



Best Connections

BEST CONNECTIONS is a free resource online and as an app to help people get the most out of life's journey

There are 6 main sections with 5 important sub-sections. Within them are nearly 500 quotes from famous past and present people who have walked planet earth and offer their wisdom for each section. These include Socrates, Elvis Presley, Voltaire, Obama, Marilyn Monroe, Confucius, John Lennon, Stephen Hawking, Ghandi, David Beckham, Angelina Jolie, Descartes, the Queen, Einstein, Virginia Wolf and many others from all walks of life and religious views. The app has a personalised journal (My Journal) that you can use to save the content you like plus your thoughts – it is interactive with more content.

- **CORE BELIEFS**
- **CORE GOALS**
- **CORE STATUS**
- **LIFE FOUNDATIONS**
 - BODY**
 - SOUL**
 - SPIRIT**
- UNCONNECTED?**
- DISCONNECTED?**
- **MY JOURNAL**
- **RESOURCES FOR THE JOURNEY**



Best Connections

01

Core beliefs

This is a journey to the centre ... of your being!

What will you find at the core of who you are? Discover your identity – listen to the collective wisdom of fellow travellers including presidents, actors, philosophers, scientists, singers and comedians.

Add your own philosophical thoughts to My Journal (only on the app version) as you go through this interactive journey. Things like - what you value or gives you value and what purpose is there to life (if indeed you currently have one).

So to the collective wisdom – just fast forward any you don't like! For those that make you think, use the REFLECT to grab anything useful along the way. Take your time ... hours, days, weeks, years!

Your core beliefs about the world affect your sense of identity, value and purpose

"The unexamined life is not worth living" – Socrates

*"A life without cause is a life without effect" – Paulo Coelho and
Barbarella*

"I am a humble but very earnest seeker after truth" – Mahatma Gandhi

*"Everyone - pantheist, atheist, skeptic, polytheist - has to answer these questions: 'Where did I come from? What is life's meaning? How do I define right from wrong and what happens to me when I die?'
Those are the fulcrum points of our existence" – Ravi Zacharias*

“At the heart of human experience lies an essential yearning for self-definition and self-understanding. Developing a conception of who we are, for what purpose we exist, and how we should live our lives is a basic impulse of human consciousness.” – **Baha’i One Country Nov 2009**

“There is nothing more ancient than the truth” – **Rene Descartes**

“Truth is like the sun. You can shut it out for a time, but it ain’t goin’ away” – **Elvis Presley ((b. 1935)**

“In all affairs it’s a healthy thing now and then to hang a question mark on the things you have long taken for granted”
– **Bertrand Russell (b. 1872)**

“I think I’ve discovered the secret of life – you just hang around until you get used to it” – **Charles Schulz**

“Human beings, vegetables, or cosmic dust – we all dance to a mysterious tune, intoned in the distance by an invisible piper.”
– **Albert Einstein, in The Saturday Evening Post, 26 October 1929**

“Reality: what a concept!” – **Robin Williams (b. 1952)**

“Cogito ergo sum. (I think, therefore I am)” – **René Descartes**

“Why are we here? Where do we come from? Traditionally, these are questions for philosophy, but philosophy is dead” – **Stephen Hawking**

“The direction of human affairs is inextricably connected to the evolution of our identity. For it is from our identity that intention, action, and social development flow. Identity determines how we see ourselves and conceive our position in the world, how others see or classify us, and how we choose to engage with those around us”
– **Baha’i One Country Nov 2009**

“The world embarrasses me, and I cannot dream that this watch exists and has no watchmaker” – **Voltaire**

“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.” – **Albert Einstein**

"Do I believe in aliens? No. I think there could be. Do I believe in God? No, I think there could be. Do I believe that Jesus actually existed? No. I think he could have done. A few things I've seen. A few things I've read. A few things I've watched have sparked my interest. Do I think it could all be rubbish? Yeah. I do." – **Robbie Williams (b. 1974)**

"I respect all religions, but I'm not a deeply religious person. But I try and live life in the right way, respecting other people. I wasn't brought up in a religious way, but I believe there's something out there that looks after you."
– **David Beckham (b. 1975)**

"If God did not exist, it would be necessary to invent Him" – **Voltaire**

"You only live once, but if you do it right, once is enough" – **Mae West**

"But for my faith in God, I should have been a raving maniac"
– **Mahatma Gandhi**

"If we don't know life, how can we know death?" – **Confucius**

"Life is the fire that burns and the sun that gives light. Life is the wind and the rain and the thunder in the sky. Life is matter and is earth, what is and what is not, and what beyond is in Eternity" – **Seneca (b. 4 BC)**

"I believe in God, but not as one thing, not as an old man in the sky. I believe that what people call God is something in all of us. I believe that what Jesus and Mohammed and Buddha and all the rest said was right. It's just that the translations have gone wrong"
– **John Lennon (b. 1940)**

"I have marvellous dreams! I meet Buddha, I meet Jesus, I meet Mohammed. I constantly dream of space, stars and planets: we are the children of stardust" – **Brian Blessed (b. 1936)**

"It isn't until you come to a spiritual understanding of who you are - not necessarily a religious feeling, but deep down, the spirit within - that you can begin to take control" – **Oprah Winfrey**

"Truth is what happens ... Science doesn't yet know everything; there are still lots of gaps' ... ' You could possibly convince me that there is a creative source'... 'I take it back ... Jesus existed' ...'I do not know the origins of the laws of physics" – **Richard Dawkins**

"I believe that the ultimate designer is God' ... 'Atheism doesn't even begin to rise to account for the rationality that lies behind science' ... 'Neither of us is a post modern relativist!" – **John Lennox (of him and Richard Dawkins)**

"I didn't ask for it to be over. But then again I didn't ask for it to begin. For that's the way it is with life, as some of the most beautiful days come completely by chance. But even the most beautiful days eventually have their sunset" – **Sri Guru Granth Sahib Ji**

"Beyond a doubt truth bears the same relation to falsehood as light to darkness" – **Leonardo da Vinci**

"The most incomprehensible thing about the universe is that it is comprehensible" – **John C. Lennox, God's Undertaker**

"There are many things that I don't understand" – **Billy Graham**

"I have been impressed with the urgency of doing. Knowing is not enough; we must apply. Being willing is not enough; we must do"
– **Leonardo da Vinci (b. 1452)**

"I cannot put a filter on life ... I am interested in the truth"
– **Steve McQueen on BBC Radio 4 Desert Island Discs 26.9.14**

Hold those thoughts before you move on!

What you choose to believe really affects how you interact with the world and shapes your identity, value and purpose. Are you ready to look at Core Goals yet? This one could help you on your way. A breather might be a good idea first.