

CODEX SOLIS

mottos, mantras and
meditations



Introduction

The Codex Solis (*Book of the Sun i.e. Book of Life*) aims to be a compendium of helpful perspectives that contains at least one text for any person at any given time by compiling various sources, including; the Tao te Ching, philosophers and other notable individuals.

The online *.pdf* version of this project will be available for free to everyone so that it may help as many people as possible.

In order to love who you are, you cannot hate the experiences that shaped you.

There are some things which it is a gain to lose, and a loss to gain.

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Nothing is truly wasted if it's a lesson learned.

4

How long are you going to wait before you demand the best for yourself?

An emerald shines even if it's worth is not spoken of.

6

Someone else's action should not determine your response.

If you focus on the hurt, you will continue to suffer.

If you focus on the lesson, you will continue to grow.

What's broken can be mended.

What hurts can be healed.

And no matter how dark it gets, the sun is going to rise again.

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The meaning of life is to give life meaning.

Open doors open doors.

The Healer's gift is from his own wounds.

It's only a problem if you make it a problem.

It's not *going* to be okay, it is *already* okay.

Sacrifice what you are for what you can become.

Do not spoil what you have by desiring what you have not; what you now have was once among the things you only hoped for.

Comparison is the killer of joy.

Man cannot remake himself without suffering, for he is both the marble and the sculptor.

We can't help everyone, but everyone can help someone.

Good people give you happiness.

Bad people give you experience.

Worst people give you lessons.

Best people give you memories.

Learn to recognize and appreciate all for what they are.

Never confuse what you are offered with what you are worth.

For the glass to be half-full, it must also be half-empty.

For the glass to be half-empty, it must also be half-full.

The glass is the same.

Which part you choose to focus on is what makes the difference.

The universe conforms to the way you describe it.

Pain is inevitable, suffering is optional.

If it costs you your peace, then it is too expensive.

Source Index

1. Andrea Dykstra.
2. Lao Tzu. (*6th cent. BCE. Philos*), *Tao te Ching*.
3. Codex Solis.
4. Epictetus. (*50-135 CE., Philos*).
5. Marcus Aurelius. (*121-180 CE. Roman emperor*).
6. Lhamo Dhöndup / Tenzin Gyatso. (*14th Dalai Lama of Tibet*).
7. Buddha.
8. ~
9. Viktor E. Frankl. (*1905 - 1997. Neurologist, psychiatrist, holocaust survivor*).
10. Codex Solis.
11. ~
12. ~
13. Codex Solis.
14. Eric D. Thomas. (*Motivational speaker, author*).
15. Epicurus. (*341 - 270 BCE. Philos*).
16. Mark Twain*. (*1835 - 1910. Author*).
17. Alexis Carrel. (*1873 - 1944. Surgeon, biologist*).

18. Ronald Reagan. (*1981 - 1989. American politician*).
19. Zig Ziglar*. (*1926 - 2012. Author, motivational speaker*).
20. ~
21. Codex Solis.
22. Duncan Trussell*. (*Stand-up comedian, podcaster*).
23. Haruki Murakami. (*Writer, translator*).
24. ~

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