



## **A Season for Non-Violence, Oakland**

Day 17

February 15, 2004

The personal journey of integrity – consider this excerpt from “The Man in the Glass” – “you may fool the world down the pathway of years, and get pats on the back as you pass, but your final reward will be heartaches and tears if you’ve cheated the wo/man in the glass”.....Yes, its about integrity with ourselves.

### **Today's Principle, Today's Practice - INTEGRITY**

Do the right thing. Spike Lee used these words as a title for one of his movies. When faced with a choice today, listen to your conscience. You know what is right to do – do it!

**Ask yourself:** How is integrity different from honesty? Is integrity a quality that you can develop, or are you born with it? How does your integrity influence your choices and decisions? What is the value of personal integrity?

### **Activities:**

Make a list of those you believe are of high integrity – what is it about them that you value. What were there influences.

Think about choices you’ve made, did you ever question your integrity? From a place of integrity would you make different decisions?

**Journal Activity:** Journal your thoughts....

### **Consider these Quotes on Integrity:**

Nothing is at last sacred but the integrity of your own mind. – Ralph Waldo Emerson

Integrity is what we do, what we say, and what we say we do. – Don Galer

Integrity: A name is the blueprint of the thing we call character. You ask, What's in a name? I answer, Just about everything you do. – Morris Mandel

In all things preserve integrity; and the consciousness of thine own uprightness will alleviate the toil of business, soften the hardness of ill-success and disappointments, and give thee an humble confidence before God, when the ingratitude of man, or the iniquity of the times may rob thee of other rewards. – Barbara Paley

If you believe in unlimited quality and act in all your business dealings with total integrity, the rest will take care of itself. – Frank Perdue

Integrity is not a 90 percent thing, not a 95 percent thing; either you have it or you don't. – Peter Scotese

The Lord doesn't ask about your ability, only your availability; and, if you prove your dependability, the Lord will increase your capability. ~ Source Unknown ~



## Day 17

People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; never throw out anyone. – Audrey Hepburn

Living with integrity means: Not settling for less than what you know you deserve in your relationships; Asking for what you want and need from others; Speaking your truth, even though it might create conflict or tension; Behaving in ways that are in harmony with your personal values; Making choices based on what you believe, and not what others believe. – Barbara De Angelis

Don't compromise yourself. You are all you've got. – Janis Joplin

Your sacred space is where you can find yourself again and again. – Joseph Campbell

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy. – Martin Luther King Jr

A "No" uttered from deepest conviction is better and greater than a "Yes" merely uttered to please, or what is worse, to avoid trouble. – MK Gandhi

What lies behind us and what lies before us are small matters compared to what lies within us. – Oliver Wendell Holmes

There can be no friendship without confidence, and no confidence without integrity. – Samuel Johnson

Integrity is so perishable in the summer months of success. – Vanessa Redgrave

Six essential qualities that are the key to success: Sincerity, personal integrity, humility, courtesy, wisdom, charity. – William Menninger