

Mindfulness Matters: Relevant Quotes and Representative Testimonials

“Everything can be taken from a man but one thing; the last of the human freedoms—to choose one’s attitude in any given set of circumstances.”

Viktor Frankl

“As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives.”

Henry David Thoreau

“The faculty of voluntarily bringing back a wandering attention, over and over again, is the very root of judgment, character and will. No one is *compos sui* [master of oneself] if he has it not. An education which should improve this faculty would be the education *par excellence*.”

William James 1890

“At The Wharton School MBA Program, University of Pennsylvania, I learned many interesting things, but the one that I value the most was something I never imagined I would discover at one of the world’s most respected business schools—recognized in particular for its hard-core financial prowess. That thing was meditation!”

Matthew Chapple, former general manager of Mead Johnson

“This showed me that I don’t need to switch from how I am normally, but I can learn how to focus, clear my mind from whatever else is impacting my life from outside work. Maybe there are things I can take from that, and I can channel those things in a positive way. This will help me perform at my job better.”

Anonymous

“With this practice, I can clear my mind, take away the negativity, and just bring positive energy flowing through to everyone. This energy will clearly radiate to the guests and is vital to being a great host. And, in my personal life, I can find peace using these tools.”

Amba Charing Cross Employee

“The session I attended was led by young business graduate **Andrew Scheffer** who had earlier spent several years as a Theravada Buddhist monk. I was captivated from the very start of the session by the simple, practical idea that life should be lived 'in the present moment' rather than spent dwelling on the past or anticipating the future. Andrew led us through a basic mindfulness meditation technique and I experienced a rare sense of calm. I was hooked.”

Anonymous