

NOTES FROM: *It's Never Crowded Along the Extra Mile*, by Wayne Dyer

SUMMARY: Perhaps no one else in my early 20s made a bigger, more positive difference in my life than Wayne Dyer. That man has done sooo much for me, it's incredible. I literally don't know where I'd be without his influence, and I'm not just saying that.

This book is a recorded lecture, actually, so my notes may not be direct quotes (I had to pause and unpaue so often), but it's nowhere near long enough. I remember just sitting in my car listening to this book all the way through, just *feeling* my life being changed.

The theme of his talk was the connectedness of your mind to God and the rest of reality, as well as the transformative power of gratitude and the search for wisdom. I wasn't a big "believer" at the time, and honestly I wouldn't say that I have a "religious focus" even today. And still. Wayne Dyer's words made a huge impression on me, and this book (well, all his books) have shaped a healthy portion of my success to this day.

"You can live a deeper and richer experience of life."

"Desire isn't anything that is bad, at least not until it's something we become attached to."

"When you're born, your work is placed in your heart."

John Donne: "Every man's death diminishes me. Ask not for whom the bell tolls. It tolls for thee."

"Be open to everything and attached to nothing."

"Everything around you started as a thought."

"Never spend more than the first few minutes on the problem - move to the solution."

"There are two ways to get what you want: take it from someone else, or make a win-win."

"The same force that makes the flowers grow powers you."

"The names and faces may change, but the enemy is hatred itself."

"Everything that is perceived is just energy slowed down so that we are able to perceive it."

"You are literally vibrating at a certain frequency, and you can also change that frequency."

"Every force creates a counter force."

"You don't have any problems, though you may think you do."

“Silence is God's voice.”

“Silence is indivisible.”

Søren Kierkegaard: “As soon as you label me, you negate me.”

“You've never failed at anything. You've just produced results.”

“The only thing you can do with the past is learn from it.”

“You can't solve a problem using the same mind that created it.”

“Every limitation in your mind is there because you have put it there and have agreed to it.”

“All animals are individuals who respond to courtesy and respect.”

“You don't define others by judging them; you define yourself.”

“What happened 20 minutes ago is just as over as what happened years ago.”

“No tree has branches so foolish as to fight amongst themselves.”

“Qualities you want to develop are already present in you, because you are everything.”

“There are no justified resentments.”

“People who believe they have a right to be miserable often defend their rights.”

“In a world of eternity, death is impossible.”

“The most difficult thing to do is to send love in response to hate.”

“In a universe with no accidents, you were born when you were supposed to and you'll die when you're supposed to.”

“A perfect God would not create imperfections.”

“There is no place where God is not, and so He is also within you.”

“You are attached to what you want, and so you can always bring it closer to you.”

“What you want wants you.”

“Put away the desire to be right and replace it with the desire to be kind.”

“Limit the thoughts that weaken you.”

“If you're offered a gift and you refuse it, to whom does it belong?”