

# Caroline Myss

## Quotes

*Healing, Spiritual, Thinking, Choices, People, Heart, Believe, Life, Mean, Needs,  
Letting Go, Prayer, Self Esteem, Pain, Practice, Giving, Purpose, Giving Up,  
Hurt, Spirit*

The soul always knows what to do to heal itself. The challenge is to silence the mind

~Caroline Myss

Just let go. Let go of how you thought your life should be, and embrace the life that is trying to work its way into your consciousness.

~Caroline Myss

When you do not seek or need approval, you are at your most powerful.

~Caroline Myss

Let me give up the need to know why things happen as they do. I will never know and constant wondering is constant suffering.

~Caroline Myss

By far the strongest poison to the human spirit is the inability to forgive oneself or another person. Forgiveness is no longer an option but a necessity for healing.

~Caroline Myss

Grant me the grace to dissolve my negative thoughts about myself today. I breathe the grace of kindness into my heart. And may the grace of healing flow abundantly to every one in need of help.

~Caroline Myss

Never blame another person for your personal choices - you are still the one who must live out the consequences of your choices.

~Caroline Myss

You cannot change anything in your life with intention alone, which can become a watered-down, occasional hope that you'll get to tomorrow. Intention without action is useless.

~Caroline Myss

There is no such thing as a simple act of compassion or an inconsequential act of service. Everything we do for another person has infinite consequences.

~Caroline Myss

Being of service is not an option, it is a biological necessity. Every kind of action we do for someone is a reanimation of our own life force - and of the other person's.

~Caroline Myss

Self-love means caring for ourselves enough to forgive people in our past so that the wounds can no longer damage us - for our wounds do not hurt the people who hurt us, they hurt only us.

~Caroline Myss

Follow your pain as if it were a candle in the night, leading you to a place of decision.

~Caroline Myss

People suffer when they pursue a life or chase a dream that doesn't belong to them.

~Caroline Myss

Self-examination is the process of accountability to your soul...It is far better to "become" your truth than to speak your truth. Self-examination is the practice of becoming your truth.

~Caroline Myss

Whatever is in me is stronger than what is out there to defeat me.

~Caroline Myss

Live one day at a time. Keep your attention in present time. Have no expectations. Make no judgements. And give up the need to know why things happen as they do. Give it up!

~Caroline Myss

If anyone tries to complicate your life, turn and walk away from them.

~Caroline Myss

Choice is your greatest power. It is an even greater power than love, because you must first choose to be a loving person.

~Caroline Myss

When your life begins to harm you, know that you have taken a detour from your true path.

~Caroline Myss

Never, ever mistreat someone who loves you. Because you're not entitled to that love.

~Caroline Myss

This day of your life will never come again.

~Caroline Myss

Master your responses to external events--don't attempt to control them.

~Caroline Myss

The love that flows through your heart purifies not only your own spirit, but the love you share with others.

~Caroline Myss

Whenever you become empowered, you will be tested.

~Caroline Myss

Every single choice we make is either going to enhance the spirit or drain it. Every day, we're either giving ourselves power or taking it away.

~Caroline Myss

Your biography becomes your biology. This biography includes the totality of your choices, the things you feed your body - you thoughts, your actions, your food - the thing you feed your life.

~Caroline Myss

You have resources yet to be unleashed. Make bold, courageous choices. Live as though you have the power to change the world - because you do.

~Caroline Myss

Fate is how your life unfolds when you let fear determine your choices. A path of destiny reveals itself to you, however, when you confront your fear and make conscious choices.

~Caroline Myss

Act on your inner guidance, and give up your need for 'proof' that your inner guidance is authentic. The more you ask for proof, the less likely you are to receive any.

~Caroline Myss

Forgiveness is no longer an option but a necessity for healing.

~Caroline Myss

What drains your spirit drains your body. What fuels your spirit fuels your body.

~Caroline Myss

Life was never meant to be safe. It was meant to be lived right to the end.

~Caroline Myss

Spiritual maturity is measured not by the sophistication of a person's

opinions, but by their genuineness and the courage necessary to express and maintain them.

~Caroline Myss

The dark night of the soul is a journey into light, a journey from your darkness into the strength and hidden resources of your soul.

~Caroline Myss

Wounds are the means through which we enter the hearts of other people. They are meant to teach us to become compassionate and wise.

~Caroline Myss

The strings to our past are burned because we need a new beginning.

~Caroline Myss

When I look at someone's face, I look beyond that face and into the cellular memory in my heart that says, 'Finally you and I have met again. And now we must find out why'.

~Caroline Myss

From a spiritual perspective every relationship we develop, from the most casual to the most intimate, serves the purpose of helping us to become more conscious.

~Caroline Myss

Developing personal power includes learning not to negotiate your self-worth for the sake of someone else or sell yourself short for a job.

~Caroline Myss

Grace is a power that comes in and transforms a moment into something better

~Caroline Myss

Get bored with your past, it's over!

~Caroline Myss

It is your birthright to discover your sacred contract. It will guide you to find your divine destiny.

~Caroline Myss

Of course you battle despair. It is often a day-to-day fight, but it's one that can be won.

~Caroline Myss

It's easy to get lost in endless speculation. So today, release the need to know why things happen as they do. Instead, ask for the insight to recognize what you're meant to learn.

~Caroline Myss

One of the greatest struggles of the healing process is to forgive both yourself and others and to stop expending valuable energy on the past hurts.

~Caroline Myss

Silence is a learned practice that requires far more than just not talking. Not talking is not silence; it's just not talking.

~Caroline Myss

fantasizing is one of the earliest languages in the child's mind. We are in touch with our imagination and dreams before we engage with logic and reason.

~Caroline Myss

There isn't anything in your life that cannot be changed.

~Caroline Myss

Power is at the root of the human experience. Our attitudes and

beliefs--positive or negative--are all extensions of how we define and use power.

~Caroline Myss

Our lives change externally as we change internally.

~Caroline Myss

Healing requires taking action-it is not a passive event.

~Caroline Myss

Forgive and call back the energy wasted on past events.

~Caroline Myss

Therefore, when you enter into anything, as a frightened being, that contract you make with another person out of fear, has to fall apart.

~Caroline Myss

It doesn't matter what you choose, what matters is the energy with which you choose it.

~Caroline Myss

You will always receive help within a second of a prayer. To recognize the help, you must see everything in your life from that second on as a part of the answer to your prayer.

~Caroline Myss

We #fear our intuitions because we fear the transformational power within our revelations.

~Caroline Myss

Managing the power of choice, with all it's creative and spiritual implications, is the essence of the human experience.

~Caroline Myss



Between thinking and seeing, there is a place called knowing.

~Caroline Myss

Forgiveness is a mystical act, not a reasonable one.

~Caroline Myss

While we measure our own success in terms of our personal comfort and security, the universe measures our success by how much we have learned.

~Caroline Myss

If you don't appreciate what you have in life right now, whatever it is, you will never realize your purpose. Without appreciation, you will never become strong enough to respect yourself.

~Caroline Myss

A soulmate is the person who makes your soul grow the most.

~Caroline Myss

Your biography becomes your biology.

~Caroline Myss

You never really know how or when your life is going to change, and that's for the best.

~Caroline Myss

To heal illness, begin by restoring balance.

~Caroline Myss

That which serves our spirits enhances our bodies. That which diminishes our spirits diminishes our bodies.

~Caroline Myss

Intuition is natural by-product of flowering of a mature self-esteem and

a sense of empowerment - not power over, but power to be

~Caroline Myss

Your body is your own planet Earth.

~Caroline Myss

Finding the right healing path requires all or nothing. Once you place conditions on healing, all you can achieve is conditional healing.

~Caroline Myss

Keep your honor code between you and God, you don't break that, no matter who's not looking. God is.

~Caroline Myss

I hold myself accountable for my contradictions.

~Caroline Myss

You have no right to feel entitled. You are not entitled to anything.

~Caroline Myss

Faith is the power to stand up to the madness and chaos of the physical world, while holding the position that nothing external has any authority over what heaven has in mind for you.

~Caroline Myss

Take me away from my sense. I need to go away now, because I'm in chaos - take me down deep. Hover over me, because I need grace. I say that a lot, many times a day.

~Caroline Myss

Belief in oneself is required for healing.

~Caroline Myss

When you approach intuitive methods with respect, you become open

to hearing from your interior channels.

~Caroline Myss

If you have life, you have purpose.

~Caroline Myss

The greatest gift you can give another person is strength.

~Caroline Myss

I prefer a kind of sweet, deep, rich prayer in which a person goes in and says, Take me down deep into the reason you gave me life. Take me down deep. It silences the chaos in me.

~Caroline Myss

The reason you have descended into physical life is to unleash the power of your soul upon Earth.

~Caroline Myss

A breakthrough occurs when you recognize, you are more energy than matter

~Caroline Myss

Be consistent and live what you believe

~Caroline Myss

In general, if a couple cannot expand their original rules and boundaries to accommodate personal growth, the relationship disintegrates.

~Caroline Myss

Survival activates miracles when a person relies on the graces of hope and faith.

~Caroline Myss

Become mindful that remaining in a conflict is a choice.

~Caroline Myss

You don't need a wishbone, you need a backbone.

~Caroline Myss

A compromise is done willingly and out of love. You don't go away thinking, "I betrayed myself."

~Caroline Myss

The journey of consciousness, of mysticism, is to come to know yourself and your own motivations.

~Caroline Myss

Practice the healing power of the compassionate mind.

~Caroline Myss

Perfectionism is the fear of being criticized.

~Caroline Myss

Keep the focus of your life in the here and now.

~Caroline Myss

It is our nature to defy gravity, to transcend the limitations of the reasoning mind and connect with the realm of the mystical truth.

~Caroline Myss

It is not what we choose that is important; it is the reason we choose it.

~Caroline Myss

The more conscious we become the more consciously we choose that which we set in motion to create.

~Caroline Myss

Intention without action is useless.

~Caroline Myss

If you betray yourself, you are no different from the people who hurt you. What's the difference between those people who hurt you and what you are doing to yourself?

~Caroline Myss

Seeing and admitting the truth about ourselves, about our role in creating our own problems, and about how we relate to others is vital for healing.

~Caroline Myss

Life on Earth will never be fair the way we expect it to be.

~Caroline Myss

In order to heal oneself, we must learn how to forgive.

~Caroline Myss

Your spirit is the part of you that has to believe in something more. It's the light of you.

~Caroline Myss

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