



## daily GOOD

In the stillness of quiet, if we listen, we can hear the whisper of the heart giving strength to weakness, courage to fear, hope to despair. --Howard Thurman

### **The Sound of the Genuine**

"There is in every person something that waits and listens for the sound of the genuine ... There is in you something that waits and listens for the sound of the genuine in yourself. Nobody like you has ever been born and no one like you will ever be born again -- you are the only one.

If you cannot hear it, you will never find whatever it is for which you are searching and if you hear it and then do not follow it, it was better that you had never been born. You are the only you that has ever lived; your idiom is the only idiom of its kind in all the existences, and if you cannot hear the sound of the genuine in you, you will all of your life spend your days on the ends of strings that somebody else pulls." More from Howard Thurman in this short and potent passage.

### **Be The Change:**

For more inspiration, check out, "Backs Against the Wall: The Howard Thurman Story."