

"The potential for wellness or illness is always within you. The thoughts you choose determine which you experience and to what degree you experience it."

~ Abraham-Hicks

"Do not neglect this body. This is the house of God; take care of it, only in this body can God be realized."

~ Nisargadatta Maharaj

You are not what you eat, you are what you believe about what you eat."

~ Dr Wayne Dyer

"By believing passionately in something that still does not exist, we create it. The nonexistent is whatever we have not sufficiently desired."

~ Nikos Kazantzakis

"We are all individual waves arising from the same ocean. Deep within, in the depths of the ocean of Awareness, we are the same."

D.R. Butler

"Accustomed long to contemplating Love and Compassion, I have forgotten all difference between myself and others."

~ Milarepa

See and step into the realm where there is only the One. The highest state is living in the realm of pure Light, while simultaneously participating in the karma of this individual, which is our dharma as long as we occupy this particular body.

~ D.R. Butler

"See yourself in the highest way, and as someone who has something helpful to offer others if they should be open to it."

~ D.R. Butler

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

~ Marianne Williamson

"If you can help others, fine, but if you cannot, at least do not be a nuisance."

~ Swami Muktananda