



Powerful Quotes...

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“The opposite of love is not hate, it's indifference. The opposite of art is not ugliness, it's indifference. The opposite of faith is not heresy, it's indifference. And the opposite of life is not death, it's indifference.”

Elie Wiesel

A man cannot be comfortable without his own approval. - Mark Twain

If you are afraid to tell people the truth – because it might hurt them – you will compromise yourself by doing things you don't want to do and eventually will be angry about it. Feeling guilty or selfish because of a tribal belief limits you from being authentic will cause you to create very soft boundaries, and when people plow through them you'll be upset. - Christel Nani

Recognize that “feeling guilty” means you are in conflict with your spirit. You are trying to be the person others want you to be. You are not being authentic or living in integrity. Feeling forced to do things will leave you feeling guilty. - Christel Nani

We are affected by other peoples' lovelessness only to the extent to which we judge them for it. - Marianne Williamson

Conflicted behavior cannot bring peace. It can only bring more conflict. - Marianne Williamson

We are not held back by the love we didn't receive in the past, but by the love we're not extending in the present. - Marianne Williamson

There is a lot of talk today about people growing up in a dysfunctional homes. Who didn't grow up in a dysfunctional home! The world is dysfunctional! But there is nothing we have been through, or seen, or done that cannot be used to make our lives more valuable now. - Marianne Williamson

Emotions move and they carry massive amounts of information with them. They're often deeply perceptive (if sometimes painfully so) and profoundly healing, as long as we approach them correctly, interpret them honorably, and treat them with respect. - Karla McLaren

We came as infants 'trailing clouds of glory,' arriving from the farthest reaches of the universe, bringing with us appetites well preserved from our mammal inheritance, spontaneities wonderfully preserved from our 150,000 years of tree life, angers well preserved from our 5,000 years of tribal life – in short, with our 360-degree radiance – and we offered this gift to our parents. They didn't want it. They wanted a nice girl or a nice boy. - Robert Bly, *A Little Book on the Human Shadow*

Hatred is a twisted form of adoration. - Karla McLaren

Anyone who takes himself too seriously always runs the risk of looking ridiculous; anyone who can consistently laugh at himself does not. - Vaclav Havel

You have to leave the city of your comfort and go into the wilderness of your intuition. You can't get there by bus, only by hard work and risk and by not quite knowing what you're doing. What you'll discover will be wonderful. What you'll discover will be yourself. - Alan Alda

You must accept that you might fail; then, if you do your best and still don't win, at least you can be satisfied that you've tried. If you don't accept failure as a possibility, you don't set high goals, you don't branch out, you don't try, you don't take the risk. - Rosalynn Carter

When you play it too safe, you're taking the biggest risk of your life. Time is the only wealth we're given. - Barbara Sher

Security is mostly a superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure or nothing. - Helen Keller

I am always doing that which I cannot do, in order that I may learn how to do it. - Pablo Picasso

A man would do nothing if he waited until he could do it so well that no one would find fault with what he has done. - Cardinal Newman

You must give up the life you had planned in order to have the life that is waiting for you. - Joseph Campbell

External circumstances do not create feelings states. Feeling states create external circumstances. - Martha Beck

...fear in the absence of an actual physical threat (such as, say, a grizzly bear) is always ridiculous because it's not actionable – there's nothing I can do about an imagined danger except develop ulcers and high blood pressure. - Martha Beck

...the way you can tell you're following fear away from your North Star is that while this course may feel safe, it will also feel imprisoning. - Martha Beck

When the mind labels itself helpless, it stops seeking options. - Martha Beck

Your suffering, no matter how dreadful, is also useful and purposeful. It's the Stargazer pulling life back toward true north, toward your destiny. Fight this as long as you can. Then, when you're ready, stop fighting. - Martha Beck

If you're afraid to take action, take it. If you're afraid to feel a certain emotion, feel it. The only way to the Place beyond Fear is to do the thing you fear most. This is how to surrender to your best destiny. - Martha Beck

When we're scared, we're scary and when we're scary, we're usually scared. - Martha Beck

To love others without feeling the need to trap or control them requires trust that your needs will all be met, with or without the other person's cooperation. - Martha Beck

This is the beauty of real love. When you set other people free by allowing them to do and say whatever is real for them, they don't abandon you or run roughshod over your feelings. Instead, they want to have you in their lives, the way they want fresh air or sunlight. - Martha Beck

Life breaks everybody, but some are strong in the broken places. - Ernest Hemingway

If you want more love, give more love to yourself. - Debbie Ford

No one out there can fix you. But you can fix yourself. You are the one with the power, the answers, and the ability to change your life. And you are the only one. - Debbie Ford

Do or do not – there is no try. - Yoda

Don't confuse being busy, with living your life. – Brooke Castillo
By putting yourself last, you are ignoring your true work on this planet. - Brooke Castillo

You teach people how to treat you. If you aren't treating yourself with kindness and love, please don't expect anyone else to do it for you instead; you have shown them that you don't think you deserve it. - Brooke Castillo

If you're going to believe something, why not believe something that makes you feel good? - Brooke Castillo

Many times I believe that other people's unsolicited opinions of me are none of my business; it's my opinion that matters. - Brooke Castillo

The sensation of hunger is satisfied with fuel; the emotion of hunger is satisfied with self love. - Brooke Castillo

If you haven't undone your painful thoughts, you can get into a bubble bath, light candles, recite positive affirmations, pamper yourself in every way – and once you're out of the tub, the same thoughts will come back to haunt you. It's like staging a seduction, only the one you're trying to seclude is you. - Byron Katie

When your old plan is gone, your mind immediately fills with new possibilities. - Byron Katie

When we believe what we think, we have to live out those thoughts. When there is chaos in our heads, there is chaos in our lives. When there's hurt in our thinking, there's hurt in our lives. - Byron Katie

Even when people say, "Oh, I understand," we can never be sure what it is they're understanding. - Byron Katie

If you don't like yourself, why would he? If you don't want to be with yourself, how can you expect him to want to be with you? If you think you're nothing, that's what you bring to us, and we mirror back to you that you're nothing. It's all your story. - Byron Katie

Less friction = greater velocity. - Danielle LaPorte

A question not asked is a door not opened. – Marilee Adams
The need to be normal is the predominant anxiety disorder in modern life. - Thomas Moore, *Original Self*

Hope begins in the dark, the stubborn hope that if you just show up and try to do the thing, the dawn will come. You wait and watch and work: you don't give up. - Anne Lamott

Successful people do what unsuccessful people are not willing to do. - Jeff Olsen

Fear is not the strangeness you feel. The future must enter you long before it happens. - Soren Kierkegaard

A question not asked is a door not opened. - Marilee Adams

You want a miracle? Be the miracle. - God (*played by Morgan Freeman in Bruce Almighty*)

When you have an emotional reaction to what you see, you are judging. That is your signal that you have an issue inside of yourself - with yourself - not with the other person. If you react to evil, look inside yourself for the very thing that so agitates you, and you will find it. If it were not there, you will simply discern, act appropriately, and move on. - Gary Zukav, *Soul to Soul*

We must become ignorant of all we've been taught, and be instead, bewildered....forget safety. Live where you fear to live. Destroy your reputation. Be notorious. I have tried prudent planning long enough, from now on, I'll live mad. - Rumi

Named must your fear be before banish it you can. - Yoda

You have to go one direction or the other; you can't stand still. Everything is constantly changing. There are only two possibilities. Either you let go of where you are and get to where you could be, or you hang onto where you are and give up where you could be. You are either going for your dreams or giving up on your dreams. Stretching for what you could be or settling for what you are. There is simply no in between. - Jeff Olsen, *The Slight Edge*

When I seek your approval, I don't approve of the me that's seeking the approval. - Byron Katie

The quieter you become, the more you can hear. - Ram Dass

What are you stealing from the world by playing small? - Marie Forleo

Some singers want the audience to love them. I love the audience. - Luciana Pavarotti

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About Amy



Amy Pearson is a Master Certified Life Coach, coach mentor, and instructor for Martha Beck's life coach training. She is a teacher, writer and speaker. A former approval addict (with the occasional relapse), Amy is now addicted to success. Her mission is nothing short of world peace by empowering every woman on a mission to attract their ideal clients (tribe), make great money, and have an epic impact while doing their unique work in the world.

Learn more about her at LiveBrazen.com