

The Journey Inward

Psychology, Spirituality, and Spiritual Metaphor

“so that we might grow in harmony with the divine”



Russell Serrienne

“Sometimes when you’re in a dark place you think you’ve been buried, but you’ve actually been planted.”

– Christine Cain

Golden Rule

Buddhism

"Hurt not others in ways that you yourself would find hurtful."

Islam

"None of you truly believes until he wishes for his brother what he wishes for himself."

Hinduism

"This is the sum of duty: do not do to others what would cause pain if done to you."

Christianity

"Do to others as you would have them do to you." (Luke 6:31)

Judaism

"What is hateful to you, do not do to your neighbor. That is the Whole Torah." (Talmud, Shabbat 31a)

Guidance From Others

- "Return to your spirit and know it for the first time." TS Elliot
- "What lays behind you, and in front of you, is pale compared to what lay inside you." Ralph Waldo Emerson
- "We are not humans seeking to be spiritual, we are spiritual beings having a human experience." Pierre de Chardin
- "If you find God with ease, perhaps it is not God you have found." Thomas Merton
- "If there is a meaning to life, there must be a meaning to suffering." Viktor Frankl
- "If you want to heal, fall ill." Rumi
- "The only thing will ever own, is your spirit." Viktor Frankl
- "The privilege of a lifetime, is to become who you truly are." Carl Jung
- "A tree cannot grow unless it's roots reach into the dark." Carl Jung

