1. **Rabbi Simcha Zissel Ziv, the Alter of Kelm**
   A person who has mastered peace of mind has gained everything.

2. **Psalms 23**
   (1) A psalm of David. The LORD is my shepherd; I lack nothing. (2) In lush meadows He lays me down, beside tranquil waters He leads me.

3. Cheshbon ha'Nefesh, Rabbi M. M. Leffin,
   As long as a man's mind is settled, his intellectual spirit quietly stands guard, spreading its light upon his mind as if it were a torch atop the edifice of his body.

4. **Rabbi Israel Salanter**
   As long as one lives a life of calmness and tranquility in the service of God, it is clear that he is remote from true service.

5. **Rabbi Adin Steinsaltz, The Thirteen-Petalled Rose**
   The Jewish approach to life considers the man who has stopped going -- he who has a feeling of completion, of peace, of a great light from above that has brought him to rest -- to be someone who has lost his way. Only he whom the light continues to beckon for whom the light is as distant as ever, only he can be considered to have received some sort of response.

6. **Proverbs 17:3**
   3) The refining pot is for silver and the furnace for gold, but God tests hearts
7. **Cheshbon ha’Nefesh, Rabbi M. M. Leffin,**
   Rise above events that are inconsequential—both good and bad; for they are not worth disturbing your calmness of soul.

8. **Kitvei ha’Ari, "Gates of Holiness:' chapter 4, gate 2, section 5,**
   My son, may God bless you, for your intentions are good. Tell me, though, whether or not you have attained equanimity." The rabbi said to him, "Master, please explain your words." The Master replied, "If there were two people, and one of them honored you and the other insulted you, are they equal in your eyes?" The rabbi answered, "No, my Master. For I feel pleasure and satisfaction from the one who honors me, and pain from the insults of the other. But I do not take revenge or bear a grudge." The Master blessed the rabbi and sent him away. "Go in peace, my son. When you have attained equanimity, your soul does not feel the honor deriving from one who honors you nor the embracement arising from insults. Your consciousness is not yet ready to be attached to the supernal."