

Anne Lamott

Quotes

Writing, People, Thinking, Children, Believe, Heart, Mother, Self, Prayer, Real, Spiritual, Mean, Trying, Book, Kids, Lying, Giving, Jesus, Mind, Inspirational

Almost everything will work again if you unplug it for a few minutes, including you.

~Anne Lamott

I do not at all understand the mystery of grace - only that it meets us where we are but does not leave us where it found us.

~Anne Lamott

Faith includes noticing the mess, the emptiness and discomfort, and letting it be there until some light returns.

~Anne Lamott

Dogs are the closest we come to knowing the divine love of God on this side of eternity.

~Anne Lamott

... the reason life works at all is that not everyone in your tribe is nuts on the same day. [pp. 65-66]

~Anne Lamott

Sometimes I think that Jesus watches my neurotic struggles, and shakes his head and grips his forehead and starts tossing back mojitos.

~Anne Lamott

Nothing heals us like letting people know our scariest parts: When people listen to you cry and lament, and look at you with love, it's like they are holding the baby of you.

~Anne Lamott

Lighthouses don't go running all over an island looking for boats to save; they just stand there shining.

~Anne Lamott

I thought the secret of life was obvious: be here now, love as if your whole life depended on it, find your life's work, and try to get hold of a giant panda.

~Anne Lamott

Human lives are hard, even those of health and privilege, and don't make much sense. This is the message of the Book of Job: Any snappy explanation of suffering you come up with will be horseshit.

~Anne Lamott

You can get the monkey off your back, but the circus never leaves town

~Anne Lamott

The road to enlightenment is long and difficult, and you should try not to forget snacks and magazines.

~Anne Lamott

A good marriage is where both people feel like they're getting the better end of the deal.

~Anne Lamott

Churches are good for prayer, but so are garages and cars and mountains and showers and dance floors.

~Anne Lamott

Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come. You wait and watch and work: you don't give up.

~Anne Lamott

People help you or you help them and when we offer or receive help, we take in each other. And then we are saved.

~Anne Lamott

In fact, not forgiving is like drinking rat poison and then waiting for the rat to die.

~Anne Lamott

Laughter is carbonated holiness.

~Anne Lamott

I don't remember who said this, but there really are places in the heart you don't even know exist until you love a child.

~Anne Lamott

We must not inflict life on children who will be resented; we must not inflict unwanted children on society.

~Anne Lamott

Don't look at your feet to see if you are doing it right. Just dance.

~Anne Lamott

You can safely assume that you've created God in your own image when it turns out that God hates all the same people you do.

~Anne Lamott

I didn't need to understand the hypostatic unity of the Trinity; I just needed to turn my life over to whoever came up with redwood trees.

~Anne Lamott

But grace can be the experience of a second wind, when even though what you want is clarity and resolution, what you get is stamina and poignancy and the strength to hang on.

~Anne Lamott

Forgiveness is giving up all hope of having had a better past.

~Anne Lamott

Rule 1: When all else fails, follow instructions. And Rule 2: Don't be an asshole.

~Anne Lamott

I thought such awful thoughts that I cannot even say them out loud because they would make Jesus want to drink gin straight out of the cat dish.

~Anne Lamott

You can either practice being right or practice being kind.

~Anne Lamott

When faced with a crisis, do three things: breathe, pray and be kind.

~Anne Lamott

The miracle is that we are here, that no matter how undone we've been the night before, we wake up every morning and are still here. It is phenomenal just to be.

~Anne Lamott

I do not know much about God and prayer, but I have come to believe over the last twenty-five years, that there's something to be said about keeping prayer simple. Help, Thanks, Wow.

~Anne Lamott

Hope begins in the dark.

~Anne Lamott

Never compare your insides to everyone else's outsides.

~Anne Lamott

I am going to try to pay attention to the spring. I am going to look around at all the flowers, and look up at the hectic trees. I am going to close my eyes and listen.

~Anne Lamott

We begin to find and become ourselves when we notice how we are already found, already truly, entirely, wildly, messily, marvelously who we were born to be.

~Anne Lamott

You own everything that happened to you. Tell your stories. If people wanted you to write warmly about them, they should have behaved better.

~Anne Lamott

We are not here to see through one another, but to see one another through.

~Anne Lamott

I spent my whole life helping my mother carry around her psychic trunks like a bitter bellhop. So a great load was lifted when she died, and my life was much easier.

~Anne Lamott

How do you begin? The answer is simple: you decide to.

~Anne Lamott

If we stay where we are, where we're stuck, where we're comfortable and safe, we die there... When nothing new can get in, that's death.

~Anne Lamott

I can tell you that what you're looking for is already inside you.

~Anne Lamott

Listen to your broccoli and it will tell you how to eat it.

~Anne Lamott

What fills us is real, sweet, dopey, funny life.

~Anne Lamott

You have to make mistakes to find out who you aren't. You take the action, and the insight follows: You don't think your way into becoming yourself.

~Anne Lamott

Sometimes this human stuff is slimy and pathetic...but better to feel it and talk about it and walk through it than to spend a lifetime being silently poisoned.

~Anne Lamott

And she is going to dance, dance hungry, dance full, dance each cold astonishing moment, now when she is young and again when she is old.

~Anne Lamott

Gratitude, not understanding, is the secret to joy and equanimity.

~Anne Lamott

I'm human, you're human, let me greet your humanness. Let's be people together for a while.

~Anne Lamott

Trying to reason with an addict was like trying to blow out a lightbulb.

~Anne Lamott

One thing I know for sure about raising children is that every single day a kid needs discipline.... But also every single day a kid needs a break.

~Anne Lamott

Love is so much bigger than our ignorance.

~Anne Lamott

Perfectionism is the voice of the oppressor; the enemy of the people. It will keep you insane your whole life.

~Anne Lamott

...one of the worst things about being a parent, for me, is the self-discovery, the being face to face with one's secret insanity and brokenness and rage.

~Anne Lamott

Grace means you're in a different universe from where you had been stuck, when you had absolutely no way to get there on your own.

~Anne Lamott

The reason I never give up hope is because everything is so basically hopeless.

~Anne Lamott

My idea of absolute happiness is to be in bed on a rainy day, with my blankie, my cat, and my dog.

~Anne Lamott

Having a baby is like suddenly getting the world's worst roommate, like having Janis Joplin with a bad hangover and PMS come to stay with you.

~Anne Lamott

Writing and reading decrease our sense of isolation. They deepen and widen and expand our sense of life: they feed the soul.

~Anne Lamott

Expectations are resentments under construction.

~Anne Lamott

When hope is not pinned wriggling onto a shiny image or expectation, it

sometimes floats forth and opens.

~Anne Lamott

When God is going to do something wonderful, He or She always starts with a hardship; when God is going to do something amazing, He or She starts with an impossibility.

~Anne Lamott

If there is one door in the castle you have been told not to go through, you must. Otherwise, you'll just be rearranging furniture in rooms you've already been in.

~Anne Lamott

The reason 'help' is such a great prayer is that God is the gift of desperation. When you're in despair, you're teachable.

~Anne Lamott

I liked those ladies! They were helpers, and they danced.' These are the words I want on my gravestone: that I was a helper, and that I danced.

~Anne Lamott

You should not bring more items and hurdles to the obstacle course.

~Anne Lamott

I don't know much, but I understand how entirely doomed I am without God.

~Anne Lamott

To love yourself as you are is a miracle, and to seek yourself is to have found yourself for now. And now is all we have, and love is who we are.

~Anne Lamott

No" is a complete sentence.

~Anne Lamott

Butterflies and birds are like one perfect teaspoon of creation.

~Anne Lamott

Prayer means that, in some unique way, we believe we're invited into a relationship with someone who hears us when we speak in silence.

~Anne Lamott

What's the difference between you and God? God never thinks he's you.

~Anne Lamott

Rationality squeezes out much that is rich and juicy and fascinating.

~Anne Lamott

And as it turns out, if one person is praying for you, buckle up. Things can happen.

~Anne Lamott

Here are the two best prayers I know: 'Help me, help me, help me' and 'Thank you, thank you, thank you.'

~Anne Lamott

This is one thing they forget to mention in most child-rearing books, that at times you will just lose your mind. Period.

~Anne Lamott

Sometimes grace is a ribbon of mountain air that gets in through the cracks.

~Anne Lamott

When we agree to being part of something bigger than our own wired,

fixated minds, we are saved.

~Anne Lamott

This is a very violent place to live, the Earth, and we're a very violent species. Cain is still killing Abel. We see that every day.

~Anne Lamott

Publication is not all that it is cracked up to be. But writing is.

~Anne Lamott

If you asked me, parents were supposed to affect the life of their child in such a way that the child grows up to be responsible, able to participate in life and in community.

~Anne Lamott

Laughter is a bubbly, effervescent form of holiness

~Anne Lamott

I think this is how we are supposed to be in the world-present and in awe.

~Anne Lamott

I'm not going to change the way people think about me, but I can say you know what? I'm not going to carry that in my backpack.

~Anne Lamott

Joy is the best makeup.

~Anne Lamott

The movement of grace toward gratitude brings us from the package of self-obsessed madness to a spiritual awakening.

~Anne Lamott

This is who I want to be in the world. This is who I think we are

supposed to be, people who help call forth human beings from deep inside hopelessness.

~Anne Lamott

The truth of my experience is that we are all a lot more alike than we are different.

~Anne Lamott

... one of the immutable laws of being human is that the people who show up are the right people. [p. 65]

~Anne Lamott

The world is always going to be dangerous, and people get badly banged up, but how can there be more meaning than helping one another stand up in a wind and stay warm?

~Anne Lamott

These days cry out, as never before, for us to pay attention, so we can move through them and get our joy and pride back.

~Anne Lamott

Your experiences will be yours alone. But truth and best friendship will rarely if ever disappoint you.

~Anne Lamott

Joy is the best makeup. But a little lipstick is a close runner-up.

~Anne Lamott

You have to keep taking the next necessary stitch, and the next one, and the next. Without stitches, you just have rags. And we are not rags.

~Anne Lamott

It is in many people's best interest for you not to find yourself, but it only

matters that it is in yours, and the whole world's, to proceed.

~Anne Lamott

I'm a terrible Christian and meditating is very hard for me, and I do it. I do it badly, like I do a lot of things. I believe in doing things badly.

~Anne Lamott

You get your confidence and intuition back by trusting yourself, by being militantly on your own side. ... Don't look at your feet to see if you are doing it right. Just dance.

~Anne Lamott

Everyone is screwed up, broken, clingy, and scared, even the people who seem to have it more or less together.

~Anne Lamott

I am going to notice the lights of the earth, the sun and the moon and the stars, the lights of our candles as we march, the lights with which spring teases us, the light that is already present.

~Anne Lamott

Perfectionism is the voice of the oppressor.

~Anne Lamott

Where do we even start on the daily walk of restoration and awakening? We start where we are.

~Anne Lamott

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