



## **j-a-m quotes**

"Silence has always been an important part of my life and I think it's very much needed in the world today. I need silence to not only make decisions about the creative process but also to get my thoughts together, to make a start".

***Robin Gibb, The Bee Gees***

"That deep inner silence is part of what it is to find peace with yourself and with the world."

***Sir Jonathan Sacks, Chief Rabbi of the United Hebrew Congregations of the Commonwealth***

"Silence is where I go when I need to be recharged, where I need to sit and focus, where I need to be on top of that mountain and looking at the world."

***Clarke Peters, Actor and writer***

"Just-a-minute is one of the most fantastic things that any professional or anybody can do if they want to live a healthy life that is full of inner peace... It's given me an inner stillness, an inner contentedness that allows me to deal with the challenges that one has in a professional life."

***Neil Hawkes, Education consultant***

"Pauses during the day are part of the lifeblood of living"

***Dr Peter Fenwick, Consultant Neuropsychiatrist***

"It is magical how just one moment of silence can be in our lives. Even if the little voices keep going and even if, on some level, we can hear the busy sounds outside, it is by letting go and taking that pause between breaths that we can find the true essence of our higher self"

***Lynne Franks, Author and PR guru***

"Peace is something that is vital for every human soul, whether people are consciously aware of this or not.. When facing a difficult situation, there is a natural inclination to want to be quiet and experience peace. OK, even if you don't believe in God, you still like peace, right?"

***Dadi Gulzar, Brahma Kumaris***

"If you are calm and you are steady and you are in focus and you are in peace, you can make phenomenal decisions in one minute and very often they can be profound decisions that can affect the lives of many other people."

***John Peck, Former Senior Police Officer***

"Some may say 'what's the effect of just a minute?'. I would say, 'what's the effect of a split second?' If we break a split second later, we might hit somebody. If we have a positive or negative thought, it takes a fraction of a second. A minute is a very long time. My life was changed in 48 seconds, which was the time it took to run the 400m hurdles. So a minute of intention by a large number of people I think could have a fantastic effect on the world."

***David Hemery, Former Olympic Athlete***