

## Inspiration

Posted by Karolin Alkerton at Friday, June 7, 2013 10:50:43 AM EDT



“LOVE RECOGNIZES NO BARRIERS.  
IT JUMPS HURDLES, LEAPS FENCES,  
PENETRATES WALLS TO ARRIVE AT  
ITS DESTINATION FULL OF HOPE.”

“HISTORY, DESPITE ITS WRENCHING  
PAIN, CANNOT BE UNLIVED, BUT  
IF FACED WITH COURAGE,  
NEED NOT BE LIVED AGAIN.”

Hailed as a global renaissance woman, Dr. Angelou is a celebrated poet, memoirist, novelist, educator, dramatist, producer, actress, historian, filmmaker, and civil rights activist. Dr. Angelou was asked by Dr. Martin Luther King, to serve as coordinator for the Southern Christian leadership conference after Malcolm X's assassination.

After King was assassinated on her birthday in 1968 she was devastated and began work on her first book, *I Know Why the Caged Bird Sings*. This book was published to international acclaim and much success. Today her list of work includes more than 30 bestselling titles.

Today she remains an inspiration and Dr. Angelou's words and actions continue to stir our souls, energize our bodies, liberate our minds, and heal our hearts. (<http://mayaangelou.com/bio/>)

I have such regard for her inspiration and found myself turning to her quotes often, particularly in recent months once again as I embarked on my life-long learning journey for the third time. I have returned to school three times as a mature student, and while my experiences have been wonderful for the most part there have been challenges and times when I wanted to STOP what I was doing- feeling I was crazy to think I still could continue.

Reflection and quiet time comes to me as being ever helpful and often the inspirational words from Dr. Angelou as well as other noted people is the salvo I need to help guide the continuing process.

