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Spiritual Quotes II

Every time you judge others, you cause yourself pain. At the heart of judging others is a feeling of being unworthy. We see the world the way we want to see it – not the way it is. Judging others is a result of one's own feelings of inferiority.

We always make the right mistakes to accomplish transformation.

No one else can make you happy. The grass is not greener on the other side.

Happiness can only be felt at the spiritual moment that your neediness ceases.

We always make the right mistakes to accomplish transformation.

We don't receive wisdom; we must discover it for ourselves after a journey that no one can take for us or spare us.

The cure for all ills and wrongs, the cares, the sorrows and the crimes of humanity, all lie in the one word 'love.' It is the divine vitality that everywhere produces and restores life.

The heart cries for what it has lost. While the spirit rejoices for the wisdom it has gained.

I define joy as a sustained sense of wellbeing and internal peace - a connection to what matters.

It does not matter who you become to people, or what things you acquire for yourself. What matters is: Did you feel love in your heart and express it to others?

A man must first let go before he can possess what is truly real.

When you hold onto your ego's desires, change feels painful. When you are open to spiritual growth, change is beneficial and transforming.

I have learned that everyone wants to live on the peak of the mountain, without knowing that real happiness is in how it is scaled. And that discovery is seeing what everybody else has seen and discovering what nobody else has thought. And that death comes not with old age, but with forgetting. Forgetting that life and love are the divine gift.

Learning to live in the present moment is part of the path of joy.

There is an alchemy in sorrow. It can be transmuted into wisdom, which, if it does not bring joy, can yet bring happiness.

It rains upon the just and the unjust equally. (From evil and suffering comes good fortune.)

Coming from the heart takes courage. Yet once this is done, somehow the fear goes away.

So many people are into supernatural hocus-pocus to avoid their own personal madness.

It's good to pray to God, but remember to row the boat to the shore.

The trouble with self-growth organizations is that when you become enlightened, then they don't want you.

The deeper wounded of us have to go back that much more to our most primitive levels to reach our innate power, in order to achieve victory in this life.

When you feel empty, fill yourself up by giving.

It's what you eat. How you eat it. And how you feel when you're eating it.

Unhappiness is not knowing what we want, and killing ourselves to get it.

If you're living for money, you earn every penny of it.

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Healing

If the mind can create illness, then the mind can also create healing.

I see in almost every heart patient a sense of isolation, of not having or being enough. I've become increasingly convinced that we are dealing here with emotional and spiritual dimensions. (Heart Surgeon)

The first step in healing trauma is to acknowledge that it affects you. Fifty-percent of the solution of any problem is defining it.

I'm starting with the man in the mirror. I'm asking him to change his ways. And no message can be any clearer. If you want to make the world a better place, take a look at yourself and make the change. *Man in the Mirror*

If you focus only on results, you will never change. If you focus on change, you will get results.

Jungian Psychology - Carl Jung

On Psychotherapy: Here we must follow nature as a guide and what the doctor then does is less a question of treatment than of developing the creative possibilities latent in the patient himself.

Everyone carries a shadow, and the less it is embodied (repressed/avoided) in the individual's conscious life, the blacker and denser it is. This is how religion is a defense against religious experience. Such a man knows that whatever is wrong with the world is in himself, and if he only learns to deal with this own shadow, then he has done something real for the world.

I can only stand in awe and admiration before the depths and heights of the Soul, whose world beyond space hides an immeasurable richness of images which millions of years of living have stored up and condensed into organic material.

As far as we can discern, the sole purpose of human existence is to kindle a light in the darkness of mere being. It may even be assumed that just as the unconscious affects us, so the increase in our consciousness affects the unconscious.

Where there is no contradiction between thought and feeling there is wisdom.