

# Mindfulness Quotes

Balancing the wheels of our mind, body, spirit and emotions keeps our human vehicle in alignment.

Never let our cup runneth over, whether with good or challenging events.

To become – don't play dumb!

Our inner wisdom is constantly there to call upon at any given moment.

We know we have made it when we consider a constructive criticism an honoring.

To quicken our power, we must quiet our minds.

Let us not focus on what we have done wrong but let us focus on what we want to do right.

Our eyes speak for our souls, as our souls see through our eyes.

Without health, it's hard to be happy, yet being happy is the key to our health.

When having a problem, think of others who have much bigger problems – the result is gratitude.

To be clear and serene, we must be focused and clean.

Feeling and being pleasant is a magnificent present both to ourselves and others.

Time is powerful so we should not waste it.

Our thoughts can be our worst enemy or our best friend.

Age is mind over matter, spirit could care less!

Live every day as if it were the last and watch how wondrous life becomes.

Treat anxiety with appreciation, fear with faith, doubt with definitism.

Lack of optimism and enthusiasm ages our soul and withers our spirit.

The more we focus on the negative, the more powerful it becomes.

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Prosperity is developed and manifested through problem-solving skills.

Looking and seeing are two very different things.

We cannot be protected until we learn to guard ourselves.

We diminish what we have by constantly desiring what we have not.

Balance the destruction in the world with a construction of our own.

I cannot, though challenging, is not as detrimental to our lives as I will not.

Always remember there are opportunities that will not come again.

As a lotus grows from a swamp – precious jewels grow from problems.

Better to be a light in the darkness than wasting time cursing it.

In the midst of chaos, the most powerful thing is to stay calmly courageous.

All big things lie within the details.

We always feel joyous when we accept our mightiness.

Giving without expecting lights up the whole sky.

Do not sway from what is important by focusing on what is not.

There is a wild applause in the sky when we beat to our own drummer.

Learning is what we came here for.

Mindfulness is the key to contentment.

Knowing what counts is what really counts.

Who looks outside hopes, who looks inside harkens.

Intelligence is wisdom attained.

Sharing our orbit with our true selves brightens this pained planet.

Good days happen by handling the bad ones.

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We master ourselves by facing our deficiencies.

To keep flying, we must also know when to rest our wings.

We become what we think of ourselves.

By being consistent and remaining persistent, we maintain a great existence.

Our purpose is the promise we made to ourselves.

Making the most of our best and leaving the rest, is always life's test.

We become paralyzed if we rebel against our handicaps.

The magic of the Universe is always beckoning us to light up our divine spark.