Laughter releases toxins from the body, as do tears!

Only what is in us, can give us stability.

Needing to be right circumvents happiness.

Getting is good but giving is great.

Always seek the win-win.

Know it or not, the Universe is always listening.

True joy dissolves ego.

Conflict is dissolved when being quiet.

Love is not special, it is essential.

Seek constantly for truth.

Tranquility will not prevail, while liking disruption.

If nothing but truth existed, perfection is not far behind. It takes constant effort to maintain concentration.

Think limitlessly.

Peace of mind is found through understanding.

What we share, we strengthen.

Everyone has the power to create heaven.

The voice of Heaven is as loud as our willingness to listen. The mind that serves spirit is invulnerable.

One must manifest peace in order to experience it.

Only those who are willing to learn, will.

Fear is far less powerful when we realize we are not alone. Search and savor only goodness.

Gratitude and peace are Siamese twins.

Be vigilant for love, for nothing else matches it.

We establish our worth by knowing our worth.

Love waits on welcome, not on time.

We are not meant to deprive ourselves.

Feeling whole is our life mission.

Always look for a better solution to the problem.

Glory is infused through confidence and confidence is empowered through glory. Faith is the best answer, when confronted with difficulties.

Every relationship needs to become a lesson in love.

Believe it or not, miracles are natural and daily occurrences.

Forgiveness is the fastest pathway to peaceful existence.

No matter what – we can learn from everything.

The world is truly just a teaching device.

Weakness is but a choice.

All real pleasure comes from having a purpose.

We would need far less radiation if more people would radiate love.

Look for the good in everyone, especially when they do not deserve it.

The holiest place on earth is where an ancient hatred has become a present love. Love is the complete relinquishment of attack.

Low self-esteem is a sure sign that our thinking is unnatural.

Only purity reverses corruption.

Goodness is bending down and helping another up.

- The aim of living here is to experience love and seek cooperation.
- Our best interest lies in having the best interest for others.
- No matter what happens on Earth, Heaven's mission stays the same love.
- Real power comes from the Higher Power.
- Denial is the one protective device that can really hurt us.
- Protection against darkness comes from loving to love.
- The only aspect of time that is correct is NOW.
- Know thyself there is nothing else to seek!
- Passage through time and space is not random it is predestined.
- God's door is always open.
- Thinking we are alone, creates anxiousness, anger and apprehension.
- Truth cannot be described or explained it just is!
- One lives life fully by relinquishing their fear of death.
- Heaven and Earth were never meant to be separate states.
- Is it possible to believe that nothing is impossible?
- The greatest gifts cannot be seen, for they are felt.
- Denying a blessing to another is more denying a blessing to ourselves.
- No pain no gain…is insane!
- Our minds create our perceptions and our perceptions create our actions. Harmony can only be restored when we meet its conditions.
- Serenity is clearly an internal matter.
- If a problem has not been solved, we have removed ourselves from the solution. If we really want peace, we must give up the idea of conflict.

Intelligence is merely the dawning of our minds of what was already in them. The strain of constant judgment is virtually intolerable to our bodies.

- To hold grievances is to hold guilt and grief.
- Love is always available as long as we have it in our own hearts.
- Everything taught is learned.
- If resentment is not relinquished entirely, it is not relinquished at all.
- To be in heaven is merely to focus our full attention on it.
- Happiness and healing are good marriage partners.
- A grateful heart and a thankful mind can settle every challenge.
- One cannot be totally committed sometimes!
- We have the power to reinterpret everything we perceive as fearful.
- Illness is some form of external searching, so pay attention.
- Truth is not evident for those who do not want to hear it.
- Health is the result of relinquishing all attempts to use the body disrespectfully. The Almighty's goal is for all sentient beings to be free.
- Peace and love are not possible without truth.
- Always honor another's value.
- Divine plans are always lofty.
- Patience is natural for those who trust.
- Though our creativity can be neglected, it cannot be abolished.
- Every good deed and every good emotion is a gift to ourselves.