

# Brenda Strong Quotes

*Balance, Practice, Yoga, Mind, Mean, Believe, Tree, Differences, Spiritual,  
Roots, Heart, Worry, Reality, Saws, Thinking, Two, Our Thoughts, Challenges,  
Beginners, Daughter*

In life, when you start to fall, you don't have to go crazy, scolding yourself and further throwing yourself off balance. Instead, simply make adjustments.

~Brenda Strong

Growing up in the Pacific Northwest as a young girl, whenever I felt emotionally overwhelmed, I would take a walk in the woods. Being in the stillness and grandeur of trees had always calmed me.

~Brenda Strong

I saw that all aspects of my life had been pulling me out of balance because I hadn't perceived them as part of a "whole," or the totality that was "me."

~Brenda Strong

It feels good to rail against what is wrong in the world, to fight the good fight, to beat the drum of making a difference. I am right there with you.

~Brenda Strong

We are all being called to be more present than ever, while dealing with a more challenging array of personal and professional challenges, opportunities and all-around growth.

~Brenda Strong

Until my Yoga practice became the great facilitator of all things in my life, the integration of career, purpose and motherhood felt like an unattainable dream.

~Brenda Strong

In yoga practice, over time you use fewer muscles more efficiently. Expansion does require energy, but it should not require a great deal of effort.

~Brenda Strong

You can still do all the same things. How you do them is what will shift.

~Brenda Strong

I must have Haley Joel Osment as my agent, because he only sees dead parts

~Brenda Strong

"Balance" as a verb doesn't mean "stillness," but the constant act of making minor corrections from one side to another to bring one towards a center of stability.

~Brenda Strong

I make the necessary "corrections" if I find myself leaning too far in one direction.

~Brenda Strong

The mind and heart is the field upon which war is waged within us. If we can stop that internal fear-based battle, then those outside of us will be affected as well.

~Brenda Strong

There is a polarizing and dualistic experience occurring politically and economically in the world, and I believe we are near the peak of a cyclical and truly chaotic time.

~Brenda Strong

Nine times out of ten it's a minor shift in your focus and your attitude that makes the difference.

~Brenda Strong

I have recently decided that there is no place in my head or my heart for fear anymore.

~Brenda Strong

It is a crucial time to be mindful of our thoughts.

~Brenda Strong

The only unifying thought is one of LOVE.

~Brenda Strong

I am not advocating doing nothing. I am advocating for you to energetically, actively and vigilantly monitor how you are BEING.

~Brenda Strong

I truly have come to believe that there are only two states of being that generate our thoughts: LOVE or FEAR.

~Brenda Strong

After all, if we are co-creators of our reality, as so many philosophies have espoused, then we have a say in how it is, how it goes and our participation in it, right?

~Brenda Strong

I am giving myself permission to love - ALL of it.

~Brenda Strong

As yogis, we are constantly exploring the world of duality, while being acutely aware of the unity of all things.

~Brenda Strong

Being inundated with constant "bad" news from the media doesn't help.

~Brenda Strong

There is a push and a pull almost like an isometric stretch. Our literal flexibility and our physical, psychological and spiritual practices are more important now than ever to balance the boat.

~Brenda Strong

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