

Bernie Siegel Quotes

*People, Doctors, Children, Healing, Mean, Mind, Love, Jobs, Giving,
Meaningful, World, Believe, Feelings, Pain, Mother, May, Love You, Years,
Want, Father*

I believe that we are here to contribute love to the planet - each of us in our own way

~Bernie Siegel

Diseases can be our spiritual flat tires - disruptions in our lives that seem to be disasters at the time but end by redirecting our lives in a meaningful way.

~Bernie Siegel

If you watch how nature deals with adversity, continually renewing itself, you can't help but learn.

~Bernie Siegel

Compliments are the helium that fills everyone's balloon; they elevate the person receiving them so he or she can fly over life's troubles and land safely on the other side.

~Bernie Siegel

Embrace each challenge in your life as an opportunity for self-transformation.

~Bernie Siegel

One's attitude towards oneself is the single most important factor in healing and staying well.

~Bernie Siegel

You can't control the world, but when you control your thoughts, you bring order.

~Bernie Siegel

Love is giving with no expectations...Love cures, heals, and rewards two people: the lover and the beloved.

~Bernie Siegel

Love releases incredible energy that promotes the biochemistry of healing.

~Bernie Siegel

Your body loves you, but if you do not love your life, it will end it far sooner, thinking it is doing you a favor.

~Bernie Siegel

One cannot get through life without pain...What we can do is choose how to use the pain life presents to us.

~Bernie Siegel

When you love the unlovable and forgive the unforgivable, you're free.

~Bernie Siegel

It's not about curing the disease, but healing the life; then the physical benefits come.

~Bernie Siegel

Hoping means seeing that the outcome you want is possible and then working for it.

~Bernie Siegel

Live by your experience and do not let limited beliefs alter your life experience.

~Bernie Siegel

Act as if you are the person you want to be.

~Bernie Siegel

No matter what the statistics say there is always a way.

~Bernie Siegel

For me, a lovely day is any day I wake up.

~Bernie Siegel

There is no such thing as an incurable disease, only incurable people.

~Bernie Siegel

The fundamental problem most patients have is an inability to love themselves, having been unloved by others during some crucial part of their lives.

~Bernie Siegel

Refusal to hope is nothing more than a decision to die.

~Bernie Siegel

I wish medical schools helped us to analyze our healthy and unhealthy reasons for becoming doctors.

~Bernie Siegel

Thoughts are chemical. They can either kill us or cure us.

~Bernie Siegel

If God came in and said, I want you to be happy for the rest of your life, what would you do?

~Bernie Siegel

Life is a labor pain; we are here to give birth to ourself.

~Bernie Siegel

The simple truth is that happy people generally don't get sick

~Bernie Siegel

When guilt rears its ugly head confront it, discuss it and let it go. The past is over. It is time to ask what can we do right, not what did we do wrong. Forgive yourself and move on.

~Bernie Siegel

Feel your feelings. What you bring forth will save you.

~Bernie Siegel

The #1 problem most patients face is the inability to love themselves

~Bernie Siegel

Miracles and angels are a part of our lives, so anticipate them and tune in through your quiet mind.

~Bernie Siegel

Love and peace of mind do protect us. They allow us to overcome the problems that life hands us. They teach us to survive... to live now... to have the courage to confront each day.

~Bernie Siegel

It takes more distress and poison to kill someone who has peace of mind and loves life.

~Bernie Siegel

It is the experience of living that is important, not searching for meaning. We bring meaning by how we love the world.

~Bernie Siegel

An awareness of one's mortality can lead you to wake up and live an authentic, meaningful life.

~Bernie Siegel

Life is an opportunity to contribute love in your own way.

~Bernie Siegel

What if Jesus was the only normal person who ever lived?

~Bernie Siegel

Don't do things to not die, do things to enjoy living. The by-product may

be not dying.

~Bernie Siegel

Doctors are busy playing God when so few of us have the qualifications. And besides, the job is taken.

~Bernie Siegel

We destroy ourselves when we stop feeling. If you bury your feelings within you, you become a graveyard.

~Bernie Siegel

Having pets in the house helps everyone have a reverence for life.

~Bernie Siegel

Relationships keep us alive and our lives meaningful.

~Bernie Siegel

We are here to feel, wonder and gaze in awe at the world. Instead of just teaching our children how to use things and do things, I suggest we nourish their sense of wonder.

~Bernie Siegel

If you talk to your body, it will listen.

~Bernie Siegel

Love and kindness are the basis of my religious beliefs. The rituals and outward signs are not as important as one's actions and deeds. Religion should be a path to God, not something to fight about.

~Bernie Siegel

I've learned to ask people, "You're doing very well so what are you doing? Let me tell other people." So what's made me who I am, my experience.

~Bernie Siegel

If a person can turn from predicting illness to anticipating recovery, the foundation for cure is laid.

~Bernie Siegel

I had patients who didn't die because they had too many pets to try to find homes for. It's why women live longer than men with the same health problems.

~Bernie Siegel

By disregarding intuition in favor of science, or science in favor of instincts, we limit ourselves.

~Bernie Siegel

Don't try to help people to 'not die', help them to enjoy life!

~Bernie Siegel

The doctor that acts out of love doesn't burn out. He or she may get tired physically, but not emotionally.

~Bernie Siegel

Medicine is a very tough thing. I mean, everyone is going to die. Sooner or later. That's a tough thing to face.

~Bernie Siegel

Unconditional love is the most powerful stimulant to the immune system.

~Bernie Siegel

Do things to make your day precious.

~Bernie Siegel

Inspiration is the greatest gift because it opens your life to many new possibilities. Each day becomes more meaningful, and your life is enhanced when your actions are guided by what inspires you.

~Bernie Siegel

Our Creator has given us five senses to help us survive threats from the external world, and a sixth sense, our healing system, to help us survive internal threats.

~Bernie Siegel

Anything that offers hope has the potential to heal.

~Bernie Siegel

I truly feel the best doctors are ones who are criticized by nurses, patients and family. They do not make excuses and learn from their mistakes.

~Bernie Siegel

Give someone who has faith in you a placebo and call it a hair growing pill, anti-nausea pill or whatever, and you will be amazed at how many respond to your therapy.

~Bernie Siegel

Open your mind to all possibilities and believe!

~Bernie Siegel

Stories change people while statistics give them something to argue about.

~Bernie Siegel

You too are a work of art.

~Bernie Siegel

Traditional doctors say I'm a mystic. I don't deny it.

~Bernie Siegel

As doctors, we are not trained to communicate and understand the

power of our words as they relate to a patient's ability and desire to survive.

~Bernie Siegel

If you love people, you'll enjoy your life. If you don't, you won't love anything you do.

~Bernie Siegel

To me, animal communication seemed an insane idea, years ago; but my experience altered my life and my beliefs.

~Bernie Siegel

Animal intuitives can diagnose an animal's physical health problems by listening to the animals.

~Bernie Siegel

True inspiration overrides all fears. When you are inspired, you enter a trance state and can accomplish things that you may never have felt capable of doing.

~Bernie Siegel

Getting well is not the only goal. Even more important is learning to live without fear, to be at peace with life and ultimately death.

~Bernie Siegel

A surgeon is surrounded by people who are sick, discouraged, afraid, embittered, dying - but also courageous, loving, wise, compassionate and alive.

~Bernie Siegel

If I can't find a cat, I stop and quiet my mind, not yelling the cat's name, and focus on connecting with the cat and then I get the message and go to that room or outside door and find the cat.

~Bernie Siegel

Consciousness is non-local and does not depend on words to communicate.

~Bernie Siegel

We have to create perfection through love

~Bernie Siegel

Information doesn't mean a thing to people without inspiration.

~Bernie Siegel

Every day is my best day...I'm not going to have this moment again.

~Bernie Siegel

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