

Angeles Arrien

Quotes

*Spiritual, Creativity, Life, Heart, Healing, Strong, Sweet, Love, Important, Rivers,
Practice, Massage, Thinking, Essence, Simple, Doe, Mother, Critics, Medicine,
Giving*

We must shift our allegiances from fear to curiosity, from attachment to letting go, from control to trust, and from entitlement to humility.

~Angeles Arrien

In the sweet territory of silence we touch the mystery. It's the place of reflection and contemplation, and it's the place where we can connect with the deep knowing, to the deep wisdom way.

~Angeles Arrien

Four Rules For Life Show up. Pay attention. Tell the truth. Don't be attached to the results.

~Angeles Arrien

The portal of healing and creativity always takes us into the realm of the spirit.

~Angeles Arrien

That which we witness, we are forever changed by, and once witnessed we can never go back.

~Angeles Arrien

Rarely do we realize that if we simply take time to marvel at life's gifts and give thanks for them, we activate stunning opportunities to increase their influence in our lives.

~Angeles Arrien

Healing does not take place in the fast lane.

~Angeles Arrien

Human beings are essentially here for two purposes - to learn about and express love, and to create. We learn about love in all our relationships.

~Angeles Arrien

Our response to an event is more important than the event itself.

~Angeles Arrien

We often feed the critic gourmet meals and starve the rest.

~Angeles Arrien

When we dance we touch the essence of who we are and experience the unity between spirit and matter.

~Angeles Arrien

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