

ACTIVITY

Action, Deeds and Energy

1. ESSENCE

- 1 It is a descending stream of pure activity which is the dynamic force of the universe.
Kabbalah (B.C. 1200?-700? A.D.)
- 2 Action is the product of the Qualities inherent in Nature.
Bhagavad Gita (c. B.C. 400)
- 3 Action is eloquence.
Shakespeare (1564-1616)
- 4 The end of man is action, and not thought, though it be of the noblest.
Carlyle (1795-1881)
- 5 Our deeds determine us, as much as we determine our deeds.
George Eliot (1819-1880)
- 6 Action is coarsened thought; thought becomes concrete, obscure, and unconscious.
Henri Frederic Amiel (1821-1881)
- 7 Everything is energy in motion.
Pir Vilayat Inayat Khan (born 1916)

2. OPPOSITES

- 8 As one acts and conducts himself, so does he become.
The doer of good becomes good.
The doer of evil becomes evil.
One becomes virtuous by virtuous action, bad by bad action.
Upanishads (c. B.C. 800)
- 9 One who sees inaction in action, and action in inaction, is intelligent among men.
Bhagavad Gita (c. B.C. 400)
- 10 The secret of the magic of life consists in using action in order to attain non-action. One must not wish to leap over everything and penetrate directly.
Lu Yen (fl. 800 A.D.)

- 11 Desire and force between them are responsible for all our actions; desire causes our voluntary acts, force our involuntary.
Pascal (1623-1662)
- 12 The deed is everything,
the glory is naught.
Goethe (1749-1832)
- 13 The more we do, the more we can do;
the more busy we are, the more leisure we have.
Hazlitt (1778-1830)
- 14 Deliberate with caution, but act with decision;
and yield with graciousness, or oppose with firmness.
Colton (1780-1832)
- 15 Our acts make or mar us,
we are the children of our own deeds.
Victor Hugo (1802-1885)
- 16 Action may not always bring happiness;
but there is no happiness without action.
Disraeli (1804-1881)
- 17 Think like a man of action, act like a man of thought.
Henri Louis Bergson (1859-1941)
- 18 Action without study is fatal.
Study without action is futile.
Mary Beard (1876-1958)

3. INSIGHT

- 19 This universe is a trinity and this is made of name, form, and action. The source of all actions is the body, for it is by the body that all actions are done. The body is behind all actions, even as the Eternal is behind the body.
Upanishads (c. B.C. 800)
- 20 Knowledge, the object of knowledge and the knower are the three factors which motivate action; the senses, the work and the doer comprise the threefold basis of action.
Bhagavad Gita (c. B.C. 400)
- 21 All human actions have one or more of these seven causes: chance, nature, compulsions, habit, reason, passion, desire.
Aristotle (B.C. 384-322)

- 22 Our actions are like the terminations of verses,
which we rhyme as we please.
La Rochefoucauld (1613-1680)
- 23 The actions of men are the best interpreters of their
thoughts.
John Locke (1632-1704)
- 24 Words may show a man's wit but actions his meaning.
Franklin (1706-1790)
- 25 Action hangs, as it were, "dissolved" in speech, in thoughts
whereof speech is the shadow; and precipitates itself
therefrom. The kind of speech in a man betokens the kind of
action you will get from him.
Carlyle (1795-1881)
- 26 Every man feels instinctively that all the beautiful
sentiments in the world weigh less than a single
lovely action.
James Lowell (1819-1891)
- 27 The great end of life is not knowledge but action.
Thomas Huxley (1825-1895)
- 28 It is the mark of a good action that it appears inevitable
in retrospect.
Robert Louis Stevenson (1850-1895)
- 29 According to real, exact knowledge, one force, or two
forces, can never produce a phenomenon. The presence
of a third force is necessary, for it is only with the
help of a third force that the first two can produce
what may be called a phenomenon, no matter in what sphere.
Gurdjieff (1873-1949)
- 30 Actions are the seed of Fate
Deeds grow into Destiny.
A. L. Linall, Jr. (born 1947)
- 31 To talk goodness is not good...
Only to do it is.
Chinese Proverb

4. POSITIVE

- 32 To be doing good deeds is man's most glorious task.
Sophocles (B.C. 495-406)

- 33 A tree is known by its fruit; a man by his deeds. 4 of 8.
 A good deed is never lost; he who sows courtesy reaps
 friendship, and he who plants kindness gathers love.
Basil (329-379 A.D.)
- 34 Good actions ennoble us, we are the sons of our own deeds.
Cervantes (1547-1616)
- 35 How far that little candle throws his beams!
 So shines a good deed in a naughty world.
Shakespeare (1564-1616)
- 36 A good action is never lost;
 it is a treasure laid up and guarded for the doer's need.
Pedro Calderon (1600-1681)
- 37 Action is the highest perfection and drawing forth of the
 utmost power, vigor, and activity of man's nature.
Robert South (1634-1716)
- 38 Well done is better than well said.
Franklin (1706-1790)
- 39 Act well at the moment,
 and you have performed a good action for all eternity.
Lavater (1741-1801)
- 40 Thought and theory must precede all salutary action;
 yet action is nobler in itself than either thought or
 theory.
Wordsworth (1770-1850)
- 41 It is well to think well; it is divine to act well.
Horace Mann (1796-1859)
- 42 Action is greater than writing. A good man is a nobler
 object of contemplation than a great author. There are but
 two things worth living for: to do what is worthy of being
 written; and to write what is worthy of being read; and the
 greater of these is the doing.
Albert Pike (1809-1891)
- 43 But the good deed, through the ages
 Living in historic pages,
 Brighter grows and gleams immortal,
 Unconsumed by moth or rust.
Longfellow (1807-1882)
- 44 Active natures are rarely melancholy.
 Activity and sadness are incompatible.
Bovee (1820-1904)

5. NEGATIVE

- 45 Heaven never helps the men who will not act.
Sophocles (B.C. 495-406)
- 46 Just as a flower which seems beautiful and has colour but
no perfume, so are the fruitless words of the man who
speaks them but does them not.
The Dhammapada (c. B.C. 300)
- 47 Men do not value a good deed unless it brings a reward.
Ovid (B.C. 43-18 A.D.)
- 48 We should often be ashamed of our very best actions,
if the world only saw the motives which caused them.
La Rochefoucauld (1613-1680)
- 49 Thinking is easy, acting is difficult,
and to put one's thoughts into action
is the most difficult thing in the world.
Goethe (1749-1832)
- 50 He who considers too much will perform little.
Schiller (1759-1805)
- 51 When a man has not a good reason for doing a thing,
he has one good reason for letting it alone.
Walter Scott (1771-1832)
- 52 Mark this well, ye proud men of action!
ye are, after all, nothing but unconscious instruments
of the men of thought.
Heine (1797-1856)
- 53 We have only to change the point of view
and the greatest action looks mean.
Thackeray (1811-1863)
- 54 Words without actions are the assassins of idealism.
Herbert Hoover (1874-1964)
- 55 There is nothing so useless as doing efficiently that which
should not be done at all.
Peter F. Drucker (born 1909)

6. ADVICE

- 56 One should act in consonance with the way of heaven and earth, which is enduring and eternal. The superior man perseveres long in his course, adapts to the times, but remains firm in his direction and correct in his goals.
I Ching (B.C. 1150?)
- 57 The superior man acts before he speaks, and afterwards speaks according to his action.
Confucius (B.C. 551-479)
- 58 Do not do what is already done.
Terence (B.C. 185-159)
- 59 We should not be so taken up in the search for truth, as to neglect the needful duties of active life; for it is only action that gives a true value and commendation to virtue.
Cicero (B.C. 106-43)
- 60 What one has, one ought to use: and whatever he does he should do with all his might.
Cicero (B.C. 106-43)
- 61 To do an evil act is base.
To do a good one without incurring danger, is common enough.
But it is part of a good man to do great and noble deeds though he risks everything in doing them.
Plutarch (46-120 A.D.)
- 62 Be great in act, as you have been in thought.
Shakespeare (1564-1616)
- 63 Attempt the end, and never stand to doubt;
Nothing's so hard but search will find it out.
Robert Herrick (1591-1674)
- 64 The shortest answer is doing.
Herbert (1593-1632)
- 65 Do not wait for extraordinary circumstances to do good action; try to use ordinary situations.
Richter (1763-1825)
- 66 Let us, if we must have great actions, make our own so. All action is of infinite elasticity, and the least admits of being inflated with celestial air, until it eclipses the sun and moon.
Emerson (1803-1882)

- 67 Speak out in acts; the time for words has passed,
and only deeds will suffice.
John Greenleaf Whittier (1807-1892)
- 68 This is a world of action,
and not for moping and droning in.
Charles Dickens (1812-1870)
- 69 Trust no future, however pleasant!
Let the dead past bury its dead!
Act, - act in the living Present!
Heart within and God overhead.
Longfellow (1807-1882)
- 70 For purposes of action nothing is more useful than
narrowness of thought combined with energy of will.
Henri Frederic Amiel (1821-1881)
- 71 Our only true course is to let the motive for action be in
the action itself, never in its reward; not to be incited
by the hope of the result, nor yet indulge a propensity for
inertness.
H. P. Blavatsky (1831-1891)
- 72 It is not good enough for things to be planned - they still
have to be done; for the intention to become a reality,
energy has to be launched into operation.
Pir Vilayat Inayat Khan (born 1916)
- 73 Better do a good deed near at home
than go far away to burn incense.
Chinese Proverb

7. POTPOURRI

- 74 When a man dies, what does not leave him?
The voice of a dead man goes into fire, his breath into
wind, his eyes into the sun, his mind into the moon, his
hearing into the quarters of heaven, his body into the
earth, his spirit into space, the hairs of his head into
plants, and his blood and semen are placed in water, what
then becomes of this person?
What remains is action. It's quality becomes fate.
Verily, one becomes good by good action, bad by bad action.
Upanishads (c. B.C. 800)

- 75 That deed is not well done of which a man must repent,
and the reward of which he receives crying and with a
tearful face. No, that deed is well done of which a man
does not repent, and the reward of which he receives gladly
and cheerfully.
The Dhammapada (c. B.C. 300)
- 76 A wise man guides his own course of action;
The fool follows another's direction,
When an old dog barks, the others run,
And this for no reason at all.
Saskya Pandita (1182-1251)
- 77 For as one star another far exceeds,
So souls in heaven are placed by their deeds.
Robert Greene (1558?-1592)
- 78 And future deeds crowded round us
as the countless stars in the night.
Goethe (1749-1832)
- 79 Each morning sees some task begun,
Each evening sees it close;
Something attempted, something done,
Has earned a night's repose.
Longfellow (1807-1882)
- 80 Action is the last resource of those who know not how
to dream.
Oscar Wilde (1854-1900)