



QUOTES TO INSPIRE & EMPOWER YOU ON YOUR PATH

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"The unexamined life is not worth living" - Socrates

"Knowing yourself is the beginning of all wisdom." - Aristotle

"Named must your fear be before banish it you can." - Yoda

"The path of self-discovery is not always an easy one, but it is the one with the greatest rewards, the deepest love and most authentic and beautiful of moments." - Heather Blankinship

"This above all: to thine own self be true, and it must follow, as the night of the day, thou canst not then be false to any man." - William Shakespeare

"Being true to yourself is one of the greatest gifts you can give." - Heather Blankinship

"If you follow your bliss, you put yourself on a kind of track that has been there all the while, waiting for you, and the life that you ought to be living is the one you are living. When you can see that, you begin to meet people who are in your field of bliss, and they open doors to you. I say, follow your bliss and don't be afraid, and doors will open where you didn't know they were going to be." - Joseph Campbell

"A man can fail many times, but he isn't a failure until he begins to blame somebody else." - John Burroughs

"When you have an emotional reaction to what you see, you are judging. That is your signal that you have an issue inside of yourself - with yourself - not with the other person. If you react to evil, look inside yourself for the very thing that so agitates you, and you will find it. If it were not there, you will simply discern, act appropriately, and move on". - Gary Zukav, Soul to Soul



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"If you haven't undone your painful thoughts, you can get into a bubble bath, light candles, re-cite positive affirmations, pamper yourself in every way – and once you're out of the tub, the same thoughts will come back to haunt you. It's like staging a seduction, only the one you're trying to seduce is you." - Byron Katie

"Your suffering, no matter how dreadful, is also useful and purposeful. It's the Stargazer pulling life back toward true north, toward your destiny. Fight this as long as you can. Then, when you're ready, stop fighting." - Martha Beck

"Emotions move and they carry massive amounts of information with them. They're often deeply perceptive -if sometimes painfully so- and profoundly healing, as long as we approach them correctly, interpret them honorably, and treat them with respect." - Karla McLaren

*"When I seek your approval, I don't approve of the me that seeks the approval. - Byron Katie
Even when people say, "Oh, I understand," we can never be sure what it is they're understanding." - Byron Katie*

"Letting go helps us live in a more peaceful state of mind and restore our balance. It allows others to be responsible for themselves and for us to take our hands off situations that do not belong to us. This frees us from unnecessary stress." — Melody Beattie

"Living with integrity means: Not settling for less than what you know you deserve in your relationship. Asking for what you want and need from others, speaking your truth, even though it might create conflict or tension. Behaving in ways that are in harmony with your personal values. Making choices based on what you believe, and not what others believe." – unknown



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"Have no fear of moving into the unknown. Simply step out fearlessly knowing that I am with you, therefore no harm can befall you; all is very, very well. Do this in complete faith and confidence." – Pope John Paul II

"Those who truly love us will never knowingly ask us to be other than we are." - Mark Nepo, The Book of Awakening

"Eventually, you will come to understand that love heals everything, and love is all there is." - Gary Zukav

"There are 2 basic motivating forces: fear and love. When we are afraid, we pull back from life. When we are in love, we open to all life has to offer with passion, excitement and acceptance." - John Lennon

"We are affected by other peoples' lovelessness only to the extent to which we judge them for it." - Marianne Williamson

"Your greatest task isn't to find love, but to discover and destroy all the barriers within yourself that you have built against it." - Rumi

"Love with all your heart and then love some more... For love is a master healer and transformer of all pain and suffering." – Heather Blankinship

"By taking the time to stop and appreciate who you are and what you've achieved - and perhaps learned through a few mistakes, stumbles and losses - you actually can enhance everything about you. Self-acknowledgment and appreciation are what give you the insights and awareness to move forward toward higher goals and accomplishments." — Jack Canfield



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"Don't you dare, for one more second, surround yourself with people who are not aware of the greatness that you are." - Jo Blackwell-Preston

"Do or do not - there is no try." - Yoda

"You teach people how to treat you. If you aren't treating yourself with kindness and love, please don't expect anyone else to do it for you instead; you have shown them that you don't think you deserve it." - Brooke Castillo

"You want a miracle? Be the miracle." - God, as played by Morgan Freeman in Bruce Almighty

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." - Albert Einstein

"You cannot control what happens to you, but you can control your attitude toward what happens to you, and in that, you will be mastering change rather than allowing it to master you." - Brian Tracy

"Your mind will be like its habitual thoughts; for the soul becomes dyed with the color of its thoughts. Soak it then in such trains of thoughts as, for example: Where life is possible at all, a right life is possible." - Marcus Aurelius

"Our life is shaped by our mind; we become what we think." - Buddha

"The quieter you become, the more you can hear." - Ram Dass

"You are a force of love. You are made of love. Accept that energy." - Debbie Ford



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"More flow. Less effort. More ease. Just show up. YOU are enough. Just bring you. You ARE enough." - Heather Blankinship

"Let your heart be your compass, your mind your map, your soul your guide and you will never get lost" - Unknown

"Cherish your visions and your dreams, as they are the children of your soul - the blueprints of your ultimate accomplishments." - Napoleon Hill

"One can have no smaller or greater mastery than mastery of oneself." - Leonardo da Vinci

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All my blessings and love,

Heather Blankinship

Transformational Coach

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