

Brad Willis

Quotes

*Yoga, Vulnerable, Healing, Voice, Thinking, Heart, Strong, War, Long, Grace,
Pain, Cancer, Messages, Gratitude, Mother, Reality, Journey, Grateful, Healthy,
Ego*

I actually think it's courageous to be vulnerable, and it's not something to be avoided.

~Brad Willis

I feel vulnerable every day to the grace of God as expressed in every living thing.

~Brad Willis

I feel vulnerable to the astonishing beauty of being alive and to Mother Nature.

~Brad Willis

I feel positive when I feel vulnerable, because it's another reminder that it's not all about me and about my ego.

~Brad Willis

My message is believe in yourself. Have courage in your capacity. Listen to your inner voice. And then the critical component of all this is, do the work.

~Brad Willis

I'm inspired by how miraculous some of the simplest and most natural aspects of life can be the greatest sources of healing and transformation.

~Brad Willis

You now have permission to be strong and healthy and calm and relaxed. There's no place else to go. There's nothing else to do.

~Brad Willis

I remind myself that I don't have the ability to completely manipulate reality to be exactly what I want it to be.

~Brad Willis

Grateful that it brought me to a point of really seeing myself and really seeing where I was imbalanced, and really seeing it was a message from the Divine that changed my life.

~Brad Willis

Definitely an intelligence in the light of the heart. In yoga, we refer to this as the heart center - right behind the breastbone, and visualize it as a golden candle flame of light and spirit.

~Brad Willis

I was at a point in my life that was really between life or death, and I sort of intuitively and instinctively knew, I have to listen.

~Brad Willis

Each day, I would feel new wisdom and new intuition and I would follow that. Most everything I was doing was coming from that voice in my heart, which was affirmed by the ancient texts.

~Brad Willis

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