

And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.- Anais Nin

Ring the bells that still can ring
Forget your perfect offering
There is a crack in everything
That's how the light gets in.
-Leonard Cohen

“Embrace your grief. For there, your soul will grow.”-Carl Jung

Pain becomes suffering as we harden to it. Suffering is such relief, such grace to just sit lovingly with a modicum of discomfort, remembering all those others at this moment with the same pain in this same body of pain and compassion. When we keep pain close to our heart, there arises insight and even compassion. There is a healing when what we fear is warmly received in a clear awareness.
-Stephen Levine

If you bring forth what is within you,
What you bring forth will save you.
If you do not bring forth what is within you,
What you do not bring forth will destroy you.” -Acts of John, Gnostic Scripture

And when your sorrow is comforted you will be content that you have known me.
You will always be my friend. - Antoine de Saint-Exupéry (The Little Prince)

What is life? It is the flash of a firefly in the night. It is the breath of a buffalo in the winter time. It is the little shadow which runs across the grass and loses itself in the sunset. –Crowfoot

There are not rules you can follow. You have to go by instinct and you have to be brave. (How to make an American Quilt)

We must be willing to let go of the life we have planned, so as to have the life that is waiting for us. –Joseph Campbell



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