

# Bryan Kest Quotes

*Yoga, Perfect, Opportunity, Mean, Doe, Challenges, Important, Meditation,  
Animal, Believe, Planets, Awareness, Desire, Happenings, Roles, Natural,  
Special, Enlightenment, Evolution, Destiny*

Yoga doesn't ask you to be more than you are. But it does ask you to be all that you are.

~Bryan Kest

When you're experiencing what's happening right now, all of a sudden everything that happened to you in your entire life melts away.

~Bryan Kest

Fall with awareness and acceptance.

~Bryan Kest

It doesn't matter what it looks like; it matters what it feels like.

~Bryan Kest

Yoga doesn't want to change you - it wants to take care of you.

~Bryan Kest

I need to somehow peel away the dullness and heighten my sensitivity and alertness. I need to start sucking the juice out of every single moment of the most precious gift ever to be had, "my life!"

~Bryan Kest

Everything becomes an opportunity to evolve and grow.

~Bryan Kest

Welcome to your body.

~Bryan Kest

Be gentle with everything in your life.

~Bryan Kest

Because we are not separate and we are a strand in the web of this existence, there is nothing about us - which includes who we are and what we do - that is not happening perfectly.

~Bryan Kest

One thing I have learned in my 46 years on this planet is that the greatest opportunity for growth and understanding comes through the challenges that we encounter.

~Bryan Kest

As a matter of fact, wherever I get to is a direct result of where I'm at now which makes where I'm at now equally important.

~Bryan Kest

We are so busy and have become so complex, being simple is actually esoteric.

~Bryan Kest

Every experience we have is necessary and perfect. In other words, everything is Perfect.

~Bryan Kest

From inanimate object, to microorganism, to plant, to insect, to animal, to human, there is an evolving level of intelligence.

~Bryan Kest

The only reason that we humans and all creatures have made it thus far is because of the lessons learned consciously and unconsciously through the challenges we have been through.

~Bryan Kest

Everything is unfolding perfectly. As this perfection unfolds, I learn and grow and become all I'm becoming.

~Bryan Kest

Without challenges, there would be no opportunity to evolve.

~Bryan Kest

Yoga practice seems to be used to access some deeper dimension or some enlightened state. Understand right now there is no connection between flexibility and enlightenment.

~Bryan Kest

Mental development is a by-product of hard work and effort.

~Bryan Kest

Everything is natural and nature is the whole of everything of which I am apart of and so are you.

~Bryan Kest

Even if we are destroying this planet, we are playing our role perfectly.

~Bryan Kest

We are acting on our desire; there is nothing wrong. Just remember if it does not pan out, if our desires go unfulfilled, it's perfect!

~Bryan Kest

Higher states of awareness is a by product of mental development and conscious evolution.

~Bryan Kest

Simply because everything is perfect does not imply there is nothing to be done. Actually, it is pretty much the opposite. There is everything to be done.

~Bryan Kest

Conscious evolution means having the desire to evolve.

~Bryan Kest

Enlightenment is higher states of awareness.

~Bryan Kest

There is nothing wrong with what he said or she said or they did, even though it does not feel good.

~Bryan Kest

Learn to take pleasure in the search.

~Bryan Kest

Jesus said "love," "forgive," have "compassion" and "don't judge."  
Buddha said "observe," "be silent," and "serve."

~Bryan Kest

Your physical capabilities have nothing to do with higher consciousness. The depth achieved in any posture only has the ability to hurt or help your body.

~Bryan Kest

The goal of yoga according to Patanjali I am told is citta vrtti nirodha, which means to be silent or free from mental fluctuations.

~Bryan Kest

If all is happening perfectly then all that we are feeling is also perfect, which means if there is something happening that feels like it needs to be changed, then change it.

~Bryan Kest

It seems to me if I would want to access the special, mysterious, mystical, powerful and most important, I simply need to live my life more fully.

~Bryan Kest

There is nowhere pressing to get to because there is absolutely nothing wrong with where I am.

~Bryan Kest

Without challenges we would literally wither and die (which also would be perfect).

~Bryan Kest

Please stop worrying about how much you can do! STOP judging yourself and others on physical abilities and prowess, stop believing MORE is better, stop the madness!

~Bryan Kest

Natural events have completely destroyed this planet on numerous occasions in the past, and just like them we are a natural event destroying this planet.

~Bryan Kest

Most of us can agree there is nothing more special, mysterious, mystical, powerful and important than life!

~Bryan Kest

Exactly like everything around us, we are made of the same elements of this earth and are totally dependent on this earth for our sustenance.

~Bryan Kest

We are creatures on this planet that have the capacity of self-awareness, playing out our role just the same as all else.

~Bryan Kest

Just because we can think does not mean we are separate from everything.

~Bryan Kest

If we do destroy most life on this planet, science says it won't be the first time.

~Bryan Kest

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