire sentence and start a war. And one right word, or one kind word, can grant you the heavens and open doors." -- Suzy Kassem

"Doubt kills more dreams than failure ever will." -- Suzy Kassem

"The number of ways to live in one lifetime is limitless. So why limit yourself?" -- Suzy Kassem

"Be yourself. An original is always worth more than a copy." -- Suzy Kassem

"Time has always been the greatest ally to Truth, because Time eventually relieves and reveals all." -- Suzy Kassem

"Doubt, fear and regret are the three villains of success. If you close the door on the first two, you will never have to worry about meeting the third." -- Suzy Kassem

"Whenever you should doubt your self-worth, remember the lotus flower. Even though it plunges to life from beneath the mud, it does not allow the dirt that surrounds it to affect its growth or beauty." -- Suzy Kassem

"Truth waits to be found. It searches for no one." -- Suzy Kassem

"A heart without dreams is like a bird without feathers." -- Suzy Kassem

"Sometimes we have to soak ourselves in the tears and fears of the past to water our future gardens." -- Suzy Kassem

"Creativity is one of the highest transmissions of love." -- Suzy Kassem

"Love is meant to lift you up, not tear you down. It is meant to strengthen you, not weaken you."
-- Suzy Kassem

"You were born an original work of art. Stay original always. Originals cost more than imitations." -- Suzy Kassem

"The journey of the sun and moon is predictable. But yours, is your ultimate ART." -- Suzy Kassem

"Love is a flower that should never cease to grow. Nurture it and it will outlive you. Neglect it and it will wilt away and die." -- Suzy Kassem

"Wise words are like seeds. The more you scatter them, the more they will grow into infinite gardens of knowledge." -- Suzy Kassem

"To be successful, one has to be one of three bees: the queen bee, the hardest working bee, or the bee that does not fit in." -- Suzy Kassem

"Truth does not sit in a cave and hide like a lie. It wanders around proudly and roars loudly like a lion." -- Suzy Kassem

"The key to a wonderful life is to never stop wandering into wonder." -- Suzy Kassem

"The man armed with knowledge has a better chance of survival than the man who is simply the fittest. Knowledge is the true strength. Muscle is where the myth is." -- Suzy Kassem

"Comedy is a necessity to get through life with the fewest scars. Humor is the best antidote to help relieve all struggles." -- Suzy Kassem

"Faith is the flame that eliminates fear." -- Suzy Kassem

"Take care of your life force and always keep it streaming. Always be active and creative, and never ever stop dreaming." -- Suzy Kassem

"The number of ways you can live in one lifetime is limitless. So why limit yourself? The sky is NOT the limit. Beyond the universe is." -- Suzy Kassem

"When you find yourself in the thickness of pursuing a goal or dream, stop only to rest. Momentum builds success." -- Suzy Kassem

"I would rather die fighting for what is right, than live passively amidst all that is wrong." -- Suzy Kassem

"Always surround yourself with friends that have plenty of light in them. That way, you will always have candles around you when days are dark." -- Suzy Kassem

"Stand up to ignorance, because if you don't, the ignorant will run free to spread ignorance like a disease." -- Suzy Kassem

"Stand up for what is right, regardless of who is committing the wrong." -- Suzy Kassem

"A lion of truth never assumes anything without validity. Assumptions are quick exits for lazy minds that like to graze out in the fields without bother." -- Suzy Kassem

"Stand up for what is right even if you stand alone." -- Suzy Kassem

"Always stand up for Truth regardless of who steps on it." -- Suzy Kassem

"Nothing exists without a purpose. Every experience you have in this lifetime was written for you to grow into the light (person) you were meant to become." -- Suzy Kassem

"Stand up for what is right even if you are standing alone." -- Suzy Kassem

"Language is a serious weapon in shining and sharing Truth. It is also a serious weapon used in its distortion." -- Suzy Kassem

"Before you examine the body of a patient, be patient to learn his story. For once you learn his story, you will also come to know his body." -- Suzy Kassem

"Stand up to ignorance, because if you don't, the ignorant will run free to spread ignorance like a disease. " -- Suzy Kassem

"Stand up for what is right, regardless of who is committing the wrong." -- Suzy Kassem

"A lion of truth never assumes anything without validity. Assumptions are quick exits for lazy minds that like to graze out in the fields without bother." -- Suzy Kassem

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"Always stand up for Truth regardless of who steps on it." -- Suzy Kassem

"Stand up for your conscience. Use light to reveal what is concealed in the darkness. Use truth to fight the lies, and the heart to fight the mind." -- Suzy Kassem

"Nothing exists without a purpose. Every experience you have in this lifetime was written for you to grow into the light (person) you were meant to become." -- Suzy Kassem

"Stand up for what is right even if you are standing alone." -- Suzy Kassem

"Stand up for what is right against the wrong." -- Suzy Kassem

"Stand up for what you believe in even if you are standing alone." -- Suzy Kassem

"Stand up for what is right even if you are standing alone." -- Suzy Kassem

"Stand up for TRUTH regardless of who steps on it." -- Suzy Kassem

"Speak truth and you will be attacked by the untruthful. Speak about absolutely nothing, and nothing will speak back, but then nothing will ever change." -- Suzy Kassem

"Stand up to hypocrisy. If you don't, the hypocrites will teach. Stand up to ignorance, because if you don't, the ignorant will run free to spread ignorance like a disease. Stand up for Truth! If you don't, then there is no Truth to your existence. If you do not stand up for all that is right, then understand that you are part of the reason why there is so much that is wrong in the world." -- Suzy Kassem

"Stand up for what you believe in even if it means standing alone." -- Suzy Kassem

"Stand up for what you believe in even if you stand alone." -- Suzy Kassem

"Stand up for Truth regardless of who steps on it." -- Suzy Kassem

"Stand up for what is right regardless of who is committing the wrong." -- Suzy Kassem

"Stand up for what is right even if it means standing alone." -- Suzy Kassem

"Stand up for what is just against the unjust." -- Suzy Kassem

"Stand up for what is right even if you stand alone." -- Suzy Kassem

"Stand up for Truth even it means standing alone." -- Suzy Kassem

"Stand up for what is right against the wrong." -- Suzy Kassem

"Stand up for what is right even if you are standing alone." -- Suzy Kassem

"You are not for the left or right team, but for what is right against the wrong." -- Suzy Kassem

"Stand up! Stand up for what is fair against the unfair." -- Suzy Kassem

"Stay original. Originals are worth more than copies." -- Suzy Kassem

"Be original. An original is worth more than a copy." -- Suzy Kassem

"Be yourself. An original is always worth more than a copy." -- Suzy Kassem

"Be yourself because an original is worth more than a copy." -- Suzy Kassem

"Never follow a follower who is following someone who has fallen. It's why the whole world is falling apart." -- Suzy Kassem

"There is nothing that threatens a corrupt system more than a free mind." -- Suzy Kassem

"Speak up, stand up, and keep correcting the false perceptions. Stay true to your heart's views and keep chanting for peace and justice." -- Suzy Kassem

"Love the person who loves you unconditionally, and abandon the one who only loves you under favorable conditions." -- Suzy Kassem

"Unity is a beast in itself. If a wolf sees two little boys playing in the woods on one side, and a big strong man on the other, he will go to the one who stands alone." -- Suzy Kassem

"Ignorance is not bliss. It is the kiss of death." -- Suzy Kassem

"Truth is as straight as an arrow, while a lie swivels all over the place. You can hide Truth under a doormat, but eventually the mat will rise very high with Time -- forcing it to reveal all the truths it conceals." -- Suzy Kassem

"Humanity is lost because people have abandoned using their conscience as their compass." -- Suzy Kassem

"Sometimes God will place a wall on your path to force you to go in another direction." -- Suzy Kassem

"Not a single bird makes its first leap from a tree without faith, and not a single animal in the jungle begins its day without faith. Faith is the flame that eliminates fear, and faith is the emperor of dreams." -- Suzy Kassem

"Many people will never learn the lessons meant for them in this lifetime, nor become the person they were meant to be, simply because they are too busy being someone else." -- Suzy Kassem

"There is at least one truth to every myth, and it takes one truth to create a lie. Lies can be formed from Truth; however, Truth cannot be formed from lies." -- Suzy Kassem

"Empathy nurtures wisdom. Apathy cultivates ignorance." -- Suzy Kassem

"Only the beautiful can acknowledge all that is beautiful, and only the ugly can acknowledge all that is ugly as being beautiful. Beauty is in the heart of the beholder." -- Suzy Kassem

"Teach all men to fish, but first teach all men to be fair. Take less, give more. Give more of yourself, take less from the world. Nobody owes you anything, you owe the world everything." -
- Suzy Kassem

"Truth is first felt in the heart before the mind. Those that look for truth through the mind before the heart will never find Truth." -- Suzy Kassem

"Knowledge is as infinite as the universe. The man who claims to know all, only reveals to all that he really knows nothing." -- Suzy Kassem

"There is no light greater than truth and it shines at the heart of all creation." -- Suzy Kassem

"Every flower blooms at a different pace." -- Suzy Kassem

"You are a valuable instrument in the orchestration of your own world, and the overall harmony of the universe. Always be in command of your music. Only you can control and shape its tone. If life throws you a few bad notes or vibrations, don't let them interrupt or alter your song." --
Suzy Kassem

"No effect occurs without cause, and no cause occurs without effect. No unjust action goes without penalty, and no action or thought flows unnoticed throughout the universe." -- Suzy Kassem

"Fiercely guard the passions burning inside your heart so that their flames can safely reach the highest ceilings of success without the eyes of envy." -- Suzy Kassem

"Being different and thinking differently make a person unforgettable. History does not remember the forgettable. It honors the unique minority the majority cannot forget." -- Suzy Kassem

"Truth is as straight as an arrow, while a lie swivels like a snake." -- Suzy Kassem

"To test a man's ego, simply ask him a complicated question. A good person will never be afraid to admit they don't know the answer to something. And only when a man has fully dismantled his ego, can he begin to be truly good." -- Suzy Kassem

"Did you know that wherever you find fool's gold, real gold exists somewhere nearby? This also goes for relationships and friendships. Real gold is found in the heart. For every piece of fake gold that you discard, remember that true gold isn't too far." -- Suzy Kassem

"Great people will always be mocked by those who feel smaller than them. However, a lion does not flinch at laughter coming from a hyena. A gorilla does not budge from a banana thrown at it by a monkey. A nightingale does not stop singing its beautiful song at the intrusion of an annoying woodpecker." -- Suzy Kassem

"Speak kind words to mankind and the unkind will attack you. Speak common sense using all your senses, and you will be attacked by the senseless. Speak truth and you will be attacked by the untruthful. Speak about absolutely nothing and absolutely nothing will speak back, but then nothing at all will ever change." -- Suzy Kassem

"To know God, know your heart (conscience). After you know your heart, you will learn to see God in all things. Truth can only be seen by those with Truth in them." -- Suzy Kassem

"Had mankind listened to the Creator when he advised his children to never create his image, or give him a name, then humanity would not be so confused and divided in believing that every faith is worshiping a different god." -- Suzy Kassem

"More souls become casualties of war than physical bodies. War is a soul-shattering experience for the innocent." -- Suzy Kassem

"Eliminate the concept of division by class, skills, race, income, and nationality. We are all equals with a common pulse to survive. Every human requires food and water. Every human has a dream and desire to be happy. Every human responds to love, suffering and pain. Every human bleeds the same color and occupies the same world. Let us recognize that we are all part of each other. We are all human. We are all one." -- Suzy Kassem

"Be different. Be original. Nobody will remember a specific flower in garden loaded with thousands of the same yellow flower, but they will remember the one that managed to change its color to purple." -- Suzy Kassem

"One who gossips usually carries boredom in one hand and bitterness in the other." -- Suzy Kassem

"Killing in the name of religion defines someone who is ignorant and actually void of religion. God does not condone terror. To kill innocent people to make a political statement is like shooting a dove to say hunting is wrong." -- Suzy Kassem

"Like a lotus plunging to the surface of a pond to embrace the light from its muddy darkness, truth always rises with time." -- Suzy Kassem

"Keep creating new chapters in your personal book and never stop re-inventing and perfecting yourself. Travel and explore other cultures. Never stay in the same city or state for more than five years of your life. Take control of your life, and never allow limitations implanted by society, tell you how your music is supposed to sound — or how your book is supposed to be written." -- Suzy Kassem

"Nobody will ever reach ultimate perfection in this lifetime, but trying to achieve it is a full-time job. Start now and don't stop. Make your book of life a musical. Never abandon obligations, but have fun leaving behind a colorful legacy. Never allow anybody to be the composer of your own destiny. Take control of your life, and never allow limitations implanted by society, tell you how your music is supposed to sound — or how your book is supposed to be written." -- Suzy Kassem

"People reject what they do not understand because it makes them feel small. They would rather believe in some other reality, even if it is only an illusion, so long as it makes them feel bigger." -
- Suzy Kassem

"Truth is as straight as an arrow, while a lie swivels like a snake." -- Suzy Kassem

"Truth can only be seen by those with truth in them." -- Suzy Kassem

"Time has always been the greatest ally to Truth, because Time eventually relieves and reveals all." -- Suzy Kassem

"The human body resonates at the same frequency as Mother Earth. So instead of only focusing on trying to save the earth, which operates in congruence to our vibrations, I think it is more important to be one with each other. If you really want to remedy the earth, we have to mend mankind. And to unite mankind, we heal the Earth. That is the only way. Mother Earth will exist with or without us. Yet if she is sick, it is because mankind is sick and separated. And if our vibrations are bad, she reacts to it, as do all living creatures." -- Suzy Kassem

"Your heart is your temple." -- Suzy Kassem

"The smaller the creature, the bolder its spirit." -- Suzy Kassem

"The past is done. The future is a blank canvas. Work on creating a masterpiece. Only you who have the power to make your painting beautiful." -- Suzy Kassem

"They say that wisdom comes from suffering. This is not true. Wisdom comes from having unconditional empathy for all mankind. Any man filled with empathy is capable of gaining valuable insights on the human condition through the suffering of others. You do not need to suffer to know suffering, but you need empathy first to identify and feel the suffering of others around you. If you do not feel love for all mankind, nor see everyone around you as a valuable human and an extension of yourself, then you will never feel real empathy." -- Suzy Kassem

"A truly good person will speak truth, act with truth, and stand for truth. A truly good person is not afraid to think from their heart; therefore, allowing nonconformist decisions, viewpoints, and perspectives to lead their life. By following their heart, they stand with their conscience, and only with God." -- Suzy Kassem

"When two brothers are busy fighting, an evil man can easily attack and rob their poor mother. Mankind should always stay united, standing shoulder to shoulder so evil can never cheat and divide them." -- Suzy Kassem

"Every man will fall at some point in their life. But do remember, you are a reflection of the universe and every man experiences the seasons within. Meaning, you will fall many times, but also spring back up." -- Suzy Kassem

"True cool is an attitude that is projected from a person who is extremely comfortable in their own skin. Cool people have the ability to forge their own paths, stand apart from the herd, and not give a damn about fitting in. A person who is truly cool is a work of art. And remember, original works of art cost exponentially higher than imitations. Just take a look at the the coolest people in history. They will always be a part of history for being extremely original individuals, not imitations." -- Suzy Kassem

"You are not just for the right or left, but for what is right over the wrong." -- Suzy Kassem

"The people of today would rather stand next to a man with no substance but covered in gold, rather than the man with substance and wisdom of gold. What if God was dressed as a carpenter with dirty nails and beaten boots? Would you recognize your Maker? Would you give him your time? Your vote? A cup of tea or water? Only those with truth in them will recognize truth. And you must learn to recognize all that is untrue to get the truth." -- Suzy Kassem

"To become a true global citizen, one must abandon all notions of 'otherness' and instead embrace 'togetherness'." -- Suzy Kassem

"Stay original always. Originals cost more than imitations." -- Suzy Kassem

"Allow your hearts to be driven by principle, not bias. Love, not hate. Unity, not division. The fire of your dreams, not the rain of your sorrows." -- Suzy Kassem

"If we want truth and justice to rule our global village, there must be no hypocrisy. If there is no truth, then there will be no equality. No equality, no justice. No justice, no peace. No peace, no love. No love, only darkness." -- Suzy Kassem

"Whenever you should doubt your self-worth, remember the lotus flower. Even though it plunges to life from beneath the mud, it does not allow the dirt that surrounds it to affect its growth or beauty." -- Suzy Kassem

"There is no light greater than truth, and it shines at the heart of all creation." -- Suzy Kassem

"You can't judge a book by its cover, but you can judge a man by his vibrations." -- Suzy Kassem

"Never judge someone's character based on the words of another. Instead, study the motives behind the words of the person casting the bad judgment." -- Suzy Kassem

"Regardless of your chosen faith, at the end of your life's journey, your heart will be measured in two ways. One, the weight of your conscience must far outweigh the weight of a feather. Two, any impurities in your heart must weigh no more than one feather. The purer your heart, the lighter your spirit will be. The lighter your spirit, the closer to light it will float. The closer to light it is permitted to go, the higher it will float. The higher it floats, the closer to God you will be. Heaven has seven layers. The vibrations of your good deeds, which will be reflected by the weight of your conscience and the purity of your heart, will determine the layer in which your soul will reside. Your goal is to make your heart as light as a feather. The heavier the heart, the more chained to this hell it will remain." -- Suzy Kassem

"To be successful, one has to be one of three bees - the queen bee, the hardest working bee, or the bee that does not fit in. One success is inherited, and the next one is earned. While the last one is self-sought, self-served, and happens on its own terms." -- Suzy Kassem

"Everybody has a little bit of the sun and moon in them. Everybody has a little bit of man, woman, and animal in them. Darks and lights in them. Everyone is part of a connected cosmic system. Part earth and sea, wind and fire, with some salt and dust swimming in them. We have a universe within ourselves that mimics the universe outside. None of us are just black or white, or never wrong and always right. No one. No one exists without polarities. Everybody has good and bad forces working with them, against them, and within them." -- Suzy Kassem

"To know the good from the bad, measure the heart. Actions reveal the true coloring of one's heart, not their intentions." -- Suzy Kassem

"If all men are made in God's reflection, then why do some people continue to acknowledge only what is in their part of the mirror? If every man was created equal and in the image of God, then how can any man claim that one race is better than another?" -- Suzy Kassem

"A pineapple is a compilation of berries that grow and fuse together. When joined, they create a single fruit. And within each eyelet, contains a location where a flower may grow. I see the Creator of all existence as the crown on a pineapple, and all religions of the world as the spiky eyelets, where each eyelet symbolizes a different religion or race under the same crown. Each garden of faith may have different perspectives of God, yet every garden belongs to the same God. It was not God who created many different brands of religion. It was man. God only had

one truth, one message. It was man who created many images and distortions of "God", thus creating barriers, and confusing all of mankind from seeing that his message is one and the same. This is what the "All- Knowing" true God wanted to prevent. Every religion in the world promotes the exact same morals, values, and virtues - and with a judgment system. Mankind could eliminate all the division and confusion in the world just by agreeing to collectively make the 10 commandments the universal moral system for all of mankind. After all, these basic moral laws are mentioned in all religions regardless of what they are called. Once we can get all of mankind to see and promote our commonalities over differences, then we can also collectively and passionately enforce equality, truth and justice as the laws of every land. Then there will be stability, prosperity and true peace for all. If we do not, then language, religious, and cultural barriers will continue to prevent us from seeing that we are all ONE.

Does a pineapple have to be called a pineapple in English in another country for an English-speaking person to know what it is? No. A pineapple has a different name in every country, but even a child can still tell it's a pineapple. So why can't we judge mankind the same way? No matter how you dress a human, a human is still a human. And all humans grieve, love, and bleed the same way. How hard is it to see that we are all more similar than different? God did not disconnect mankind, man did. When I read religious books that condone the worship of many gods, I can tell those words are man-made, for the ONE TRUE GOD would already know that these many gods found in Ancient Greece, Egypt, and Hinduism are just different unique parts of him that make up his WHOLE. After all, God is "All-Knowing". So how could he not know this obvious truth? Divine geometry is built on this foundation, and it was he who designed this sacred formula replicated throughout Nature. Thus, I do not believe that God shuns the reflections of his many parts, so long as followers do not confuse them as unique entities to him, but that these parts are given images and names. And had mankind listened to the Creator when he advised his children to never create his image or give him a name, then humanity would not be so confused and divided in believing that every faith is worshiping a different god." -- Suzy Kassem

"Just because a man is dressed in a clean white robe does not mean his heart and hands are clean. Any man who neglects his conscience is a dangerous animal. Never judge a man by his image. Images can be bought or produced by any Hollywood producer, marketing team or fleet of stylists. Even kids know how to wear amazing costumes for Halloween. Always judge a man by the coloring of his heart and only his heart. Truth can be found in his record of actions, not intentions." -- Suzy Kassem

"Had mankind listened to the Creator when he advised his children to never create his image or give him a name, then humanity would not be so confused and divided in believing that every faith is worshiping a different god." -- Suzy Kassem

"Have faith in your skills. Doubt kills more dreams than failure ever will." -- Suzy Kassem

"If man could write his own fate, he would have designed his journey to be without obstacles. Yet all obstacles come with valuable lessons designed just for you and only you. Suffering is imposed on us time and again so that one day we would become brave wise masters. That is, a strong being who is confidently aware of their intended direction in life, and fearlessly adding value to the world and their future." -- Suzy Kassem

"In another thirty to fifty years, the demand for cheap labor will have produced even more machines over the employment of actual humans. And in that time frame, humans will have lost their voice, their power, all freedoms, and all worth. It is inevitable that machines will one day become the ultimate enemies of mankind. We are not evolving or progressing with our technology, only regressing. Technology is our friend today, but will be our enemy in the future. In the short run, technology may be more efficient than man, but it will never be perfect. Every piece of equipment will eventually reveal an error code. In the long run, man will never be perfect, but prove to be more reliable than technology." -- Suzy Kassem

"Study the behavior of animals and you will understand human psychology and sociology. Study a flower excited under sunlight, and you will understand how all living things respond to light. The Almighty has provided everything in nature. Observe nature and you will grow. The cures of all illnesses are found in nature in the shapes of the body parts they were created to cure." -- Suzy Kassem

"Right from the moment of our birth, we are under the care and kindness of our parents. Later on in life, when we are oppressed by sickness and become old, we are again dependent on the kindness of others. Since we are dependent on the kindness of others at the beginning and end of our lives, then how can we neglect projecting kindness towards others in the middle of our lives, when it is our best time to share it?" -- Suzy Kassem

"If you study the rhythm of life on this planet, you will find that everything moves in perfect symphony with everything else — by grand divine design. The earth has the ability to heal and regenerate itself, just as our oceans have the ability to replenish themselves by turning over their debris with the waves to wash them ashore. This perfect orchestration of the cycle of life is one of the Creator's greatest and most beautiful miracles. The earth will continue to exist with or

without us. So the real concern should be, will we be able to continue to co-exist with each other?" -- Suzy Kassem

"The spirit is one of the most neglected parts of man by doctors and scientists around the world. Yet, it is as vital to our health as the heart and mind. It's time for science to examine the many facets of the soul. The condition of our soul is usually the source of many sicknesses." -- Suzy Kassem

"We need to eliminate the concept of division by class, skills, race, income, religion, and nationality. Every human requires food and water to survive and every human has a heart that bleeds, loves, and grieves." -- Suzy Kassem

"A wealth of knowledge is openly accessible in nature. Our ancestors knew this and embraced the natural cures found in the bosoms of the earth. Their classroom was nature. They studied the lessons to be learned from animals, knowing that much of human behavior can be explained by watching the wild beasts around us. Animals are constantly teaching us things about ourselves and the way of the universe, but most people are too blind to watch and listen." -- Suzy Kassem

"The world citizen is a small leaf on the giant tree of life. They do not see a difference between the branch they were born on and the remaining branches on the tree, because they understand well that we are all connected to the same roots. The world citizen sees each section of the world as part of their arm, leg, eyes, and heart. They do not class, contain or separate their identity by ethnicity or religion -- because they see their existence as a small part of a greater whole. When asked about their religion, the world citizen simply replies: 'My heart.'" -- Suzy Kassem

Had mankind listened to the Creator when he advised his children to never create his image or give him a name, then humanity would not be so confused and divided in believing that every faith is worshipping a different god." -- Suzy Kassem

"Nobody can turn you into a slave unless you allow them. Nobody can make you afraid of anything, unless you allow them. Nobody can tell you to do something wrong, unless you allow them. God never created you to be a slave, man did. God never created division or set up any

borders between brothers, man did. God never told you hurt or kill another, man did. Why is man your god and not the Creator?" -- Suzy Kassem

"Excel at doing what your passion is and only focus on perfecting it. Eventually people will see what you are great at doing, and if you are truly great, success will come chasing after you. Those that chase after success are flowers with bulbs that fade out early. Those that have success chasing after them, become eternal flowers." -- Suzy Kassem

"The greater the spirit, the more one is alone." -- Suzy Kassem

"Destiny is manifested only through action. You cannot be the captain of your own destiny, only the sailor, because we cannot control external influences that may alter the stability or direction of our ships. Once you understand this basic principle, you won't be so hard on yourself when things don't go your way. If man could write his own fate, he would have designed his journey to be without obstacles. Yet all obstacles come with valuable lessons designed just for you and only you. Suffering is imposed on us time and again so that one day we would become brave wise masters. Faith keeps our ships moving, while empathy and the memories of our experiences lead to wisdom." -- Suzy Kassem

"Whatever your passion is, keep doing it. Don't waste time chasing after success or comparing yourself to others. Every flower blooms at a different pace. Excel at doing what your passion is and only focus on perfecting it. Eventually people will see what you are great at doing, and if you are truly great, success will come chasing after you." -- Suzy Kassem

"Even animals have a conscience. Those in the jungle KILL only to eat, not live to kill. This is why we often see packs of predators focusing on just one kill, instead of targeting many. Even animals exercise reason. I have seen a mother lion taking care of a baby antelope, and a mother elephant taking care of a baby lion. The primal need to eat is unavoidable, yet even under severe hunger stretches, the desire to love can sometimes overcome the desire to eat." -- Suzy Kassem

"To enjoy each breathing day, you have to set time aside to play." -- Suzy Kassem

"Life is no different than the weather. Not only is it unpredictable, but it shows us a new perspective of the world every day." -- Suzy Kassem

"Every nation needs two wings to fly. Any bird torn at the wings will never soar the skies." -- Suzy Kassem

"Learn to love people unconditionally. The light of love sees no walls." -- Suzy Kassem

"God would prefer us all to be united than divided. The devil would prefer us all to be divided than united. God prefers the man who loves than the one who hates. The devil prefers the man who hates than the one who loves." -- Suzy Kassem

"We become responsible for the actions of others the instant we become conscious of what they are doing wrong and fail to remind them of what is right." -- Suzy Kassem

"We will never know peace and stability in the world without balance. And we will never know balance without justice for all. Yet, justice exists only where there is fairness and equality -- when every man and country is treated and viewed equally. No country should be given power over another, and no country should be granted privileges that are denied to others. Eliminate the hypocrisy." -- Suzy Kassem

"We lift up men who only show us darkness, and put down those brave enough to show us light. Likewise, people engage in darkness when it is light outside, and acknowledge the light only when it is dark. We abandon those fighting for us to cheer behind those fighting against us. And, we only remember good people and God when it is convenient to us -- and take them for granted because their doors are always open, only to chase after closed doors and personalities void of truth." -- Suzy Kassem

"A great emperor is born from one tiny sperm. A large eagle grows from one small egg. A giant tree grows from one tiny seedling. For the newborn and wise, everything begins small. However it is faith that builds the staircase to your dreams. Always have faith in yourself and the universe,

for one will not get you anywhere without the other. Both must be equally strong to achieve your desires, for they are the wings that will lift you to your dreams." -- Suzy Kassem

"You were born a winner, a warrior, one who defied the odds by surviving the most gruesome battle of them all - the race to the egg. And now that you are a giant, why do you even doubt victory against smaller numbers and wider margins? The only walls that exist are those you have placed in your mind. And whatever obstacles you conceive, exist only because you have forgotten what you have already achieved." -- Suzy Kassem

"People nowadays talk about the world's problems like they're reading lines off a teleprompter. They recite what they're told and echo it without thinking. It has become easier to divide people than to unify them, and to blind them than to give them vision. We are no longer unified like a bowl of Cheerios. Instead, we have become as segregated as a box of Lucky Charms. Every day we see the same leprechauns on TV acting like they're the experts of everything." -- Suzy Kassem

"A good leader does not tell people to stand behind him. That position does not give anybody power but the leader. Today's politician isn't going to be the first marching to war, so why put that guy in front? Instead, a good leader tells people to stand beside him. That creates an invincible wall of people, and that's a force where everybody stands as a true equal." -- Suzy Kassem

"Future system busters will always seem like problem children. But the truth is, they just can't be compacted into any system, and can detect the flaws in them all." -- Suzy Kassem

"A lion of truth never assumes anything without validity. Assumptions are quick exits for lazy minds that like to graze out in the fields without bother." -- Suzy Kassem

"Always praise your kid even if he/she is unresponsive to learning. By insulting them and putting them down, you will only push them away and make them feel inadequate around other kids. Have faith that your child's brain is an evolving planet that rotates at its own speed. It will naturally be attracted to or repel certain subjects. Be patient. Just as there are ugly ducklings that turn into swans, there are rebellious kids that turn into serious innovators and hardcore intellectuals." -- Suzy Kassem

"My father taught me that learning is an endless process, and that there is no limit to the amount of knowledge a person can contain. You are never too old to learn something new, or too young to learn too much." -- Suzy Kassem

"Have faith in your skills, negative thoughts kill. Self-doubt will kill your dreams before others do. Doubt kills more dreams than failure ever will." -- Suzy Kassem

"All around the world, there are children wishing they had some cool sneakers like you do. But before you decide to give them your old pair, they'd first like a decent meal, some fluid, and some medication so they can walk comfortably in your shoes." -- Suzy Kassem

"Have faith that your child's brain is an evolving planet that rotates at its own speed. It will naturally be attracted to or repel certain subjects. Be patient. Just as there are ugly ducklings that turn into swans, there are rebellious kids that turn into serious innovators and hardcore intellectuals." -- Suzy Kassem

"Knowledge is as infinite as the universe. The man who claims to know all, only reveals to all that he really knows nothing." -- Suzy Kassem

"To tell your soul you love it, is like remembering who you are after being in a coma for a hundred years. Your face will beam the light of a hundred galaxies." -- Suzy Kassem

"Be different. Be original. Nobody will remember a specific flower in a garden filled with thousands of the same yellow flower, BUT they will remember the one that managed to change its color to purple." -- Suzy Kassem

"Truth is felt in the heart. This is why your heart should always be your ultimate temple. Sitting inside on a blue altar, is you're where you find your conscience. This is where all conversations with God stream." -- Suzy Kassem

"You have no control over how your story begins or ends. But by now, you should know that all things have an ending. Every spark returns to darkness. Every sound returns to silence. Every flower returns to sleep with the earth. The journey of the sun and moon is predictable. But yours, is your ultimate ART." -- Suzy Kassem

"Your mind can be your enemy or friend. If you always follow your heart, your mind will feel neglected. If you follow only your mind, your heart will never forgive you. Never ignore your conscience, yet always be conscious of reason. Make your heart and mind friends and you will have peace of mind throughout life's seasons." -- Suzy Kassem

"Love is meant to lift you up, not hold you down." -- Suzy Kassem

"Form is burden. Sometimes being part of the system enslaves the mind and greatly limits the imagination by enslaving it to form. Form is a burden to the mind that sees no limits. Form is a prison for the soul who sees possibilities outside the lines and wishes to test them." -- Suzy Kassem

"The Creator favors the man who loves over the man who hates. If you teach hatred to your children, one day your child will have that hatred reflected back onto them or onto you." -- Suzy Kassem

"Never trust the translation or interpretation of something without first trusting its interpreter. One word absent from a sentence can drastically change the true intended meaning of the entire sentence. For instance, if the word love is intentionally or accidentally replaced with hate in a sentence, its effect could trigger a war or false dogma." -- Suzy Kassem

"Some people have the coldest smiles, but have the tenderest hearts. And many have the most tender smiles, but carry the coldest hearts. You cannot judge a man by his smile, but you CAN judge a man by his heart. The smallest actions reveal the most about a heart's true color, so pay attention to them. Actions are the true words of the heart." -- Suzy Kassem

"We are all beautiful instruments of God. He created many notes in music so that we would not be stuck playing the same song. Be music always. Keep changing the keys, tones, pitch, and volume of each of the songs you create along your journey and play on. Nobody will ever reach ultimate perfection in this lifetime, but trying to achieve it is a full-time job. Start now and don't stop. Make your book of life a musical. Never abandon obligations, but have fun leaving behind a colorful legacy. Never allow anybody to be the composer of your own destiny. Take control of your life, and never allow limitations implanted by society, tell you how your music is supposed to sound — or how your book is supposed to be written." -- Suzy Kassem

"We all have supernatural powers, but have not been educated on how to use them. That is why they are called SUPER-NATURAL. They are already super NATURAL to US!" -- Suzy Kassem

"Like the weather or bonds between lovers, transformations cannot always be predicted. All energy transmutes one day or another, in one way or another. Either in its form or composition. Or in its position or disposition." -- Suzy Kassem

"When a child keeps asking you to tell him/her a story, what they instinctively really want to know -- is their true purpose and mission in life. Sadly, this knowledge was never sought out by their parents, and explains why children's books are a very hot and lucrative industry. Instead of telling your child the truth of our history and existence, you are conditioned by society to simply read your kid a fairytale." -- Suzy Kassem

"A good man would never harm or oppress another. A good man will share his last morsel of food with others in need, and die of hunger when he no longer has any food -- instead of cheat or steal from others to survive. Selflessness. Humility. Truthfulness. These are the three marks of an honorable man." -- Suzy Kassem

"Thought before word. Never word before thought." -- Suzy Kassem

"Understanding languages and other cultures builds bridges. It is the fastest way to bring the world closer together and to Truth. Through understanding, people will be able to see their similarities before differences." -- Suzy Kassem

"We cannot control the way people interpret our ideas or thoughts, but we can control the words and tones we choose to convey them. Peace is built on understanding, and wars are built on misunderstandings. Never underestimate the power of a single word, and never recklessly throw around words. One wrong word, or misinterpreted word, can change the meaning of an entire sentence -- and even start a war. And one right word, or one kind word, can grant you the heavens and open doors." -- Suzy Kassem

"The stomach is the seat of all feeling. The heart is the seat of the conscience. The mind is the seat of the ego. Your body is the seat of the soul. When a man goes out in the night and looks up at the universe, he is observing a mirror of himself. The universe within us, is a reflection of the universe we see out our eyes." -- Suzy Kassem

"Your faith is your conscience, and your conscience is your faith. You cannot have faith without a conscience, but you can have a conscience without faith." -- Suzy Kassem

"Man was designed to be good with or without religion, yet the challenge for many is staying good. Some people claim to be religious but have no conscience, while some people without religion are very much aware of their conscience. Therefore, a religious label does not define your character or validate your worth. In the end, all men will be judged by the amount of truth in them and the weight of their hearts. The heavier the conscience, the heavier the truth. The lighter the heart, the higher it goes. The only spiritual currency one has in the afterlife is amassed in the form of light, in that, the amount you have depends on the weight of your words and deeds in the living. Conscience is everything. Conscience is what connects us to the truth and light of the highest power source of all. God. The cosmic heart of the universe." -- Suzy Kassem

"What you reject today, you could accept tomorrow. And what you accept today, you could reject tomorrow. Never say never unless you can predict the future." -- Suzy Kassem

"Did you know that wherever you find fool's gold, real gold exists somewhere nearby? This also goes for relationships and friendships. Real gold is found in the heart. For every piece of fake gold that you discard, remember that true gold isn't too far." -- Suzy Kassem

"Love is the most powerful form of energy, but science cannot decipher its elements. Yet the best cure for a sick soul is love, but even the most advanced physician cannot prescribe it as medicine." -- Suzy Kassem

"The world you are in is the true hell. The journey to Truth itself is what quickens the heart to become lighter. The lighter the heart, the purer it is. The purer the heart, the closer to light it becomes. And the heavier the heart, the more chained to this hell it will remain." -- Suzy Kassem

"Behind every effect there is a cause. You can never eliminate an effect without first understanding its cause." -- Suzy Kassem

"Friends can become enemies, and enemies can become friends. Ego and pride can turn what is good into bad, and kind words can turn what is bad into something good." -- Suzy Kassem

"The devil would be powerless if he couldn't entice people to do his work. So as long as money continues to seduce the hungry, the hopeless, the broken, the greedy, and the needy, there will always be war between brothers." -- Suzy Kassem

"Any system that values profit over human life is a very dangerous one indeed." -- Suzy Kassem

"Your faith is your conscience, and your conscience is your faith. You cannot have faith without a conscience, but you can have a conscience without faith. Man was designed to be good with or without religion, yet the challenge for many is staying good. Some people claim to be religious but have no conscience, while some people without religion are very much aware of their conscience. Therefore, a religious label does not define your character or validate your worth. In the end, all men will be judged by the amount of truth in them and the weight of their hearts. The heavier the conscience, the heavier the truth. The lighter the heart, the higher it goes." -- Suzy Kassem

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"The best minds come from the most unexpected faces and places. There is no image for intelligence or genius. Genius is something that cannot be seen. It cannot be produced or manufactured. It is something that even the true genius thinks is unattainable. The genius recognizes he's just a small pea in a sea of infinite atoms. Knowledge is as infinite as the universe. The man who claims to know all, only reveals to all that he really knows nothing." -- Suzy Kassem

"You can create many lies from Truth, but you cannot create any truths from lies." -- Suzy Kassem

"You cannot judge a man by his smile, but you can judge a man by his heart. The smallest actions reveal the most about a heart's true color, so pay attention to them. Actions are the true words of the heart." -- Suzy Kassem

"Even animals have a conscience. Those in the jungle KILL only to eat, not live to kill. This is why we often see packs of predators focusing on just one kill -- instead of targeting many. Even animals exercise reason. I have seen a mother lion taking care of a baby antelope, and a mother elephant taking care of a baby lion. The primal need to eat is unavoidable, yet even under severe hunger stretches, the desire to love can sometimes overcome the desire to eat." -- Suzy Kassem

"Every relationship needs two wings to fly. Any bird torn at the wings will never soar the skies." -- Suzy Kassem

"Truth can only be seen by those with truth in them." -- Suzy Kassem

"Fear kills more dreams than failure ever will." -- Suzy Kassem

"Never discount a country by their size or resources. What may not be useful to yours, could be greatly beneficial to other lands in need. Everything exists with a purpose. True wealth is what cannot be seen. While one country can have a huge powerful military, another land may lack the budget and manpower to compete with it --- but be filled with happy citizens." -- Suzy Kassem

"Love is the sister to Truth, but they differ in two ways. You must go to Truth to find her. She will never come looking for you. However, you are never to go looking for her sister Love. Love will find you in your own divine timing, when you are ready for her. So don't look, she will come. She always does." -- Suzy Kassem

"A man of God would never burn or harm a temple of any kind -- regardless of religion. A true man of God would see every temple or divine mansion built to glorify THE CREATOR -- as an extension of the temple closest to his home, regardless of its shape, size, or color. A man who truly recognizes and knows God can see God in all things. Truth can only be seen by those with truth in them." -- Suzy Kassem

"How a man perceives substance dictates the amount of substance in a man. To know the depth of anyone's true substance, simply measure the weight of what consumes and excites their inner drive." -- Suzy Kassem

"To seek truth requires one to ask the right questions. Those void of truth never ask about anything because their ego and arrogance prevent them from doing so. Therefore, they will always remain ignorant. Those on the right path to Truth are extremely heart-driven and childlike in their quest, always asking questions, always wanting to understand and know everything — and are not afraid to admit they don't know something. However, every truth seeker does need to breakdown their ego first to see Truth. If the mind is in the way, the heart won't see anything." -- Suzy Kassem

"To seek truth requires one to ask the right questions. Those void of truth never ask about anything because their ego and arrogance prevent them from doing so." -- Suzy Kassem

"Time has always been the greatest ally to Truth, because eventually Time relieves and reveals all." -- Suzy Kassem

"A man who tells you to follow him, will turn his followers into his company. While a true leader who does not tell you to follow him, will sit in the company of his followers." -- Suzy Kassem

"Never fear Death for you will feel aroused by his sleep. Never cheat death or he will slap you with a sentence of misery for the defeat." -- Suzy Kassem

"Even heaven would become hell if you were alone in it, or away from a loved one. And even if you were with your loved one, but in hell, eventually you would cry to have you and your loved one together in heaven. So to create your own heaven on earth, make sure you and your loved one are in a place you both love, because what could be heaven for one, could be hell for the other." -- Suzy Kassem

"In love, treat your relationship as if you are growing the most beautiful flower. Keep watering it, tend to its roots, give it lots of sunlight, and always make sure the petals are full of color and are never curling. Once you neglect your plant, it will die, as will your relationship." -- Suzy Kassem

"It does not matter what religion you are as long as your conscience guides your words and actions. We are all reflections of God means we are all reflections of his image -- which is LIGHT. There is only one God and that is the cosmic heart of the universe -- whatever you choose to call him or her. The heart within us is what connects us to God (the heart of the universe). This super basic concept is preached in all religions. God is TRUTH and LIGHT. Only through your conscience do you connect to him." -- Suzy Kassem

"Everyone should strive to become a world citizen. Boundaries were created by man, not the Creator. There is no such thing as THEM vs. US. There is only 'WE'." -- Suzy Kassem

"If a wolf sees two little boys playing in the woods on one side, and a big strong man on the other, he will go to the one who stands alone." -- Suzy Kassem

"A good leader leads with compassion and love, not fear and blood. A country that harms its people because they are not happy with the leader -- is not a country that belongs to the people, but to the leader." -- Suzy Kassem

"Initiative without action is the same as having the mind to acknowledge a problem, but not having the heart to see it through." -- Suzy Kassem

"Always listen to the voice of your conscience. If your conscience conflicts with your faith, question everything." -- Suzy Kassem

"It's time for everybody to start becoming conscious of their conscience." -- Suzy Kassem

"Being truthful is the new beautiful." -- Suzy Kassem

"True cool is an attitude that is projected from a person who is extremely comfortable in their own skin. Cool people have the ability to forge their own paths, stand apart from the herd, and not give a damn about fitting in. A person who is truly cool is a work of art. And remember, original works of art cost exponentially higher than imitations. Just take a look at the the coolest people in history. They will always be a part of history for being extremely original individuals, not imitations." -- Suzy Kassem

"The language of the heart is mankind's main common language." -- Suzy Kassem

"Our hearts resonate at the same frequency as the earth and the universe. Therefore, we are all valuable instruments in the orchestration of the world and its harmony. We must always be aware of the vibrations we emit individually and collectively. Always be in command of your music. Only you can control and shape its tone. If life throws you a few bad notes or vibrations, don't let them interrupt or alter your song." -- Suzy Kassem

"We must all work in harmony with each other to stand up for what is right, to speak up for what is fair, and to always voice any corrections so that the ignorant become informed and justice is never ignored. Every time a person allows an act of ignorance to happen, they delay our progress

for true change. Every person, molecule and thing matters. We become responsible for the actions of others the instant we become conscious of what they are doing wrong and fail to remind them of what is right." -- Suzy Kassem

"Your mentality shapes your reality. Control your vibrations and you are the master of your own harmony." -- Suzy Kassem

"Children make the best measurements of time. It is only when I see the son or daughter of a friend or relative over periods of time, do I realize how much time has passed based on how much they've grown." -- Suzy Kassem

"Allow your hearts to be driven by principle, not bias. Love, not hate. Unity, not division. The fire of your dreams, not the rain of your sorrows." -- Suzy Kassem

"Everybody has good and bad forces working with them, against them, and within them." -- Suzy Kassem

"Right from the moment of our birth, we are under the care and kindness of our parents. Later on in life, when we are oppressed by sickness and become old, we are again dependent on the kindness of others. Since we are dependent on the kindness of others at the beginning and end of our lives, then how can we neglect projecting kindness towards others in the middle of our lives, when it is our best time to share it?" -- Suzy Kassem

"In this busy modernized age, it's easy to be blind to the light all around us. You see, there truly are real angels living amongst us that look just like you and I. If you pay attention, you can spot one because they're quite easy to find. They're the souls with the eternally deep eyes that always act like something is broken inside, but fail to realize it's just their wings." -- Suzy Kassem

"Do not focus too much on the east and forget the west. And do not ignore the south, to speak for the north. What happens in the east has effects in the north, as the west has in the south. And do not focus on one species and ignore the other. Or love your father but ignore your mother, or

love your sister but ignore your brother. Do not forget each other. We are all part of each other. We are all ONE." -- Suzy Kassem

"There is no point drumming up noise about a cause, if you are not willing to take a beating for it." -- Suzy Kassem

"The first major step towards achieving true world peace, and one of the most important pinnacles in the evolution of mankind, is to shift people's perception of how they view wealth. If we can change the way consumers place value on material versus spiritual wealth, we can demolish the media. We can make the government work for us. We can have Big Business serving the vested interests of the people and we can put a halt to advertising puffery, toxic chemicals in our medicines and foods, wars, violence, and corruption. Peacemakers come from all trades. We can be and will be self-sufficient. It starts now. We far outweigh those setting the rules and limitations." -- Suzy Kassem

"Regardless of your chosen faith, at the end of your life's journey, your heart will be measured in two ways. One, the weight of your conscience must far outweigh the weight of a feather. Two, any impurities in your heart must weigh no more than one feather." -- Suzy Kassem

"The language of light can only be decoded by the heart." -- Suzy Kassem

"A memorable heart is the easiest way to immortality." -- Suzy Kassem

"The purer your heart, the lighter your spirit will be. The lighter your spirit, the closer to light it will float. The closer to light it is permitted to go, the higher it will float. The higher it floats, the closer to God you will be. Heaven has seven layers. The vibrations of your good deeds, which will be reflected by the weight of your conscience and the purity of your heart, will determine the layer in which your soul will reside. Your goal is to make your heart as light as a feather. The heavier the heart, the more chained to this hell it will remain." -- Suzy Kassem

"Stand up to hypocrisy. If you don't, the hypocrites will teach. Stand up to ignorance, because if you don't, the ignorant will run free to spread ignorance like a disease. Stand up for Truth! If you

don't, there is no Truth to your existence. If you don't stand up for all that is right, then understand that you are part of the reason why there is so much wrong in the world." -- Suzy Kassem

"Fear the vulture and the vulture will come. Fear nothing and you are the vulture." -- Suzy Kassem

"My heart is my temple and with it I can see and hear Truth. Only through my heart can I feel God. My heart is my conscience. Truth is God." -- Suzy Kassem

"From time to time, one must release the grime built up inside them to to free their emotions like the ocean." -- Suzy Kassem

"You may not understand issues that do not pertain to the heart, but be a master in areas that do. Nobody knows everything, and nobody can be a master of everything. Nobody was created perfect, and nobody should be measured according to perfection. It is the weight of your heart that matters the most in the end. All else is irrelevant." -- Suzy Kassem

"Most people will not stand up to injustice unless their comfort of living is severely threatened. This is because today's man does not care for the outside world so long as he has a roof over his head and four walls to contain his own." -- Suzy Kassem

"From time to time, one must release the grime built up inside them to to free their emotions like the ocean." -- Suzy Kassem

"The sun's rays have vision and give us vision. However, it is the birds eyes and the two invisible angels by your side that record everything. Nothing goes unnoticed throughout the universe. Wherever there is a vibration, there are eyes and ears. Some energies don't need ears or vision to see or hear, they can feel what is in your heart and tap into all your sins and fears." -- Suzy Kassem

"Beautiful is he who recognizes what is truly beautiful even if the surface is ugly. Truthful is he who says what is true even if the truth is ugly. Ugly is he who measures beauty by its exterior without first weighing the interior. And ugly is the man who judges harshly what he sees looking out without first judging what he sees in the mirror." -- Suzy Kassem

"You cannot change someone using fear, degradation, humiliation, or by comparing them to others. It can only be done through love, with love, for love. Love." -- Suzy Kassem

"Write and people will come to read. Write and people will heed to your words and share them with others. Not all may relate, but wait, and those that were meant to see it eventually will find it, for truth waits to be found. It searches for no one." -- Suzy Kassem

"I truly believe that all religions were descended to mankind in different styles and languages so that the natives of each land would be able to understand them. The underlying principles of all religions are the same even though their messengers came in different colors and voices. If you study all the religions of the world, you will find common correlations in all spiritual beliefs, and ancient texts often speak of the exact same entities even if though they have different names. The golden rule exists in every single religion, except Satanism. Truth is out there. We are all children from the same light source whatever He, She or It may be called. Period." -- Suzy Kassem

"We will never know peace in the world without balance. And we will never know balance without justice for all. Yet justice exists only where there is fairness and equality, when every man and country is treated and viewed equally. No equality, no justice. No justice, no peace." -- Suzy Kassem

"No man should be viewed as having more to offer the world than another. We are all equals and every human being has something of value in their composition which makes them unique, just as every country has their own unique resources to share with the world. Never discount somebody based on material wealth, for true wealth is what cannot be seen. Never discount a country by what they can't provide your country, while their resources may benefit other lands in need." -- Suzy Kassem

"There are over a million types of fish in the sea as there are flowers in all of the world's gardens. There are at least a million different types of rocks/minerals as there are species of birds or monkeys. To believe we are the only "intelligent beings" on this earth and beyond is ignorance. The possible configurations of lifeforms that could be created from a single atom are infinite. There are at least a billion people on this earth, and no two faces look the same. It is very arrogant to assume that we have seen all of God's miracles." -- Suzy Kassem

"Every soul on earth is equally precious, even those of plants and animals. If you see love in one area and not another, then you are not reflecting true love for all creatures on earth, only a deficiency in your senses. The light of love sees no walls." -- Suzy Kassem

"Every time a person allows an act of ignorance to happen (one word, thought or action), they delay our progress towards building a beautiful global garden for our children. Every person, molecule, and THING matters. All of our separate actions are a reflection of the actions of the whole." -- Suzy Kassem

"We become responsible for the actions of others the instant we become conscious of what they are doing wrong." -- Suzy Kassem

"Ignoring your conscience is the first violation of Truth." -- Suzy Kassem

"Your mind is reason, your heart is your conscience, and in your heart - you will find truth. This is why Truth is always recognized first by the heart. Our minds are simply there to reason with our conscience. The only thinking that matters is that which passes through the heart. Your heart is what connects you to the light of God. He who acts through his heart, truly stands by God. " -- Suzy Kassem

"Life is no different than the weather. Not only is it unpredictable, but it shows us a new perspective of the world every day." -- Suzy Kassem

"If an evil spirit had to hide from God, it would hide in a diamond. If an angel had to hide from the Devil, it would hide in rose quartz." -- Suzy Kassem

"What's the point of a spark of light if it stands alone? The key is, and will always be, synergy. Without it, each and every light being will forever feel broken, misplaced, and internally crippled." -- Suzy Kassem

"Illumination is nothing if you do not share it with anyone. Illumination is about spreading light across entire nations. It's about wearing that crown that shines like the sun on your head and getting other minds to synergize with yours." -- Suzy Kassem

"Pay no attention to pop culture, for it is what poisons our minds and divides our children. Materialism promotes negative values and egotism. Eliminate all of it. It is the plague of Big Business." -- Suzy Kassem

"We are taught to believe that the 'alienation' that we experience sometimes, when we withdraw from everything or feel alone, is a craving for something sexual, material, or in the physical - and can be cured by popping a pill in most cases. When in Truth, it's the circuitry within our hearts and minds that is hinting to be connected - to real flowing energy - outside of our TVs and computer monitors. What many of us mistaken for depression is actually a need to be understood, or to see desires come to fruition. There is absolutely nothing abnormal about feeling disconnected. Your sensitivity only means you are more human than most. If you cry, you are alive. I'd be more worried if you didn't." -- Suzy Kassem

"The birds are the eyes of heaven, and the flies are the spies of hell." -- Suzy Kassem

"Our hearts resonate at the same frequency as the earth and the universe." -- Suzy Kassem

"Your heart has a powerful little antenna and its vibrations can be felt throughout the universe." -
- Suzy Kassem

"The true test of a warrior is how your 'stance' holds up after any 'circumstance'. Meaning, how you stand up after the rain, a tornado, or blizzard (the unpredictable weather of life) is the

ultimate test of the strength of your spirit. Even through the stormiest weather, a warrior will still reflect the brilliant rays of the magnificent sun through both his or her eyes. You may get hit by sudden lightning or take severe beatings from the cruel wind, but you will always get back up to stand strong on your feet again, soak in the sunlight, and be prepared to get hit by even the most merciless hail — Time and Time again." -- Suzy Kassem

"What they teach you as history is mythology and true mythology is far from fantasy -- it is our true history. A bulk of our real history can be found in Egyptian and Greek mythology. Yes, myths reveal to us worlds of other dimensions that make up our true reality. History books teach us that the minds of the past operated on the same frequency, dimension, or level of consciousness as we do now. Not true at all." -- Suzy Kassem

"If you hold a candle close to you, its flame rises. And if you hold it away from you, its flame shrinks. The same way you hold a candle close to you, keep all your plans, aspirations, projects, and dreams close to you too. Do not share your plans or goals until you complete them, because as you hold your candle away from you, your goals will shrink in the eyes of others. Envy, jealousy, and resentment will put out your flame before it grows." -- Suzy Kassem

"I was thinking today about how everything turns in circles and spirals with the cosmic heart until infinity. Everything has a vibration that spirals INWARD or OUTWARD -- and everything turns together in the same direction at the same time. This vibration keeps going: it becomes born and expands or closes and destructs -- only to repeat the cycle again in opposite current. So, we can find out if we are going to end or awaken by studying how a shell on a snail or sea creature is being built. If we take one of these to a lab and observe the direction in which it creates its shell, we will know if we are going to destruct in this cycle or truly awaken." -- Suzy Kassem

"I have been finding treasures in places I did not want to search. I have been hearing wisdom from tongues I did not want to listen to. I have been finding beauty where I did not want to look. And I have learned so much from journeys I did not want to take. Forgive me Gracious One, for I have been closing my ears and eyes for too long. I have learned that miracles are only called miracles because they are often witnessed by only those who can see through all of life's illusions. I am ready to see what really exists on other side, what exists behind the blinds, and taste all the ugly fruit instead of all that looks right, plump and ripe." -- Suzy Kassem

"The more light in your composition, the more generous you are. You give without waiting to be asked. You give without expecting to be repaid. You give to strangers and even offer help to enemies. And sadly, because your light is so bright, you also attract tons of bugs and flies your way." -- Suzy Kassem

"It is only normal that people count losses with their minds, and ignore to count blessings with the graciousness of their hearts." -- Suzy Kassem

"When we continue to hate, we continue to lose. When we amplify mutual respect and love, we have a lot to gain. Quite simply, there is more for us to gain through love than hate." -- Suzy Kassem

"Everything turns, rotates, spins, circles, loops, pulsates, resonates, and repeats." -- Suzy Kassem

"Mankind should always stay united, standing shoulder to shoulder so evil can never cheat and divide them." -- Suzy Kassem

"Just like freedom, Truth is not cheap. Yet both are worth more than all the gold in the world. But what is freedom, if there is no truth? And what is truth, if there is no freedom? Both are worth fighting for — because one without the other would be hell." -- Suzy Kassem

"When you go against the flow of nature and betray the spiritual laws existing within, there will always be a negative reaction." -- Suzy Kassem

"Truth recognizes truth, just as a man with real talent is the first to recognize another with real talent. Likewise, superficiality attracts others with an artificial surface. Only the superficial applaud the superficial. A man of true substance rejects the superficial because he seeks only truth and depth. Based on this reasoning, you can easily measure the weight of any man's character just by observing who he admires." -- Suzy Kassem

"When the world shifts its focus on heart over mind, we will finally experience a beautiful global village for our children. He who speaks and acts through his heart, is truly tapped into the cosmic heart of the universe. Truth is in the heart, not the mind. He who needs his mind to understand everything, is not elevated. He has yet a very long way to go." -- Suzy Kassem

"People reject what they do not understand because it makes them feel small. They would rather believe in some other reality, even if it is only an illusion, so long as it makes them feel bigger." -
- Suzy Kassem

"Once you reject fear, you will become the perfect candidate to receive and reflect Truth." --
Suzy Kassem

"Choose a leader who will invest in building bridges, not walls. Morality, not corruption. Intellectualism and wisdom, not ignorance. Stability, not fear and terror. Peace, not chaos. Love, not hate. Convergence, not segregation. Tolerance, not discrimination. Fairness, not hypocrisy. Substance, not superficiality. Character, not immaturity. Transparency, not secrecy. Justice, not lawlessness. Environmental improvement and preservation, not destruction. Truth, not lies." --
Suzy Kassem

"A good leader does not tell people to stand behind him. That position does not anybody power but the leader. Today's politician isn't going to be the first marching to war, so why put that guy in front? Instead, a good leader tells people to stand beside him. That creates an invincible wall of people, and that's a force where everybody stands as a true equal." -- Suzy Kassem

"Eliminate the word HATE and replace it with LOVE. The words: hate, hatred, hating, haters, hate that, hate this...and so forth. Stop people when they say them. Stop people from expressing any of those words in action. Make the word HATE as old as GROOVY. The word LOVE has been proven to be the most beautiful word. Learn to use it and put it into action - any which way you can." -- Suzy Kassem

"It's very important to me to be respected by true talented artists and great minds than by the masses who need to be told how to think. It's more important for me to do things that are spiritually rewarding because that wealth is what makes me feel alive. I do not touch projects that do not yield personal fulfillment, or put me in a field with talent that is over-measured. You

won't find me where there is no Truth. And I'm not one to jump on any bandwagons or join a gold rush without a purpose. I'd rather create my own projects and grow my own fields." -- Suzy Kassem

"Stand up for what is right even if you are standing alone." -- Suzy Kassem

"There is no light greater than truth, and it shines at the heart of all creation." -- Suzy Kassem

"The perfect orchestration of the symphony of life is one of the Creator's greatest and most beautiful miracles." -- Suzy Kassem

"Birds were created to record everything. They were not designed just to be beautiful jewels in the sky, but to serve as the eyes of heaven." -- Suzy Kassem

"Stand up to hypocrisy. If you don't, the hypocrites will teach. Stand up to ignorance, because if you don't, the ignorant will run free to spread ignorance like a disease." -- Suzy Kassem

"If we want truth and justice to rule our global village, there must be no hypocrisy. If there is no truth, then there will be no equality. No equality, no justice. No justice, no peace. No peace, no love. No love, only darkness." -- Suzy Kassem

"Transformations are a part of life. We are constantly being changed by things changing around us. Nobody can control that. Nobody can control the environment, the economy, luck, or the moods of others. Compositions change. Positions change. Dispositions change. Experiences change. Opportunities and attitudes change. YOU will change. Never say never unless you can predict the future. Do not only remember people when you are down. Be good to others and always give to others when you can. Every man will fall at some point in their life. But do remember, you are a reflection of the universe and every man experiences the seasons within. Meaning, you will fall many times, but also spring back up. You will have sunny days, but also many bad days where you feel like dying. You never know when you will need help, and help will only remember you if you were good to them when you were UP. Not a single wave is constant. You are no different. You are like music, a moving composition of vibrations and

waves. You will experience happiness, sadness, pain and loss many times. Just learn to enjoy the music and never take setbacks too seriously. They are only temporary. And whenever you do fall, just remember that spring is just around the corner." -- Suzy Kassem

"Don't ever think of bad things that could happen, and you'll have a better chance of them never happening. Don't ever think about doing something bad to someone, because depending on the intensity of your mind waves, something bad could really happen to them. Think love. Be love. Breathe only love, and love you shall be. When you stress out, things will stress out around you. Always control your thoughts and pacify any unnecessary stress. Control your vibrations and you are the master of your own harmony." -- Suzy Kassem

"Being good does not necessarily draw more good your way. That's the part of "Attraction" most do not understand. When you are good, it's because you're sensitive to the need to be good, and because you throw it out there (the goodness) you also attract tests to measure the sincerity of that spirit. THAT is the only main challenge in life. Your job is to make it from start to finish - being good. However, just because you started with the GOOD state of mind, does not mean you will make it through the game of life - easily. Striving to be good is the ultimate struggle of every man. We have to constantly work hard to remain good." -- Suzy Kassem

"Pay close attention to the birds that perch on your balconies, windows, and doorsteps. Pay attention to the birds that fly past your eyes and over your heads. Pay attention to the birds that are paying attention to you. They are all bringing you messages -- so pay extra attention. If a dove should fall on your path, say AMEN. If a lone eagle should fly above your head, say THANK YOU. If you see a vulture, PRAY. If you see an owl, WRITE. And if you see a crow, ask yourself WHY. The little birds bring positive messages from the deceased and can be viewed as little angels. The larger birds act as guides and bring larger messages from the divine." -- Suzy Kassem

"You discover your true faith when you start flowing with your conscience. After lessons, visions, and theories validate themselves to you, you build faith in that hypothesis/ feeling/ idea that originated from your own heart and mind -- not that of others. Before you submit to any one religion, create your own and find which one out there resonates closest with the one already in your heart. This is the way to choose your faith." -- Suzy Kassem

"After I removed all the cultural coatings and traditions that disguise each religion, I discovered the soul to be the same in all of them. Therefore, it is hard for me to say I am just one, when my heart recognizes the truths in them all." -- Suzy Kassem

"To be successful, one has to be one of three bees: the queen bee, the hardest working bee, or the bee that does not fit in. One success is inherited, and the next one is earned. While the last one is self-sought, self-served, and happens on its own terms." -- Suzy Kassem

"Transformations are a part of life. We are constantly being changed by things changing around us. And even when we die and leave behind our bodies, we simply transform; for energy never dies. All energy simply changes form." -- Suzy Kassem

"Do not take anything to heart when people measure your art. Art has no boundaries, no limitations, no form, no standards and there is no right or wrong way to manifest the language of your soul. Form is burden. Form is confined art. Eliminate the form and release the burden. That is true art." -- Suzy Kassem

"When gorillas smell danger, they run around and call out to the rest of the primates in the jungle to warn them something evil is coming. And when one of their own dies, they mourn for days while beating themselves up in sadness for failing to save that gorilla, even if the cause of death was natural. And when one colony is mourning, their chilling echoes migrate to other colonies — and those neighbors, even if they are territorial rivals, will also grieve with them. When faced with a common danger, rivals turn into allies. And when faced with death, the loss of just one gorilla becomes the loss of the entire jungle." -- Suzy Kassem

"When you keep hitting walls of resistance in life, the universe is trying to tell you that you are going the wrong way. It's like driving a bumper car at an amusement park. Each time you slam into another car or the edge of the track, you are forced to change direction." -- Suzy Kassem

"Language is still separating us even though technology is bringing us closer together." -- Suzy Kassem

"The price for standing up for Truth, no matter how severe, will always be less than the price our souls will be penalized for not speaking up for our conscience. There is no greater crime in the universe than silencing your conscience." -- Suzy Kassem

"The human ego is the ugliest part of man. We lift up men who only show us darkness, and put down those brave enough to show us the light. Likewise, people engage in darkness when it is light outside, and acknowledge the light only when it is dark. We abandon those fighting for us to cheer behind those fighting against us. And, we only remember good people and God when it is convenient for us, and take them for granted because their doors are always open - only to chase after closed doors and personalities void of substance and truth." -- Suzy Kassem

"To really change the world, we have to help people change the way they see things. Global betterment is a mental process, not one that requires huge sums of money or a high level of authority. Change has to be psychological. So, if you want to see real change, stay persistent in educating humanity on how similar we all are than different. Don't only strive to be the change you want to see in the world, but also help all those around you see the world through commonalities of the heart so that they would want to change with you. This is how humanity will evolve to become better. This is how you can change the world. The language of the heart is mankind's main common language." -- Suzy Kassem

"Some people will follow their minds without listening to their hearts, and others will follow their hearts without listening to their minds. This is why reason exists, for there to be balance between the heart and mind. We were not meant to follow the mind and ignore the heart. Instead, we were meant to follow the heart over the mind, but without completely abandoning logic. The middle way is the preferred way, and this path simply means to allow your heart to drive you, but do not forget to balance reason with your conscience." -- Suzy Kassem

"To become a true global citizen, one must abandon all notions of 'otherness' and instead embrace 'togetherness'. The world is no longer white, black, yellow and brown. Through love, tribes have been intermixing colors to reveal a new rainbow world. And as more time passes, this racial and cultural blending will make it harder for humans to side with one race, nation or religion over another. Therefore, practical wisdom should be used to abandon any cultural, social, religious, tribal, and national beliefs of alterity altogether. This is the only way mankind will truly evolve. Segregation is a word of the past. Unity is the key to a peaceful future." -- Suzy Kassem

"Artists are very sensitive and heart-driven, and are usually prone to speaking freely about anything that touches them. The first way to identify a corrupt society is to study public figures in the entertainment sector. If many lack real talent, or have talent but rarely speak out openly about policies that affect them besides the environment, then that country has rigid gatekeepers."
-- Suzy Kassem

"Elections are highly-publicized puppet shows. Many puppets in the show are handled by the same owner, and regardless of their different costumes and voices, their agenda is one and the same. The man with the most puppets in the show usually wins the audience." -- Suzy Kassem

"The only walls that exist are those you have placed in your mind. And whatever obstacles you conceive, exist only because you have forgotten what you have already achieved." -- Suzy Kassem

"Power is given only to those you allow to have power over you. No man was born with a master. The only master of all is the Creator and he created all men to be free. Freedom is a God-given right, not a human-granted gift. No man should have to fight to breathe in good health and peace." -- Suzy Kassem

"You will discover who you were meant to be only after you have shown confidence being yourself." -- Suzy Kassem

"Typically, in politics, more than one horse is owned and managed by the same team in an election. There's always an extra candidate who will slightly mimic the views of their team's opposing horse, to cancel out that person by stealing their votes just so the main horse can win. Elections are puppet shows. Regardless of their rainbow coats and many smiles, the agenda is one and the same." -- Suzy Kassem

"Destiny is manifested only through action. You cannot be the captain of your own destiny, only the sailor, because we cannot control external influences that may alter the stability or direction of our ships. Once you understand this basic principle, you won't be so hard on yourself when things don't go your way. If man could write his own fate, he would have designed his journey to be without obstacles. Yet all obstacles come with valuable lessons designed just for you and only you. Suffering is imposed on us time and again so that one day we would become brave wise

masters. Faith keeps our ships moving, while empathy and the memories of our experiences lead to wisdom." -- Suzy Kassem

"Every man will fall at some point in their life. But do remember, you are a reflection of the universe and every man experiences the seasons within. Meaning, you will fall many times, but also spring back up. You will have sunny days, but also many bad days where you feel like dying. You never know when you will need help, and help will only remember you if you were good to them when you were UP. Not a single wave is constant. You are no different. You are like music, a moving composition of vibrations and waves. You will experience happiness, sadness, pain and loss many times. Just learn to enjoy the music and never take setbacks too seriously. They are only temporary. And whenever you do fall, just remember that spring is just around the corner." -- Suzy Kassem

"If the Creator stood before a million men with the light of a million lamps, only a few would truly see him because truth is already alive in their hearts. Truth can only be seen by those with truth in them. He who does not have Truth in his heart, will always be blind to it." -- Suzy Kassem

"A graceful heart is a virtue of the meek." -- Suzy Kassem

"Stand up for what you believe in even if it means standing alone." -- Suzy Kassem

"Stand up for what you believe in even if you stand alone." -- Suzy Kassem

"Stand up for Truth regardless of who steps on it." -- Suzy Kassem

"Stand up for what is right regardless of who is committing the wrong." -- Suzy Kassem

"Stand up for what is right even if it means standing alone." -- Suzy Kassem

"Stand up for what is just against the unjust." -- Suzy Kassem

"Stand up for what is right even if you stand alone." -- Suzy Kassem

"Stand up for Truth even it means standing alone." -- Suzy Kassem

"Stand up for what is right against the wrong." -- Suzy Kassem

"Stand up for what is right even if you are standing alone." -- Suzy Kassem

"You are not for the left or right team, but for what is right against the wrong." -- Suzy Kassem

"Stand up! Stand up for what is fair against the unfair." -- Suzy Kassem

"Stay original. Originals are worth more than copies." -- Suzy Kassem

"Be original. An original is worth more than a copy." -- Suzy Kassem

"Be yourself. An original is always worth more than a copy." -- Suzy Kassem

"Be yourself because an original is worth more than a copy." -- Suzy Kassem

"If we want truth and justice to rule our global village, there must be no hypocrisy. If there is no truth, then there will be no equality. No equality, no justice. No justice, no peace. No peace, no love. No love, only darkness." -- Suzy Kassem

"Stand up for your conscience. Use light to reveal what is concealed in the darkness. Use truth to fight the lies, and the heart to fight the mind." -- Suzy Kassem

"A true democratic society is supposed to serve its people, not big businesses. The welfare of its citizens, not corporate pockets. But when you have corporations buying the seats of our political leaders, who do you think they will serve?" -- Suzy Kassem

"They say that wisdom comes from suffering. This is not true. Wisdom comes from having unconditional empathy for all mankind. Any man filled with empathy is capable of gaining valuable insights on the human condition through the suffering of others. You do not need to suffer to know suffering, but you need empathy first to identify and feel the suffering of others around you. If you do not feel love for all mankind, nor see everyone around you as a valuable human and an extension of yourself, then you will never feel real empathy. And if you do not have empathy, then you will not gain, learn and remember valuable knowledge from your experiences, or those around you, so that you one day become wise." -- Suzy Kassem

"Truth recognizes truth, just as a man with real talent is the first to recognize another with real talent. Likewise, superficiality attracts others with an artificial surface. Only the superficial

applaud the superficial. A man of true substance rejects the superficial because he seeks only truth and depth. Based on this reasoning, you can easily measure the weight of any man's character just by observing who he admires." -- Suzy Kassem

"Each time a person passes by you and you say 'hello', imagine that person turning into a candle. The more positivity, love and light you reflect, the more light is mirrored your way. Sharing beautiful hellos is the quickest way to earn spiritual brownie points. You should start seeing hellos as small declarations of faith. Every time you say hello to a stranger, your heart acknowledges over and over again that we are all family." -- Suzy Kassem

"God created every man to be free. The ability to choose whether to live free or enslaved, right or wrong, happy or in fear is something called freewill. Every man was born with freewill. Some people use it, and some people use any excuse not to. Nobody can turn you into a slave unless you allow them. Nobody can make you afraid of anything, unless you allow them. Nobody can tell you to do something wrong, unless you allow them. God never created you to be a slave, man did. God never created division or set up any borders between brothers, man did. God never told you hurt or kill anyone, man did. And in the end, when God asks you: "Who told you to kill one of my children?" And you tell him, "My leader." He will then ask you, "And are THEY your GOD?" -- Suzy Kassem

"He who creates a poison, also has the cure. He who creates a virus, also has the antidote. He who creates chaos, also has the ability to create peace. He who sparks hate, also has the ability to transform it to love. He who creates misery, also has the ability to destroy it with kindness. He who creates sadness, also has the ability to convert it to happiness. He who creates darkness, can also be awakened to produce illumination. He who spreads fear, can also be shaken to spread comfort. Any problems created by the left hand of man, can also be solved with the right; for he who manifests anything -- also has the ability to destroy it." -- Suzy Kassem

"Sometimes I fall and feel myself slowly wilt and die. But then I suddenly spring back on my feet to go play in the sun outside. I am no different than the weather, the planets or the trees; for there do not always have to be reasons for the seasons turning inside of me. The magnetism that swirls in the sky, land, and sea are the exact same currents found twirling in the electric ocean within me. I am a reflection of the universe. I am a moving vessel of energy. And if my emotions do not flow up, down, within and around, then I am not alive." -- Suzy Kassem

"Laugh, I tell you, and you will turn back the hands of time. Smile, I tell you, and you will reflect the face of the divine. Sing, I tell you, and all the angels will sing with you! Cry, I tell you, and the reflections found in your pool of tears - will remind you of the lessons of today and yesterday, to guide you through the fears of tomorrow!" -- Suzy Kassem

"Before you were born, and were still too tiny for the human eye to see, you won the race for life from among 250 million competitors. And yet, how fast you have forgotten your strength, when your very existence is proof of your greatness? You were born a winner, a warrior, one who defied the odds by surviving the most gruesome battle of them all. And now that you are a giant, why do you even doubt victory against smaller numbers, and wider margins? The only walls that exist are those you have placed inside your mind. And whatever obstacles you conceive, exist only because you have forgotten what you have already achieved." -- Suzy Kassem

"So as long as money continues to seduce the hungry, the hopeless, the broken, the greedy, and the needy, there will always be war between brothers." -- Suzy Kassem

"One God, many faces. One family, many races. One truth, many paths. One heart, many complexions. One light, many reflections. One world, many imperfections. ONE. We are all one, but many." -- Suzy Kassem

"I was born the day I thought: What is? What was? And what if? I was transformed the day my ego shattered, and all the superficial, material things that mattered to me before, suddenly ceased to matter. I really came into being the day I no longer cared about what the world thought of me, only on my thoughts for changing the world." -- Suzy Kassem

"Love has a way of wilting or blossoming at the strangest, most unpredictable hour. This is how love is, an uncontrollable beast in the form of a flower. The sun does not always shine on it. Nor does the rain always pour on it. Nor should it always get beaten by a storm. Love does not always emit the sweetest scents, and sometimes it can sting with its thorns. Water it. Give it plenty of sunlight. Nurture it, and the flower of love will outlive you. Neglect it or keep dissecting it, and its petals will quickly curl up and die. This is how love is. Perfection is a delusional vision. So love the person who loves you unconditionally, over the one who only loves you – under favorable conditions." -- Suzy Kassem

"To become a true global citizen, one must abandon all notions of 'otherness' and instead embrace 'togetherness'. The world is no longer white, black, yellow and brown. Through love, tribes have been intermixing colors to reveal a new rainbow world. And as more time passes, this racial and cultural blending will make it harder for humans to side with one race, nation or religion over another. Therefore, practical wisdom should be used to abandon any cultural, social, religious, tribal, and national beliefs of alterity altogether. This is the only way mankind will truly evolve. Segregation is a word of the past. Unity is the key to a peaceful future." -- Suzy Kassem

"Never judge someone's character based on the words of another. Instead, study the motives behind the words of the person casting the bad judgment. An honest woman can sell tangerines all day and remain a good person until she dies, but there will always be naysayers who will try to convince you otherwise. Perhaps this woman did not give them something for free, or at a discount. Perhaps too, that she refused to stand with them when they were wrong — or just stood up for something she felt was right. And also, it could be that some bitter women are envious of her, or that she rejected the advances of some very proud men. Always trust your heart. If the Creator stood before a million men with the light of a million lamps, only a few would truly see him because truth is already alive in their hearts. Truth can only be seen by those with truth in them. He who does not have Truth in his heart, will always be blind to her." -- Suzy Kassem

"You were born a winner, a warrior, one who defied the odds by surviving the most gruesome battle of them all - the race to the egg. And now that you are a giant, why do you even doubt victory against smaller numbers and wider margins? The only walls that exist are those you have placed in your mind. And whatever obstacles you conceive, exist only because you have forgotten what you have already achieved." -- Suzy Kassem

"You will not find me where there is no Truth." -- Suzy Kassem

"Everything turns, rotates, spins, circles, loops, pulsates, resonates, and repeats. Circles of life, born from pulses of light, vibrate to breathe – while spiraling outwards for infinity through the lens of time, and into a sea of stars and lucid dreams." -- Suzy Kassem

"One evening, I sat by the ocean and questioned the moon about my destiny. I revealed to it that I was beginning to feel smaller compared to others, because the more secrets of the universe I would unlock, the smaller in size I became. I didn't understand why I wasn't feeling larger instead of smaller. I thought that seeking Truth was what was required of us all – to show us the

way, not to make us feel lost, up against the odds, in a devilish game partitioned by an invisible wall. Then the next morning, a bird appeared at my window, just as the sun began spreading its yolk over the horizon. It remained perched for a long time, gazing at me intently; to make sure I knew I wasn't dreaming. Then its words gently echoed throughout my mind, telling me: 'The world you are in – is the true hell. The journey to Truth itself is what quickens the heart to become lighter. The lighter the heart, the purer it is. The purer the heart, the closer to light it becomes. And the heavier the heart, the more chained to this hell it will remain.' And just like that, it flew off towards the sun, leaving behind a tiny feather. So I picked it up and fastened it to a toothpick, to dip into ink and write my name." -- Suzy Kassem

"Always pick a leader who will make their citizens proud. One who will stir the hearts of the people, so that the sons and daughters of a given nation strive to emulate their leader's greatness. Only then will a nation be truly great, when a leader inspires and produces citizens worthy of becoming future leaders, honorable decision makers and peacemakers. And in these times, a great leader must be extremely brave. Their leadership must be steered only by their conscience, not a bribe." -- Suzy Kassem

THE MAXIMS OF MEDICINE

Before you examine the body of a patient, Be patient to learn his story. For once you learn his story, You will also come to know His body. Before you diagnose any sickness, Make sure there is no sickness in the mind or heart. For the emotions in a man's moon or sun, Can point to the sickness in Any one of his other parts. Before you treat a man with a condition, Know that not all cures can heal all people. For the chemistry that works on one patient, May not work for the next, Because even medicine has its own Conditions. Before asserting a prognosis on any patient, Always be objective and never subjective. For telling a man that he will win the treasure of life, But then later discovering that he will lose, Will harm him more than by telling him That he may lose, But then he wins." -- Suzy Kassem

"Our hearts resonate at the same frequency as the earth and the universe. Therefore, we are all valuable instruments in the orchestration of the world and its harmony. We must always be aware of the vibrations we emit individually and collectively. Always be in command of your music. Only you can control and shape its tone. If life throws you a few bad notes or vibrations, don't let them interrupt your song." -- Suzy Kassem

"If life throws you a few bad notes or vibrations, don't let them interrupt your song." -- Suzy Kassem

"Stand up to ignorance, because if you don't, the ignorant will run free to spread ignorance like a disease." -- Suzy Kassem

"Truth waits to be found. It searches for no one." -- Suzy Kassem

"If the devil decided to run for President, do you think he/she would put on their horns and wicked grin, or a suit with an angelic smile? If the wicked witch stayed green and ugly, would she have been able to give Snow White a poisoned apple? And if the Big Bad Wolf had not disguised himself as an old granny, would he have been able to lure Little Red Riding Hood into the house to eat her? And if a drug dealer wanted to seduce some school kids to get on his drugs, would he act like a greedy businessman — or a caring friend? Salt and sugar look exactly the same but taste very different. We live in a world of illusions, one filled with evil men acting like righteous men, and righteous men condemned as criminals." -- Suzy Kassem

"A great leader must serve the best interests of the people first, not those of multinational corporations. Human life should never be sacrificed for monetary profit. There are no exceptions. In addition, a leader should always be open to criticism, not silencing dissent. Any leader who does not tolerate criticism from the public is afraid of their dirty hands being revealed under heavy light. And such a leader is dangerous, because they only feel secure in the darkness. Only a leader who is free from corruption welcomes scrutiny; for scrutiny allows a good leader to be an even greater leader." -- Suzy Kassem

"Be music always. Keep changing the keys, tones, pitch, and volume of each of the songs you create along your journey and play on." -- Suzy Kassem

"Nobody will ever reach ultimate perfection in this lifetime, but trying to achieve it is a full-time job. Start now and don't stop. Make your book of life a musical. Never abandon obligations, but have fun leaving behind a colorful legacy. Never allow anybody to be the composer of your own destiny. Take control of your life, and never allow limitations implanted by society, tell you how your music is supposed to sound — or how your book is supposed to be written." -- Suzy Kassem

"Keep creating new chapters in your personal book and never stop re-inventing and perfecting yourself. Try new things. Pick up new hobbies and books. Travel and explore other cultures. Never stay in the same city or state for more than five years of your life. There are many heavens on earth waiting for you to discover. Seek out people with beautiful hearts and minds, not those with just beautiful style and bodies. The first kind will forever remain beautiful to you, while the other will grow stale and ugly. Learn a new language at least twice. Change your career at least thrice, and change your location often. Like all creatures in the wild, we were designed to keep moving. When a snake sheds its old skin, it becomes a more refined creature. Never stop refining and re-defining yourself. We are all beautiful instruments of God. He created many notes in music so we would not be stuck playing the same song." -- Suzy Kassem

"There is nothing that threatens a corrupt system more than a free mind." -- Suzy Kassem

"Why escape your intended purpose by copying and trying to be someone else? You will discover who you were meant to be only after you have shown confidence being yourself." -- Suzy Kassem

"Understanding languages and other cultures builds bridges. It is the fastest way to bring the world closer together and to Truth. Through understanding, people will be able to see their similarities before differences." -- Suzy Kassem

"To be of value to humanity, start by thinking for yourself." -- Suzy Kassem

"If you are not willing to stand up for anything or anybody, then why should the Creator take a single step to help you?" -- Suzy Kassem

"Three things have a limited threshold: time, pain, and death – while truth, love, and knowledge are boundless. Three things are needed for humanity to co-exist: truth, peace and basic needs. Everything else is irrelevant." -- Suzy Kassem

"As a citizen of the world, I will not confine myself within the gates of one religion. I will not identify with only one species, sex, class or race; for I am a complete being, and that means that I

embrace all of humanity, all of nature, every star and universe within the greater universe as a part of me. If we were all created in the image of God, and his love is unconditional, then why can't we love all living things with the same eyes as God? How can anybody say that one race is more superior than another, when we were all created in God's reflection?." -- Suzy Kassem

"We awaken by asking the right questions." -- Suzy Kassem

"Any government that places profit before people is pure evil." -- Suzy Kassem

"It is time for everybody to start becoming conscious of their conscience." -- Suzy Kassem

"Being truthful is the new beautiful." -- Suzy Kassem

"He who stands by his conscience has God in him. Our conscience is what unites us with God." -
- Suzy Kassem

"Knowledge is the most prized commodity in the universe, and it is as infinite as time itself." --
Suzy Kassem

"If we throw blankets on our children's dreams, we extinguish the light in their world and their desire to live." -- Suzy Kassem

"If you find yourself engaged in an argument which only stirs anger in your heart, quickly make peace and carry on." -- Suzy Kassem

"Knowledge is as infinite as the universe. The man who claims to know all only reveals to the world that he really knows nothing." -- Suzy Kassem

"If there is no truth, there will be no light. No truth, no equality. No equality, no justice. No justice, no peace. No peace, no love. No love, only darkness." -- Suzy Kassem

"If achieving world peace and ending poverty were really genuine concerns to the majority, then they would have happened already by now. So, either people are not aware of their collective power, or their fears overpower their desires. The amount of money spent on the military-industrial complex in one year is more than enough to end hunger in Africa. Every problem on earth today has more than one solution. However, priorities are determined by values." -- Suzy Kassem

"Be wary of any man who is quick to put down another man's faith. His love for Truth is not deep enough for him to want to explore additional truths outside his borders. The language of light can only be decoded by the heart. Thus, a man with a closed heart is already blind to understand the words of his own faith." -- Suzy Kassem

"Be very careful when you judge another human being. Do not measure anybody strictly based on the bad you see in them and ignore all the good. Be wary of any man who intentionally ignores another man's record of deeds or work history simply to impose their own agenda. Such a man's judgment lacks merit and should be disregarded immediately. Without a conscience, there is no truth in them." -- Suzy Kassem

"Power is given only to those you allow to have power over you. No man was born with a master. The only master of all is the Creator and he created all men to be free. Freedom is a God-given right, not a human granted gift. No man should have to fight to breathe in good health and peace." -- Suzy Kassem

"Always be good to yourself and others. Always do what is right even if doing something wrong is quicker, more rewarding or easier. Always put truth in your every word and action, and never ignore your conscience until you die." -- Suzy Kassem

"My ears hear colors and my eyes see sounds." -- Suzy Kassem

"Every problem on earth today has more than one solution. However, priorities are determined by values." -- Suzy Kassem

A NATION'S GREATNESS DEPENDS ON ITS LEADER

To vastly improve your country and truly make it great again, start by choosing a better leader. Do not let the media or the establishment make you pick from the people they choose, but instead choose from those they do not pick. Pick a leader from among the people who is heart-driven, one who identifies with the common man on the street and understands what the country needs on every level. Do not pick a leader who is only money-driven and does not understand or identify with the common man, but only what corporations need on every level.

Pick a peacemaker. One who unites, not divides. A cultured leader who supports the arts and true freedom of speech, not censorship. Pick a leader who will not only bail out banks and airlines, but also families from losing their homes -- or jobs due to their companies moving to other countries. Pick a leader who will fund schools, not limit spending on education and allow libraries to close. Pick a leader who chooses diplomacy over war. An honest broker in foreign relations. A leader with integrity, one who says what they mean, keeps their word and does not lie to their people. Pick a leader who is strong and confident, yet humble. Intelligent, but not sly. A leader who encourages diversity, not racism. One who understands the needs of the farmer, the teacher, the doctor, and the environmentalist -- not only the banker, the oil tycoon, the weapons developer, or the insurance and pharmaceutical lobbyist.

Pick a leader who will keep jobs in your country by offering companies incentives to hire only within their borders, not one who allows corporations to outsource jobs for cheaper labor when there is a national employment crisis. Choose a leader who will invest in building bridges, not walls. Books, not weapons. Morality, not corruption. Intellectualism and wisdom, not ignorance. Stability, not fear and terror. Peace, not chaos. Love, not hate. Convergence, not segregation. Tolerance, not discrimination. Fairness, not hypocrisy. Substance, not superficiality. Character, not immaturity. Transparency, not secrecy. Justice, not lawlessness. Environmental improvement and preservation, not destruction. Truth, not lies.

Most importantly, a great leader must serve the best interests of the people first, not those of multinational corporations. Human life should never be sacrificed for monetary profit. There are no exceptions. In addition, a leader should always be open to criticism, not silencing dissent. Any leader who does not tolerate criticism from the public is afraid of their dirty hands to be revealed under heavy light. And such a leader is dangerous, because they only feel secure in the darkness. Only a leader who is free from corruption welcomes scrutiny; for scrutiny allows a good leader to be an even greater leader. And lastly, pick a leader who will make their citizens

proud. One who will stir the hearts of the people, so that the sons and daughters of a given nation strive to emulate their leader's greatness. Only then will a nation be truly great, when a leader inspires and produces citizens worthy of becoming future leaders, honorable decision makers and peacemakers. And in these times, a great leader must be extremely brave. Their leadership must be steered only by their conscience, not a bribe." -- Suzy Kassem

"Destiny reveals itself only when there is truth and action." -- Suzy Kassem

"By studying yesterday, you will understand today." -- Suzy Kassem

"Any system that values profit over human life is a very dangerous one indeed." -- Suzy Kassem

"If life throws you a few bad notes, do not let them interrupt your song." -- Suzy Kassem

"Transformations are a part of life. We are constantly being changed by things changing around us." -- Suzy Kassem

"Everything turns, rotates, spins, circles, loops, pulsates, resonates, and repeats. There is a vibrational effect in every action, just as there is a vibration that rings from every letter in every word." -- Suzy Kassem

"Have faith that your child's brain is an evolving planet that rotates at its own speed." -- Suzy Kassem

"If an evil spirit had to hide from God, it would hide in a diamond. If an angel had to hide from the Devil, it would hide in rose quartz." -- Suzy Kassem

"Every spark returns to darkness. Every sound returns to silence. Every flower returns to sleep with the earth. The journey of the sun and moon is predictable, but yours is your ultimate ART."
-- Suzy Kassem

"You cannot judge a man by his smile, but you CAN judge a man by his heart. The smallest actions reveal the most about a heart's true color, so pay attention to them. Actions are the true words of the heart." -- Suzy Kassem

"Truth is felt in the heart. This is why your heart should always be your ultimate temple. Sitting inside on a blue towering altar, is you're where you find your conscience. This is where all conversations with God stream." -- Suzy Kassem

"The price for standing up for Truth, no matter how severe, will always be less than the price our souls will be penalized for not speaking up for our conscience. There is no greater crime in the universe than silencing your conscience." -- Suzy Kassem

"In the end, life is about collecting experiences and looking for the lesson and blessing in each one. Yet we are never to carry these experiences on our backs, only in our hearts. One will hold us back, while the other will keep us moving forward." -- Suzy Kassem

"Never trust the translation or interpretation of something without first trusting its interpreter. One word absent from a sentence can drastically change the true intended meaning of the entire sentence. For instance, if the word love is intentionally or accidentally replaced with hate in a sentence, its effect could trigger a war or false dogma." -- Suzy Kassem

"A beetle will chase after an opening of light, while a cockroach will scatter at a crack of it. How are we different from insects? Nobody is purely good or purely evil. Most of us are in-between. There are moths that explore the day and butterflies that play at night. Polarity is an integral part of nature." -- Suzy Kassem

"Stand up to hypocrisy. If you don't, the hypocrites will teach. Stand up to ignorance, because if you don't, the ignorant will run free to spread ignorance like a disease. Stand up for truth. If you don't, then there is no truth to your existence. If you don't stand up for all that is right, then understand that you are part of the reason why there is so much wrong in the world." -- Suzy Kassem

"Seeking knowledge is mandatory for every human being, as the quest for truth is the true purpose of living. We are given an entire lifetime to collect and assemble truths. Truths are acquired only when we learn to filter all information, including those valuable lessons and insights gained from our own personal experiences, through our conscience. And as we near death, the knowledge in our hearts at the end must match the knowledge which was put in our hearts in the very beginning. All else is irrelevant." -- Suzy Kassem

"Originality is the key to being memorable." -- Suzy Kassem

"Truth is the preferred weapon of God, and censorship is the most abused tool of the Devil." -- Suzy Kassem

"Why do people fear hell so much? With so much hatred and division amongst mankind, we are already in it." -- Suzy Kassem

"A human being can only take so much when their basic rights as a citizen of the earth are being denied to them - or sold at a high cost." -- Suzy Kassem

"In these times, a great leader must be extremely brave. Their leadership must be steered only by their conscience, not a bribe." -- Suzy Kassem

"Transformations are a part of life. We are constantly being changed by things changing around us. Nobody can control that. Nobody can control the environment, the economy, luck, or the moods of others. Compositions change. Positions change. Dispositions change. Experiences change. Opportunities and attitudes change. YOU will change. Never say never unless you can predict the future." -- Suzy Kassem

"When you stress out, things will stress out around you. Always control your thoughts and pacify any unnecessary stress. Control your vibrations and you are the master of your own harmony." -- Suzy Kassem

"In the short run, technology may be more efficient than man, but it will never be perfect. Every piece of equipment will eventually reveal an error code. In the long run, man will never be perfect, but prove to be more reliable than technology." -- Suzy Kassem

"A human being can only take so much when their basic rights as a citizen of the earth are being denied to them - or sold at a high cost." -- Suzy Kassem

"The ego is what drives a self-serving individual who hates to admit they are wrong." -- Suzy Kassem

"Momentum builds success." -- Suzy Kassem

"Empathy nurtures wisdom. Apathy cultivates ignorance." -- Suzy Kassem

"Stand up for what is right against the wrong." -- Suzy Kassem

"Stand up for what you believe in, even if you stand alone." -- Suzy Kassem

"Capitalism is a social system where the health and security of a nation are comprised for corporate gain." -- Suzy Kassem

"Lies can be formed from truths, but truths cannot be formed from lies. Always be truthful and you will have fewer visits from regret, guilt or fear." -- Suzy Kassem

"I call for all religions, cultures, countries, crews, parties and peacemakers to unite for the sake of building a peaceful, united global village for future generations. It starts TODAY. If we stay divided, we will only remain crippled - and we will fall. It is time for everyone to see there is more for us to GAIN through unity and love than division and hatred." -- Suzy Kassem

"I am not red or blue. I am red, white and blue. Those are the same colors in my body (my heart, blood and veins). I am only human, and the human race is the only race in which I am an active participant - mind, body and soul." -- Suzy Kassem

"I am not for the left or the right, but for what is right over the wrong. I am not an elephant or a donkey, but a lion that stands only with Truth and my conscience." -- Suzy Kassem

I am a Democrat and believe the world should be free. Who am I to judge another man when no man or woman is without flaws? Circumstances can change anybody when we least expect it. So never say never unless you can predict the future. A dirty hand cannot clean dirty walls.

"Since when did the words human and inhumane share the same meaning?." -- Suzy Kassem

"Humanity needs to hit the restart button. Why do tribal matches that happened thousands of years ago still mean so much to us today? To keep us from moving forward? To remind us of our racial differences and indifference? To revive tribal bitterness? And what father or God would want his children to keep a record of every argument they have ever had with each other - if there is nothing positive - only harm - to be gained by constantly reminding them? Would a wise man steer his followers to hold onto past hurts - or to squeeze them for every drop of wisdom that could be gained from them - then release them? Isn't forgiveness a holy virtue? And if so, then why do we insist on keeping historical records of resentment? Is the Creator an advocate of love or hate? And if love, then why are we still pushing so much hatred? What is there ever to be gained from vocalizing hatred? Only MORE hatred. Who wants that? And why?." -- Suzy Kassem

"If we are not registering bad events in history to learn from them, then why are we even still registering them at all? Is it really an outlandish ideal to want a peaceful and prosperous nation, ruled only by compassion, truth and justice? As of now, there is no peace, no truth, no prosperity, no compassion - and NO COMMON SENSE. Since when did the words human and inhumane share the same meaning? Think, people. I am only asking you to THINK." -- Suzy Kassem

"The greatest obstacle to our evolution is that WE ARE TOO DIVIDED." -- Suzy Kassem

"When will we collectively see together that the history of the world played no role in preventing negative events similar to those of the past from ever happening again in this lifetime? Everything just keeps senselessly repeating itself. That is because, as humans, we forget too quickly. Our forgetfulness is our species' greatest fault. Our negligence to tap into accessible existing knowledge to prevent new disasters from recurring is unforgiving. We are too arrogant, too proud and too lazy to adapt old ideas that may have worked, let alone invent some new ones." -- Suzy Kassem

"A good leader lays seeds to grow trees of peace. A bad leader lays down bricks to build walls of ignorance. Always choose the peacemaker, not the divider. The one who unites and strengthens a country, not divides and cripples it. A leader that will build bridges, not walls." -- Suzy Kassem

"At the end of the day, I do not care how many Democrats or Republicans are in office. What I do care about is whether our leader is truly serving THE PEOPLE, or only his/her own pockets. Is our leader in tune with the concerns and needs of the man on the street - or only issues concerning private interests? Is this leader uniting or dividing the country? Milking or contributing to it? Building and preserving it -- or bringing it all down?." -- Suzy Kassem

"To do things right, we need to UNITE black and white, red and blue, blue and white - all stars and stripes. We need to either apply all the lessons from the past - or get rid of all the stories and START AGAIN. We are moving towards a rainbow world. Our children are intermixing and so are our colors. You can keep your religions and traditions, but always stand with what is good for the greater good of ALL as a united neighborhood instead of a segregated team. This is what America needs. This is what the world needs. Our unity. In our schools, neighborhoods, communities, state offices and economic equations." -- Suzy Kassem

"Choosing to stand with the right wing or left wing, or this group or that group, is only going to keep this country divided and grounded. In the end, all human needs are the same and they will never change. So what is there to fight about? Let's hit restart and unite. Flip the script and start again." -- Suzy Kassem

"To make America truly great again, it must be united. Every bird needs two wings to fly. Any nation torn at the wings will never soar the skies. So we can all start here. The only political party anyone should be an active part of is the one called concerned." -- Suzy Kassem

"I call for all religions, cultures, countries, crews, parties and peacemakers to unite for the sake of building a peaceful, united global village for future generations. It starts TODAY. If we stay divided, we will only remain crippled - and will fall. It is time for everyone to see there is more for us to GAIN through unity and love than hatred and division. Get wise and unite. This is the only way. We need to start fresh with a truly united perspective." -- Suzy Kassem

"Every bird needs two wings to fly. Any nation torn at the wings will never soar the skies." -- Suzy Kassem

"It is a person's unquenchable thirst for wonder that sets them on their initial quest for truth. The more doors you open, the smaller you become. The more places you see and the more people you meet, the greater your curiosity grows. The greater your curiosity, the more you will wander. The more you wander, the greater the wonder. The more you quench your thirst for wonder, the more you drink from the cup of life. The more you see and experience, the closer to truth you become. The more languages you learn, the more truths you can unravel. And the more countries you travel, the greater your understanding of different nations, cultures and religions. You begin to see commonalities you could not see before – from afar." -- Suzy Kassem

"The more open-minded you are, the more open your heart. And the more open your heart, the more you will be able to send and receive truth and true unconditional love." -- Suzy Kassem

"Someone once said to me, 'There are so many religions in the world. They can't all be right.' And my reply was, 'Well, they can't all be wrong either.' All religions in the world today share more commonalities than differences, yet language blinds many from seeing these truths. Some people will tell me that what I write about is straight from their holy book, but the truth is that the main principles found in all holy books were already engraved in all our hearts. If you think common sense, the golden rule and knowing right from wrong are exclusive only to your faith, then you need to open yourself up to the rest of the world's religions." -- Suzy Kassem

"Most of the time, we see only what we want to see, or what others tell us to see, instead of really investigate to see what is really there. We embrace illusions only because we are presented with the illusion that they are embraced by the majority. When in truth, they only become popular because they are pounded at us by the media with such an intensity and high level of repetition that its mere force disguises lies and truths. And like obedient schoolchildren, we do

not question their validity and swallow everything up like medicine. Why? Because since the earliest days of our youth, we have been conditioned to accept that the direction of the herd, and that authority anywhere, is always right." -- Suzy Kassem

"Always be good to yourself and others. Always do what is right even if doing something wrong is quicker, more rewarding or easier. Always put truth in your every word and action, and never ignore your conscience until you die." -- Suzy Kassem

"To know the good from the bad, study a man or woman's history of actions, not their record of intentions." -- Suzy Kassem

"Global betterment is a mental process, not one that requires huge sums of money or a high level of authority. Change has to be psychological." -- Suzy Kassem

"When two brothers are busy fighting, an evil man can easily attack and rob their poor mother. Mankind should always stay united, standing shoulder to shoulder so evil can never cheat and divide them. Like the weather or bonds between lovers, transformations cannot always be predicted. All energy transmutes one day or another, in one way or another. Either in its form or composition, or in its position or disposition." -- Suzy Kassem

"Today's partners can be your competitors tomorrow. And today's competitors can be your partners tomorrow." -- Suzy Kassem

"A good man will never harm or oppress another. A good man will share his last morsel of food with others in need, and die of hunger when he no longer has any food -- instead of cheat or steal from others to survive. Selflessness. Humility. Truthfulness. These are the three marks of an honorable man." -- Suzy Kassem

"If you hold a candle close to you, its flame rises. And if you hold it away from you, its flame shrinks. The same way you hold a candle close to you, keep all your plans, aspirations, projects, and dreams close to you too. Do not share your plans or goals until you complete them, because

as you hold your candle away from you, your goals can shrink from the envious eyes of others. Animosity, jealousy and resentment can put out your flame before it grows." -- Suzy Kassem

"Would a wise man steer his followers to hold onto past hurts - or to squeeze them for every drop of wisdom that could be gained from them - then release them? Isn't forgiveness a holy virtue? And if so, then why do we insist on keeping historical records of resentment?." -- Suzy Kassem

"Technology is our friend today, but will be our enemy in the future." -- Suzy Kassem

"Truth is felt in the heart. This is why your heart should always be your ultimate temple. Sitting inside on a blue towering altar, is you're where you find your conscience. This is where all conversations with God stream." -- Suzy Kassem

"A man of God would never burn or harm a temple of any kind — regardless of religion. A true man of God would see every temple or divine mansion built to glorify THE CREATOR — as an extension of the temple closest to his home, regardless of its shape, size, or color. A man who truly recognizes and knows God can see God in all things. Truth can only be seen by those with truth in them." -- Suzy Kassem

"If we want truth and justice to rule our global village, there must be no hypocrisy. If there is no truth, then there will be no equality. No equality, no justice. No justice, no peace. No peace, no love. No love, only darkness." -- Suzy Kassem

"The worst thing in life is having parents that always stand against you and never with you. They discourage you, instill fear in you, hold you back, push you down and never encourage you to fly forward. When I have kids, they'll already be born with propellers with added wings. Even if one tells me they want to go learn how to ride lions in Africa, if their heart is driving that desire, I'd say "DO IT". If we throw blankets over our children's dreams, we darken their world and extinguish their desire to live. I'd rather my kid die with a wild fire in his/her heart than with a malfunctioning or drained out fuse. Always allow your kids to keep humming with dreams and ideas that fuel their passions. Never tell them something is impossible. If you have a really strong determined kid, they'll go out there killing themselves trying to do the unachievable just to prove you wrong. And if you have a weak kid, they'll give up on life and settle for bagging Cokes and potato chips at your local grocery store." -- Suzy Kassem

"All religions in the world today share more commonalities than differences, yet language blinds many from seeing these truths. Some people will tell me that what I write about is straight from their holy book, but the truth is that the main principles found in all holy books were already engraved in all our hearts. If you think common sense, the golden rule and knowing right from wrong are exclusive only to your faith, then you need to open yourself up to the rest of the world's religions." -- Suzy Kassem

"Always allow your kids to keep humming with dreams and ideas that fuel their passions; for a heart fueled by passion is like riding on the back of a dragon." -- Suzy Kassem

"Every human requires food and water. Every human has a dream and desire to be happy. Every human responds to love, suffering and pain. Every human bleeds the same color and occupies the same world. Let us recognize that we are all part of each other. We are all human. We are all one." -- Suzy Kassem

"Do not recite words just to prove to yourself and others that you know and love God; for he already put his breath and light inside you. Instead, put truth in your every word and action, and always let your conscience steer and guide you." -- Suzy Kassem

"The gut is the seat of all feeling." -- Suzy Kassem

"Our evolution depends on our memory. If we keep forgetting the mistakes of the past, only to keep repeating them, then we will never change. Humanity will never move forward, spiritually or morally, to become superior beings. We must apply the wisdom of our forefathers and the lessons gained from their experiences to today's decision-making. We should be intellectually smarter, not the opposite. We should be wiser, not the opposite. It is time for us to really examine and understand why certain causes in the past have produced major negative effects. This is the only way we can prevent repeating the same mistakes in our present and future. It is the only way we will evolve." -- Suzy Kassem

"Have faith that your child's brain is an evolving planet that rotates at its own speed. It will naturally be attracted to or repel certain subjects. Be patient. Just as there are ugly ducklings that

turn into beautiful swans, there are rebellious kids and slow learners that turn into serious innovators and hardcore intellectuals." -- Suzy Kassem

"As a citizen of the world, I will not confine myself within the gates of one nation or religion. I will not identify with only one species, sex, class or race; for I am a complete being, and that means that I embrace all of humanity, all of nature, every star and universe within the greater universe as a part of me. If we were all created in the image of God, and his love is unconditional, then why can't we love all living things with the same eyes as God? How can anybody say that one race is more superior than another, when we were all created in God's reflection?" -- Suzy Kassem

"To choose not to be part of a team or religion does not make me non-religious; for my religion is Truth and I am very much in love with God. I do not need to align myself with a specific messenger if I already understand God's message. So long as you act and speak with love and truth in you, and are good to your fellow man — in that you treat everybody as you would want yourself to be treated, your heart will stand by God regardless of the label you have assigned to your mind." -- Suzy Kassem

"Your faith is your conscience, and your conscience is your faith. You cannot have faith without a conscience, but you can have a conscience without faith. Man was designed to be good with or without religion, yet the challenge for many is staying good. Some people claim to be religious but have no conscience, while some people without religion are very much aware of their conscience. Therefore, a religious label does not define your character or validate your worth. In the end, all men will be judged by the amount of truth in them and the weight of their hearts. The heavier the conscience, the heavier the truth. The lighter the heart, the higher it goes. The only spiritual currency one has in the afterlife is amassed in the form of light, in that, the amount you have depends on the weight of your words and deeds in the living. Conscience is everything. Conscience is what connects us to the truth and light of the highest power source of all. God. The cosmic heart of the universe." -- Suzy Kassem

"Sometimes to change a situation you are in requires you to take a giant leap. But, you won't be able to fly unless you are willing to transform." -- Suzy Kassem

"Choose a leader who will invest in building bridges, not walls. Books, not weapons. Morality, not corruption. Intellectualism and wisdom, not ignorance. Stability, not fear and terror. Peace, not chaos. Love, not hate. Convergence, not segregation. Tolerance, not discrimination. Fairness,

not hypocrisy. Substance, not superficiality. Character, not immaturity. Transparency, not secrecy. Justice, not lawlessness. Environmental improvement and preservation, not destruction. Truth, not lies. I believe that if there is a huge chunk of white/truth in you, you will be drawn mostly to truth. If there is a lot of black/ego in you, you will naturally migrate to darkness/ego. We can't change our natural compositions or our attraction to certain lighting, but we can slowly change our angle of perception. Anyone can work on balancing their inner lighting simply by adjusting their outer lenses. All you have to do is learn to use your heart before your mind to see things. There is no light greater than truth, and it shines at the heart of all creation. Be like a butterfly and celebrate it every day. It is inside you. Be aware of it so it can cultivate it to grow stronger and bigger." -- Suzy Kassem

"Be music always. Keep changing the keys, tones, pitch, and volume of each of the songs you create along your life's journey and play on." -- Suzy Kassem

"O Heavenly Children, God has blessed you all with many treasures that only the most purehearted already know. His fruitful garden is vast and without measure, and in your own very bodies, He has planted metals of copper, silver and gold." -- Suzy Kassem

"This is where people misunderstand war. When you attack another country for its resources, you are the pirate. But when you protect your country from the pirates, you are the hero." -- Suzy Kassem

"Every piece of art has a buyer. Only Time decides when the right buyer will see it." -- Suzy Kassem

"Transformations are a part of life. We are constantly being changed by things changing around us. Nobody can control that. Nobody can control the environment, the economy, luck, or the moods of others. Compositions change. Positions change. Dispositions change. Experiences change. Opportunities and attitudes change. YOU will change. Never say never unless you can predict the future." - Suzy Kassem

"A great leader must serve the best interests of the people first, not those of multinational corporations. Human life should never be sacrificed for monetary profit. There are no exceptions. In addition, a leader should always be open to criticism, not silencing dissent. Any leader who

does not tolerate criticism from the public is afraid of their dirty hands being revealed under heavy light. And such a leader is dangerous, because they only feel secure in the darkness. Only a leader who is free from corruption welcomes scrutiny; for scrutiny allows a good leader to be an even greater leader." -- Suzy Kassem

"A system is corrupt when it is strictly profit-driven, not driven to serve the best interests of its people. Our freedoms are vanishing. If you do not get active to take a stand now against all that is wrong while we still can, then maybe one of your children may elect to do so in the future, when it will be far more riskier — and much, much harder." -- Suzy Kassem

"Since the earliest days of our youth, we have been conditioned to accept that the direction of the herd, and authority anywhere — is always right." -- Suzy Kassem

"If all men are made in God's reflection, then why do some people continue to acknowledge only what is in their part of the mirror? If every man was created equal and in the image of God, then how can any man claim that one race is better than another?" -- Suzy Kassem

"God created every man to be free. The ability to choose whether to live free or enslaved, right or wrong, happy or in fear is something called freewill. Every man was born with freewill. Some people use it, and some people use any excuse not to. Nobody can turn you into a slave unless you allow them. Nobody can make you afraid of anything, unless you allow them. Nobody can tell you to do something wrong, unless you allow them. God never created you to be a slave, man did. God never created division or set up any borders between brothers, man did. God never told you hurt or kill another, man did. And in the end, when God asks you: "Who told you to kill one of my children?" And you tell him, "My leader." He will then ask you, "And are THEY your GOD?" -- Suzy Kassem

"A great leader must serve the best interests of the people first, not those of multinational corporations. Human life should never be sacrificed for monetary profit. There are no exceptions." -- Suzy Kassem

"Before you examine the body of a patient, be patient to learn his story. For once you learn his story; you will also come to know his body." -- Suzy Kassem

"We are often given pills or fluids to help remedy illness, yet little has been taught to us about the power of smell to do the exact same thing. It is known that the scent of fresh rosemary increases memory, but this cure for memory loss is not divulged by doctors to help the elderly. I also know that the most effective use of the blue lotus flower is not from its dilution with wine or tea – but from its scent. To really maximize the positive effects of the blue lily (or the pink lotus), it must be sniffed within minutes of plucking. This is why it is frequently shown being sniffed by my ancient ancestors on the walls of temples and on papyrus. Even countries across the Orient share the same imagery. The sacred lotus not only creates a relaxing sensation of euphoria, and increases vibrations of the heart, but also triggers genetic memory - and good memory with an awakened heart ushers wisdom." -- Suzy Kassem

"Love is a chemical reaction, but it cannot be fully understood or defined by science. And though a body cannot exist without a soul, it too cannot be fully understood or defined by science. Love is the most powerful form of energy, but science cannot decipher its elements. Yet the best cure for a sick soul is love, but even the most advanced physician cannot prescribe it as medicine." -- Suzy Kassem

"Before asserting a prognosis on any patient, always be objective and never subjective. For telling a man that he will win the treasure of life, but then later discovering that he will lose, will harm him more than by telling him that he may lose, but then he wins." -- Suzy Kassem

"A human being can only take so much when their basic rights as a citizen of the earth are being denied to them – or sold at a high cost." -- Suzy Kassem

"When a mother gives birth, her body is not only able to provide nourishment to her baby, but is also designed to be its own personal medicine cabinet. Breast milk is the best and most natural food you can give a child, and applying it sparingly on a baby's head, eye or skin will eliminate cradle cap, acne, rashes, dryness, and even eye infections." -- Suzy Kassem

"Pick a leader who is strong and confident, yet humble. Intelligent, but not sly. A leader who encourages diversity, not racism. One who understands the needs of the farmer, the teacher, the welder, the doctor, and the environmentalist -- not only the banker, the oil tycoon, the weapons developer, or the insurance and pharmaceutical lobbyist." -- Suzy Kassem

"The more selfies a woman takes, the more selfish and self-absorbed she is. She produces serial images of herself because she lacks true substance and has nothing else to offer. And also, any woman who holds her head up way too high is trying to breathe from her own pollution. The same goes for men." -- Suzy Kassem

"A woman's body is a sacred temple. A work of art, and a life-giving vessel. And once she becomes a mother, her body serves as a medicine cabinet for her infant. From her milk she can nourish and heal her own child from a variety of ailments. And though women come in a wide assortment as vast as the many different types of flowers and birds, she is to reflect divinity in her essence, care and wisdom. God created a woman's heart to be a river of love." -- Suzy Kassem

"Never judge someone's character based on the words of another. Instead, study the motives behind the words of the person casting the bad judgment. An honest woman can sell tangerines all day and remain a good person until she dies, but there will always be naysayers who will try to convince you otherwise. Perhaps this woman did not give them something for free, or at a discount. Perhaps too, that she refused to stand with them when they were wrong — or just stood up for something she felt was right. And also, it could be that some bitter women are envious of her, or that she rejected the advances of some very proud men. Always trust your heart. If the Creator stood before a million men with the light of a million lamps, only a few would truly see him because truth is already alive in their hearts. Truth can only be seen by those with truth in them. He who does not have Truth in his heart, will always be blind to her." -- Suzy Kassem

"Beware of those who are bored and not passionate about life, for they will bore you with reasons for not living." -- Suzy Kassem

"Greet each man with words of love and peace, and a dove will be placed on an olive tree. Leave a man with feelings of betrayal or envy, and a dove will be shot off the olive tree. Greet each man with peace and leave each man with love. Ask yourself, one more enemy or one more dove? Always choose love." -- Suzy Kassem

"It's time for everybody to speak love. Let's fill the trees with doves and spread the leaves of love. Always add and never subtract another peace of man from the olive tree." -- Suzy Kassem

"Beware of those who criticize you when you deserve some praise for an achievement, for it is they who secretly desire to be worshiped." -- Suzy Kassem

"A relationship that is truly genuine does not keep changing its colors. Real gold never rusts. If a relationship is really solid and golden, it will be unbreakable. Not even Time can destroy its shine." -- Suzy Kassem

"Why escape your intended purpose by copying and trying to be someone else? You will discover who you were meant to be only after you have shown confidence being yourself." -- Suzy Kassem

"The dead never truly die. They simply change form." -- Suzy Kassem

"Everything turns in circles and spirals with the cosmic heart until infinity. Everything has a vibration that spirals inward or outward — and everything turns together in the same direction at the same time. This vibration keeps going: it becomes born and expands or closes and destructs — only to repeat the cycle again in opposite current. Like a lotus, it opens or closes, dies and is born again. Such is also the story of the sun and moon, of me and you. Nothing truly dies. All energy simply transforms." -- Suzy Kassem

"A pineapple is a compilation of berries that grow and fuse together. When joined, they create a single fruit. And within each eyelet, contains a location where a flower may grow. I see the Creator of all existence as the crown on a pineapple, and all religions of the world as the spiky eyelets, where each eyelet symbolizes a different religion or race under the same crown. Each garden of faith may have different perspectives of God, yet every garden belongs to the same God." -- Suzy Kassem

"We were created with more than five senses. Apart from the basic five, we also have the gut and the third eye. The gut being the seat of all feeling, and the third eye being the seat of intuition (foresight)." -- Suzy Kassem

"Regardless of your chosen faith, at the end of your life's journey, your heart will be measured in two ways. One, the weight of your conscience must far outweigh the weight of a feather. Two, any impurities in your heart must weigh no more than one feather." -- Suzy Kassem

"It is only normal that people count losses with their minds, and ignore to count blessings with the graciousness of their hearts." -- Suzy Kassem

"When the heart is beautiful, its light shines through the eyes, vocal tones and actions of its master. True beauty is not in the body, but in the heart of the beholder." -- Suzy Kassem

"Understanding languages and other cultures builds bridges. It is the fastest way to bring the world closer together and to Truth. Through understanding, people will be able to see their similarities before differences." -- Suzy Kassem

"Nobody can turn you into a slave unless you allow them. Nobody can make you afraid of anything, unless you allow them. Nobody can tell you to do something wrong, unless you allow them. God never created you to be a slave, man did. God never created division or set up any borders between brothers, man did. God never told you hurt or kill another, man did. So why is man your god, and not the Creator? In Egyptian Arabic, the word 'insan' means 'human'. If we remove the 'n', the word becomes 'insa', which means 'to forget'. So you see, the word 'forget' is taken from the word 'human'. And since it was God who created our minds and hearts, He knew from the very beginning that we would quickly forget our history, only to keep repeating the same mistakes over and over again. So the ultimate test of every human is to seek wisdom. After all, wisdom is gained from having a good memory. Only after we have passed this test will we evolve to become better humans. Man is only a forgetful mortal, but God — He sees, hears and remembers everything." -- Suzy Kassem

"It is what it is because you let it be so." -- Suzy Kassem

"Always surround yourself with friends that have plenty of kindness and love (light) in them. That way you will always have candles around you when days are dark." -- Suzy Kassem

"Most people will not stand up to injustice unless their comfort of living is severely threatened. This is because today's man does not care for the outside world so long as he has a roof over his head and four walls to contain his own." -- Suzy Kassem

"Man is like a desert without the rain of a woman. Nothing can be born and grown without her nourishment. She is a life-giving river that gives and loves without holding anything back. And without her water, man would walk around aimlessly, feeling incomplete and hollow like an empty well. The longer he roams, the deeper the hole within his soul expands, growing bigger and bigger like a barren tree whose branches resemble the cracks on hard, dry soil. And he shall continue to feel incomplete and malnourished, until he encounters a godly woman, to show him life and quench his thirst." -- Suzy Kassem

"Life has pounded me down and thrashed me around, time and time again. But I still love life, just as the earth still loves the rain." -- Suzy Kassem

"Shame on the misguided, the blinded, the distracted and the divided. Shame. You have allowed deceptive men to corrupt and desensitize your hearts and minds to unethically fuel their greed." -
- Suzy Kassem

"Truth is not for sale. The man who sells truths that could help and guide humanity will never have peace of mind. Share truths freely, and you will always be revealed more." -- Suzy Kassem

"The parent is protector and trainer, but never the ultimate teacher. Every parent is responsible for teaching their kid basic moral conduct, manners, the difference between love and hate, and right from wrong. However, after maturity, the child must set off to seek knowledge on their own. Religion is never to be forced. And you cannot threaten your child with hell and tell them your religion is the only right way. There is no one right way. The many ways to the Creator are as varied as the colors of a rainbow." -- Suzy Kassem

"O Heavenly Children, God's messengers are as limitless as the fish in the sea. They come in all colors, regions, languages and creeds. But their message is one and the same, don't you see? He only wishes to unite all His children under one family tree." -- Suzy Kassem

"The sky is not the limit. The universe is limitless." -- Suzy Kassem

"From personal experience, I know for sure that the number one thing that saddens the dead more than our grief — is not being conscious of their existence around us. They do want you to talk to them as if they were still in a physical body. They do want you to play their favorite music, keep their pictures out, and continue living as if they never went away. However, time and "corruption" have blurred the lines between the living and the dead, between man and Nature, and between the physical and the etheric. There was a time when man could communicate with animals, plants, the ether, and the dead. To do so requires one to access higher levels of consciousness, and this knowledge has been hidden from us. Why? Because then the plants would tell us how to cure ourselves. The animals would show us their feelings, and the dead would tell us that good acts do matter. In all, we would come to know that we are all one. And most importantly, we would be alerted of threats and opportunities, good and evil, truth vs. fiction. We would have eyes working for humanity from every angle, and this threatens 'the corrupt'." -- Suzy Kassem

"You are not supposed to go out and find love. Love will find you when you are ready." -- Suzy Kassem

"You do not find love. It finds you." -- Suzy Kassem

"In a superficial world, body image is everything. But in a world filled with substance, a beautiful mind, heart and soul are everything. The second world does not exist because the ego overpowers the heart. And the first world will continue to exist until the heart overpowers the ego." -- Suzy Kassem

"The dead are immune from our prison of Time. The distance between the living and dead may be vast, but the space of Time the dead experience when they are reunited with their loved ones is only paperthin. From time to time, one must release the grime built up inside them to free their emotions like the ocean." -- Suzy Kassem

"Our evolution depends on our memory. If we keep forgetting the mistakes of the past, only to keep repeating them, then we will never change." -- Suzy Kassem

"If sheep elect wolves to be their shepherds, then they deserve to be eaten." -- Suzy Kassem

"If sheep vote a wolf to be their leader, then they deserve to be eaten." -- Suzy Kassem

"If I could remove one thing from the world and replace it with something else, I would erase politics and put art in its place. That way, art teachers would rule the world. And since art is the most supreme form of love, beautiful colors and imagery would weave bridges for peace wherever there are walls. Artists, who are naturally heart-driven, would decorate the world with their love, and in that love — poverty, hunger, lines of division, and wars would vanish from the earth forever. Children of the earth would then be free to play, imagine, create, build and grow without bloodshed, terror and fear." -- Suzy Kassem

"Faith is the flame to eliminate all fear, and faith is the conqueror of dreams." -- Suzy Kassem

"Faith is the flame to eliminate all fear, and faith is the emperor of dreams." -- Suzy Kassem

"More people have died in the name of religion than any other cause on earth. Is massacring God's creations really serving God - or the devil? And what father would want to see his children constantly divided and fighting? What God would allow a single human life to be sacrificed for monetary gain? Again, God or the devil?" -- Suzy Kassem

"Let us dedicate this new era to mothers around the world, and also to the mother of all mothers - Mother Earth. It is up to us to keep building bridges to bring the world closer together, and not destroy them to divide us further apart. We can pave new roads towards peace simply by understanding other cultures. This can be achieved through traveling, learning other languages and interacting with others from outside our borders. Only then will one truly discover how we are more alike than different. Never allow language or cultural traditions to come between brothers and sisters." -- Suzy Kassem

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"Never allow language or cultural traditions to come between brothers and sisters. The same way one brother may not like his sister's choice of fashion or hairstyle, he will never hate her for her personal style or music preference. If you judge a man, judge only his heart. And when you do, make sure you use the truth in your conscience when weighing one's character. Do not measure anybody strictly based on the bad you see in them and ignore all the good." -- Suzy Kassem

"Make sure you use the truth in your conscience when weighing one's character. Do not measure anybody strictly based on the bad you see in them and ignore all the good." -- Suzy Kassem

"Peace is built on understanding, and wars are built on misunderstandings." -- Suzy Kassem

"There are two missions we are obligated to carry out during our life journey. The first, is to seek Truth throughout our lifetime. The second, is simply to be good. Engrave it in your mind that life is just one big board game where you have to make it from start to finish by being good. That is all you have to do. The hardest part, is dealing with all the obstacles that prevent smooth sailing. The trick is, to always strive to be the right person in all situations – regardless of personal cost to you. Your aim is to make sure the right book on your shoulder weighs more than the bad book on the left. The scales are real. Regardless of your chosen faith, there is a measurement system to be found in all of the world's religions. After all, does it make sense for all souls, good or bad, to end up in the same place? Of course not. To really secure the very best setting in the afterlife, the vibrations of your good deeds must surpass your death." -- Suzy Kassem

"The vibrations of your good deeds in the living must surpass your death." -- Suzy Kassem

"There is no such thing as fear until you allow it to enter your heart. If I told you what really happens to your soul when it is put to eternal sleep, you would not fear death; hence, you would never have fear -- or fear "fear". But this is something I will share with you another day and

time, in another story. We are taught to fear anything that can bring us closer to death — to keep us from taking huge leaps that involve risk. The only thing you should fear in this lifetime is not taking risks while you are living. I do not mean to go jump off a bridge. I mean, to go all out to reach your dreams, to dare to do things you typically would not do out of fear. Pain has a threshold and so does death. Fear neither, and never fear what has no right to be feared. Fear only the Almighty, for he is the only one who can terminate a soul forever. No man can do that. No leader can do that. Only the Creator can do that. As long as the heart is good, a soul can live forever. The body is simply a coating for the soul, and when you die, your soul takes the soul of your heart along with it." -- Suzy Kassem

"Love strengthens the heart and spirit, while fear cripples both." -- Suzy Kassem

"Starting today, train your mind and heart to reject FEAR. Once you reject fear, you will become the perfect candidate to receive and reflect Truth." -- Suzy Kassem

"There is no such thing as fear until you allow it to enter your heart. If I told you what really happens to your soul when it is put to eternal sleep, you would not fear death; hence, you would never have fear -- or fear "fear". But this is something I will share with you another day and time, in another story. We are taught to fear anything that can bring us closer to death — to keep us from taking huge leaps that involve risk. The only thing you should fear in this lifetime is not taking risks while you are living. I do not mean to go jump off a bridge. I mean, to go all out to reach your dreams, to dare to do things you typically would not do out of fear. Pain has a threshold and so does death. Fear neither, and never fear what has no right to be feared. Fear only the Almighty, for he is the only one who can terminate a soul forever. No man can do that. No leader can do that. Only the Creator can do that. As long as the heart is good, a soul can live forever. The body is simply a coating for the soul, and when you die, your soul takes the soul of your heart along with it." -- Suzy Kassem

"The battle of good versus evil is the oldest and most re-occurring story tale in the book of life. It never ends because no matter how you cut off the tail of evil, it will always grow back again and again. This old story will always continue into infinity until we closely examine our past errors to prevent giving the snake a new head in the future. You can destroy a demon, but a new one will always come back later in time. You can bring down a corrupt leader, but another one will rise up again with time. As long as the ego overcomes the heart of a man, evil will always exist, and the enemies of God will continue to multiply and thrive. If a tree is bearing bad fruit, you do not destroy the tree by cutting off its branches or eliminating its fruit, but by destroying its roots. I want you to look at the world as this poisoned tree. Even if we eliminate our enemies today, we will create new ones tomorrow. The formula to cut off the head of the snake once and fall is very

simple, and this basic solution is written in all your holy books — 'LOVE IS THE ANSWER'. The strongest counterspell to destroy all forces of black magic is love. Pure unconditional love. However, to be able to emit the right frequency of love, one must first succeed in their own personal battle of good versus evil: heart (conscience) vs. mind (ego). Once you learn how to use your heart to embrace all living things as you do your own reflection, and use your heart to detect truths and dictate your actions, your heart will not be fully activated to love all of mankind the right way. Where there is love, there will be truth and light. Take away the love or truth, and we will forever remain in the dark. Truth, light and love must all co-exist in perfect harmony to overcome evil on earth. And they cannot just be secluded to one part of the world, but reign as divine royalty across the entire globe." -- Suzy Kassem

"Before asserting a prognosis on any patient, always be objective and never subjective. For telling a man that he will win the treasure of life, but then later discovering that he will lose, will harm him more than by telling him that he may lose, but then he wins." -- Suzy Kassem

"A good man will never harm or oppress another. A good man will share his last morsel of food with others in need, and die of hunger when he no longer has any food -- instead of cheat or steal from others to survive. Selflessness. Humility. Truthfulness. These are the three marks of an honorable man. Before asserting a prognosis on any patient, always be objective and never subjective. For telling a man that he will win the treasure of life, but then later discovering that he will lose, will harm him more than by telling him that he may lose, but then he wins." -- Suzy Kassem

"A few decades ago, a woman tried to sue a butter company that had printed the word 'LITE' on its product's packaging. She claimed to have gained so much weight from eating the butter, even though it was labeled as being 'LITE'. In court, the lawyer representing the butter company simply held up the container of butter and said to the judge, "My client did not lie. The container is indeed 'light in weight'. The woman lost the case." -- Suzy Kassem

"In a marketing class in college, we were assigned this case study to show us that 'puffery' is legal. This means that you can deceptively use words with double meanings to sell a product, even though they could mislead customers into thinking your words mean something different. I am using this example to touch upon the myth of organic foods. If I was a lawyer representing a company that had labeled its oranges as being organic, and a man was suing my client because he found out that the oranges were being sprayed with toxins, my defense opening statement would be very simple: 'If it's not plastic or metallic, it's organic.'" -- Suzy Kassem

"Most products labeled as being organic are not really organic. This is the truth. You pay premium prices for products you think are grown without chemicals, but most products are. If an apple is labeled as being organic, it could mean two things. Either the apple tree itself is free from chemicals, or just the soil. One or the other, but rarely both. The truth is, the word 'organic' can mean many things, and taking a farmer to court would be difficult if you found out his fruits were indeed sprayed with pesticides. After all, all organisms on earth are scientifically labeled as being organic, unless they are made of plastic or metal. The word 'organic' comes from the word 'organism', meaning something that is, or once was, living and breathing air, water and sunlight."
-- Suzy Kassem

"If you go to jungles or forests untouched by man, you will see fruit and vegetables that look like they sprouted from trees from Heaven. So be cautious the next time you buy anything labeled as 'organic'. Unless you personally know the farmer or the company selling the products, don't trust what you read. You, me, and everything on land and sea are organic." -- Suzy Kassem

"Any system that values profit over human life is a very dangerous one indeed. Simply put, it lacks values, and such a system will eventually collapse once its true light is discovered by the masses. Though some say that capitalism is a modern system, corruption has been the source for the demise of every great civilization." -- Suzy Kassem

"What you reject today, you could accept tomorrow. And what you accept today, you could reject tomorrow. Never say never unless you can predict the future." -- Suzy Kassem

"Truth will never shine from a heart filled with corruption and lies." -- Suzy Kassem

"Truth will never imprison you. Only the repression of your conscience will. This is what is meant by 'THE TRUTH WILL SET YOU FREE.'" -- Suzy Kassem

"Your faith is your conscience, and your conscience is your faith. You cannot have faith without a conscience, but you can have a conscience without faith. Man was designed to be good with or without religion, yet the challenge for many is staying good. Some people claim to be religious but have no conscience, while some people without religion are very much aware of their conscience. Therefore, a religious label does not define your character or validate your worth. In the end, all men will be judged by the amount of truth in them and the weight of their hearts. The

heavier the conscience, the heavier the truth. The lighter the heart, the higher it goes. The only spiritual currency one has in the afterlife is amassed in the form of light, in that, the amount you have depends on the weight of your words and deeds in the living. Conscience is everything. Conscience is what connects us to the truth and light of the highest power source of all. God. The cosmic heart of the universe." -- Suzy Kassem

"Everyone should strive to be a world citizen. Boundaries were created by man, not the Creator. There is no such thing as THEM vs. US. There is only 'WE.'" -- Suzy Kassem

"Thought before word, never word before thought." -- Suzy Kassem

"A good man will never harm or oppress another. A good man will share his last morsel of food with others in need, and die of hunger when he no longer has any food -- instead of cheat or steal from others to survive. Selflessness. Humility. Truthfulness. These are the three marks of an honorable man. Unity is a beast in itself." -- Suzy Kassem

"Pain has a threshold and so does death." -- Suzy Kassem

"Nothing truly dies. All energy simply transforms." -- Suzy Kassem

"Whenever you deny the hand of Justice, Violence almost always steps in." -- Suzy Kassem

"The language of light can only be decoded by the heart." -- Suzy Kassem

"Wisdom and business do not mix. True wisdom is granted only to those He truly loves." -- Suzy Kassem

"Real greatness does not reside inside those who feel large. The truly wise are meek." -- Suzy Kassem

"You see, somewhere deep within the universe is a cosmic heart that pours knowledge to those with questions. And to communicate with it, you simply have to tap into your own heart. Yet there is a catch. You cannot be sleeping. You have to be wide awake. And your heart cannot be heavy. It must be as light as a feather. And your questions cannot carry any shades of darkness, they must be as childlike as a curious and receptive student of Truth. And the answers, can be interpreted in many different ways -- depending on how much truth you have in you." -- Suzy Kassem

"We know that for mankind to move forward, changes must be made. However, if an old man is wise only by his gray hair, yet it is inevitable that this wisdom will also become impaired by age, then it can be deduced that we cannot expect the very old or very young to make progressive strides to better society, it must be up to the men and women still in the prime of their lives to re-learn and teach the changes needed to be made." -- Suzy Kassem

"Any man filled with empathy is capable of gaining valuable insights on the human condition through the suffering of others. You do not need to suffer to know suffering, but you need empathy first to identify and feel the suffering of others around you." -- Suzy Kassem

"Real greatness does not reside inside those who feel large. The truly wise are meek." -- Suzy Kassem

"Truth always rises with time." -- Suzy Kassem

"Any man who behaves arrogantly with what little he knows, or claims to know all, only reveals to all that he really knows nothing. Real greatness does not reside inside those who feel large. The truly wise are meek." -- Suzy Kassem

"Fear kills more dreams than failure ever will." -- Suzy Kassem

"Nothing exists without a purpose. Every experience you have in this lifetime was written for you to grow into the light (person) you were meant to be." -- Suzy Kassem

"None of us are just black or white, or never wrong and always right. No one. No one exists without polarities. Everybody has good and bad forces working with them, against them, and within them." -- Suzy Kassem

"The Creator favors the man who loves over the man who hates." -- Suzy Kassem

"Empathy is the doorway to wisdom." -- Suzy Kassem

"We were created with more than five senses. Apart from the basic five, we also have the gut and the third eye. The gut being the seat of all feeling, and the third eye being the seat of intuition (foresight)." -- Suzy Kassem

"God would prefer us all to be united than divided. The devil would prefer us all to be divided than united. God prefers the man who loves than the one who hates. The devil prefers the man who hates than the one who loves." -- Suzy Kassem

"Make your book of life a musical. Never abandon obligations, but have fun leaving behind a colorful legacy. Never allow anybody to be the composer of your own destiny. Take control of your life, and don't allow limitations implanted by society tell you how your music is supposed to sound — or how your book is supposed to be written." -- Suzy Kassem

"As humans, our territory is on land. If we were meant to control the skies, we would have been given wings, and if we were meant to control the seas and oceans, we would have been designed to breathe underwater. The Creator created for us many natural water sources: lakes, ponds, rivers, springs, and streams — so that we would not tamper with the seas or oceans. This is why there is salt in the them, so we do not drink from them, or bother the huge creatures he put there to control the food chain. The salt content found in huge bodies of water is extremely vital to the

elevation and balancing of the earth. This can be explained through basic physics or metaphysics." -- Suzy Kassem

"Wild creatures were also placed in jungles and forests to keep humans out of them. Plants are vital to purifying the atmosphere, and many wild animals rely on them as their food and medicine. Had the Creator not placed animals like tigers, wolves, bears, and other big creatures in untamed regions which are intended to remain inhabited, he knew that mankind would take over those areas — leaving nothing for the animals." -- Suzy Kassem

"God is closer than you think. In your heart, is his truth and light." -- Suzy Kassem

"Cultural and religious traditions that forbid cross-cultural unions prevent peace on earth. Instead of rejoicing that our sons and daughters are heart-driven and love other humans outside of their familiar religious, social or cultural domains, we punish and insult them. This is wrong. Honor killings are not honorable by God. They are driven by ignorance and ego and nothing more. The Creator favors the man who loves over the man who hates. If you think God will punish you, or your child, for allowing them to marry outside of your tribe or faith, then you do not know God. Love is his religion and the light of love sees no walls. Anybody who unconditionally loves another human being for the goodness of their heart and nothing more is already on the right side of God." -- Suzy Kassem

"If achieving world peace and ending poverty were really genuine concerns to the majority, then they would have happened already by now. So, either people are not aware of their collective power, or their fears overpower their desires. Every problem on earth today has more than one solution. However, priorities are determined by values." -- Suzy Kassem

"We become responsible for the actions of others the instant we become conscious of what they are doing wrong and fail to remind them of what is right." -- Suzy Kassem

"Write and people will come to read. Write and people will heed to your words and share them with others. Not all may relate, but wait, and those who were meant to see it eventually will find it, for truth waits to be found. It searches for no one." -- Suzy Kassem

"Through love, tribes have been intermixing colors to reveal a new rainbow world. And as more time passes, this racial and cultural blending will make it harder for humans to side with one race, nation or religion over another." -- Suzy Kassem

"Be wary of any man who is quick to put down another man's faith. His love for Truth is not deep enough for him to want to explore additional truths outside his borders. The language of light can only be decoded by the heart. Thus, a man with a closed heart is already blind to understand the words of his own faith." -- Suzy Kassem

"Power is given only to those you allow to have power over you. No man was born with a master. The only master of all is the Creator, and he created all men to be free. Freedom is a God-given right, not a human-granted gift. No man should have to fight to breathe in good health and peace." -- Suzy Kassem

"Always be good to yourself and others. Always do what is right even if doing something wrong is quicker, more rewarding or easier. Always put truth in your every word and action, and never ignore your conscience until you die." -- Suzy Kassem

"Most people will not stand up to injustice unless their comfort of living is severely threatened. This is because today's man does not care for the outside world so long as he has a roof over his head and four walls to contain his own." -- Suzy Kassem

"Write and people will come to read. Write and people will heed to your words and share them with others. Not all may relate, but wait, and those who were meant to see it eventually will find it, for truth waits to be found. It searches for no one." -- Suzy Kassem

"This is God's universe and he is the master gardener of all. If we were to eliminate all colors in his garden, then what would be a rainbow with only one color? Or a garden with only one kind of flower? Why would the Creator create a vast assortment of plants, ethnicities, and animals, if only one beast or seed is to dominate all of existence?" -- Suzy Kassem

"A good memory with an awakened heart ushers wisdom." -- Suzy Kassem

"We are often given pills or fluids to help remedy illness, yet little has been taught to us about the power of smell to do the exact same thing. It is known that the scent of fresh rosemary increases memory, but this cure for memory loss is not divulged by doctors to help the elderly. I also know that the most effective use of the blue lotus flower is not from its dilution with wine or tea – but from its scent. To really maximize the positive effects of the blue lily (or the pink lotus), it must be sniffed within minutes of plucking. This is why it is frequently shown being sniffed by my ancient ancestors on the walls of temples and on papyrus. Even countries across the Orient share the same imagery. The sacred lotus not only creates a relaxing sensation of euphoria, and increases vibrations of the heart, but also triggers genetic memory - and good memory with an awakened heart ushers wisdom." -- Suzy Kassem

"The best art is not always the most popular art, and the most popular art is never truly the best art. The best art is that which is streamed through God. And the worst art is that which is void of God. The master artist of the universe is the Creator of All Things, and his reflection is in all of us. Only the artist who is aware that he is a reflection of that greatness, and that creativity is supreme love, is a true divine artist. Even if he is not the most popular artist, he will be very popular among the stars of His universe. That is the master artist, one who uses his talents to serve as a vehicle of God. In his work, you hear God's voice and see with His eyes." -- Suzy Kassem

"Know that it is your birthright to awaken. Seeking Truth is the ultimate quest of every moral citizen. Truth is felt first in the heart, and then the mind. The voice of your conscience comes from your heart, not your mind. The voice of reason comes from your mind, not your heart. Your mind is simply there to reason with your heart. Always listen to your heart first. Those who look for Truth through the mind before the heart will never find Truth. When you come close to Truth, the first sign will be an inner sense of liberation. Truth will NEVER imprison you. Only the repression of your conscience will. This is what is meant by "THE TRUTH WILL SET YOU FREE." -- Suzy Kassem

"It does not matter what religion you are, so long as your conscience guides your words and actions. We are all reflections of God means we are all reflections of his image — which is LIGHT. There is only one God and that is the cosmic heart of the universe — whatever you choose to call him or her. The heart within us is what connects us to God (the heart of the universe). This super basic concept is preached in all religions. God is TRUTH and LIGHT, and only through your conscience do you connect to him. Any person who does not use their conscience is very disconnected from God. Because again, the language of light can only be decoded by the heart." -- Suzy Kassem

"Most of the time, we see only what we want to see, or what others tell us to see, instead of really investigate to see what is really there. We embrace illusions only because we are presented with the illusion that they are embraced by the majority. When in truth, they only become popular because they are pounded at us by the media with such an intensity and high level of repetition that its mere force disguises lies and truths. And like obedient schoolchildren, we do not question their validity and swallow everything up like medicine. Why? Because since the earliest days of our youth, we have been conditioned to accept that the direction of the herd, and authority anywhere — is always right." -- Suzy Kassem

"We awaken by asking the right questions. We awaken when we see knowledge being spread that goes against our own personal experiences. We awaken when we see popular opinion being wrong but accepted as being right, and what is right being pushed as being wrong. We awaken by seeking answers in corners that are not popular. And we awaken by turning on the light inside when everything outside feels dark." -- Suzy Kassem

"It is what it is because you let it be so." -- Suzy Kassem

"A conscious human is driven by their conscience, not popular opinion." -- Suzy Kassem

"You cannot clean a dirty wall with dirty hands." -- Suzy Kassem

"People need to remember that a man who is deceptive deceives by hiding that he is deceptive. He is not going to openly validate that he is deceiving you because his aim is to deceive you." -- Suzy Kassem

"When a moral man speaks, listen. But when immoral men speak, toss away their words like bad fruit. Truth will never shine from a heart filled with corruption and lies. A good leader lays seeds to grow trees of peace. A bad leader lays down bricks to build walls of ignorance. Always choose the peacemaker, not the divider. The one who unites and strengthens a country, not divides and cripples it. A leader who will build bridges, not walls. No country can police corruption in other countries when it itself is not free from corruption. You cannot clean a dirty wall with dirty hands." -- Suzy Kassem

"We are moving towards a rainbow world. Our children are intermixing and so are our colors. You can keep your religions and traditions, but always stand with what is good for the greater good of ALL as a united neighborhood instead of a segregated team. This is what America needs. This is what the world needs. Our unity. In our schools, neighborhoods, communities, state offices and all economic equations." -- Suzy Kassem

"Choosing to stand with the right wing or left wing, or this group or that group, is only going to keep this country divided and grounded. In the end, all human needs are the same and they will never change. So what is there to fight about? Let's hit restart and unite. Flip the script and start again. To make America truly great again, it must be united. Every bird needs two wings to fly. Any nation torn at the wings will never soar the skies. So we can all start here. The only political party anyone should be an active part of is the one called concerned." -- Suzy Kassem

"I call for all religions, cultures, countries, crews, parties and peacemakers to unite for the sake of building a peaceful, united global village for future generations. It starts TODAY. If we stay divided, we will only remain crippled - and will fall. It is time for everyone to see there is more for us to GAIN through unity and love than hatred and division. Get wise and unite. This is the only way. We need to start fresh with a truly united perspective." -- Suzy Kassem

"The greatest obstacle to our evolution is that WE ARE TOO DIVIDED. United we stand, divided we fall. Isn't that right? Yet how fast we have forgotten." -- Suzy Kassem

"Is being a Republican really about touting "wholesome" conservative values, or a particular income strata? And when you say you are 'conservative', what are you really 'conserving'?" -- Suzy Kassem

"When will we collectively see together that the history of the world played no role in preventing negative events similar to those of the past from ever happening again in this lifetime? Everything just keeps senselessly repeating itself. That is because, as humans, we forget too quickly. Our forgetfulness is our species' greatest fault. Our negligence to tap into accessible existing knowledge to prevent new disasters from recurring is unforgiving. We are too arrogant, too proud and too lazy to adapt old ideas that may have worked, let alone invent some new ones." -- Suzy Kassem

"The day we allow Republicans to control our entertainment and literature is the day the world will lose its colors. I am for a rainbow world filled with a variety of views, hues and voices. Why would anybody want to eat the same spaghetti everyday when the country is loaded with so many more choices?" -- Suzy Kassem

"All men and women on earth were created with two eyes. The left eye represents the moon (mind/ego) and the right eye represents the sun (heart/conscience). Both eyes represent the duality of human nature. The sun represents the light in the heart of man, the conscience, and the moon represents the darkness in the mind of man, the ego. When we follow our hearts, we follow the path of lessons we were meant to take and gain knowledge from. Sometimes the heart conquers over reason, and this may lead us to making serious mistakes, but these are mistakes written for us to grow. This is the real reason you hear 'FOLLOW YOUR HEART'. And the real reason you hear, 'FOLLOW YOUR DREAMS' is because our dreams expose us to our true multidimensional realities outside of this delusional realm we call reality. Our TRUE reality can be found in our dreams, where we are our true multidimensional selves." -- Suzy Kassem

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"Study the behavior of animals and you will understand human psychology and sociology. Study a flower excited under sunlight, and you will understand how all living things respond to light. The Almighty has provided everything in nature. Observe nature and you will grow. The cures of all illnesses are found in nature in the shapes of the body parts they were created to cure." -- Suzy Kassem

"There is at least one truth to every myth, and it takes one truth to create a lie. Lies can be formed from Truth; however, Truth cannot be formed from lies." Language is a serious weapon in shining and sharing Truth. It is also a serious weapon used in its distortion." -- Suzy Kassem

"Having a good memory is the first and foremost primordial tenant of wisdom. This is the sacred secret of love. Love a person for their heart and only their heart, and you will be rewarded with the best unconditional love in return. If you ignore the heart and focus just on a person's outer beauty, love will ignore you. Love a person for only the beauty found in their heart, and that beautiful heart will always be beautiful to you." -- Suzy Kassem

"When we follow our hearts, we follow the path of lessons we were meant to take and gain knowledge from. Sometimes the heart conquers over reason, and this may lead us to making serious mistakes, but these are mistakes written for us to grow. This is the real reason you hear 'FOLLOW YOUR HEART'. And the real reason you hear, 'FOLLOW YOUR DREAMS' is because our dreams expose us to our true multidimensional realities outside of this delusional realm we call reality. Our TRUE reality can be found in our dreams, where we are our true multidimensional selves." -- Suzy Kassem

"A good man will never harm or oppress another. A good man will share his last morsel of food with others in need, and die of hunger when he no longer has any food -- instead of cheat or steal from others to survive. Selflessness. Humility. Truthfulness. These are the three marks of an honorable man. "If all men are made in God's reflection, then why do some people continue to acknowledge only what is in their part of the mirror? If every man was created EQUAL and in the image of God, then how can any man claim that one race is better than another?" -- Suzy Kassem

"This is God's universe and he is the master gardener of all. If you see ugliness in his creations, then you see ugliness in our Creator. Wake up. If we eliminate all colors in his garden, then what would be a rainbow with only one color? And what would be a garden with only one kind of flower? Why would the Creator create a vast assortment of plants, ethnicities, and animals, if only one beast or seed is to dominate all of existence?" -- Suzy Kassem

"Unity is a beast in itself. If a wolf sees two little boys playing in the woods on one side, and a big strong man on the other, he will go to the one who stands alone." -- Suzy Kassem

"Nobody can turn you into a slave unless you allow them. Nobody can make you afraid of anything, unless you allow them. Nobody can tell you to do something wrong, unless you allow them. God never created you to be a slave, man did. God never created division or set up any borders between brothers, man did. God never told you hurt or kill another, man did. Why is man your God and not the Creator? Some people will follow their minds without listening to their

hearts, and others will follow their hearts without listening to their minds. This is why reason exists, for there to be balance between the heart and mind. We were not meant to follow the mind and ignore the heart. Instead, we were meant to follow the heart over the mind, but without completely abandoning logic. The middle way is the preferred way, and this path simply means to allow your heart to drive you, but do not forget to balance reason with your conscience." -- Suzy Kassem

"It does not matter what religion you are, so long as your conscience guides your words and actions. We are all reflections of God means we are all reflections of his image - which is LIGHT." -- Suzy Kassem

"The people of today would rather stand next to a man with no substance but covered in gold, rather than the man with substance and wisdom of gold. What if God was dressed as a carpenter with dirty nails and beaten boots? Would you recognize your Maker? Would you give him your time? Your vote? A cup of tea or water? Only those with truth in them will recognize truth. And you must learn to recognize all that is untrue to get the truth." -- Suzy Kassem

"We must all work in harmony with each other to stand up for what is right, to speak up for what is fair, and to always voice any corrections so that the ignorant become informed and justice is never ignored. Every time a person allows an act of ignorance to happen, they delay our progress for true change. Every person, molecule and thing matters. We become responsible for the actions of others the instant we become conscious of what they are doing wrong and fail to remind them of what is right." -- Suzy Kassem

"If you study the rhythm of life on this planet, you will find that everything moves in perfect symphony with everything else — by grand divine design. The earth has the ability to heal and regenerate itself, just as our oceans have the ability to replenish themselves by turning over their debris with the waves to wash them ashore. This perfect orchestration of the cycle of life is one of the Creator's greatest and most beautiful miracles. The earth will continue to exist with or without us. So the real concern should be, will we be able to continue to co-exist with each other?" -- Suzy Kassem

"Humility is a virtue of the heavenly, not arrogance. Are we the most superior beast on earth? No, not in strength and not in intelligence. It is very arrogant to assume that we are the most intelligent species when we keep repeating the same mistakes over and over again. Both rats and monkeys have been shown to learn from error, yet we have not. More people have died in the

name of religion than any other cause on earth. Is massacring God's creations really serving God – or the devil? And what father would want to see his children constantly divided and fighting? What God would allow a single human life to be sacrificed for monetary gain? Again, the Creator or the devil?" -- Suzy Kassem

"The Creator favors the man who loves over the man who hates. If you teach hatred to your children, one day your child will have that hatred reflected back onto them, or onto you." -- Suzy Kassem

"I do what I do because I love God, as I love your children, as I love humanity, as I love peace, truth, and justice for all. I may not be a fan of religion, but I am a big fan of God. I choose not to subscribe to any one religion because I recognize truths in them all — both the truths and flaws. For anybody to believe that any father would want to see his children fighting is madness. It does not make the Creator happy to see anybody massacre any of his beautiful creations. If you must know the religion I choose, I choose LOVE. If you must know the name of my god, his name is Truth, or rather 'He Who is One, The One Who is All.'" -- Suzy Kassem

"You may not understand issues that do not pertain to the heart, but be a master in areas that do. Nobody knows everything, and nobody can be a master of everything. Nobody was created perfect, and nobody should be measured according to perfection. It is the weight of your heart that matters the most in the end. All else is irrelevant." -- Suzy Kassem

"Choose a leader who will invest in building bridges, not walls. Books, not weapons. Morality, not corruption. Intellectualism and wisdom, not ignorance." -- Suzy Kassem

"The truly wise are meek. Yet being small and meek do not make one weak. Arming oneself with true knowledge generates strong confidence and a bold spirit that makes you a lion of God. The Creator does not want you to suffer, yet we are being conditioned by society to accept suffering, weak and passive dispositions under the belief that such conditions are favorable by God. Weakness is not a virtue praised by God. How could he desire for you to be weak if he tells us to stand by our conscience? Doing so requires strength. However, there is a difference between arrogance when inflating your ego, and confidence when one truly gets closer to God. One feels large, while the other feels small. Why? Because a man of wisdom understands that he is just a small pea in a sea of infinite atoms, and that in the end — we are all connected. And did you not know that the smaller a creature is, the bolder its spirit?" -- Suzy Kassem

"Since the earliest days of our youth, we have been conditioned to accept that the direction of the herd, and authority anywhere - is always right." -- Suzy Kassem

"Choose a leader who will invest in building bridges, not walls. Books, not weapons. Morality, not corruption. Intellectualism and wisdom, not ignorance." -- Suzy Kassem

"The Creator favors the man who spreads love over the one who spreads hate." -- Suzy Kassem

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"My Beloved India, It was your country that showed me who I am, before I discovered the truth myself. It was in Delhi when a book vendor wanted to close his store before I stumbled in at the last minute. He was an anxious man at first, but he later became my friend. He watched me pick up book after book, and then he said to me, "You are a poet?" And I responded, "How do you know?" Then he said, "You quickly put down the books of the fake poets, and savour the real ones. Let us have some tea!" And that day he introduced me to your country's greatness. Then later when I strolled by the book vendors on the open streets of New Mumbai, every single time I stopped to scan the books, your people were very good to me. They could tell just by the books I picked up -- everything about me. And from there, they could easily match me with the most obscure books that I really did enjoy. India, I have written many poems about you that I have not shared yet with your children. But truth recognizes truth, and for this reason I want the world to know about your love for wisdom, poetry and knowledge. I salute you!" -- Suzy Kassem

"My Lord, the Creator, has many names, but He is one and the same. God is Christian, Jewish, Muslim, Buddhist, Sikh, and Hindu. God is love. God is truth, and the true light of love sees no walls. Do not abandon him even when your days are gray; for He is only returning your call when you asked for strength. The Creator will talk to you only in daylight, through the rays of the sun, and He does not use words. Instead, he will reflect his dancing mirrors inside your head, and they will communicate to your heart and change your biochemistry to see with His eyes and think like Him. There is no such thing as prophets and seers; for all of mankind was created equal. However, if you are open to love all without fear, and to forgive all without hate, He will radiate His love through your heart and eyes in a way that your magnetic field becomes a reflection of His sunshine. Yes, God is near and God is here. His tests are many, but so are his blessings. Yes, faith is the flame to eliminate all fear. For if you are truly good, serve Him, and stand only by your conscience -- He will grant you whatever you ask of Him when you enter His heavenly garden." -- Suzy Kassem

"This whole mankind, humankind, peoplekind rephrasing thing is STUPID. Why? Because in eastern countries, in western educational videos since childhood, and since the birth of religion -- using the masculine form to refer to the human race has been the standard. Even in pop songs in the Middle East, it is normal for a man to sing to his love in the masculine so the song could be used for man or woman. I, myself, use the masculine form when I write to communicate cross-culturally --- and I am a feminist. So before you protest the usage of "and man evolved from monkey", go travel the world, read a holy book, or learn another language that is not English. Woman or man is still human. The word man is IN woman. We just have the extra "WHOA" factor." -- Suzy Kassem

"Women are the new men. This explains why more men are staying home to take care of their children, while the woman is out making the bread. If you do not believe me, take a look at my generation." -- Suzy Kassem

"A life driven by fire and passion is like riding on the back of a dragon." -- Suzy Kassem

"You must learn to bend to open windows, my friend. That is why artists and dancers are closest to God. They clench their chests every day to salute the Creator, while opening up portals to the universe. The artist mediates and prays as he/she creates, knowing that - somewhere, deep down within them - creativity is the highest transmission of love." -- Suzy Kassem

"Open the floodgates and let love flood out of all your hearts. Support your sisters and brothers. If you see truth somewhere, amplify it. If someone needs help and you could help them, why not? This is how to spread the leaves of love and water the tree of truth. Start being true in everything you do and light will start dancing everywhere. Turn off anything that darkens your spirit. Some of us turned dark because all we saw were shadows. But I am offering everybody rays of my sun to reflect in your mirrors and bounce onto others, the same way I shine your beautiful truths with others as well. This is how to preserve truth in art, culture, society -- the world. Start standing by truth, not hype. One is free and organic, the other can be bought." -- Suzy Kassem

"Anybody who divides is a menace to society. Anybody who builds bridges amongst men is an asset to humanity. Build community, relationships, friendships, and many creative, collaborative visions. This is the only way to truly live. Through synergy." -- Suzy Kassem

"If you cannot think for yourself, then it's most likely that you are watching your television system right now. But if you can think for yourself, then it's most likely that the system is watching you right now." -- Suzy Kassem

"In the end, the people all around us will go like flowers, but your art will live on. Your seeds will live on. Your family will live on. Will you choose to immortalize your legacy through sculpture like the Egyptians, or some other medium, achievement or career field? Will you be known as an original or a copy? A follower or a leader? A good neighbor or parent? There is no right or wrong way. Life is an adventure. But whatever you choose to do -- be good at what you do without turning bad. That is actually harder than it sounds. Why? Because uncontrollable circumstances can change people. Sudden wealth or poverty can change people. Environmental disasters can reveal true human nature. Nobody can say they were good until the finish line. It's a process. Change is a mental process." -- Suzy Kassem

"I want all of you to be free now. I want you all to hurry up and do everything in your hearts before it is too late. The most important thing is to keep your life force constantly flowing at a heightened state of momentum. Keep creating things, joining and building. That is what you are meant to do. Nature rejects those who are stagnant. The hamster cycle lifestyle was not made for humans. Do not settle for a predictable life. That's a slow death. Keep exploring, keep traveling, keep moving, keep tasting, sweating, loving, dancing and laughing. That is life! Appeasing your senses and opening your mind. Once you settle, you are a slave." -- Suzy Kassem

"I was born, raised and educated in the heart of America. I am first and foremost an American thinker, then writer. So never call me just a poet. Anybody can do that." -- Suzy Kassem

"Understanding languages and other cultures builds bridges. It is the fastest way to bring the world closer together and to Truth. Through understanding, people will be able to see their similarities before differences." -- Suzy Kassem

"Your faith is your conscience, and your conscience is your faith. You cannot have faith without a conscience, but you can have a conscience without faith. Man was designed to be good with or without religion, yet the challenge for many is staying good. Some people claim to be religious but have no conscience, while some people without religion are very much aware of their conscience. Therefore, a religious label does not define your character or validate your worth. In the end, all men will be judged by the amount of truth in them and the weight of their hearts. The heavier the conscience, the heavier the truth. The lighter the heart, the higher it goes. The only spiritual currency one has in the afterlife is amassed in the form of light, in that, the amount you have depends on the weight of your words and deeds in the living. Conscience is everything. Conscience is what connects us to the truth and light of the highest power source of all. God. The cosmic heart of the universe." -- Suzy Kassem

"It does not matter what religion you are, so long as your conscience guides your words and actions. We are all reflections of God means we are all reflections of his image — which is LIGHT. There is only one God and that is the cosmic heart of the universe — whatever you choose to call him or her. The heart within us is what connects us to God (the heart of the universe). This super basic concept is preached in all religions. God is TRUTH and LIGHT, and only through your conscience do you connect to him. Any person who does not use their conscience is very disconnected from God. Because again, the language of light can only be decoded by the heart." -- Suzy Kassem

"If you cannot think for yourself, then it's most likely that you are watching your television system right now. But if you can think for yourself, then it's most likely that the system is watching you right now." -- Suzy Kassem

"Le doute tue plus de rêves que l'échec ne le fera jamais." -- Suzy Kassem

"Where there is energy there is life." -- Suzy Kassem

"Never say you stand for the left or right. None of you are donkeys or elephants, so never pick sides. Stick only to your conscience. You were all designed to be strong lions to stand up and fight for TRUTH. We have to put a stop to all the division. Every nation needs two wings to fly. Any bird torn at the wings will never soar the skies." -- Suzy Kassem

"As a citizen of the world, I stand only with Truth and my conscience is my only leader. This is the only way to peace and justice on earth. To always do the right thing, be the right person, and stand with whoever is right always and forever." -- Suzy Kassem

"What is the point of strength, if one does not know how to spark fire in the woods? Knowledge is the true strength, muscle is where the myth is." -- Suzy Kassem

"Most of you will never learn the lessons meant for you in this lifetime, nor become the person you were meant to be -- simply because you are too busy being someone you are NOT." -- Suzy Kassem

"Death, just like love, never rings the doorbell." -- Suzy Kassem

"If people have ignored the wisdom of the great men and women of the past, then why would you listen to anyone in the present? You quickly forget wisdom, but remember the hour a TV show is to air during the week. You care more about the latest technology, food trend or vehicle - than selecting the right leader who will decide what is right for a nation and your children. So what more can I say? Humanity is lost because people have abandoned using their conscience as their compass. And if sheep elect wolves to be their leaders, then they deserve to be eaten." -- Suzy Kassem

"What many of us mistaken for depression is actually a need to be understood, or to see desires come to fruition. There is absolutely nothing abnormal about feeling disconnected. Your sensitivity only means you are more human than most. If you cry, you are alive. I'd be more worried if you didn't." -- Suzy Kassem

"I am a proud American and I love my country, and it is my love for truth, justice and freedom for all - that has made me dedicated to serve and honor the pledge I made to the flag since elementary school. I pledged allegiance to the United States of America over a thousand times, and everything I say and write has stayed true to that pledge. United we stand, divided we fall --- how quickly have we forgotten? Build bridges, not walls. We are a nation built by immigrants, and every culture and religion has its own song (identity). Yet above and beyond our individual cultural backgrounds, we are all American. Do not ever forget where you stand and who you are. American." -- Suzy Kassem

"Let's face it. We live in a command-based system, where we have been programmed since our earliest school years to become followers, not individuals. We have been conditioned to embrace teams, the herd, the masses, popular opinion -- and to reject what is different, eccentric, or stands alone." -- Suzy Kassem

"To really change the world, we have to help people change the way they see things. Global betterment is a mental process, not one that requires huge sums of money or a high level of authority. Change has to be psychological. So if you want to see real change, stay persistent in educating humanity on how similar we all are than different." -- Suzy Kassem

"Do not only strive to be the change you want to see in the world, but also help all those around you see the world through commonalities of the heart so that they would want to change with you. This is how humanity will evolve to become better. This is how you can change the world. Stop being a senseless, apathetic follower, and choose to be a courageous leader instead. A leader with a voice. Be different. Be authentic. Be a lion of truth. Do not pick a team or a side, left or right, but always stand up for what is right against the wrong." -- Suzy Kassem

"Our freedoms are vanishing. If you do not get active to take a stand now, one of your children may elect to do so in the future, when it will be far more riskier -- and much, much harder. We can do this...and we will. Truth always rises with Time." -- Suzy Kassem

"I do not find many people I can relate to anymore. So I've turned my pen into my only friend and spend most of my time talking to paper." -- Suzy Kassem

"I ask people of the world and children of light to start reflecting the stories of their souls to vibrate wisdom around the earth. Pick up a paintbrush or microphone. Press the inks of your pens to paper or tap words onto your screens, and start sharing what you know and have learned with

the masses. Turn your personal painting into a piece of the earth's puzzle so that our unified assemblage of thoughts, experiences and lessons reveal common truths that cannot be denied. Imagine the changes that could happen if everyone suddenly stopped acting like someone else, became true to themselves, and celebrated the beauty of their uniqueness. Only after people have willingly removed their masks and costumes, and have begun pouring light from their hearts to reveal their vulnerability, dreams and pains, will we be able to see that beneath the surface we are all the same. After all, how can the world collectively fight for truth, if soldiers in its army are void of truth? We must first all be true by putting truth in our words and actions. And to do so, everyone must learn to think and react with their conscience. Imagine what Truth could do to neutralize the clutches of evil once this black and white world suddenly became embraced by a strong rainbow of loud powerful voices. We could put color back into every home, every school, every industry, every nation, and every garden on earth where flowers have been crushed by corruption." -- Suzy Kassem

"In these times, a great leader must be extremely brave. Their leadership must be steered only by their conscience, not a bribe." -- Suzy Kassem

"When people ask me, "If you had all the money in the world, what would you buy?" I tell them, "The greatest gift in the world is truly priceless, but cannot be bought. And though it's becoming rare, even from a mother, the cheapest thing is ironically the most valuable thing." "What is it?" they ask. "UNCONDITIONAL LOVE." To love someone for their heart and only their heart is an unpopular idea in today's self-serving rat infested world. This is why the divorce rate is so high. This is why families have been falling apart. This is why mothers throw away their newborn babies in dumpsters. Or better yet, as soon as unemployment flies in one window, love flies out the other. The people of today trash the sacredness of love and the divine union of marriage and family. Do understand, that when you stand on a platform in front of witnesses, and announce any kind of union to the universe, your vows become a pledge to the Creator and all the stars -- that the bond you are about to seal will be ETERNAL. That wedding contract does not exist only on paper in your city's records, it will also be filed in the Creator's library -- in his book of sacred contracts. How you treat and value this LOVE, is how you will be measured. So not only will you be judged for your HEART, but also on how you treat the heart of your other half. The day will come when you will be asked, "And how did he/she treat you?" And that person will be called in to state the final truth. This is why, when a man or woman knows they are about to depart from this earth, they desperately seek forgiveness from their current and previous lover(s). Love is not a joke. If you take sacred unions for granted, you will be shoved into a different kind of world where your kind of heart belongs. Cherish, respect and value love, and you will find yourself in a beautiful world way more beautiful than the one you came from. Unconditional love, not ecstasy, is the highest state of love. Know it, feel it, and you will know the Creator." -- Suzy Kassem

"A good leader lays seeds to grow trees of peace. A bad leader lays down bricks to build walls of ignorance. Always choose the peacemaker, not the divider. The one who unites and strengthens a country, not divides and cripples it. A leader that will build bridges, not walls." -- Suzy Kassem

"A conscious human is driven by their conscience, not popular opinion." -- Suzy Kassem

"Make your book of life a musical. Never abandon obligations, but have fun leaving behind a colorful legacy. Never allow anybody to be the composer of your own destiny. Take control of your life, and don't allow limitations implanted by society tell you how your music is supposed to sound — or how your book is supposed to be written." -- Suzy Kassem

"Every problem on Earth today has more than one solution. However, priorities are determined by values." -- Suzy Kassem

"One day soon, I will adopt 7 male children. One will be Muslim. One will be Hindu. One will be Jewish. One will be Christian. One will be Sikh. One will be Buddhist. And one will be Catholic. When they enter grade school, I am going to send the Muslim kid to Hebrew Academy, the Jewish kid will be sent to Islamic school, the Christian will be sent to school in India, the Hindu will be sent to Catholic school, and the Sikh will go to Bible school... Then, when they reach 11, I will tell the truth to the Jew and tell him he was really Muslim, and tell the Muslim he was really Jew, and tell the Hindu he was really Catholic, and tell the Sikh that he was really Christian...and so on. After that, I will send them all to an international school in Switzerland - together. As each one turns 21, I will ask each son, "What religion do you want to be?" And if they choose one over the other, or degrade one religion simply because one does not get along with one of his brothers, I will send the negative one to a Buddhist monastery in Tibet until he learns to choose the universal heart over one specific religion. I want my future children to have rainbow vision. But most importantly, I want them to be compassionate citizens of the world, warriors of Light, and vocal soldiers for Truth. They will be trained and tested to become great leaders, and super brilliant lamps that will guide the future world towards true peace -- using their own genuine experiences." -- Suzy Kassem

"To do things right this time, we must all fight together for what is right for EVERYBODY. This is the right way and only way." -- Suzy Kassem

"Humanism essentially means that to you are a kind human, not inhumane." -- Suzy Kassem

"My Lord, the Creator, has many names, but He is one and the same. God is Christian, Jewish, Muslim, Buddhist, Sikh, and Hindu. God is love. God is truth, and the true light of love sees no walls. Do not abandon him even when your days are gray; for He is only returning your call when you asked for strength. The Creator will talk to you only in daylight, through the rays of the sun, and He does not use words. Instead, he will reflect his dancing mirrors inside your head, and they will communicate to your heart and change your biochemistry to see with His eyes and think like Him. There is no such thing as prophets and seers; for all of mankind was created equal. However, if you are open to love all without fear, and to forgive all without hate, He will radiate His love through your heart and eyes in a way that your magnetic field becomes a reflection of His sunshine. Yes, God is near and God is here. His tests are many, but so are his blessings. Yes, faith is the flame to eliminate all fear. For if you are truly good, serve Him, and stand only by your conscience -- He will grant you whatever you ask of Him when you enter His heavenly garden." -- Suzy Kassem

"Learn to see and love every human with the eyes and heart of God." -- Suzy Kassem

"I was given cancer at 40 years old, a couple months shy of my daughter turning one. Before that event, I had never been sick my entire life. Put that on the record." -- Suzy Kassem

"Why does there have to be a movement to take a stand against things that are wrong? Why can't each of you just do whatever you can within your power to try to stop bad people from continuing to do YOU or OTHERS wrong? You don't need a reason to do the right thing! "It is what it is because you let it be so." -- Suzy Kassem

"Just be kind to everybody even if people are not kind around you. In the end, the Creator will elevate your kind to a place where there is only kindness." -- Suzy Kassem

"Through love, tribes have been intermixing colors to reveal a new rainbow world. And as more time passes, this racial and cultural blending will make it harder for humans to side with one race, nation or religion over another." -- Suzy Kassem

"Never stop wandering into wonder." -- Suzy Kassem

"The key to a wonderful life is to never stop wandering into wander." -- Suzy Kassem

"Everyone should strive to be a world citizen. Boundaries were created by man, not the Creator. There is no such thing as THEM vs. US. There is only 'WE'." -- Suzy Kassem

"If we want truth and justice to rule our global village, there must be no hypocrisy. If there is no truth, then there will be no equality. No equality, no justice. No justice, no peace. No peace, no love. No love, only darkness." -- Suzy Kassem

"The number of ways to live in one lifetime is limitless. So why limit yourself? Sometimes to change a situation you are in requires you to take a giant leap. But, you won't be able to fly unless you are willing to transform." -- Suzy Kassem

"Be music always. Keep changing the keys, tones, pitch, and volume of each of the songs you create along your life's journey and play on." -- Suzy Kassem

"They say that wisdom is a dying flower, and I disagree. In a world covered in mud, the lotus still continues to grow. Even after mankind washes itself away from the surface of the earth, knowledge will still remain. Look no further than the bosom of Nature. It offers all the solutions needed to cure and unite humanity. Wise men only exist as interpreters and transmitters of Truth. Their time on earth is limited, but Nature's existence is eternal. Open books shall always exist for those with an opened eye and pure heart; for Truth can only be seen by those with truth in them. Wise men only exist as interpreters and transmitters of Truth. Their time on earth is limited, but Nature's existence is eternal. Open books shall always exist for those with an opened eye and pure heart; for Truth can only be seen by those with truth in them." -- Suzy Kassem

"Any man who behaves arrogantly with what little he knows, or claims to know all, only reveals to all that he really knows nothing. Real greatness does not reside inside those who feel large. The truly wise are meek." -- Suzy Kassem

"Teach all men to fish, but first teach all men to be fair. Take less, give more. Give more of yourself, take less from the world. Nobody owes you anything, you owe the world everything. The most dangerous people in the world are not the tiny minority instigating evil acts, but those who do the acts for them – for a paycheck." -- Suzy Kassem

"To act without a conscience, but for a paycheck, makes anyone a dangerous animal. I would rather die fighting for what is right, than live passively amidst all that is wrong." -- Suzy Kassem

"Stand up for what is right even if you stand alone. If you do not stand for anything, then why should the Creator step in to stand with you?" -- Suzy Kassem

"Always surround yourself with friends that have plenty of light in them. That way, you will always have candles around you when days are dark." -- Suzy Kassem

"Truth can only be seen by those with truth in him." -- Suzy Kassem

"Just because a man is dressed in a clean white robe does not mean his heart and his hands are clean." -- Suzy Kassem

"Any man who neglects his conscience is a dangerous animal." -- Suzy Kassem

"A heart without dreams is like a bird without feathers." -- Suzy Kassem

"Never judge a man by his image." -- Suzy Kassem

"Always judge a man by the colouring of his heart and only his heart." -- Suzy Kassem

"We have a universe within ourselves that mimics the universe outside." -- Suzy Kassem

"Nobody can turn you into a slave unless you allow them." -- Suzy Kassem

"Truth can be found in his record of action, not intentions." -- Suzy Kassem

"Always have faith in yourself." -- Suzy Kassem

"It is faith that builds the staircase to your dreams." -- Suzy Kassem

"Study the behavior of animals and you will understand human psychology and sociology." --
Suzy Kassem

"Study a flower excited under sunlight, and you will understand how all living things respond to light. The Almighty has provided everything in nature. Observe nature and you will grow." --
Suzy Kassem

"The cures of all illnesses are found in nature in the shapes of the body parts they were created to cure." -- Suzy Kassem

"Not a single bird makes its first leap from a tree without faith, and not a single animal in the jungle begins its day without faith. Faith is the flame that eliminates fear, and faith is the emperor of dreams." -- Suzy Kassem

"We only remember good people and God when it is convenient to us." -- Suzy Kassem

"First apply within to discover the world within you." -- Suzy Kassem

"Stand up for what is right, even if you stand alone." -- Suzy Kassem

"Truth does not sit in a cave and hide like a lie. It wanders around proudly and roars loudly like a lion." -- Suzy Kassem

"Being truthful is the new beautiful." -- Suzy Kassem

"The light of love sees no walls." -- Suzy Kassem

"The number of ways to live in one lifetime is limitless. So why limit yourself." -- Suzy Kassem

"Initiative without action is the same as having the mind to acknowledge a problem, but not having the heart to see it through." -- Suzy Kassem

"There is more for us to gain through love than hate." -- Suzy Kassem

"If sheep elect wolves to be their shepherds, then they deserve to be eaten." -- Suzy Kassem

"Real greatness does not reside inside those who feel large. The truly wise are meek." -- Suzy Kassem

"The key to a wonderful life is to never stop wandering into wonder." -- Suzy Kassem

"Humanity is lost because people have abandoned using their conscience as their compass." -- Suzy Kassem

"Sometimes we have to soak ourselves in the tears and fears of the past to water our future garden." -- Suzy Kassem

"Ignorance is not bliss. It is the kiss of death." -- Suzy Kassem

"Doubt kills more dreams than failure ever will." -- Suzy Kassem

"There is nothing that threatens a corrupt system more than a free mind." -- Suzy Kassem

"Learn to love people unconditionally." -- Suzy Kassem

"The language of the heart is mankind's main common language." -- Suzy Kassem

"Greatness comes with patience." -- Suzy Kassem

"Everyone should strive to be a world citizen. Boundaries were created by man, not the Creator. There is no such thing as them and us. There is only we." -- Suzy Kassem

"None of us are just black or white, or never wrong and always right. No one. No one exists without polarities. Everybody has good and bad forces working with them, against them, and within them. Even if everybody is looking at the same light bulb, the unique composition of an individual will dictate how they interpret and see things. Some people will only see things with their left eye (mind/moon), while others will use only their right (heart/sun). Some people are completely void of light and repel it immediately. For instance, a beetle will chase after an opening of light, while a cockroach will scatter at a crack of it. How are we different than the

insects? Nobody is purely good or purely evil. Most of us are in-between. There are moths that explore the day and butterflies that play at night. Polarity is an integral part of nature — human or not human." -- Suzy Kassem

"A beetle will chase after an opening of light, while a cockroach will scatter at a crack of it. How are we different from insects? Nobody is purely good or purely evil. Most of us are in-between. There are moths that explore the day and butterflies that play at night. Polarity is an integral part of nature — human or not human. "The moth prefers the moon and detests the sun, while the butterfly loves the sun and hides from the moon. Every living creature responds to light. But depending on the amount of light you have inside, determines which lamp in the sky your heart will swoon." -- Suzy Kassem

"Both moths and butterflies are drawn to the light. However, they both react differently to alternate shades of it. The moth prefers the moon and detests the sun, while the butterfly loves the sun and detests the moon. If our physical compositions are made to emulate the universe, then it makes sense for some of us to have more light or darkness inside our hearts than others — or that one is drawn closer to the sun versus the moon." -- Suzy Kassem

"If you do not understand the Golden Rule, which is the most important law in the universe, then you are in trouble. All other rules in your holy books combined — are not as valuable as the ONE Golden Rule. Take two minutes to learn the most crucial law in life. Killing another human comes with the highest penalty, regardless of how you justify it. All life is sacred." -- Suzy Kassem

"My father made sure I traveled the entire world before I reached the age of 11. He also encouraged me to study all religions and put me in Catholic schools, Islamic schools, Jewish schools, and international boarding schools. He is the reason how I became the way I am – a true citizen of the world. He made me attend summer school every year even if I didn't have to go. Education was very important to him, and that explains why I speak four languages. He also forced me to take art and theater courses, and even today after I had already finished college over a decade ago, he still forces me to take classes in everything and anything just to stay current in my education, even if I don't use any of it. Why? Knowledge made a person powerful and wealthy, not money." -- Suzy Kassem

"To know the good from the bad, measure the heart. Actions reveal the true coloring of one's heart, not their intentions." -- Suzy Kassem

"We become equally responsible for the actions of others the instant we become conscious of what they are doing wrong but remain silent because we think it is right." -- Suzy Kassem

"Your faith is your conscience, and your conscience is your faith. You cannot have faith without a conscience, but you can have a conscience without faith. Man was designed to be good with or without religion, yet the challenge for many is staying good. Some people claim to be religious but have no conscience, while some people without religion are very much aware of their conscience. Therefore, a religious label does not define your character or validate your worth. In the end, all men will be judged by the amount of truth in them and the weight of their hearts. The heavier the conscience, the heavier the truth. The lighter the heart, the higher it goes. The only spiritual currency one has in the afterlife is amassed in the form of light, in that, the amount you have depends on the weight of your words and deeds in the living. Conscience is everything. Conscience is what connects us to the truth and light of the highest power source of all. God. The cosmic heart of the universe." -- Suzy Kassem

"Any man who behaves arrogantly with what little he knows, or claims to know all, only reveals to all that he really knows nothing. Real greatness does not reside inside those who feel large. The truly wise are meek." -- Suzy Kassem

"If all men are made in God's reflection, then why do some people continue to acknowledge only what is in their part of the mirror? If every man was created equal and in the image of God, then how can any man claim that one race is better than another?" -- Suzy Kassem

"Stand up for Truth even it means standing alone." -- Suzy Kassem

"Stand up for what is fair against the unfair." -- Suzy Kassem

"Stand up for what is right against the wrong." -- Suzy Kassem

"Any system that values profit over human life is a very dangerous one indeed. Simply put, it lacks values, and such a system will eventually collapse once its true light is discovered by the masses. Though some say that capitalism is a modern system, corruption has been the source for the demise of every great civilization." -- Suzy Kassem

"Pain has a threshold, so does death." -- Suzy Kassem

"God grants true wisdom to those He truly loves. Truth is not for sale. The man who sells truths that could help and guide humanity will never have peace of mind. Share truths freely, and you will always be revealed more." -- Suzy Kassem

"Truth is as straight as an arrow, while a lie swivels all over the place. You can hide Truth under a doormat, but eventually the mat will rise very high with Time — forcing it to reveal all the truths it conceals." -- Suzy Kassem

"Truth can only be seen by those with truth in them." -- Suzy Kassem

"Selflessness. Humility. Truthfulness. These are the three marks of an honorable man." -- Suzy Kassem

"Truth does not sit in a cave and hide like a lie. It wanders around proudly and roars loudly like a lion." -- Suzy Kassem

"A man who tells you to follow him will turn his followers into his company, while a true leader who does not tell you to follow him, will sit in the company of his followers." -- Suzy Kassem

"Truth waits to be found. It searches for no one." -- Suzy Kassem

"Never trust the translation or interpretation of something without first trusting its interpreter. One word absent from a sentence can drastically change the true intended meaning of the entire sentence. For instance, if the word love is intentionally or accidentally replaced with hate in a sentence, its effect could trigger a war or false dogma." -- Suzy Kassem

"Time has always been the greatest ally to Truth, because Time eventually relieves and reveals all." -- Suzy Kassem

"Truth recognizes truth, just as a man with real talent is the first to recognize another with real talent. Likewise, superficiality attracts others with an artificial surface. Only the superficial applaud the superficial. A man of true substance rejects the superficial because he seeks only truth and depth. Based on this reasoning, you can easily measure the weight of any man's character just by observing who he admires." -- Suzy Kassem

"A truly good person will speak truth, act with truth, and stand for Truth. A truly good person is not afraid to think from their heart; therefore, allowing nonconformist decisions, viewpoints, and perspectives to lead their life. By following their heart, they stand with their conscience, and only with God." -- Suzy Kassem

"If we want truth and justice to rule our global village, there must be no hypocrisy. If there is no truth, then there will be no equality. No equality, no justice. No justice, no peace. No peace, no love. No love, only darkness." -- Suzy Kassem

"Lies can be formed from truth, but truth cannot be formed from lies." -- Suzy Kassem

"Once you reject fear, you will become the perfect candidate to receive and reflect Truth." -- Suzy Kassem

"There is no light greater than truth and it shines at the heart of all creation." -- Suzy Kassem

"A lion of truth never assumes anything without validity. Assumptions are quick exits for lazy minds that like to graze out in the fields without bother." -- Suzy Kassem

"Truth is not for sale. The man who sells truths that could help and guide humanity will never have peace of mind. Share truths freely and you will always be revealed more." -- Suzy Kassem

"True wisdom and business do not mix. Truth is not for sale and should never be sold. Once you do, Truth is done with you. So stay true to Truth, and she will hold your hand all the way through. "True wisdom and business do not mix. Truth is not for sale and should never be sold. Once you do, Truth is done with you. So stay true to Truth, and she will hold your hand all the way through. If you sell information that is not intended to be sold, your soul will be turned as black as coal." -- Suzy Kassem

"If you truly have information that can guide and help people and humanity, why expect to be rewarded for that help? Knowledge should always be FREE. Helping people should always come from the heart. Anybody who charges to see the future, cannot truly see the future -- or they would have helped themselves – instead of having to charge you to feed them. Anybody that commands a donation, subscription, or payment for their truths, is not selling truths but lies. If you make a book about Truth, you will be forced by your publisher to continue publishing more books. How can you keep selling books on Truth – if you already sold all that you already know in your first book? Never turn Truth into a business; for truth should never be for sale. And when you promise to deliver more books by a certain deadline to a publisher, those void of truth will start slamming lies because Truth already abandoned them with the sale of their first book. And how do you continue writing books when Truth is long gone? You desperately steal from others – or exaggerate." -- Suzy Kassem

"A person who takes money for sharing truths immediately makes themselves a target for being called a fraud. Once they start taking money, they become official business transactions, and if they are caught in one lie, their whole reputation falls apart. If you take no money, and share truths from your heart to sincerely help people, nobody can call you anything because you are not gaining anything from anybody. You are helping people freely from your heart, and because your intentions are pure, truths will constantly stream to and from you. You do not ever have to worry about running out of truths. Because your heart is golden, truths will never run away from you." -- Suzy Kassem

"When TRUTH becomes a business and someone is dependent on selling knowledge to make a living or maintain their followings, they get desperate when they don't know any more truths to share. So they start filling their mountains with exaggerations, distortions, rampant plagiarism

and lies to keep their income coming in strong. Again, true wisdom and business do not mix." -- Suzy Kassem

"An intuitive person, or a keen researcher, may discover one or two truths and try to make a mountain out of them. Then he will put a price tag on that mountain and keep layering it with what he calls additional truths. Then he will demand donations or a payment from innocent truth-seekers to upkeep that mountain -- or to access the information on it. Once that person takes a dime for sharing his first two truths, he will never be grated the path to discover any more." -- Suzy Kassem

"Those who make sharing truths their career or BUSINESS, will never know truth. This is a divine rule I learned by my grandfather. Those who take money for sharing truths will never know TRUTH. Remember this lesson very well." -- Suzy Kassem

"From now on, try to look at the world as if it were a gigantic ice cream store. What makes it so great is that it contains a combination of so many unique flavors, and this is why people love it so much. If you want to keep enjoying all the ice cream, we all have to take part in preserving and maintaining 'the store'. United, we have to make sure that it never gets robbed or destroyed, and to protect it from greedy crooks who want to brand and monopolize certain flavors, and eliminate those that compete with them." -- Suzy Kassem

"Our job as devoted protectors of our universal ice cream store is to make sure that no one group tries to control it, and that there is always enough cream for everybody all around. There is no such thing as 'cream only for the cream', or 'the best cream only for this or that team'. We have to stick together and melt together. Or else, there will be no peace." -- Suzy Kassem

"Never judge someone's character based on the words of another. Instead, study the motives behind the words of the person casting the bad judgment. An honest woman can sell tangerines all day and remain a good person until she dies, but there will always be naysayers who will try to convince you otherwise. Perhaps this woman did not give them something for free, or at a discount. Perhaps too, that she refused to stand with them when they were wrong — or just stood up for something she felt was right. And also, it could be that some bitter women are envious of her, or that she rejected the advances of some very proud men. Always trust your heart. If the Creator stood before a million men with the light of a million lamps, only a few would truly see him because truth is already alive in their hearts. Truth can only be seen by those with truth in them. He who does not have Truth in his heart, will always be blind to her." -- Suzy Kassem

"Stand up to hypocrisy. If you don't, the hypocrites will teach. Stand up to ignorance, because if you let the ignorant run free, they will spread ignorance like a disease. Stand up for truth, because if you don't, there will be no truth to your existence." -- Suzy Kassem

"I ask people of the world and children of light to start reflecting the stories of their souls to vibrate wisdom around the earth. Pick up a paintbrush or microphone. Press the inks of your pens to paper or tap words onto your screens, and start sharing what you know and have learned with the masses. Turn your personal painting into a piece of the earth's puzzle so that our unified assemblage of thoughts, experiences and lessons reveal common truths that cannot be denied. Imagine the changes that could happen if everyone suddenly stopped acting like someone else, became true to themselves, and celebrated the beauty of their uniqueness. Only after people have willingly removed their masks and costumes, and have begun pouring light from their hearts to reveal their vulnerability, dreams and pains, will we be able to see that beneath the surface we are all the same. After all, how can the world collectively fight for truth, if soldiers in its army are void of truth? We must first all be true by putting truth in our words and actions. And to do so, everyone must learn to think and react with their conscience. Imagine what Truth could do to neutralize the clutches of evil once this black and white world suddenly became embraced by a strong rainbow of loud powerful voices. We could put color back into every home, every school, every industry, every nation, and every garden on earth where flowers have been crushed by corruption." -- Suzy Kassem

"There is more for us to gain through love than hate." -- Suzy Kassem

"So long as the ego outweighs the conscience of humanity, evil will always exist." -- Suzy Kassem

"If a tree is bearing bad fruit, you do not destroy the tree by cutting off its branches or eliminating its fruit, but by destroying its roots." -- Suzy Kassem

"Where there is love, there will be truth and light. Take away the love or truth, and we will forever remain in the dark. Truth, light and love must all co-exist in perfect harmony to overcome evil on earth. And they cannot just be secluded to one part of the world, but reign as divine royalty across the entire globe." -- Suzy Kassem "The battle of good versus evil is the oldest and most re-occurring story tale in the book of life. It never ends because no matter how you cut off the tail of evil, it will always grow back again and again. This old story will always continue into infinity until we closely examine our past errors to prevent giving the snake a new head in the future. You can destroy a demon, but a new one will always come back later in time.

You can bring down a corrupt leader, but another one will rise up again with time. So long as the ego outweighs the conscience of humanity, evil will always exist." -- Suzy Kassem

"We know that for mankind to move forward, changes must be made. However, if an old man is wise only by his gray hair, yet it is inevitable that this wisdom will also become impaired by age, then it can be deduced that we cannot expect the very old or very young to make progressive strides to better society, it must be up to the men and women still in the prime of their lives to re-learn and teach the changes needed to be made." -- Suzy Kassem

"Stand up to ignorance, because if you don't, the ignorant will run free to spread ignorance like a disease." -- Suzy Kassem

"Stand up for what is right, regardless of who is committing the wrong." -- Suzy Kassem

"A lion of truth never assumes anything without validity. Assumptions are quick exits for lazy minds that like to graze out in the fields without bother." -- Suzy Kassem

"Stand up for what is right even if you stand alone." -- Suzy Kassem

"Always stand up for Truth regardless of who steps on it." -- Suzy Kassem

"Stand up for your conscience. Use light to reveal what is concealed in the darkness. Use truth to fight the lies, and the heart to fight the mind. -- Suzy Kassem "Nothing exists without a purpose. Every experience you have in this lifetime was written for you to grow into the light (person) you were meant to become." -- Suzy Kassem

"Stand up for what is right even if you are standing alone." -- Suzy Kassem

"Stand up for what is right against the wrong." -- Suzy Kassem

"Stand up for what you believe in even if you are standing alone. " -- Suzy Kassem

"Stand up for what is right even if you are standing alone." -- Suzy Kassem

"Stand up for TRUTH regardless of who steps on it." -- Suzy Kassem

"Speak truth and you will be attacked by the untruthful. Speak about absolutely nothing, and nothing will speak back, but then nothing will ever change. " -- Suzy Kassem

"Stand up to hypocrisy. If you don't, the hypocrites will teach. Stand up to ignorance, because if you don't, the ignorant will run free to spread ignorance like a disease. Stand up for Truth! If you don't, then there is no Truth to your existence. If you do not stand up for all that is right, then understand that you are part of the reason why there is so much that is wrong in the world." -- Suzy Kassem

"Stand up for what you believe in even if it means standing alone." -- Suzy Kassem

"Stand up for what you believe in even if you stand alone." -- Suzy Kassem

"Stand up for Truth regardless of who steps on it." -- Suzy Kassem

"Stand up for what is right regardless of who is committing the wrong." -- Suzy Kassem

"Stand up for what is right even if it means standing alone." -- Suzy Kassem

"Stand up for what is just against the unjust." -- Suzy Kassem

"Stand up for what is right even if you stand alone." -- Suzy Kassem

"Stand up for Truth even it means standing alone." -- Suzy Kassem

"Stand up for what is right against the wrong." -- Suzy Kassem

"Stand up for what is right even if you are standing alone." -- Suzy Kassem

"You are not for the left or right team, but for what is right against the wrong." -- Suzy Kassem

"Stand up! Stand up for what is fair against the unfair." -- Suzy Kassem

"Speak up, stand up, and keep correcting the false perceptions. Stay true to your heart's views and keep chanting for peace and justice." -- Suzy Kassem

"We must all work in harmony with each other to stand up for what is right, to speak up for what is fair, and to always voice any corrections so that the ignorant become informed and justice is

never ignored. Every time a person allows an act of ignorance to happen, they delay our progress for true change. Every person, molecule and thing matters. We become responsible for the actions of others the instant we become conscious of what they are doing wrong and fail to remind them of what is right." -- Suzy Kassem

"Stay original. Originals are worth more than copies." -- Suzy Kassem

"Be original. An original is worth more than a copy." -- Suzy Kassem

"Be yourself. An original is always worth more than a copy." -- Suzy Kassem

"Be yourself because an original is worth more than a copy." -- Suzy Kassem

"Thought before word. Never word before thought. "Humanity is lost because people have abandoned using their conscience as their compass. And if sheep elect wolves to be their leaders, then they deserve to be eaten. " -- Suzy Kassem

"Truth and Justice are the two pillars that hold up the temple of any great nation. If you knock them down, a country will not stand for anything." -- Suzy Kassem

"You can measure a country by its judicial system." -- Suzy Kassem

"ALL PEOPLE are my people. I never once used the word "MY PEOPLE" when speaking of my heritage. Instead, I say "MY ANCESTORS". Why? Because I see the Japanese, the Mexicans, the Turks, the Czechs, the French, the Belgian, the Swedes, the Irish, the Aussies, the British, the Christians, the Jews, the Muslims, the Hindus, the Buddhists, the Sikhs, the Beautiful, the Good, and the Universal....AS MY PEOPLE. When others start saying MY CLAN, MY RELIGION, MY TRIBE, MY PEOPLE...they forget that we are all sisters and brothers -- all children of the same GOD -- who are all parts of the greater SUM. Yes, there is a difference between GOOD and EVIL, but good and evil also exists in every tribe, nation, and religion. So instead of segregating and/or associating yourselves only with people that fit into your faith or race, aim instead to align yourself with the GOOD vs. the BAD, those with beautiful hearts vs. those with no light in their hearts at all. If everyone started looking at the world this way, and began judging people by their hearts versus their skin color, political party, or religion, then perhaps we will see UNIVERSAL UNITY, UNIVERSAL PEACE, and UNIVERSAL LOVE in this lifetime. Until then, with continued division will come more wars, blood, and tears. There is no such thing in this world as MY PEOPLE. Perhaps YOUR FAMILY, but 'your people' extend out to your UNIVERSAL FAMILY. Study a rainbow and you will see how all colors look beautiful when attached to ONE band of light. Fight to form this band of light down here ON earth to mirror the

Creator's reflection up in the sky. LOVE is seriously the only way. Once you start picking sides and tribes, you unconsciously design teams for more mind games and wars. " -- Suzy Kassem

"What is the best way to acquire more knowledge for more power? LANGUAGE. Master more than one language and you will be closer to understanding how we are all the same. Language is one of the most important tools used to distort and hide TRUTH. For example, someone can tell you another man said something bad about you, when he only said something good. But because you do not understand his language, you will believe the man who poorly translated the truth. Finding TRUTH is way easier if you can understand different languages. Not only does it build an understanding of different cultures, but it gives you vision into hidden and common truths. Ignore the power of language, and you will lack the power of knowledge with your ignorance when it truly matters. Ignorance is weakness, knowledge is strength. Language can unite the world and destroy all barriers between brothers. Yet, it can also keep up the iron walls if ignorance continues to prevail. " -- Suzy Kassem

"We far outnumber the minority setting the rules and limitations. Use your remaining rights to stand up for all that is right - RIGHT NOW." -- Suzy Kassem

"To be of value to humanity, start by thinking for yourself." -- Suzy Kassem

"The truth is, there is good and bad in everybody, in every nation, in every race, and in every religion. To hear someone say that all the people that belong to a certain country, race, or religion are bad — is extremely untruthful and makes the person making the statement lose credibility right away. We are all flawed and even nature is flawed. Nobody is perfect, and no country, race or religion is perfect. Duality and polarity are imprinted in everything in nature — in all humans, and even within ourselves. For example, there are those who are ignorant, and those who are wise. We have good and bad in our own families." -- Suzy Kassem

" Everything must turn over and self-cleanse. To repress your feelings is actually bad for your health. Doctors will even tell you so. Our tears have salt just like the ocean, and even waves must keep turning over to push debris to shore. Everything cycles to cleanse itself, regenerate, and start a new day. Crying is naturally HUMAN. I'd be worried if you never did." -- Suzy Kassem

"We are taught to prefer quantity over quality, surface over depth, physical strength over wisdom - and the material realm over the spiritual. I think it's time for a brand new paradigm. You do not need religion to be spiritual. You do not need a reason to feel compassion towards a stranger. You just need to value your conscience over your ego. -" -- Suzy Kassem

"How a husband and wife treat each other, is how they show the Creator how well they do with this gift of life, how well they value and honor the sacred oath they made before him, and how well they understand the Lord and his religion, LOVE. A father must be good to his wife and daughter, because from watching this treatment — the son will learn how to treat all women, and his daughter will know what a good man is supposed to act like. And a mother must always remain morally good and faithful to her husband, be attentive to all her children, and be filled with patience, forgiveness, kind words, compassion and love — so her children are raised to respect all mothers, and know what a good woman is supposed to act like." -- Suzy Kassem

"A woman who holds her head up too high, is trying to breathe from her own pollution." -- Suzy Kassem

"There is no light greater than truth and it shines at the heart of all creation." -- Suzy Kassem

"If only you could see the greatness in yourself, you wouldn't envy the greatness in others." -- Suzy Kassem

"There is nothing more pure and beautiful than a person who always speaks truthfully with a childlike heart." -- Suzy Kassem

"Be wary of the man who does not offer water, charges too much for water, asks for too much water, and the one who makes water his business." -- Suzy Kassem

"To tell your soul that you love it, is like remembering who you are after being in a coma for a hundred years. Your face will beam the light of a hundred galaxies." -- Suzy Kassem

"When we continue to hate, we continue to lose. When we amplify mutual respect and love, we have a lot to gain. Quite simply, there is more for us to gain through love than hate." -- Suzy Kassem

"Let truth be told. The more we allow water to be controlled, bottled and sold - the more we sell the security of our sons, daughters and souls. He who controls the water, controls us all. Water is the true gold." -- Suzy Kassem

"To test a man's ego, simply ask him a complicated question. A good person will never be afraid to admit they don't know the answer to something. And only when a man has fully dismantled his ego, can he begin to be truly good." -- Suzy Kassem

"A person who is truly cool is a work of art. And remember, original works of art cost exponentially higher than imitations. Just take a look at the coolest people in history. They will always be a part of history for being extremely original individuals, not imitations." -- Suzy Kassem

"For there to be harmony and peace, everything must be balanced. And for there to be balance, there must be equality. Where there is equality, there will be justice. And where justice is honored and preserved, there will always be truth." -- Suzy Kassem

"What they teach you as history is mythology, and true mythology is far from fantasy - every kind reveals true fragments of our real history. A bulk of our real history can be found in Egyptian and Greek mythology. Yes, myths reveal to us worlds of other dimensions that make up our true reality. History books teach us that the minds of the past operated on the same frequency, dimension, or level of consciousness as we do now. Not true at all." -- Suzy Kassem

"God sits on a blue throne called the vena cava. There is no need for a temple to communicate or pray to him. His truths travel from his seat over a purple bridge in your heart, also known as your conscience. Your conscience is where his wisdom shines." -- Suzy Kassem

"A crystal embedded within a fold of your pulmonary trunk acts as a transmitter and receiver. God is closer than you think. In your heart, is his truth and light." -- Suzy Kassem

"Be very careful when you judge another human being. Do not measure anybody strictly based on the bad you see in them and ignore all the good. Be wary of any man who intentionally ignores another man's record of deeds or work history simply to impose their own agenda. Such a man's judgment lacks merit and should be disregarded immediately. Without a conscience, there is no truth in them." -- Suzy Kassem

"When you go against the flow of nature and betray the spiritual laws existing within, there is, and always will be, a negative reaction. Those who try escaping life before fate shakes their hand, will forever be stuck on earth, chained to the place they so badly wanted to leave. What a complicated misery. I guarantee you it will be torture to be invisible and ignored by those you love when you can see them - but you are already dead for them to hear you utter another word. Talk about agony, more so, than remaining on this plane and continuing your spiritual cycle as it was written to be lived." -- Suzy Kassem

"They say that animals are incapable of feelings and reasoning. This is false. No living thing on earth is void of either. They also say that man is the most intelligent — and the most superior — species on earth. This is also false. It is very arrogant to assume that we are the most intelligent species when we keep repeating the same mistakes over and over again. It has been shown that both rats and monkeys learn from making errors, yet we have not. Our history proves this. All creatures on earth have the capacity to love and grieve the same way we do. No life on the planet is more deserving than another. Those who think so are the true savages." -- Suzy Kassem

"Stand up for what is right against the wrong." -- Suzy Kassem

"Textbook intelligence is not true intelligence. It only marks a man good at memorization." -- Suzy Kassem

"A man who tells you to follow him will turn his followers into his company, while a true leader who does not tell you to follow him, will sit in the company of his followers." -- Suzy Kassem

"Most people will not stand up to injustice unless their comfort of living is severely threatened. This is because today's man does not care for the outside world so long as he has a roof over his head and four walls to contain his own." -- Suzy Kassem

"God would prefer us all to be united than divided. The devil would prefer us all to be divided than united. God prefers the man who loves than the one who hates. The devil prefers the man who hates than the one who loves." -- Suzy Kassem

"We were created with more than five senses. Apart from the basic five, we also have the gut and the third eye. The gut being the seat of all feeling, and the third eye being the seat of intuition (foresight)." -- Suzy Kassem

"You are not white, but a rainbow of colors. You are not black, but golden. You are not just a nationality, but a citizen of the world. You are not just for the right or left, but for what is right over the wrong. You are not just rich or poor, but always wealthy in the mind and heart. You are not perfect, but flawed. You are flawed, but you are just. You may just be conscious human, but you are also a magnificent reflection of God." -- Suzy Kassem

"This is God's universe and he is the master gardener of all. If we were to eliminate all colors in his garden, then what would be a rainbow with only one color? Or a garden with only one kind of flower? Why would the Creator create a vast assortment of plants, ethnicities, and animals, if only one beast or seed is to dominate all of existence?" -- Suzy Kassem

"The people of today would rather stand next to a man with no substance but covered in gold, rather than the man with substance and wisdom of gold. What if God was dressed as a carpenter with dirty nails and beaten boots? Would you recognize your Maker? Would you give him your time? Your vote? A cup of tea or water? Only those with truth in them will recognize truth. And you must learn to recognize all that is untrue to get the truth." -- Suzy Kassem

"No one man should be viewed as having more to offer the world than another. We are all equals and every human being has something of value in their composition which makes them unique – just as every country has their own unique resources to share with the world. Never discount somebody based on material wealth, true wealth is what cannot be seen. Never discount a

country by their size or resources, while their resources may greatly benefit other lands in need."
-- Suzy Kassem

"Most people will not stand up to injustice unless their comfort of living is severely threatened. This is because today's man does not care for the outside world so long as he has a roof over his head and four walls to contain his own." -- Suzy Kassem

"Stand up for your conscience. Use light to reveal what is concealed in the darkness. Use truth to fight the lies, and the heart to fight the mind." -- Suzy Kassem

"Any man who behaves arrogantly with what little he knows, or claims to know all, only reveals to all that he really knows nothing. Real greatness does not reside inside those who feel large. The truly wise are meek." -- Suzy Kassem

"Truth will never shine from a heart filled with corruption and lies." -- Suzy Kassem

"Sometimes God will place a wall on your path to force you to go in another direction." -- Suzy Kassem

"A gorilla does not budge from a banana thrown at it by a monkey." -- Suzy Kassem

"It is very normal for one ugly weed to not want to stand alone." -- Suzy Kassem

"The key of life symbolizes the map of existence. Once you free yourself from all resistance, your path will become white for the remainder of the distance." -- Suzy Kassem

"Colonialism is the mother of terrorism." -- Suzy Kassem

"Synergy is the only true way to world peace. Any sort of division will cripple the beast of unity." -- Suzy Kassem

"If you want to know what God thinks about any situation in the world, think like a parent." -- Suzy Kassem

"You are not supposed to go out and find love. Love will find you when you are ready. Synergy is the only true way to world peace. Any sort of division will cripple the beast of unity." -- Suzy Kassem

"Greet each man with peace, and leave each man with love. Ask yourself - One more enemy, or one more dove?" -- Suzy Kassem

"The perfect orchestration of the symphony of life is one of the Creator's greatest and most beautiful miracles." -- Suzy Kassem

"Synergy is the only true way to world peace. Any sort of division will cripple the beast of unity." -- Suzy Kassem

"You cannot change someone using fear, degradation, humiliation, or by comparing them to others. It can only be done through love, with love, for love." -- Suzy Kassem

"Before you examine the body of a patient, be patient to learn his story. For once you learn his story, you will also come to know his body." -- Suzy Kassem

"Life has pounded me down and thrashed me around, time and time again, but I always get right back up, because I still love life -just as the earth still loves the rain." -- Suzy Kassem

"You cannot change someone using fear, degradation, humiliation, or by comparing them to others. It can only be done through love, with love, for love." -- Suzy Kassem

"Had mankind listened to the Creator when he advised his children to never create his image, or give him a name, then humanity would not be so confused and divided in believing that every faith is worshiping a different god." -- Suzy Kassem

"Whenever you should question your self-worth, always remember the lotus flower. Even though it plunges to life from beneath the mud, it does not allow the dirt that surrounds it to affect its growth or beauty." -- Suzy Kassem

"I will not join the rat race because I'm not a rat. And I will not blindly follow a specific faith because I'm not a bat. The only race I'll take part in is for humans being humane. It's called the human race, and sadly it's got the least participants." -- Suzy Kassem

"Seeking knowledge is mandatory for every human being, as the quest for truth is the true purpose of living. We are given an entire lifetime to collect and assemble truths. Truths are acquired only when we learn to filter all information, including those valuable lessons and insights gained from our own personal experiences, through our conscience. And as we near death, the knowledge in our hearts at the end must match the knowledge which was put in our hearts in the very beginning. All else is irrelevant." -- Suzy Kassem

"A wealth of knowledge is openly accessible in nature. Our ancestors knew this and embraced the natural cures found in the bosoms of the earth. Their classroom was nature. They studied the lessons to be learned from animals, knowing that much of human behavior can be explained by watching the wild beasts around us. Animals are constantly teaching us things about ourselves and the way of the universe, but most people are too blind to watch and listen." -- Suzy Kassem

"We are all beautiful instruments of God. He created many notes in music so that we would not be stuck playing the same song. Be music always. Keep changing the keys, tones, pitch, and volume of each of the songs you create along your journey and play on. Nobody will ever reach ultimate perfection in this lifetime, but trying to achieve it is a full-time job. Start now and don't stop. Make your book of life a musical. Never abandon obligations, but have fun leaving behind a colorful legacy. Never allow anybody to be the composer of your own destiny. Take control of

your life, and never allow limitations implanted by society, tell you how your music is supposed to sound — or how your book is supposed to be written." -- Suzy Kassem

"Keep creating new chapters in your personal book and never stop re-inventing and perfecting yourself. Try new things. Pick up new hobbies and books. Travel and explore other cultures. Never stay in the same city or state for more than five years of your life. There are many heavens on earth waiting for you to discover. Seek out people with beautiful hearts and minds, not those with just beautiful style and bodies. The first kind will forever remain beautiful to you, while the other will grow stale and ugly. Learn a new language at least twice. Change your career at least thrice, and change your location often. Like all creatures in the wild, we were designed to keep moving. When a snake sheds its old skin, it becomes a more refined creature. Never stop refining and re-defining yourself. We are all beautiful instruments of God. He created many notes in music so we would not be stuck playing the same song. Be music always. Keep changing the keys, tones, pitch, and volume of each of the songs you create along your journey and play on. Nobody will ever reach ultimate perfection in this lifetime, but trying to achieve it is a full-time job. Start now and don't stop. Make your book of life a musical. Never abandon obligations, but have fun leaving behind a colorful legacy." -- Suzy Kassem

"Never allow anybody to be the composer of your own destiny. Take control of your life, and never allow limitations implanted by society, tell you how your music is supposed to sound — or how your book is supposed to be written." -- Suzy Kassem

"Endangering human life for profit should be a universal crime." -- Suzy Kassem

"In life, most short cuts end up taking longer than taking the longer route." -- Suzy Kassem

"God is closer than you think. In your heart, is his truth and light." -- Suzy Kassem

"Without the wetness of your love, the fragrance of your water, or the trickling sounds of your voice, I shall always feel thirsty." -- Suzy Kassem

"When picking a leader, choose a peacemaker. One who unites, not divides. A cultured leader who supports the arts and true freedom of speech, not censorship." -- Suzy Kassem

"My heart is my temple and with it I can see and hear Truth. My heart is my conscience and Truth is God." -- Suzy Kassem

"Let us recognize that we are all part of each other. We are all human. We are all one." -- Suzy Kassem

"Today's opponents can be your allies tomorrow. And today's allies can be tomorrow's opponents." -- Suzy Kassem

"One who gossips usually carries boredom in one hand and bitterness in the other." -- Suzy Kassem

"Shame on the misguided, the blinded, the distracted and the divided. Shame. You have allowed deceptive men to corrupt and desensitize your hearts and minds to unethically fuel their greed." -
- Suzy Kassem

"Before asserting a prognosis on any patient, always be objective and never subjective. For telling a man that he will win the treasure of life, but then later discovering that he will lose, will harm him more than by telling him that he may lose, but then he wins." -- Suzy Kassem

"Love is worth so much more than money. There are so many people who are filthy rich, but have nobody to genuinely love them. Unconditional love is priceless. If you have someone who really loves you for your heart, without any conditions, then you are truly one of the wealthiest people in the world." -- Suzy Kassem

"The stomach is the seat of all feeling. The heart is the seat of the conscience. The mind is the seat of the ego. Your body is the seat of the soul. "When a man goes out in the night and looks

up at the universe, he is observing a mirror of himself. The universe in us is a reflection of the universe we see out our eyes." -- Suzy Kassem

"The day will come when I will be granted the eyes of God, and the same way my enemies were able to see me in the dark, I will be able to find them and strike them with God's light. " -- Suzy Kassem

"Someone once said to me, 'There are so many religions in the world. They can't all be right.' And my reply was, 'Well, they can't all be wrong either.' All religions in the world today share more commonalities than differences, yet language blinds many from seeing these truths. Some people will tell me that what I write about is straight from their holy book, but the truth is that the main principles found in all holy books were already engraved in all our hearts. If you think common sense, the golden rule and knowing right from wrong are exclusive only to your faith, then you need to open yourself up to the rest of the world's religions." -- Suzy Kassem

"When you go against the flow of nature and betray the spiritual laws existing within, there is, and always will be, a negative reaction." -- Suzy Kassem

"There is a God, and he will be more than fair to those who deceived those He truly loves. More than fair. When you go against the flow of nature and betray the spiritual laws existing within, there is, and always will be, a negative reaction. Those who try escaping life before fate shakes their hand, will forever be stuck on earth, chained to the place they so badly wanted to leave. What a complicated misery. I guarantee you it will be torture to be invisible and ignored by those you love when you can see them - but you are already dead for them to hear you utter another word. Talk about agony, more so, than remaining on this plane and continuing your spiritual cycle as it was written to be lived." -- Suzy Kassem

"The world citizen is a small leaf on the giant tree of life. He or she does not see a difference between the branch they were born on and the remaining branches on the tree, because they understand well that we are all connected to the same roots. The world citizen sees each section of the world as part of their arm, leg, eyes, and heart. They do not class, contain or separate themselves or their identity by ethnicity or religion -- because they see their existence as a small part of a greater whole. When asked about their religion, the world citizen simply replies: 'My heart.'" -- Suzy Kassem

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"In life, most short cuts end up taking longer than taking the longer route." -- Suzy Kassem

"A good leader leads with compassion and love, not fear and blood. A country that harms its people because they are not happy with the leader - is not a country that belongs to the people, but to the leader." -- Suzy Kassem

"No truth, no light." -- Suzy Kassem

"Apathy is the door to ignorance. Empathy is the door to wisdom." -- Suzy Kassem

"You are not just for the right or left, but for what is right over the wrong." -- Suzy Kassem

"Stand up for what is right, regardless of who is committing the wrong." -- Suzy Kassem

"The more light in your composition, the more generous you are. That is the first sign of a true light warrior. They give without waiting for you to ask. They give without expecting to be repaid. They give to strangers and even offer help to enemies. And sadly, because their light is so bright, they also attract tons of bugs and flies their way." -- Suzy Kassem

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"Every flower blooms at its own pace." -- Suzy Kassem

"Every flower blooms at a different pace." -- Suzy Kassem

"The smaller the creature, the bolder its spirit." -- Suzy Kassem

"Insecurity kills more dreams than failure ever will." -- Suzy Kassem

"Initiative without action is the same as having the mind to acknowledge a problem, but not having the heart to see it through." -- Suzy Kassem

"Truth is not for sale. The man who sells truths that could help and guide humanity will never have peace of mind. Share truths freely, and you will always be revealed more." -- Suzy Kassem

"The dead are immune from our prison of Time. The distance between the living and dead may be vast, but the space of Time the dead experience when they are reunited with their loved ones is only paper-thin." -- Suzy Kassem

"To be successful, one has to be one of three bees - the queen bee, the hardest working bee, or the bee that does not fit in. One success is inherited, and the next one is earned. While the last one is self-sought, self-served, and happens on its own terms." -- Suzy Kassem

"Sometimes we have to soak ourselves in the tears and fears of the past to water our future gardens. Wisdom grows not by sitting in peace and solitude in meditation, but by confronting the

storms of the past, and studying what triggered them so that we can prevent them from happening again." -- Suzy Kassem

"It does not matter what religion you are, so long as your conscience guides your words and actions. We are all reflections of God means we are all reflections of his image — which is LIGHT. There is only one God and that is the cosmic heart of the universe — whatever you choose to call him or her. The heart within us is what connects us to God (the heart of the universe). This super basic concept is preached in all religions. God is TRUTH and LIGHT, and only through your conscience do you connect to him. Any person who does not use their conscience is very disconnected from God. Because again, the language of light can only be decoded by the heart." -- Suzy Kassem

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"THE PINEAPPLE AS A BLUEPRINT FOR THE STRUCTURE OF MANKIND

A pineapple is a compilation of berries that grow and fuse together. When joined, they create a single fruit. And within each eyelet, contains a location where a flower may grow. In other words, a pineapple is a geometric cone that connects many separate parts into one unified whole.

I see the Creator of all existence as the crown on a pineapple, and all religions of the world as the spiky eyelets -- where each eyelet symbolizes a different religion (or race) under the same crown. Each garden of faith may have different perspectives of God, yet every garden belongs to the same God. To explain this further, we can look at the origins of the pineapple and the way it is eaten all over the world. Even though it originated in South America, the fruit has spread throughout Europe, Africa, and the Far East - the same way the exact same core beliefs found in all religions have traveled far and wide from the eye of the world. In Brazil, people like to grill pineapples. In India, it is added to curries. In America, we like to toss it in fruit salads or on pizzas. And in Mexico, it is dusted with salt and spicy chili powder. So the same way pineapple is served uniquely in every country, is how one belief system (or message) can be interpreted and served differently in different regions of the world. You can spice it up, add sugar to it, grill it, smash it up, fuse it with other things borrowed from other places (i.e. pizza/Italy) and make it your own unique brand.

Yet in the end, no matter how you change it up or serve it, it is still a pineapple. And yet, even though the flesh of the fruit and its crown is obviously the same, some people will still convince themselves and others that what they are eating (or what they believe in) is different than others just based on how it is visually served. Metaphorically speaking, those who see can see "the pineapple" in all religions have done their homework by seeking knowledge and are on the right path to Truth. While those who still see bananas and cherries are lost. Seeking knowledge and truth are prominent tenets found in ALL religions of the world. Had one holy book contained the whole picture, you would have never been directed to seek knowledge outside of it." -- Suzy Kassem

SEPARATE PARTS OF THE ONE

The universe contains many planets which make it what it is - a unified system. In addition, our bodies contain many organs, and each part is congruent to a planet in our solar system. The universe we see out our eyes is a mirror of what is within us. This is what God meant by making man in his image. We are all made as a reflection of God and that reflection of him is within us. Furthermore, not only are all religions connected to the same Truth, or Cosmic Heart, but this concept is also mirrored in the pantheons of ancient religions, where each of the many gods simply represented one set of characteristics of the ONE. And in all cases, these many gods symbolized the planets, therefore mimicking the different parts of the universe and the ONE God's many mirrors (He Who is All). The structure behind all polytheistic religions of the past and present is one and the same. They are all built on the same foundation as Nature. The same way Islam has 99 names for God, where each name is simply an adjective describing God or an attribute, polytheistic religions worship the many characteristics of God by assigning a set of his

traits to a god (planet), and then matching that planet to elements found in Nature. Yet in the end, all religions are worshipping the same entity. Nobody knows his true name, but replacement names given to him are only honorifics, adjectives, attributes, or symbolic in nature. Not actual names. For example, the Aramaic word for "God" in the language of Assyrian Christians is ʿĒlāhā, or Alaha. Arabic-speakers of all Abrahamic faiths, including Christians and Jews, use the word "Allah" to mean "God". Yet the word "God" is not his true name, and "Allah" simply means "The Only One to be Worshipped." When I read religious books that condone the worship of many gods, I can tell those words are man-made, for the ONE TRUE GOD would already know that these many gods found in Ancient Greece, Egypt, and Hinduism are just different unique parts of him that make up his WHOLE. After all, God is "All-Knowing". So how could he not know this obvious truth? Divine geometry is built on this foundation, and it was he who designed this sacred formula replicated throughout Nature. Thus, I do not believe that God shuns the reflections of his many parts, so long as followers do not confuse them as unique entities to him, but that these parts are given images and names. And had mankind listened to the Creator when he advised his children to never create his image or give him a name, then humanity would not be so confused and divided in believing that every faith is worshipping a different god. MAN IS NOT GOD It was not God who created many different brands of religion. It was man. God only had one truth, one message. It was man who created many images and distortions of "God", thus creating barriers, and confusing all of mankind from seeing that his message is one and the same. This is what the "All- Knowing" true God wanted to prevent. Every religion in the world promotes the exact same morals, values, and virtues - and with a judgment system. Mankind could eliminate all the division and confusion in the world just by agreeing to collectively make the 10 commandments the universal moral system for all of mankind. After all, these basic moral laws are mentioned in all religions regardless of what they are called. So if our value system is already one and the same, then why do we need to separate ourselves from each other by branding ourselves with the name of a religion? Do you really need a title to validate to others that you believe in the Creator? Why should any good man be judged by others based on his faith? Why can't he just be judged based on the weight of his heart and his moral character rather than a religious label? We are not sheep or cows. God didn't create fences for us or boundaries to contain our nationalities. Man did. God didn't draw up religious barriers to separate us from each other. Man did. And on top of that, no father would like to see his children fighting or killing each other. The Creator favors the man who spreads loves over the man who spreads hate. A religious title does not make anyone more superior over another. If a kind man stands by his conscience and exhibits truth in his words and actions, he will stand by God regardless of his faith." -- Suzy Kassem

"If mankind wants to evolve, we must learn from our past mistakes. If not, our technology will evolve without us." -- Suzy Kassem

"Once we can get all of mankind to see and promote our commonalities over differences, then we can also collectively and passionately enforce equality, truth and justice as the laws of every land. Then there will be stability, prosperity and true peace for all. If we do not, then language,

religious, and cultural barriers will continue to prevent us from seeing that we are all ONE. Does a pineapple have to be called a pineapple in English in another country for an English-speaking person to know what it is? No. A pineapple has a different name in every country, but even a child can still tell its a pineapple. So why can't we judge mankind the same way?" -- Suzy Kassem

"No matter how you dress a human, a human is still a human. And all humans grieve, love, and bleed the same way. How hard is it to see that we are all more similar than different? God did not disconnect mankind, man did. " -- Suzy Kassem

"We are taught to believe that the 'alienation' that we experience sometimes, when we withdraw from everything or feel alone, is a craving for something sexual, material, or in the physical - and can be cured by popping a pill in most cases. When in Truth, it's the circuitry within our souls and minds that is hinting to be connected - to real flowing energy - outside of our TVs and computer monitors. What many of us mistaken for depression is actually a need to be understood, or to see desires come to fruition. There is absolutely nothing abnormal about feeling disconnected. Your sensitivity only means you are more human than most. If you cry, you are alive. I'd be more worried if you didn't." -- Suzy Kassem

"None of us are just black or white, or never wrong and always right. No one. No one exists without polarities. Everybody has good and bad forces working with them, against them, and within them. Fear nothing but your conscience. Rights can be considered wrongs, depending on who is judging." -- Suzy Kassem

"Mother is water." -- Suzy Kassem

"I want to thank my Father for opening my eyes to the cold hearts around me -- and to my suffering. All these years I have spent trying to awaken humanity to the ills of the world have made me personally ill. And now my Father has granted me permission to go seek happiness and self-fulfillment. He told me that I had far outdone all that He had asked of me, and that He is pleased that I have revealed so much knowledge and wisdom to His children. And yet, since they have chosen not to listen to the evil intentions of the wicked, then the Devil has His permission to continue doing what he wants with them. Those whom have awakened, will not be harmed. But those still asleep, God will not step in to help them; for these weeds stand for absolutely nothing at all. If you are good, God will remember you. But if you have not made any personal sacrifices for your conscience, He will not listen to your prayers. All peacemakers and activists have gone through this process. At first the fire in their hearts is set on assisting humanity, but then the flame slowly simmers away when they realize the world is cold and wants them to all

the fighting for them -- alone. Now I know the real reason why Marie Antoinette once said, "Let them eat cake!" Many of those hippies who were once at the forefront of the counterculture movement of the 60s and 70s are now the heads of all media and government. Why? Because they realized that those they were fighting for were those fighting against them. And if you can't beat the system then, you happily join it."-- Suzy Kassem

"It does not matter what religion you are, so long as your conscience guides your words and actions. We are all reflections of God means we are all reflections of his image — which is LIGHT. There is only one God and that is the cosmic heart of the universe — whatever you choose to call him or her. The heart within us is what connects us to God (the heart of the universe). This super basic concept is preached in all religions. God is TRUTH and LIGHT, and only through your conscience do you connect to him. Any person who does not use their conscience is very disconnected from God. Because again, the language of light can only be decoded by the heart." -- Suzy Kassem

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THE PINEAPPLE AS A BLUEPRINT FOR THE STRUCTURE OF MANKIND

A pineapple is a compilation of berries that grow and fuse together. When joined, they create a single fruit. And within each eyelet, contains a location where a flower may grow. In other words, a pineapple is a geometric cone that connects many separate parts into one unified whole.

I see the Creator of all existence as the crown on a pineapple, and all religions of the world as the spiky eyelets -- where each eyelet symbolizes a different religion (or race) under the same crown. Each garden of faith may have different perspectives of God, yet every garden belongs to the same God. To explain this further, we can look at the origins of the pineapple and the way it is eaten all over the world. Even though it originated in South America, the fruit has spread throughout Europe, Africa, and the Far East - the same way the exact same core beliefs found in all religions have traveled far and wide from the eye of the world. In Brazil, people like to grill pineapples. In India, it is added to curries. In America, we like to toss it in fruit salads or on pizzas. And in Mexico, it is dusted with salt and spicy chili powder. So the same way pineapple is served uniquely in every country, is how one belief system (or message) can be interpreted and served differently in different regions of the world. You can spice it up, add sugar to it, grill it, smash it up, fuse it with other things borrowed from other places (i.e. pizza/Italy) and make it your own unique brand.

Yet in the end, no matter how you change it up or serve it, it is still a pineapple. And yet, even though the flesh of the fruit and its crown is obviously the same, some people will still convince themselves and others that what they are eating (or what they believe in) is different than others just based on how it is visually served. Metaphorically speaking, those who see can see "the pineapple" in all religions have done their homework by seeking knowledge and are on the right path to Truth. While those who still see bananas and cherries are lost. Seeking knowledge and truth are prominent tenets found in ALL religions of the world. Had one holy book contained the whole picture, you would have never been directed to seek knowledge outside of it." -- Suzy Kassem

"SEPARATE PARTS OF THE ONE

The universe contains many planets which make it what it is - a unified system. In addition, our bodies contain many organs, and each part is congruent to a planet in our solar system. The universe we see out our eyes is a mirror of what is within us. This is what God meant by making man in his image. We are all made as a reflection of God and that reflection of him is within us. Furthermore, not only are all religions connected to the same Truth, or Cosmic Heart, but this concept is also mirrored in the pantheons of ancient religions, where each of the many gods simply represented one set of characteristics of the ONE. And in all cases, these many gods symbolized the planets, therefore mimicking the different parts of the universe and the ONE God's many mirrors (He Who is All). The structure behind all polytheistic religions of the past and present is one and the same. They are all built on the same foundation as Nature. The same way Islam has 99 names for God, where each name is simply an adjective describing God or an attribute, polytheistic religions worship the many characteristics of God by assigning a set of his traits to a god (planet), and then matching that planet to elements found in Nature. Yet in the end, all religions are worshipping the same entity. Nobody knows his true name, but replacement names given to him are only honorifics, adjectives, attributes, or symbolic in nature. Not actual names. For example, the Aramaic word for "God" in the language of Assyrian Christians is ʾĒlāhā, or Alaha. Arabic-speakers of all Abrahamic faiths, including Christians and Jews, use the word "Allah" to mean "God". Yet the word "God" is not his true name, and "Allah" simply

means "The Only One to be Worshiped." When I read religious books that condone the worship of many gods, I can tell those words are man-made, for the ONE TRUE GOD would already know that these many gods found in Ancient Greece, Egypt, and Hinduism are just different unique parts of him that make up his WHOLE. After all, God is "All-Knowing". So how could he not know this obvious truth? Divine geometry is built on this foundation, and it was he who designed this sacred formula replicated throughout Nature. Thus, I do not believe that God shuns the reflections of his many parts, so long as followers do not confuse them as unique entities to him, but that these parts are given images and names. And had mankind listened to the Creator when he advised his children to never create his image or give him a name, then humanity would not be so confused and divided in believing that every faith is worshipping a different god. MAN IS NOT GOD It was not God who created many different brands of religion. It was man. God only had one truth, one message. It was man who created many images and distortions of "God", thus creating barriers, and confusing all of mankind from seeing that his message is one and the same. This is what the "All- Knowing" true God wanted to prevent. Every religion in the world promotes the exact same morals, values, and virtues - and with a judgment system. Mankind could eliminate all the division and confusion in the world just by agreeing to collectively make the 10 commandments the universal moral system for all of mankind. After all, these basic moral laws are mentioned in all religions regardless of what they are called. So if our value system is already one and the same, then why do we need to separate ourselves from each other by branding ourselves with the name of a religion? Do you really need a title to validate to others that you believe in the Creator? Why should any good man be judged by others based on his faith? Why can't he just be judged based on the weight of his heart and his moral character rather than a religious label? We are not sheep or cows. God didn't create fences for us or boundaries to contain our nationalities. Man did. God didn't draw up religious barriers to separate us from each other. Man did. And on top of that, no father would like to see his children fighting or killing each other. The Creator favors the man who spreads loves over the man who spreads hate. A religious title does not make anyone more superior over another. If a kind man stands by his conscience and exhibits truth in his words and actions, he will stand by God regardless of his faith." -- Suzy Kassem

"If mankind wants to evolve, we must learn from our past mistakes. If not, our technology will evolve without us." -- Suzy Kassem

"Once we can get all of mankind to see and promote our commonalities over differences, then we can also collectively and passionately enforce equality, truth and justice as the laws of every land. Then there will be stability, prosperity and true peace for all. If we do not, then language, religious, and cultural barriers will continue to prevent us from seeing that we are all ONE. Does a pineapple have to be called a pineapple in English in another country for an English-speaking person to know what it is? No. A pineapple has a different name in every country, but even a child can still tell it's a pineapple. So why can't we judge mankind the same way?" -- Suzy Kassem

"No matter how you dress a human, a human is still a human. And all humans grieve, love, and bleed the same way. How hard is it to see that we are all more similar than different? God did not disconnect mankind, man did. "-- Suzy Kassem

"We are taught to believe that the 'alienation' that we experience sometimes, when we withdraw from everything or feel alone, is a craving for something sexual, material, or in the physical - and can be cured by popping a pill in most cases. When in Truth, it's the circuitry within our souls and minds that is hinting to be connected - to real flowing energy - outside of our TVs and computer monitors. What many of us mistaken for depression is actually a need to be understood, or to see desires come to fruition. There is absolutely nothing abnormal about feeling disconnected. Your sensitivity only means you are more human than most. If you cry, you are alive. I'd be more worried if you didn't." -- Suzy Kassem

"None of us are just black or white, or never wrong and always right. No one. No one exists without polarities. Everybody has good and bad forces working with them, against them, and within them. Fear nothing but your conscience. Rights can be considered wrongs, depending on who is judging." -- Suzy Kassem

"Mother is water." -- Suzy Kassem

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=Blue Panther=

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