

## Tolstoy - For Every Day

They say a man is not free, since everything he does has its preceding cause. But a man is always acting only in the present, and the present is out of time; it is only a contact of the past and the future, therefore at the present moment a man is always free.

Do not worry about the future, because there is no future. There is only the present; live for it, and if your present is good, then it is good for ever.

People grow only through sufferings. It is good to know that, and to accept in such a way the misfortunes that fall to one's lot, to lighten one's cross by willingly shouldering it.

If you recognize life not in the body, but in the spirit, then there is no death, there is only liberation from the body. We see something in our soul that is beyond death. Just detach in your mind what is not bodily, and you will understand what within you cannot die.

We have no right to be dissatisfied with our life. If it seems to us that we are dissatisfied with it, we should see it as a reason to be dissatisfied with ourselves. One truly knows the law of God only when he is doing what he considers to be the law of God. We have responsibilities to our neighbours, and each man has responsibility to himself, to the spirit that lives in him.

Suppress all that prevents you from seeing your connection with all living beings.

The need to recognize God is felt most strongly when we reject Him and forget about Him.

If we ask a man who he is, no one can answer anything else but "I am myself". And if each man is a self, then this self is the same in all people. That's how it is.

Do not worry about other people's love for you. Love and you will be loved.

It is human to justify one's sin – to sin is devilish.

Sexual desire in all animals and in humans is meant for the great purpose of the continuation of the species, so it is sinful to think that this desire is given to man only for pleasure.

If one person can decide that for the good of many it is necessary to do harm to another person, then this other person may also decide that for the good of many it is necessary to do harm to the first person, and thus all will do harm to each other and think they are right.

The true self of a man is spiritual. And this self is the same in everybody. How then can people be unequal?

Disrespect for tradition hasn't caused one thousandth of the harm that is caused through respect for customs, laws, and institutions that have no logical reason to exist nowadays.

Punishment is a notion which the mankind is starting to outgrow.

Only one who doesn't believe in God can believe that other people like him can arrange his life so as to make it better.

Murder is always murder, whoever sanctioned it and whatever is used to justify it; therefore, those who kill or prepare for killing are criminals no matter what they are called.

The true law of God can only be the law that is the same for all people.

It is not shameful or harmful not to know. We cannot know everything, but it is both shameful and harmful to pretend to know what you don't know.

Only he can live a good life who is constantly thinking about it.

Try to get into the habit of seeing good in all people, but not in yourself, and also try to judge only yourself and not the others.

A wise man was told that people thought him to be a bad man. He answered: it is good they don't know all about me, or else they would say something worse.

Don't praise yourself, don't judge and don't argue. The origins of all sins are in our thoughts.

Wisdom is achieved by means of inner work in solitude and the same work at self-improvement in contact with other people.