

Walking Life Well Quotes

Do not try to be understood by people who do not listen.

Healthy boundaries are not rejection – they are the decision to stay aligned with ourselves.

What we think is falling apart can actually be things falling into place.

To desensitize ourselves is to silence our intuition.

Showing our vulnerability is the doorway to staying in tune with our higher self.

Healing begins when shame stops becoming our verdict, but becomes our teacher.

A clouded mind often mistakes illusion for truth, therefore pause long enough to know the difference.

Movement without love is but an empty pursuit.

Love is the unseen force behind all creation.

Let us nourish our souls by letting nature be our companion.

No matter how much we think we may know – there is always room to dig deeper....or reach higher.

Life is filled with wonder when we count our blessings and share with those who cross our path.

Now is not always the right answer, and later is not always the wrong answer – sometimes it is just alignment unfolding.

Love and respect must remain permanent partners.

It is smart to follow our heart with the same certainty as we follow our logic.

Standing between our divinity and our humanity becomes the opening of fabulous gates and portals to walk through.