

10 INSPIRATIONAL QUOTES

THAT HAVE IMPACTED MY LIFE

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1. It is in waiting and in calm you shall be saved; in quiet and in trust your strength lies. Isaiah 30:15

This is my favorite verse from scripture that was given to me back when I was 18 years old. It has taught me the need to wait, be still and trust that the future will work out provided I do not try to take matters in my own hand.

2. "Be your own beloved." – Lainie Sevante Wulkan
Wellness Author & 4th Gen. Intuitive Healer

I was given this statement to remind me of the time I needed to focus on me and not be searching for a relationship to fill in any "holes" I felt in my heart.

3. I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh. Ezekiel 36:26 ESV

This was what my therapist first told me when I went for therapy and guidance to try and figure out why I was acting out in anger and despair.

4. More miracles occur from gratitude and forgiveness than anything else. – Philip Friedman.

Learning to live a life of daily gratitude and forgiving those I perceived had wronged me was critical to start the journey to healing and wholeness. Most importantly, forgiveness of myself.

5. Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him and he will guide your path. Proverbs 3:5

A reminder I need often because trusting in God/Higher Power/The Universe can give way to my trying to use my own wits to solve problems in my life.

6. “We cannot see our reflection in running water. It’s only in still water that we can see.” Zen saying.

This impacts me and reminds me that I need to be still, calm my mind, and the value of meditation to help me focus on healing and wholeness.

7. To be beautiful means to be yourself. You don’t need to be accepted by others. You need to accept yourself.

–Ticht Nhat Hanh

This is powerful to me because I have struggled with being concerned by what others thought of me and changing who I was or what I would say because of that concern. Once I learned to accept myself as who I am and that I “am enough” I had much more peace in my life.

8. Your vision will become clear only when you can look into your own heart. Who looks outside dreams: who looks inside, wakes. – Carl Jung.

Jung has been a powerful influence on my life for decades. This particular quote impacted me because of the need for introspection in order to wake up to my true self and begin the journey of loving that true, authentic self.

9. You have plowed iniquity; you have reaped injustice; you have eaten the fruit of lies: because you have trusted in your own way. Hosea 10:13.

My arrogance in thinking that I could figure out life using my intellect and wits, is addressed by this passage. Trusting in my own way and not surrendering to my higher power/God caused many of the issues I struggled with and prevented healing.

10. And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed. Mark 1:35.

It was this passage that had me reevaluate my morning practice. If Jesus got up and started his day with prayer, then I knew I needed to do the same. And once starting my day with prayer and meditation became my daily practice, and once I surrendered to God, major changes occurred in my life and continue to this day.