

Alan Cohen Quotes

*Love, People, Heart, Thinking, Joy, Way, Needs, Doe, Spirit, Want, World,
Attitude, Moving, Spiritual, Success, Giving, Dream, Pain, Creativity, Uplifting*

Everyone and everything that shows up in our life is a reflection of something that is happening inside of us.

~Alan Cohen

Be happy with what you have. Be excited about what you want.

~Alan Cohen

Do not wait until the conditions are perfect to begin. Beginning makes the conditions perfect.

~Alan Cohen

Guilt: punishing yourself before God doesn't.

~Alan Cohen

Appreciation is the highest form of prayer, for it acknowledges the presence of good wherever you shine the light of your thankful thoughts.

~Alan Cohen

Everything will line up perfectly when knowing and living the truth becomes more important than looking good.

~Alan Cohen

Happy people do not demand a lot from the world because their happiness proceeds from a place deeper than the world can touch.

~Alan Cohen

Personal growth is not a matter of learning new information but of unlearning old limits.

~Alan Cohen

The fire of purpose easily melts the icicles of obstacles.

~Alan Cohen

To grow, you must be willing to let your present and future be totally unlike your past. Your history is not your destiny.

~Alan Cohen

Money is but one venue for generosity. Kindness is an even more valuable currency.

~Alan Cohen

Everything will change when your desire to move on exceeds your desire to hold on.

~Alan Cohen

Gratitude, like faith, is a muscle. The more you use it, the stronger it grows.

~Alan Cohen

If you gave your inner genius as much credence as your inner critic, you would be light years ahead of where you now stand.

~Alan Cohen

Trust who and what you are, and the universe will support you in miraculous ways.

~Alan Cohen

Only those who ask for more can get more and only those who know there is more, ask.

~Alan Cohen

When you protect yourself from pain, be sure you do not protect yourself from love.

~Alan Cohen

You will find truth more quickly through delight than gravity. Let out a little more string on your kite.

~Alan Cohen

Since you are the one who has to live with your choices, be sure they are your own.

~Alan Cohen

Eventually we grow weary of seeking treasures outside ourselves and we begin to look within. There we discover that the gold we sought, we already are.

~Alan Cohen

View the past as your enemy, and it will be an albatross. View it as your friend, and it will give you wings.

~Alan Cohen

When you invest your time and energy in stuff that drags you down, you die a little bit every day.

~Alan Cohen

Don't postpone joy until you have learned all of your lessons. Joy is your lesson.

~Alan Cohen

Love is heaven and fear is hell. Where you place your attention is where you live.

~Alan Cohen

God is a frequency. Stay tuned.

~Alan Cohen

What your heart desires is not too good to be true. It is good enough to be true.

~Alan Cohen

Humility is born of the spirit, humiliation of the ego.

~Alan Cohen

You change the past when you change the way you see it.

~Alan Cohen

Don't use the past as an excuse to miss out on your future.

~Alan Cohen

It is not insult from another that causes you pain. It is the part of your mind that agrees with the insult. Agree only with the truth about you, and you are free.

~Alan Cohen

Whatever you think and talk about paves the runway for what you will create.

~Alan Cohen

The door you open to give love is the very one through which love arrives.

~Alan Cohen

When you learn to say yes to yourself, you will be able to say no to others, with love.

~Alan Cohen

Keeping your commitment to your purpose does not depend on other people keeping theirs.

~Alan Cohen

No matter what has happened, let today be new.

~Alan Cohen

Simply be who you are, do what you do best, be where you are called

by joy, and let life work its magic on your behalf.

~Alan Cohen

Scared and sacred are spelled with the same letters. Awful proceeds from the same root word as awesome. Terrify and terrific. Every negative experience holds the seed of transformation.

~Alan Cohen

Sometimes when things seem to be going wrong, they are going right for reasons you are yet to understand.

~Alan Cohen

You are destined to become the peer of those you most respect because the greatness you perceive in them is your own.

~Alan Cohen

You cannot judge what should bring others joy, and others cannot judge what should bring you joy.

~Alan Cohen

A life without change is not a life; it is a stagnant pool.

~Alan Cohen

The purpose of life is not to fight against evil and misfortune; it is to unveil magnificence.

~Alan Cohen

Upgrade your past by seeing it with appreciation.

~Alan Cohen

The best way to lose weight is to know that you are light.

~Alan Cohen

The deeper you love yourself, the more the universe will affirm your

worth.

~Alan Cohen

There is no real security in what is no longer meaningful.

~Alan Cohen

We hurt ourselves not by what we ask for, but what we settle for.

~Alan Cohen

Joy is not the result of getting what you want; it is the way to get what you want. In the deepest sense, joy is what you want.

~Alan Cohen

All limits exist only in the mind, and it is only in the mind that they can be overcome.

~Alan Cohen

You are doing better than you think you are.

~Alan Cohen

The deeper you love yourself, the more the universe will affirm your worth. Then you can enjoy a lifelong love affair that brings you the richest fulfillment from inside out.

~Alan Cohen

The road to enlightenment is paved with authenticity, not imitation.

~Alan Cohen

The purpose of prayer is not to change God's mind, which always knows your wholeness and your deservingness. The purpose of prayer is to change your mind so you can see through the eyes of God.

~Alan Cohen

You give your power away when you make someone or something

outside of you more important than what is inside of you.

~Alan Cohen

Optimism may sometimes be delusional, but pessimism is always delusional.

~Alan Cohen

To think you know what is best for another person is an industrial-strength ego trip.

~Alan Cohen

Enlightenment does not ask you to be perfect; it simply asks you to find perfection right where you stand.

~Alan Cohen

If you have to have it, it's ego. If you have to not have it, it's ego. Hold life lightly and it will deliver what you need and release what you don't.

~Alan Cohen

Laughter lifts us over high ridges and lights up dark valleys in a way that makes life so much easier. It is a priceless gem, a gift of release and healing direct from Heaven.

~Alan Cohen

The people who are successful are those who are grateful for everything they have. Giving thanks for what we have always opens the door for more to come, and ungratefulness always closes the door.

~Alan Cohen

Use pain as a stepping stone, not a camp ground.

~Alan Cohen

When we make the choice to care, we set into motion a snowball effect that touches many people, most of whom we will never know about . . .

never underestimate the importance of a kind act.

~Alan Cohen

You are in integrity when the life you are living on the outside matches who you are on the inside.

~Alan Cohen

Every choice before you represents the universe inviting you to remember who you are and what you want.

~Alan Cohen

Gratitude incorporates both the heart and mind, and instantly paves the shortest road to happiness.

~Alan Cohen

The people who matter will recognize who you are.

~Alan Cohen

Truly creative people care a little about what they have done, and a lot about what they are doing. Their driving focus is the life force that surges in them now.

~Alan Cohen

While there seem to be many things to manage in the world, the most important thing to manage is your consciousness.

~Alan Cohen

Waiting does not exist in the experience of those who recognize the presence of love wherever they are.

~Alan Cohen

It takes a lot of courage to release the familiar and seemingly secure in order to embrace the new & unknown.

~Alan Cohen

There is virtue in work and there is virtue in rest. Use both and overlook neither.

~Alan Cohen

To love yourself right now, just as you are, is to give yourself heaven. Don't wait until you die. If you wait, you die now. If you love, you live now.

~Alan Cohen

You need not wrestle for your good. Your good flows to you most easily when you are relaxed, open, and trusting.

~Alan Cohen

The world would have you agree with its dismal dream of limitation. But the light would have you soar like the eagle of your sacred visions.

~Alan Cohen

Do what is healing to your spirit and without effort you will bring the world healing in return.

~Alan Cohen

Ask for peace first, and you will clearly see your next step.

~Alan Cohen

Quit planning your dream and start living it.

~Alan Cohen

You empower what you fight. You withdraw power from what you release.

~Alan Cohen

It is not selfish to be happy. It is your highest purpose. Your joy is the greatest contribution you can make to life on the planet. A heart at peace with its owner blesses everyone it touches.

~Alan Cohen

There is more security in the adventurous and exciting, for in movement there is life, and in change there is power.

~Alan Cohen

Will you ever run out of creative ideas and expressions? Ha! The more creative ideas you have, the more you will discover. Creativity is a tree with countless branches that never stop blossoming.

~Alan Cohen

If you are losing your peace in your quest for peace, you are not on the road to peace. The road to peace is peace.

~Alan Cohen

To be content means that you realize you contain what you seek.

~Alan Cohen

Abundance is not a number or acquisition. It is the simple recognition of enoughness.

~Alan Cohen

You can be helping many people, but if you are not helping yourself, you have missed the one person you were born to heal.

~Alan Cohen

You don't need to get anyone else to agree with your truth. You just need to live it.

~Alan Cohen

Everything that you need to succeed has been given to you.

~Alan Cohen

Our history is not our destiny.

~Alan Cohen

People who do not need to please are irresistible because they radiate wholeness, a rare delicacy in a world of hungry hearts.

~Alan Cohen

No one can bother you unless you agree with them.

~Alan Cohen

Life has meaning only if you do what is meaningful to you.

~Alan Cohen

Only the ego resists egos. The spirit may notice egos, but sees beyond them and does not engage with them.

~Alan Cohen

The cause of poverty is not scarcity. It is fear and small thinking.

~Alan Cohen

You can only see in someone else what you see in yourself.

~Alan Cohen

Work may be your dominant thought, and joy an afterthought. But joy is your true purpose, and work the afterthought.

~Alan Cohen

I claim my heart's desire, and I choose my direction. I will attain my chosen goal.

~Alan Cohen

Be clear on where you are and where you want to go and you will get there. It can be the best year of your life.

~Alan Cohen

You believe that a lover will bring you love, but it is your love that will bring you a lover.

~Alan Cohen

An authentic life does not require anyone else's approval for your creative choices.

~Alan Cohen

The best way to be more like me is to be more like you.

~Alan Cohen

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