



"The authentic self is the
soul made visible."

— Sarah Ban Breathnach



"There are only two ways
to live your life. One is
as though nothing is a
miracle. The other is as
though everything
is a miracle."

— Albert Einstein



"The soul always knows
what to do to heal itself.
The challenge is to
silence the mind."

— Caroline Myss



"If it is peace you want,
seek to change yourself,
not other people."

— Anthony de Mello



“Not knowing how to feed
the spirit, we try to muffle
its demands
in distraction.”

— Anne Morrow Lindbergh



"If you look too closely at
the form, you miss
the essence."

— Rumi



"Creating authentic
power means aligning your
personality with
your soul."

— Gary Zukav



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

— Johann Wolfgang von
Goethe



"Intuition is the whisper
of the soul."

— Jiddu Krishnamurti



"Choice is destiny's
soul mate."

— Sarah Ban Breathnach



"The way you look at
things is the most
powerful force in shaping
your life."

— John O'Donohue



"The content of your
awareness is less
important than the
quality of
the awareness."

— Anthony de Mello



"Synchronicity is an
ever-present reality for
those who have
eyes to see."

— Carl Jung



"Intuition is seeing with
the soul."

— Dean Koontz



"To thine own self be true."

— William Shakespeare



"Regret is the only wound
from which the soul
never recovers."

— Sarah Ban Breathnach



"There comes a time when
we aren't allowed
to know."

— Judith Viorst



"Silence isn't empty.
It's full of answers."

— Anon



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

— Rob Bell



"Dreams are illustrations
from the book your soul is
writing about you."

— Marsha Norman



"One of the most sacred
duties of one's destiny is
the duty to be yourself."

— John O'Donohue



"Solitude is where one
discovers one is not
alone."

— Marty Rubin



"Synchronicity is the
Universe saying you're
getting warmer."

— Michelle Risi



"Your soul knows the
geography of your
destiny."

— John O'Donohue



"I have so much to accomplish today that I must meditate for two hours instead of one."

— Mahatma Gandhi



"You are what you believe
yourself to be."

— Paulo Coelho



"Whatever satisfies the
soul is truth."

— Walt Whitman



"The inspiration you seek
is already within you. Be
quiet and listen."

— Rumi



"The quieter you become
the more you can hear."

— Baba Ram Dass



"Almost everything will
work again if you unplug
it for a few minutes...
including you."

— Anne Lamott