



THE DIVINE KARMA INSTITUTE

The Canonical Companion

Book VII

Canonical Quotes

One hundred concise statements organized by concept

EDITABLE WORD EDITION

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NAVIGATION

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Q-001 QUOTE THEME

The Source

Use these statements to contemplate unity without turning metaphor into proof.

STATEMENT 01

The wave never became separate from the ocean.

STATEMENT 02

The Source is not elsewhere; elsewhere appears within it.

STATEMENT 03

The One does not become many by abandoning unity.

STATEMENT 04

Every form is temporary. Participation is continuous.

STATEMENT 05

Separateness is a useful boundary mistaken for an absolute truth.

RELATED CONCEPTS R-001 The Source | R-002 Unity | V-001 The Source

Q-002 QUOTE THEME

Consciousness

These statements distinguish awareness from the changing contents it knows.

STATEMENT 01

Thought changes. The capacity to know thought remains available.

STATEMENT 02

Consciousness is not another object inside experience.

STATEMENT 03

The contents of awareness cannot exhaust awareness itself.

STATEMENT 04

Before the story is explained, experience is already present.

STATEMENT 05

What knows the change is not identical to what changes.

RELATED CONCEPTS [R-003 Consciousness](#) | [R-004 Awareness](#) | [A-002 The Witness](#)

Q-003 QUOTE THEME

Reality

These statements keep perception important without granting it unlimited authorship.

STATEMENT 01

We do not see reality without a lens; the lens is not all of reality.

STATEMENT 02

Perception participates. Reality still resists.

STATEMENT 03

A map can be revised because the territory answers back.

STATEMENT 04

Meaning is created in relationship with facts, not in place of them.

STATEMENT 05

Responsibility begins where private interpretation meets shared consequence.

RELATED CONCEPTS R-008 Perception | R-017 Reality | R-025 Free Will

Q-004 QUOTE THEME

Balance

Balance is expressed as responsive movement rather than static neutrality.

STATEMENT 01

Balance is not the absence of movement; it is movement that can correct itself.

STATEMENT 02

The center is a relationship, not a location.

STATEMENT 03

Nature does not choose inhale over exhale.

STATEMENT 04

Harmony listens for what the whole requires now.

STATEMENT 05

An extreme becomes a prison when it forgets its counterpart.

RELATED CONCEPTS R-022 Dynamic Balance | R-027 Cosmic Yin Yang | L-024 Daily Balance

Q-005 QUOTE THEME

The Ego

The ego is treated as a protector to integrate rather than an enemy to destroy.

STATEMENT 01

The ego is a function that learned to call itself the whole.

STATEMENT 02

Do not punish the protector for using an outdated map.

STATEMENT 03

The ego seeks continuity because continuity once meant safety.

STATEMENT 04

Trying to destroy the ego can become the ego's most ambitious project.

STATEMENT 05

Awareness does not remove the ego; it returns the ego to proportion.

RELATED CONCEPTS H-003 Ego | H-004 Identity | A-016 Integration

Q-006 QUOTE THEME

Identity

Identity is honored as useful and released as absolute.

STATEMENT 01

A role can guide a life without defining its total value.

STATEMENT 02

The mask is not false because it is partial.

STATEMENT 03

Identity becomes a prison when every open door feels like death.

STATEMENT 04

You can fulfill a role without asking the role to contain you.

STATEMENT 05

What you call yourself is a map of continuity, not the boundary of being.

RELATED CONCEPTS [H-004 Identity](#) | [H-005 The Mask](#) | [A-023 The True Self](#)

Q-007 QUOTE THEME

Fear

Fear carries information but does not receive final authority.

STATEMENT 01

Fear is a protector that often arrives before the facts.

STATEMENT 02

Courage does not wait for fear to disappear.

STATEMENT 03

Ask whether the danger is present, remembered, anticipated, or symbolic.

STATEMENT 04

A frightened identity can turn uncertainty into proof.

STATEMENT 05

Listen to fear for information; answer it with proportion.

RELATED CONCEPTS H-009 Fear | H-014 Anxiety | P-007 The Trigger Pause

Q-008 QUOTE THEME

Attachment

Attachment is distinguished from love, commitment, and care.

STATEMENT 01

Attachment asks love to guarantee what no life can guarantee.

STATEMENT 02

The closed hand cannot protect without also imprisoning.

STATEMENT 03

Preference becomes suffering when it becomes a condition for wholeness.

STATEMENT 04

Care can remain after possession is released.

STATEMENT 05

Nonattachment does not love less; it controls less.

RELATED CONCEPTS H-011 Attachment | A-013 Letting Go | A-021 The Open Hand

Q-009 QUOTE THEME

Love

Love allows the other person to remain a subject rather than a possession.

STATEMENT 01

Love says, 'You matter,' without adding, 'Therefore you belong to me.'

STATEMENT 02

Commitment concerns action; possession concerns identity.

STATEMENT 03

A boundary can be one of love's clearest forms.

STATEMENT 04

Love does not require another person to stop becoming.

STATEMENT 05

Grief is not the failure of love; it is love adapting to changed form.

RELATED CONCEPTS H-018 Love | L-003 Partnership | L-019 Loss and Grief

Q-010 QUOTE THEME

Compassion

Compassion joins care with truth, boundaries, and accountability.

STATEMENT 01

Compassion sees the wound without denying the consequence.

STATEMENT 02

Understanding a cause does not erase responsibility.

STATEMENT 03

Care without truth becomes permission; truth without care becomes punishment.

STATEMENT 04

You may protect dignity from a distance.

STATEMENT 05

Compassion asks what reduces further harm.

RELATED CONCEPTS H-017 Compassion | L-007 Boundaries | P-011 Compassion Practice

Q-011 QUOTE THEME

Suffering

Suffering is approached without blaming the person who experiences it.

STATEMENT 01

Pain asks for care; resistance often adds a courtroom.

STATEMENT 02

The first wound may not be chosen. The next response may still become available.

STATEMENT 03

Acceptance does not approve of pain; it stops denying that pain is here.

STATEMENT 04

Do not use attachment to explain away injustice.

STATEMENT 05

What can soften is the demand that this moment prove the value of your life.

RELATED CONCEPTS H-023 Suffering | A-009 Acceptance | A-014 Healing

Q-012 QUOTE THEME

Addiction and Distraction

These statements emphasize agency strengthened by support rather than shame.

STATEMENT 01

Relief can become the condition that recreates the need for relief.

STATEMENT 02

The object is not the whole pattern; ask what function it serves.

STATEMENT 03

Distraction restores when return remains available.

STATEMENT 04

Shame narrows the very choice it claims to demand.

STATEMENT 05

Only the person can participate in change; no person must change alone.

RELATED CONCEPTS H-019 Addiction | H-020 Distraction and Avoidance | P-017 Addiction Support Map

Q-013 QUOTE THEME

The Witness

Witnessing means fuller contact with less identification.

STATEMENT 01

You are not required to become every experience you can feel.

STATEMENT 02

The Witness creates room without leaving the room.

STATEMENT 03

Observation becomes freedom when it does not become prosecution.

STATEMENT 04

Name the anger. Feel the anger. Do not make anger the whole self.

STATEMENT 05

A pause is a small opening through which choice can enter.

RELATED CONCEPTS [A-002 The Witness](#) | [A-004 Self-Observation](#) | [P-001 The Observer Pause](#)

Q-014 QUOTE THEME

Healing

Healing is measured through restored capacity rather than spiritual performance.

STATEMENT 01

Healing does not recreate the person who existed before the wound.

STATEMENT 02

A scar can mark both injury and restored integrity.

STATEMENT 03

Insight may arrive before the body learns safety.

STATEMENT 04

Greater choice is a form of healing even when pain remains.

STATEMENT 05

Support is not evidence that awakening failed.

RELATED CONCEPTS A-014 Healing | A-015 Transformation of Energy | L-017 Health

Q-015 QUOTE THEME

Seeking

Seeking is useful until it becomes the identity that prevents arrival.

STATEMENT 01

The seeker travels farther each year. Home has never moved.

STATEMENT 02

Every map becomes a distraction when it replaces looking.

STATEMENT 03

The search provides purpose; purpose preserves the seeker.

STATEMENT 04

A teaching succeeds when it eventually becomes unnecessary.

STATEMENT 05

What if the longing is a memory of what has never been absent?

RELATED CONCEPTS [A-007 Contemplation](#) | [A-018 The Illusion of Seeking](#) | [V-017 The Labyrinth of Seeking](#)

Q-016 QUOTE THEME

The Final Mask

The final spiritual identity is met with humility rather than another claim of transcendence.

STATEMENT 01

The costume changed. The wearer remained.

STATEMENT 02

The ego's greatest disguise is the person who claims to have no ego.

STATEMENT 03

Recognition of the final mask does not place you beyond it.

STATEMENT 04

The enlightened identity is still an identity asking to survive.

STATEMENT 05

Who are you when no one knows what you understand?

RELATED CONCEPTS [H-022 Spiritual Identity](#) | [A-020 The Final Mask](#) | [V-018 The Final Mask](#)

Q-017 QUOTE THEME

The Open Hand

The Open Hand is the governing posture of the Companion.

STATEMENT 01

Hold the principle firmly enough to practice it and lightly enough to revise it.

STATEMENT 02

An open hand can receive, protect, work, give, and release.

STATEMENT 03

Commitment does not require psychological possession.

STATEMENT 04

Release what you cannot control; do not abandon what is yours to do.

STATEMENT 05

The hand opens not because nothing mattered, but because it did.

RELATED CONCEPTS H-024 Ambivalence | A-021 The Open Hand | P-009 The Open Hand Release

Q-018 QUOTE THEME

Purpose and Service

Purpose is repeated value; service listens before it acts.

STATEMENT 01

Purpose is not hidden somewhere beyond the next honest action.

STATEMENT 02

A life can hold several purposes without betraying one destiny.

STATEMENT 03

Service begins by asking what is needed, not by performing who is needed.

STATEMENT 04

Contribution can be quiet and still alter the future.

STATEMENT 05

Do not wait to feel complete before becoming useful.

RELATED CONCEPTS L-010 Purpose | L-018 Service | P-019 Purpose and Values

Q-019 QUOTE THEME

Death and Legacy

Mortality is held with humility, grief, and practical care.

STATEMENT 01

Death ends a form; certainty about what follows remains an open question.

STATEMENT 02

Mortality does not make life meaningless. It makes care specific.

STATEMENT 03

Legacy is consequence, not applause.

STATEMENT 04

What continues may be a pattern interrupted, a person protected, or a burden released.

STATEMENT 05

Because life is finite, presence cannot always be postponed.

RELATED CONCEPTS R-028 Death and Transformation | L-021 Death and Dying | L-023 Legacy

Q-020 QUOTE THEME

Play and Return

The system ends by returning the reader to ordinary life.

STATEMENT 01

The game can matter without becoming a verdict on the player.

STATEMENT 02

Play is seriousness released from self-importance.

STATEMENT 03

Awakening returns to dishes, conversations, work, grief, and laughter.

STATEMENT 04

Nothing essential was missing; much still asks to be lived.

STATEMENT 05

The door was never locked. Only the seeker believed it was.

RELATED CONCEPTS R-024 Play | A-024 The Return to Play | L-001 Living the Philosophy

Q-021 QUOTE THEME

Cycle and First Cause

These statements distill the integrated account of the Source, finite experience, the human middle, and cyclical form.

STATEMENT 01

The Source is not the first step. The Source contains every step.

STATEMENT 02

Creation is not separation from the Source; it is differentiation within the Source.

STATEMENT 03

Complete knowledge and finite participation are different modes of experience, not limits upon the Source.

STATEMENT 04

Awakening does not prevent every ending. It changes how consciously we participate before the ending arrives.

STATEMENT 05

Humanity stands in the middle: capable of restoring balance or consciously deepening separation.

RELATED CONCEPTS R-030 The Cycle of Differentiated Consciousness | R-031 Beyond the First Cause | H-025 The Human Middle