

# Barbara De Angelis

## Quotes

*Inspirational, Love, Real, Happiness, People, Relationship, Passion, Life, Moments, Change, Want, Dream, Marriage, Sacred, Believe, Meaningful, Silence, Love Is, Kindness, Looks*

The more anger towards the past you carry in your heart, the less capable you are of loving in the present.

~Barbara De Angelis

Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver.

~Barbara De Angelis

Women need real moments of solitude and self reflection to balance out how much of ourselves we give away.

~Barbara De Angelis

The moment in between what you once were, and who you are now becoming, is where the dance of life really takes place.

~Barbara De Angelis

You never lose by loving. You always lose by holding back. The heart will break... but broken live on.

~Barbara De Angelis

Men are just as sensitive, and in some ways more sensitive, than women are.

~Barbara De Angelis

We need to find the courage to say no to the things and people that are not serving us if we want to rediscover ourselves and live our lives with authenticity.

~Barbara De Angelis

What allows us, as human beings, to psychologically survive life on earth, with all of its pain, drama, and challenges, is a sense of purpose and meaning

~Barbara De Angelis

Marriage is not a noun; it's a verb. It isn't something you get. It's something you do. It's the way you love your partner every day.

~Barbara De Angelis

It takes a lot of courage to be the same person on the outside that you are on the inside.

~Barbara De Angelis

Your passion is your true power. The more you discover and express your passion for life, the more irresistible you will become to others.

~Barbara De Angelis

in all codependent relationships, the rescuer needs the victim as much as the victim needs the rescuer.

~Barbara De Angelis

No one is in control of your happiness but you; therefore, you have the power to change anything about yourself or your life that you want to change.

~Barbara De Angelis

Happiness is not an acquisition - it is a skill. We do not experience happiness because of what we get. We experience happiness because of how we live each moment.

~Barbara De Angelis

If you don't develop your skill at enjoying what you have, you won't be any happier when you get more.

~Barbara De Angelis

Love's greatest gift is its ability to make everything it touches sacred.

~Barbara De Angelis

Living with integrity means... behaving in ways that are in harmony with

your personal values.

~Barbara De Angelis

All relationships are your mirrors and all people are your teachers.

~Barbara De Angelis

Difficult times always create opportunities for you to experience more love in your life.

~Barbara De Angelis

If you aren't good at loving yourself, you will have a difficult time loving anyone, since you'll resent the time and energy you give another person that you aren't even giving to yourself.

~Barbara De Angelis

Love and kindness are never wasted.

~Barbara De Angelis

Only when your consciousness is totally focused on the moment you are in can you receive whatever gift, lesson, or delight that moment has to offer.

~Barbara De Angelis

No matter what age you are, or what your circumstances might be, you are special and you still have something unique to offer. Your life, because of who you are, has meaning.

~Barbara De Angelis

A wise word is more rare than the green emerald, and one can find the word of wisdom even amongst the slave girls making grain.

~Barbara De Angelis

In order to experience everyday spirituality, we need to remember that we are spiritual beings spending some time in a human body.

~Barbara De Angelis

To succeed, you have to do something and be very bad at it for a while. You have to look bad before you can look really good.

~Barbara De Angelis

Men aren't the way they are because they want to drive women crazy; they've been trained to be that way for thousands of years. And that training makes it very difficult for men to be intimate.

~Barbara De Angelis

When you make a commitment to a relationship, you invest your attention and energy in it more profoundly because you now experience ownership of that relationship.

~Barbara De Angelis

When I look for happiness, I lose it. When I stop looking, and surrender to where I am, I find it.

~Barbara De Angelis

Silence has a regenerative power of its own. It is always sacred. It always returns you home.

~Barbara De Angelis

Silence and solitude are confrontational. They plunge us instantly into the truth.

~Barbara De Angelis

When will you know you have enough, and what will you do then?

~Barbara De Angelis

All addictions have one thing in common - they numb you out to what is happening in the moment.

~Barbara De Angelis

I believe tears are holy, because they show us that the ice of our heart is melting.

~Barbara De Angelis

If you let your mind talk you out of things that aren't logical, you're going to have a very boring life. Because grace isn't logical. Love isn't logical. Miracles aren't logical.

~Barbara De Angelis

A lot of people don't know what they want or they want much less than they deserve.

~Barbara De Angelis

If your day is full of little mean, dark thoughts, is it any wonder you feel crabby? Maybe it's because you let your mind run wild like a dog putting its nose into garbage everywhere.

~Barbara De Angelis

No one betrays us as much in our lives as we betray ourselves.

~Barbara De Angelis

They're basically moments in which you're in touch with the meaning of life, when your relationship to the rest of the universe makes sense.

~Barbara De Angelis

When you live with constant gratitude, your life will become a living prayer.

~Barbara De Angelis

Love is the magician of the universe. It creates everything out of nothing.

~Barbara De Angelis

May all that is not love within us and without be healed. May all that is

love within us and without us be revealed. May every day of our lives be lived in love.

~Barbara De Angelis

One of the most courageous things we do is change. If everyone says you're wonderful every time you wear a red dress, and you change to yellow, that takes courage.

~Barbara De Angelis

The greatest gift you and your partner can give your children is the example of an intimate, healthy, and loving relationship.

~Barbara De Angelis

I have experienced a lifetime of real moments, and many of them were happy moments.

~Barbara De Angelis

no job is a good job if it isn't good for you.

~Barbara De Angelis

I just want to get a Ph.D. in love.

~Barbara De Angelis

I invite people to examine their lives without negativity, knowing that it's scary, but that not doing it is even scarier.

~Barbara De Angelis

Love makes every space sacred and every moment meaningful . . .

~Barbara De Angelis

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