



Paulo Coelho

365 PHRASES IN ENGLISH

01. May I always remember that, in this world, only True Love can compete with other kinds of love. When we give our all, we have nothing more to lose. And then fear, jealousy, tedium and routine vanish, and all that remains is the light from a void that no longer frightens us, but brings us closer to each other. That light is always changing, which is precisely what makes it so beautiful and full of surprises, not always the surprises we expect perhaps, but those we can live with.

02. Virtues we can practise at any time, simple virtues that make up the Supreme Gift of Love.

Patience: Love is patient...

Kindness: ...and kind.

Generosity: Love does not envy...

Humility: ...or boast; it is not arrogant...

Courtesy: ...or rude.

Unselfishness: It does not insist on its own way.

Good temper: It is not irritable...

Guilelessness: ...or resentful.

03. Try, from time to time, to let yourself be carried away by the night, look up at the stars and try to grow drunk on the sense of the infinite. The night, with all its charms, is another path to enlightenment. Just as a dark well has, at its bottom, thirst-quenching water, so the night, whose mystery brings us closer to God, has, hidden in its shadows, a flame capable of lighting a fire in our souls.

04. A happy man is a man who carries God within him. And happiness can be found in a simple grain of desert sand.

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05. The worst thing is to choose a path and then spend the rest of your life wondering if you've made the right choice. No one can make a choice without feeling afraid.
06. If we have no fear of the dark, it's because we belong to the light.
07. Love is also a mysterious thing: the more we give, the more it grows.
08. God is close to us, regardless of what prayers we offer up.

09. Seize the opportunity offered you by tragedy; not everyone can do that.

10. God is here, now, by our side. We can see him in this mist, in this earth, in these clothes, in these shoes. His angels watch over us while we are sleeping and help us while we are working. In order to find God, all you need is to look around you.

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11. In order to hear Love's words, we must allow Love to approach.

 12. Nothing in this world is useless in the eyes of God.

 13. Follow your dreams, and transform your life into a path that leads to God. Perform miracles. Heal. Prophecy. Listen to your guardian angel. Transform yourself. Be a warrior and be happy in your fight. Take whatever risks you need to take.

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14. Forgetting is the wrong stance to take, instead always face up to things.
15. You can't say to the Spring: "Come now and last as long as possible." You can only say: "Come and bless me with your hope, and stay as long as you can."
16. It's good to learn that everything in life has a price. That is what the Warriors of Light try to teach us.

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17. Woe to those who were never beaten! They will never be winners in this life.
18. There is no tragedy, only the inevitable. Everything has its reason for being, all you have to learn is how to distinguish what will pass and what will last.
19. Even if I learn nothing new on this path, at least I will have learned one important thing: we have to take

20. What is sin? It is a sin to prevent Love from showing itself.

21. It's good to see challenges as a fount of knowledge and not as our enemies.

22. Fear is a warning. We don't want to take any risks.

This is a commandment that no warrior of light can obey.

23. You need to take risks, to follow some paths and abandon others.

24. Contradictions are what make love grow. Conflicts are what allow love to remain by our side. Life is too short for us to keep important words, for example, “I love you”, locked in our hearts.

25. We love because we love. There is no reason to love.

26. How does we show our love of God?

By loving our fellow man. In order to find peace in Heaven, we must find love here on Earth. Without love, we are worthless.

27. True love is an act of total surrender.

28. Let us love one another, but not try to possess one another.

29. God reveals himself in any task, but mainly in those tasks that are performed with love.

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30. Anyone who has the courage to say what he feels in his heart is in touch with God.
31. The warrior never loses sight of those things that last or of the strong bonds that are forged over time. He can distinguish between what will pass and what will last.
32. The universe only makes sense when we have someone to share our feelings with.

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33. Every moment in life is an act of faith.
34. Anyone who does not share his moments of joy and discouragement with others will never fully know his own qualities and his own defects.
35. To build or to plant. The builders might take years over their tasks, but one day, they finish what they're doing. Then they find they're hemmed in by their own walls. Life loses its meaning when the building stops.

36. Then there are those who plant. They endure storms and all the many vicissitudes of the seasons, and they rarely rest. But, unlike a building, a garden never stops growing. And while it requires the gardener's constant attention, it also allows life for the gardener to be a great adventure.

37. I hope that small things will lead to great transformations.

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38. Victors never make the same mistake twice. That is why the warrior only risks his heart for something worthwhile.
39. Faith and transformation are the only ways of drawing near to God.
40. Life can change from one second to the next, the right moment is always there waiting, one's will-power is constantly being put to the test.
41. It's never too late to live your dream

42. What we call “life” is a train with many carriages. Sometimes we’re in one, sometimes another, and sometimes we cross from one into the other, when we dream or allow ourselves to be swept away by the extraordinary.

43. Wisdom and experience do not transform us. Time does not transform us. The only thing that transforms us is love.

44. Love can take us to heaven or to hell, but it will always take us somewhere. We must accept it, because it is what nourishes our existence.

45. Forget everything we were taught about Love, because each encounter is different and brings its own agonies and ecstasies.

46. Love's message is there in the way I live my life, not in my words or my actions.

47. Not everyone who owns a pile of gold the size of that hill to the south of our city is rich. The truly rich person is the one who is in contact with the energy of Love every second of his or her existence.

48. There is only one way of learning: through action.

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49. The meaning of my life is the meaning I choose to give it.
50. A gift is a grace, or a mercy, but it is also a grace knowing how to lead a dignified, hard-working life full of love for one's fellow man.
51. If someone knows what he wants from life, then he has all he needs in order to fulfil his dreams.

52. Wisdom means both to know and to transform.

53. Whenever you want to achieve something, keep your eyes open, concentrate and know exactly what it is that you want.

54. I love you because the whole Universe conspired to help me find you.

55. Living is making decisions and accepting the consequences.

56. Love, because you will be the first to benefit.

57. Seek out people who aren't afraid of making mistakes and who, therefore, do make mistakes. Because of that, their work often isn't recognised, but they are precisely the kind of people who change the world and, after many mistakes, do something that will transform their own community completely.

58. You do not choose your life, life chooses you. And whether you meet with joy or sadness is something that is beyond your comprehension. You must simply accept what is given to you and move forward.

59. I see that there are still many dark areas inside me, but with perseverance and courage they will gradually be washed away.

60. There will never be anything physical between us, but no passion is in vain, no love is ever wasted. The energy of love can never be lost – it is more powerful than anything and shows itself in many ways.

61. Scars speak more loudly than the sword that caused them.

62. I have become aware that repeated experiences have but one purpose: to teach us that we have not yet learned the lesson.

63. Love is a force that exists on earth to make us happy, to bring us closer to God and to our fellow man.

64. It is through prayers that we commune with God. A prayer, when couched in the words of the soul, is far more powerful than any ritual.

65. You give but little when you give of your possessions. It is when you give of yourself that you truly give.

66. The warrior knows that there are occasional pauses in the struggle. There is always something not quite right. And the warrior takes advantage of those moments when time stops to equip himself better.

67. Stay close to those who say: “Everything’s fine as it is, but we still need to move on.” Because they understand the need to keep going beyond the known horizon.

68. When the warrior of light enters the fight, all he has is his enthusiasm and the moves and strikes that he learned during his training. As the fight progresses, he discovers that enthusiasm and training are not enough to win: what counts is experience. Then he opens his heart to the Universe and asks God to give him the inspiration he needs to turn every blow from his enemy into a lesson in self-defence.

69. Everything that we so enthusiastically seek when we reach adulthood – love, work, faith – ends up becoming a heavy burden. There is only one way of escaping this: love. To love is to transform slavery into liberty.

70. Only Love gives form to what, once, we could not even dream of.

71. Love is a feeling completely bound up with colour, like thousands of rainbows superimposed one on top of the other.

72. A child can teach an adult three things: to be happy for no reason, to always be busy with something and to know how to demand what he or she wants, as forcefully as possible.

73. The Language that the world speaks and that everyone on Earth can understand in their hearts is the Language of Love.

74. When we love and believe in something from the bottom of our heart, in feelings that are stronger than the world itself, we are filled by a serenity that comes from the certainty that nothing can crush our faith.

75. I think that when we bravely seek out love, love reveals itself and we end up attracting even more love.

76. Defeat is for those who, despite their fears, live with enthusiasm and faith. Defeat is for the valiant. Only they will know the honour of losing and the joy of winning.

77. Anyone who is in love is making love the whole time, even when they're not. When two bodies meet, it is just the cup overflowing.

78. How can we do something impossible? With enthusiasm.

79. The true experience of freedom is having the most important thing in the world without actually owning it.

80. The moment of liberation is always accompanied by pain, but that is how it has always been.

81. The simple fact of having the courage to say meaningless things began to fill me with euphoria. I was free, I didn't need to explain my actions. That freedom was carrying me heavenwards, where a Greater Love, which forgives everything and never feels abandoned, was welcoming me back.

82. A warrior on the battlefield is fulfilling his destiny, and he must surrender himself to that.

83. The Lord had been generous and had led him to the very brink of the inevitable, in order to show him that a man needs to *choose* – not *accept* – his destiny.

84. The truth is what gives us freedom.

85. There are moments when one should act and moments when one should accept. The warrior knows how to distinguish between these moments.

86. Always take the decisions you need to take, even if you're not sure you're doing the right thing.

87. We love because Love sets us free,
and we say things that we once never
even had the courage to whisper to
ourselves.

88. The warrior of light has the sword in
his hands. He is the one who decides
what he will do and what he will never
do.

89. Everyone has the right to have doubts about his task and even to abandon it sometimes; what he cannot do is forget it.

90. Our soul is governed by four invisible forces: love, death, power and time.

We must love because we are loved by God.

We must be aware of the Unwanted Visitor if we are fully to understand life.

We must struggle in order to grow, but without becoming trapped by whatever power we might gain from that, because we know that such power is worthless.

Finally, we must accept that our soul, although eternal, is, at this moment, caught in the web of time, with all its

possibilities and limitations.

91. Not everyone has to be happy all the time. Indeed, no one can be. You have to learn to deal with the realities of life

92. Love is above everything else, and there is no hatred in love, only the occasional mistake.

93. Love is an act of faith in another person, and love's face should always be wrapped in mystery. Love should be experienced and enjoyed all the time, but, if we try to understand it, the magic will vanish.

94. Controlling your aggression in order not to harm the other is the Path to Peace.

95. The warrior of light is not concerned with results. He examines his heart and asks: “Did I fight the Good Fight?” If the answer is “yes”, he can rest. If the answer is “no”, he takes up his sword and begins training all over again.

96. Do not fight in order to prove that you are right or to impose your ideas or ideals on someone else. Only accept the fight as a way of keeping your spirit clean and your will spotless. When the fight is over, both sides will emerge as winners, because they tested their limitations and their abilities.

97. Sometimes we are gripped by an uncontrollable feeling of sadness. We realise that the day's magic moment has passed and we did nothing with it. Then life hides away its magic and its art.

98. Why is Love more important than Faith?

Because Faith is merely the path that leads us to the Greater Love.

Why is Love more important than Charity?

Because Charity is merely one of the manifestations of Love.

99. A warrior of light is in the world in order to help his fellow man and not in order to condemn his neighbour.

100. A warrior always knows what is worth fighting for. He never gets embroiled in pointless battles, and never wastes his time on provocations.

101. The truth is that the great revolutions and the great advances made by humanity were made by people like us, the only difference being that they had the courage to make a key decision when times were difficult.

102. Pursuing a dream has its price. It might demand that we change our habits, it might cause us problems, might lead to disappointment. However high the price, though, it is never as high as the price paid by someone who has not lived.

103. Love has no rules. We can try to follow the rule book, to control our heart, to determine how we will behave, but that is all nonsense. The heart decides, and it is what the heart decides that matters.

104. The first great virtue of a person seeking the spiritual path is courage.

105. Try the impossible. Don't start low down because that's where you are now. Climb those rungs quickly before they take the ladder away. If you're afraid, say a prayer, but carry on.

106. Making war is not a sin. Making war is an act of love. The Enemy develops and improves us.

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107. Rather than speaking to us of the solace of security, the path teaches us the joy of facing new challenges.
108. The moment we decide to face up to a problem, we realise that we are far more capable than we thought.
109. Be like the fountain that overflows, not like the cistern that merely contains.

110. What kills the relationship between two people is precisely the lack of challenges, the feeling that nothing is new any more. We must continue to be a surprise for each other.

111. Walk neither faster nor slower than your own soul, because it is your soul that will teach you the usefulness of each step you take. Sometimes taking part in a great battle will be the thing that will help to change the course of history. But sometimes you can do that simply by smiling, for no reason, at someone you happen to pass in the street.

112. Life offers us thousands of opportunities to learn. Every day, we have the opportunity to surrender ourselves to Love. Life is not one long holiday, but a permanent apprenticeship.

113. This gift belongs to whoever wishes to accept it. You have only to believe, accept and not be afraid of making a few mistakes.

114. Can a man remove from his heart the pain of loss? No, but he can take joy in something won.

115. Let us first seek Love; everything else will be given to us

116. .A warrior of light does not waste his time listening to provocations; he has a destiny to fulfil.

117. In order not to suffer, you have to renounce love.

118. Love cannot be desired because it is an end in itself. It cannot betray because it has nothing to do with possession. It cannot be held prisoner because it is like a river and will overflow its banks.

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119. God has always offered me another opportunity in life. You are that opportunity and will help me find my path again.
120. Respect the time between sowing and harvesting. Then await the miracle of the transformation.

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121. Courage can attract fear and adulation, but willpower requires patience and commitment.
122. Nothing happens without effort. We must have faith. And in order to have faith, we must break down the barriers of prejudice, which requires courage. In order to have courage, we must overcome fear.

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123. Our great goal in life is to love.
The rest is silence.
124. A divided kingdom cannot
withstand the attacks of the Enemy. A
divided human being cannot face life
with dignity.
125. Imagine a warrior, in the middle
of a battle, pausing to decide which
would be the best blow to deliver. He
would die instantly.

126. Instead of cursing the place where you fell, first, find what it was that made you fall.

127. There are many ways to serve the Lord. If you feel that this is your destiny, then go in search of it. Only someone who is happy can spread happiness.

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128. She knew the path to follow, and she must follow it to the end. She knew that if she gave up now, she would find it harder and harder to make any choices in life.
129. Whoever you are or whatever you do, when you really want something, it's because that desire was born in the soul of the Universe. That is your mission on Earth.

130. The gates of Paradise stand open for those determined to enter. The world is in the hands of those who have the courage to dream and to live out their dreams.

131. If the warrior of light thinks only of his goal, he will not be able to pay attention to the signs along the way.

132. I am a mystery to myself. I have opened certain floodgates and want to go further, to experience everything that I know exists.

133. You succeeded in gaining respect for your work because you did not work only to survive, but to demonstrate your love for others.

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134. What you give, you will receive, although it might sometimes come from the place you least expect.
135. Stay close to those who are not afraid to be vulnerable, because they have confidence in themselves and know that, at some point in our lives, we all stumble; they do not interpret this as a sign of weakness, but of humanity.

136. That is why they are warriors of light. Because they fail. Because they ask questions. Because they keep looking for a meaning. And, in the end, they will find it.

137. Life is too short, or too long, for me to allow myself the luxury of living it so badly.

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138. Silence does not always mean consent – it is generally merely our inability to react immediately.
139. I learned long ago that in order to heal my wounds, I must have the courage to face up to them.
140. All human beings are different and should take their right to be different to its ultimate consequences.

141. Grace cannot be hoarded. There are no banks where it can be deposited to be used when you feel more at peace with yourself.

142. Doubt, far from paralysing me, pushed me in the direction of oceans whose very existence I could not admit.

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143. The only way to save our dreams is by being generous to ourselves.
144. Never stop having doubts. If you ever do, it will be because you've stopped moving forward.

145. It's a serious illness forcing yourself to be the same as everyone else...it's a distortion of nature, it goes against God's laws, for in all the world's woods and forests, He did not create a single leaf the same as another.

146. The whole of man's life on the face of Earth can be summed up by that search for his Soulmate. He may pretend to be running after wisdom, money or power, but none of that matters. Whatever he achieves will be incomplete if he fails to find his Soulmate.

147. For years, I fought against my heart, because I was afraid of sadness, suffering, loneliness. I always knew that real love was above all that and that it would be better to die than to stop loving.

148. Life attracts life.

149. The day will come when those knocking at the door will see it open; those who ask will receive and those who weep will be comforted.

150. Not everyone who owns a pile of gold the size of that hill to the south of our city is rich. The truly rich person is the one who is in contact with the energy of Love every second of his existence.

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151. Only true love can withstand separation.
152. The taste of things recovered is the sweetest honey we will ever know.
153. Those who have never been wounded by love can never say: I lived, because they haven't lived.

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154. Fear makes us ashamed of showing our affection.
155. Stay close to those who allow the light of Love to shine forth without restrictions, judgements or rewards, without letting it be blocked by the fear of being misunderstood.
156. Knowing that you are capable of love is enough.

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157. Help us to see in each grain of desert sand proof of the miracle of difference, and may that encourage us to accept ourselves as we are. Because just as no two grains of sand are alike, so no two human beings will think and act in the same way.
158. The warrior has memories too, but he learns how to separate the useful from the unnecessary; he disposes of his emotional rubbish.

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159. Love was the key to the understanding of all the mysteries.
160. The path is more important than whatever made you set off along it.
161. The solitude of the desert can bring us into close contact with the invisible world.

162. The second symptom of the death of our dreams are our certainties. If we look at life like a great adventure to be lived, we end up thinking we are wise, just and correct in the little that we ask of existence.

163. Know that there is a finishing line and that you cannot give up halfway.

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164. All my life I did my best to be a cistern, never going beyond the limits of my inner walls.
165. Scars are medals won in a war waged in the name of faith and dreams.
166. Remember one thing: You do not drown simply by plunging into water, you only drown if you stay beneath the surface.

167. May our eyes open so that we can see that no two days are ever the same. Each one brings with it a different miracle, which allows us to go on breathing, dreaming and walking in the sun.

168. A warrior does not need to be reminded of the help given him by others; he is the first to remember and makes sure to share with them any rewards he receives.

169. Do one thing: live the life you always wanted to live. Avoid criticising others and concentrate on fulfilling your dreams. This may not seem very important to you, but God, who sees all, knows that the example you give is helping Him to improve the world. And each day, He will bestow more blessings upon it.

170. The earth produces enough to satisfy need not greed.

171. A warrior never gives in to fear when he is searching for what he needs. Without love, he is nothing.

172. Teach those who want to learn. The reason doesn't matter.

173. A life without cause is a life without effect.

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174. On the road of life, we will always find hard problems to resolve.
175. Love is. No definitions. Love and don't ask too many questions. Just love.
176. The Spiritual Quest is made up of constant beginnings, and the only thing that matters – always – is the desire to carry on.

177. Luck is knowing to look around and see where your friends are, because it is through their words that the angels are able to make themselves heard.

178. Work is the manifestation of Love that binds people together. Through it, we discover that we are incapable of living without other people and that they need us just as much.

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179. Life taught me that we can learn, that we can change – however impossible that may seem.
180. Our one true choice is to plunge into the mystery of that uncontrollable force. We could say: ‘I’ve suffered greatly before and I know that this won’t last either’ and thus drive Love from our door, but if we did that, we would become dead to life.

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181. The greatest thing a human being can do is to accept the Mystery.
182. Faith is not desire. Faith is Will.
Will is a force.
183. I must accept the blessings of today in order to create what I have; if I do this with detachment and without guilt, tomorrow I will receive more blessings.

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184. There are times when we must accept the mystery and understand that each of us has a gift. Some know how to heal, others have wise words, others can speak with the spirits.
185. Let us plunge together, then, down the dangerous path of surrender. It may be dangerous, but it is the only path worth following.
186. You do not need to move mountains in order to prove your faith.

187. There are times when God demands obedience, but there there are also times when he wants to test our will and challenge us to understand His love.

188. God is not revenge, God is Love. His only punishment consists in forcing someone who interrupted some labour of Love to continue it.

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189. If someone knows what he wants from life, he has everything he needs in order to realise his dreams.
190. When they ask, do not forget to give. When they knock at your door, be sure to open. When they lose something and come to you, do whatever you can to help them find what they have lost.

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191. Friendship is one of the many faces of Love, and Love is not swayed by opinions; Love accepts its companion unconditionally and allows each to grow in his or her own way.
192. During the very worst crisis of my life, friends came to my aid. Ever since then, the first thing I do is to ask for help.

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193. Life sometimes separates people so that they can realise how much they mean to each other.
194. Loyalty is a choice, and as such will never tolerate betrayal, but will always be generous with mistakes.
195. In order to have faith in your own path, you do not need to prove that someone else's path is wrong.

196. If there's love enough amongst you, you'll have an abundant harvest, because love is the feeling that transforms everything.

197. There is always someone waiting for their special person, whether in the middle of the desert or in the middle of a great city.

198. If you love someone, then you want your beloved to be happy. You might feel frightened for him initially, but that feeling soon gives way to pride at seeing him doing what he wants to do and going where he always dreamed of going.

199. Everything should be a personal manifestation of our will to fight the Good Fight. Otherwise, if we fail to realise that we need everyone and everything, we will be arrogant warriors.

200. Remember: never be arrogant with the humble, and never be humble with the arrogant.

201. What we need to learn is always there before us, we just have to look around us with respect and attention in order to discover where God is leading us.

202. People have been trying to understand the universe through love ever since the beginning of time.

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203. The angels are love in motion, which never stops, but struggles to grow, and is beyond good and evil.
204. The warrior fights the Good Fight and helps others, even though he does not quite understand why.
205. Love does not ask many questions, because if we begin to think, we begin to feel afraid.

206. Along with the birth of love comes the need to find an answer to the mystery of existence.

207. The essence of life is the ability to love.

208. When you love, you must be prepared for anything, because love is like one of those kaleidoscopes we played with as children. It is in constant motion and never repeats itself.

209. Love is neither large nor small, it is simply love.

210. Why are people unhappy?

Because they want to imprison the energy of love, which is impossible.

211. The correct path is the path of nature, which is constantly changing, like the dunes in the desert.

212. When someone is looking for his Personal Legend, the Universe does everything it can to help that person find what he desires.

213. For the warrior, there is no 'better' or 'worse': everyone has the necessary gifts for his particular path.

214. The path of wisdom means not being afraid to make mistakes.

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215. All men go through stages, which they must see through to the end. However, they must not confuse those stages with the reason for their existence.
216. Although we cannot control God's time, it is part of the human condition to want to receive the thing we are waiting for as quickly as possible.

217. It is one thing for the whole universe to conspire to make our dreams come true, it is quite another to set oneself entirely unnecessary challenges.

218. Sometimes you have to travel a long way in order to understand what is near.

219. The Will was the main target of Bitterness. People afflicted by this malaise gradually lost the will to do anything and, within a few years, were unable to escape from their only little world.

220. The truth is that all problems seem very simple once they have been resolved. The great victory, which appears so simple today, was the result of a series of small victories that went unnoticed.

221. There is no such thing as a 'one and only chance'; life always gives you another chance.

222. The path is there in the signs.

223. Carry in your memory, for the rest of your life, the good things that came out of those difficulties. They will serve as a proof of your abilities and will give you confidence when you are faced by other obstacles.

224. The people who really help others are not trying to be useful, but are simply leading a useful life. They rarely give advice, but serve as an example.

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225. Wisdom is only valuable if it helps you to overcome some obstacle.
226. Talent is a universal gift, but it takes a lot of courage to use it. Don't be afraid to be the best.
227. If I must be faithful to someone or something, then I have, first of all, to be faithful to myself.

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228. The warrior prefers the taste of struggle and the excitement of the unknown.
229. Free will demands immense responsibility; it is hard work, and brings with it anguish and suffering.
230. A warrior of light dances with his companions, but does not place the responsibility for his actions on anyone else.

231. The strong are generous in victory.

232. My path exists, and I do whatever I can to travel that path with dignity. What is that path? It is the path of someone looking for love.

233. Anyone who loves does not destroy, nor does he allow himself to be destroyed.

234. Friendship is like a river: it flows around rocks, adapts itself to valleys and mountains, occasionally turns into a pool until the hollow in the ground is full and it can continue on its way.

235. The warrior views life with tenderness and determination.

236. If we have no fear of the dark, it's because we belong to the light.

237. An embrace means: I don't feel threatened by you, I'm not afraid to be this close, I can relax, feel at home, feel protected and in the presence of someone who understands me.

238. Arrogance causes us to humiliate our fellow man or woman. Elegance teaches us to walk in the light.

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239. Lord, allow us, through work and Action, to share a little of the love we receive.
240. I am spreading the energy of love all around me; it is more powerful than the forces of darkness.
241. Help me to be humble enough to accept that I am no different from other people.

242. Of all the powerful weapons of destruction man has invented, the most terrible – and the most cowardly – is the word.

243. When we are walking our chosen path, we walk elegantly, emanating light.

244. When we discard the superfluous, we discover simplicity and concentration, and the simpler and more sober our posture, the more beautiful it will be, even if, initially, it feels awkward.

245. But every tribe, every people, has values that they associate with elegance: hospitality, respect, good manners.

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246. Anyone wishing to fight the Good Fight must look at the world as if it were a great treasure, which is there waiting to be discovered and conquered.
247. Love is only a word, until we decide to let it possess us with all its force.
248. There is nothing wrong with doing simple things.

249. Take pleasure in love. Take pleasure in victory. Follow your heart.

250. Every morning carries within it a hidden miracle and we need to find that miracle.

251. If you want to see a rainbow you have to learn to like the rain.

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252. Even if he is not in the mood, the warrior of light tries to enjoy the small everyday things of life.
253. If you believe in victory, then victory will believe in you.
254. The Path of Peace appears to be a struggle, but it isn't. It's the art of filling up what is missing and emptying out what is superfluous.

255. Each day carries within it a hidden blessing, a blessing that is only valid for that day and cannot be stored away or hidden.

256. For the first time, I will smile without feeling guilty, because joy is not a sin.

257. First, find Love, and everything else will be given to us, because love engenders more love.

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258. The warrior respects the suffering of others and does not try to compare it with his own.
259. At the first sign of indifference or lack of enthusiasm towards other people, take note! The only preventative against this disease is the realisation that the soul suffers, suffers greatly, when we force it to live superficially. The soul loves all things beautiful and deep.

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260. The universe always helps us to fight for our dreams, however foolish they may seem.
261. Love is sharing the world with someone else.
262. Walk with a firm and joyful step, unafraid of stumbling. All movements are accompanied by their allies, who will help whenever necessary.

263. Angels are visible to those who accept the light and break their agreement with the dark.

264. Anyone who falls in love without taking into account the common good will be condemned to live in constant fear of hurting his partner, of irritating his new love, of losing everything he built.

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265. Love justifies certain acts that mere human beings cannot understand, unless they happen to be experiencing what that other person has experienced.
266. Is it possible to know something without ever having experienced it? Yes, but it will never truly be part of you.

267. What is a teacher? I'll tell you: it isn't someone who teaches something, but someone who inspires the student to give of her best in order to discover what she already knows.

268. Honesty can disarm any lie.

269. May I never be seen as a victim, but as someone who acted with courage and fearlessly paid the price she had to pay.

270. The Offering is a wordless prayer. And like all prayers, it requires discipline, not the discipline of slavery, but of free choice.

271. Know what you want and try to go beyond what you hope for from yourself.

272. The warrior of light is a believer. Because he believes in miracles, miracles begin to happen. Because he is sure that his thoughts can change his life, his life begins to change. Because he is certain that he will find love, that love appears.

273. Dreams are always risky, there is always a price to pay.

274. There are two types of idiot – those who don't do something because they feel threatened and those who think they are going to do something because they have issued a threat.

275. The Force for Good is always diffused, like Light. When you give off positive vibrations, you benefit all humankind.

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276. God is love, generosity and forgiveness; if we believe this then we will never allow our weaknesses to paralyse us.
277. Is learning just putting things on a shelf or is it discarding whatever is no longer useful and then continuing on your way feeling lighter?

278. He who fails to make a choice dies in the eyes of the Lord , even though he continues to breath and walk the streets

279. As we empty our minds of old stories, a new space opens up, a mysterious feeling of joy slips in, our intuitions grow sharper, we become braver, take more risks, do things which might be right or which might be wrong, we can't be sure, but we do them anyway .

280. Never say “yes” with your lips if, in your heart, you are saying “no”.

281. People say that life isn't really that complicated, but it's very complicated indeed.
Wanting an ice cream or a doll, that's simple.

282. While he meditates, the warrior is not himself, but a spark from the Soul of the World. These are the moments that give him an understanding of his responsibilities and of how he should behave accordingly.

283. An encounter with the superior energy is open to anyone, but remains far from those who shift responsibility onto others.

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284. Of all the weapons of destruction that man has invented, the most terrible – and the most powerful – is the word.
285. A warrior knows that everything a person does has enduring consequences and he needs to understand what kind of world he is leaving behind for the fifth generation.

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286. No one can judge. Each person knows the extent of their own suffering or the total absence of meaning in their life.
287. It's impossible to lie or to hide anything when you look someone else in the eye.
288. God is the word. Always be very careful what you say in any situation and at any moment.

289. The power of Love: when we love we always want to be better than we are.

290. It is wrong to forget, what we must do is face up to things

291. The true hero is not the man who was born for great deeds, but the one who has managed to build a shield of loyalty around him out of many small things.

292. Love is a poison. When you fall in love, you cease to have any control over your life, because your heart and your mind belong to someone else. Your whole existence is under threat. You start doing everything possible to keep the person you love and lose all notion of danger. That dangerous inexplicable thing called love erases from the face of the Earth everything you are and leaves in its place whatever the beloved wants you to be.

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293. Our time on Earth is sacred and we should celebrate every moment.
294. Even the tallest trees grown from tiny seeds like these. Remember that and don't try to make time pass more quickly.
295. The way to put right a peccadillo is to keep walking straight ahead, adapting to new situations and receiving in exchange all the thousands of blessings that life so generously gives to those who ask for them.

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296. Love is the only true experience of freedom, and knowing that no one can possess anyone else.
297. There's no logic to love.
298. Gradually, what was the light of our dreams becomes transformed into the monsters of our nightmares. They are the dreams we never realised, the opportunities we never grasped.

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299. I don't believe in the curative powers of suffering and tragedy; they happen because they're part of life and shouldn't be seen as a punishment
300. I can always turn back, because I know the road, but one more step won't make much difference.
301. God decided to do certain things in a certain way and why He did this is a secret known only to Him.

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302. A warrior of light knows that in the silence of his heart he will hear an order that will guide him.
303. Even if his final destination remains a mystery, even if, at some point, he makes a wrong decision. God sees his courage and sends him the necessary inspiration to put matters right.

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304. I decided to be the person I always dreamed I could be and we always pay a high price for our dreams.
305. The warrior allows the decision to reveal itself. If he has to say “yes” he will say it bravely. If he has to say “no”, he will say it without a trace of cowardice.
306. Help us to continue onward despite the fear and to accept the inexplicable despite our need to explain and know everything.

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307. How many things I lost because of my fear of losing them
308. It is a man's decision to fulfil his destiny that makes him truly a man, and not the theories he develops about the mystery of existence.
309. True wisdom consists in respecting the simple things we do, for they can take us where we need to go.
310. Cowards neither lose nor win.

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311. Freedom is not the absence of commitments, but the ability to choose - and commit myself to - what is best for me.
312. A warrior of light is never cowardly. In difficult and painful times, the warrior faces overwhelming odds with heroism, resignation and courage.
313. This is the most difficult moment in a man's life. When he sees the Good Fight, but feels incapable of changing his life and going into battle.

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314. When the past dredges up a memory capable of reopening a wound, suddenly all the other wounds reappear, making the soul bleed so deeply that the person falls to her knees and weeps.
315. Can there be anything worse than a sad, grey life, in which every day is the same?
316. All wisdom is completely obscured by the glare of vanity.

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317. The Extraordinary is to be found on the path taken by Ordinary People.
318. What wounds us also heals us.
319. The pain of love always passes.
320. The flowers teach us that nothing lasts, neither beauty, nor the fact that they fade and die, because they will go on to produce new seeds.

321. God shows us the cycle of death and resurrection. And within that cycle there are neither winners nor losers, there are only stages that must be gone through. When the human heart understands this, it is free.

322. In order for us to liberate the energy of our strength, our weakness must first have a chance to reveal itself.

323. Someone who knows how to love loves the Truth and takes joy in the Truth, and is not afraid of it, because eventually Truth redeems everything. Seek the Truth with a clean, humble mind, with no preconceived or prejudiced ideas, and you will be pleased with what you find.

324. That is how love got lost, when we started laying down rules for when love should or shouldn't appear.

325. All my life, I thought of love as some kind of voluntary enslavement. Well, that's a lie: freedom only exists when love is present. The person who gives him or herself wholly, the person who feels freest, is the person who loves most wholeheartedly.

326. The more I faced up to my wounds and scars, the stronger I felt.

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327. Old solutions are only of use when applied to old problems. If you want to be creative, try to forget that you have all that experience.
328. A warrior of light does not postpone making decisions. Once he has started, he perseveres until the end.
329. If you keep looking, you will win through in the end.

330. Love isn't just a feeling, it's an art. And like any art, inspiration isn't enough on its own, love takes a lot of hard work too.

331. Help us to understand that Love's strength lies in its contradictions and that Love lasts because it changes and not because it stays the same and never faces any challenges.

332. The Lord asks us only to listen to what the Universe is telling us, and to be patient.

333. Love is the only thing that activates our intelligence and our creativity, that purifies and liberates us.

334. Loving what we do transforms slavery into freedom. If we cannot love then it would be best to stop everything right now.

335. Time and life have given me plenty of logical explanations for everything, but my soul feeds on mysteries.

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336. Life is made up of our attitudes. And there are certain things that the gods oblige us to experience. Their reasons for this do not matter, and there is no point in trying to keep them at a distance.
337. Only love can give meaning to the meaningless.
338. Lukewarm things are not pleasing to the palate.

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339. The warrior of light has no “certainties”, he just has a path to follow, a path to which he tries to adapt depending on the season.
340. Love can only survive where there is some hope, however remote, that we will win the person we love.

341. I need to accept today's blessings in order to create what I have; if I do this in a detached, innocent way, tomorrow I will receive more.

342. With every step I take, another barrier falls, a barricade is destroyed, a wall crumbles, and my heart, hidden behind all those things, is beginning to see and enjoy the autumn light.

343. Real love is composed of ecstasy and agony.

344. May your path be one of peace in times of peace, and of combat in times of combat. Never confuse one with the other.

345. Love obeys no one and only betrays those who attempt to decipher its mystery.

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346. When you love someone, things make even more sense.
347. I will look at everything and everyone as if for the first time, especially the small things that I have grown used to, quite forgetting the magic surrounding them.
348. I am constantly discovering myself anew. That is what is so fascinating in life.

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349. Because they lack the courage to be different, people go against nature, and their body begins to produce Bitterness.
350. If you are looking for new and different horizons, observe the people around you, but never try to do exactly as they do, because life's paths are many and various.

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351. The same god who makes the storm also makes the wheat, even though they are two completely different things..
352. Pity those who can see no one beyond themselves, and for whom others are merely a diffuse, distant piece of scenery.
353. No two journeys along the same Path are alike.

354. Each of those vases is beautiful because it is different, as is every person, every drop of rain, every rock sleeping on the mountainside.

355. Daring to challenge certain customs is unforgivable.

356. The warrior of light knows that no one wins all the time and he knows how to distinguish his successes from his failures

357. The best way to destroy the bridge between the visible and the invisible is by trying to explain your emotions.

358. Don't be impatient. Eat when it is time to eat. And walk when it is time to walk.

359. Never miss an opportunity to show your love, especially to those close to you, because we are always at our most cautious with them for fear of being hurt.

360. If someone is capable of loving his partner without restrictions, unconditionally, then he is manifesting the love of God.

361. I wasn't looking for happiness, I was looking for real life, with its moments of inexpressible joy and deep depression, with its acts of loyalty and betrayal, with its fears and moments of peace.

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362. It was a mistake that set the world in motion. Never be afraid of making a mistake.
363. When hope no longer exists, there is no point in wasting energy grappling with the impossible.

364. The warrior of light embraces his passions and enjoys them intensely. He knows that there is no need to renounce the pleasures of conquest; they are part of life and bring joy to all those who participate in them.

365. Instead of cursing the place where you fell, you should seek out what it was that made you fall.