



"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