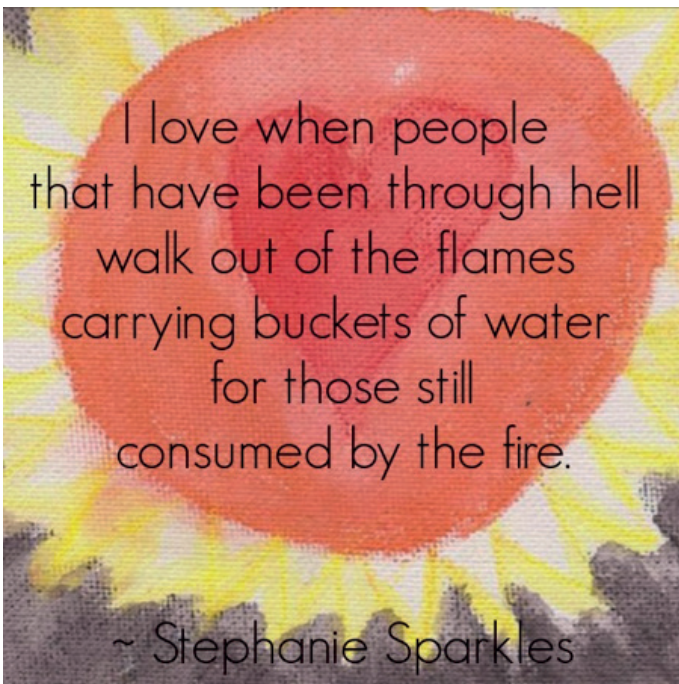




St Oswald's
Hospice

Resilience Quotes



“To forget how to dig the earth and
to tend the soil is to forget ourselves.”

— **Mahatma Gandh**

LOVELY THING TO LEARN FROM WATER:

Adjust yourself in every
situation and in any shape.
But most importantly, find
your own way to flow.

— BUDDHA



“Notice that the stiffest tree is easily
cracked while the bamboo or willow
survives by bending in the wind”

— **Bruce Lee**

“The miracle is not to walk on water.
The miracle is to walk on the green
earth, dwelling deeply in the present
moment and feeling truly alive.”

— **Thich Nhat Hanh**

