

# Agapi Stassinopoulos

## Quotes

*Heart, People, Thinking, Believe, World, Body, Opportunity, Want, Spiritual,  
Mean, Self, Matter, Helping, Feels, Helping Others, Safe, Hurt, Powerful,  
Moving, Giving*

If you're going to live in the anxiety of the surface of this world, you're never going to find the depth, the source. If you want calmness, you've got to go deeper.

~Agapi Stassinopoulos

One of the most powerful sayings I have come across is by Imam ash-Shafi'i, "My heart is at ease knowing that what was meant for me will never miss me, and that what misses me was never meant for me."

~Agapi Stassinopoulos

Treat yourself as if you were someone inexpressibly dear to you.

~Agapi Stassinopoulos

It gives me such hope that each one of us can contribute to make this world a better place.

~Agapi Stassinopoulos

My greatest life lesson has been to not wait for the opportunities to come to me. I realize how important it is to be proactive and to create the opportunities myself.

~Agapi Stassinopoulos

The world can only seem a safe place when we feel safe inside.

~Agapi Stassinopoulos

I think I have an awareness inside of me that we are all the same, that basically we are all part of that one heart.

~Agapi Stassinopoulos

No matter who you are, you have a giant self.

~Agapi Stassinopoulos

We forget that our bodies are the most valuable, precious thing we have and take that miracle of life for granted.

~Agapi Stassinopoulos

We all have something that centers us in our lives. That linchpin is something that when we don't do enough of it, we start to feel off center.

~Agapi Stassinopoulos

We are not just these three-dimensional bodies walking around. Our unconscious communicates and other people pick it up and they come to our rescue, or a spirit comes to our rescue.

~Agapi Stassinopoulos

Unbinding the Heart means to really look at the areas in our lives where we withhold our own love from our self and others.

~Agapi Stassinopoulos

When something isn't coming my way, I believe it was not meant for me.

~Agapi Stassinopoulos

Unbinding the Heart really means to bring awareness to those areas we have restricted in our hearts and start to let go, open up, and practice staying open no matter what happens or doesn't happen.

~Agapi Stassinopoulos

Separation can make us feel helpless and powerless, like we have no control. To withstand this negative force, we must return to our inner core, and that takes work. That takes time and patience.

~Agapi Stassinopoulos

Into your darkest corner, you are safe in my love, you are protected. I am the openness you seek, I am your doorway. Come sit in the circular temple of my heart, & let yourself be calm.

~Agapi Stassinopoulos

I'm not what happened to me. I am what I choose to become.

~Agapi Stassinopoulos

The depth of the ocean is calm, but on the surface, there are always waves. If you dive deep in your life, your life can be bliss.

~Agapi Stassinopoulos

The key to success is radical generosity.

~Agapi Stassinopoulos

Maybe your path is completely different from what you imagined.

~Agapi Stassinopoulos

I see parents who bring their kids down because their parents did that to them, instead of reinforcing their gifts, and instilling a sense of what they came to this earth to do.

~Agapi Stassinopoulos

We are not alone and we all have ample creativity within us if we just trust it.

~Agapi Stassinopoulos

What inspires me is helping others to become more of who they are and to learn to become radically generous with each other.

~Agapi Stassinopoulos

We start to feel not good enough and we withdraw our hearts energy and sensor our authentic expression, and that hurts!

~Agapi Stassinopoulos

There is a spirit, an energy, that works with us. We've all felt it at some point in our lives.

~Agapi Stassinopoulos

You can feel small, insignificant and insubstantial, but knowing the universe is in your tiny body should be enough to make you happy.

~Agapi Stassinopoulos

When I'm in a state of goodness about the world, no matter what is happening, I see that goodness. But if I'm in an irritable, angry, separate state, I've shut down.

~Agapi Stassinopoulos

How many times have you prayed or asked or said you needed help, when suddenly somebody showed up in your life? We are all connected through our thoughts.

~Agapi Stassinopoulos

When there is spirit and light, the dark forces of whatever is hidden and suppressed - like hatred and separation - become more powerful.

~Agapi Stassinopoulos

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