

"Please remember, it  
is what you are that  
heals, not what you  
know."

- Carl Jung

"And the day came  
when the risk to  
remain tight in a bud  
was more painful than  
the risk it took to  
blossom."

- Anais Nin

"The world breaks everyone, then some become strong at the broken places."

- Ernest Hemingway

"Your soul knows the  
geography of your  
destiny."

- John O'Donohue

"When you change the way you look at things, the things you look at change."

- Wayne Dyer

"Run your own race."

- Robin S. Sharma

"As soon as you trust  
yourself, you will know  
how to live."

- Johann Wolfgang  
von Goethe

"Pleasant experiences  
make life delightful.  
Painful experiences  
lead to growth."

- Anthony de Mello

"Loathing is grief that  
has festered; the  
rampant infection of  
self-pity."

- Sarah Ban  
Breathnach

"The best way out is  
always through."

- Robert Frost

“Discontent and disorder are signs of energy and hope, not despair.”

- Dame Cicely  
Veronica  
Wedgewood

"Where there is great  
love, there are always  
miracles."

- Willa Cather

"The way you are  
towards your life is  
the way your life will  
be towards you."

- John O'Donohue

"Hope is the thing  
with feathers that  
perches in the soul  
and sings the tune  
without the words and  
never stops at all."

- Emily Dickinson

“What we have once enjoyed deeply we can never lose. All that we love deeply becomes a part of us.”

- Helen Keller

“What is hidden  
cannot be healed.”

- Sarah Ban  
Breathnach

"Memory nourishes  
the heart, and grief  
abates."

- Marcel Proust

"An attachment is a belief that without something you are not going to be happy."

- Anthony de Mello

"The best way to  
guarantee a loss is to  
quit."

- Morgan Freeman

"The waste of time is  
one of the greatest  
areas of loss in life."

- John O'Donohue

"We cannot see our reflection in running water. It is only in still water that we can see."

- Taoist Proverb

"May you have a  
wonderful urgency to  
live your life to the  
fullest."

- John O'Donohue

"Don't rush through  
the experiences and  
circumstances that  
have the most  
capacity to transform  
you."

- Rob Bell

"It's not that we fear  
the unknown. What we  
really fear is the loss  
of the known."

-Anthony de Mello

"Life begins at the  
end of your comfort  
zone."

- Neale Donald  
Walsch

"The only courage  
that matters is the  
kind that gets you  
from one moment to  
the next."

- Mignon McLaughlin

"Self-preservation is the soul's prime directive. We can't take care of anyone if we don't start with ourselves."

- Sarah Ban  
Breathnach

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more."

- Melody Beattie

"Loneliness is not  
cured by contact with  
human company.  
Loneliness is cured by  
contact with reality."

- Anthony de Mello

"Grief is in two parts.  
The first is loss. The  
second is the  
remaking of life."

- Anne Roiphe