

# Thomas Merton

There is only one question on which my entire existence, all my peace and happiness depends to discover myself by discovering God.

If I find Him, I find myself.

If I find my real me, I will find Him

“If you want to identify me, ask me not where I live, or what I like to eat, or how I comb my hair, but ask me what I am living for, in detail, ask me what I think is keeping me from living fully for the thing I want to live for.”

— Thomas Merton

“Finally I am coming to the conclusion that my highest ambition is to be what I already am. That I will never fulfill my obligation to surpass myself unless I first accept myself, and if I accept myself fully in the right way, I will already have surpassed myself.”

— Thomas Merton