

Cheri Huber Quotes

*Inspiration, Self, Children, Acceptance, Bravery, Kindness, Attitude,
Compassion, Way, Suffering, Yoga, Quality, Feelings, Attention, Matter, Want,
Believe, Self Esteem, Thinking, Surrender*

Every time we choose safety, we reinforce fear.

~Cheri Huber

If you had a person in your life treating you the way you treat yourself, you would have gotten rid of them a long time ago.

~Cheri Huber

Feeling bad is not a requirement; it's something we agree to. Cut it loose!

~Cheri Huber

You have been taught that there is something wrong with you and that you are imperfect, but there isn't and you're not.

~Cheri Huber

Do something you fear, NOT to conquer the fear, NOT to accomplish a task, but to familiarize yourself with the processes with which fear protects itself, to demystify it.

~Cheri Huber

Nonacceptance is always suffering, no matter what you are not accepting. Acceptance is always freedom, no matter what you are accepting.

~Cheri Huber

Your definition of who you are is your prison. You can set yourself free at any time.

~Cheri Huber

The voice inside your head is not the voice of god. It just sounds like it thinks it is.

~Cheri Huber

Be just the way you have always been, with this difference: do not

believe any of it, and pay close attention to all of it.

~Cheri Huber

It doesn't matter what did or did not happen then. It only matters what happens NOW.

~Cheri Huber

When you stop comparing what is right here and now with what you wish were, you can begin to enjoy what is.

~Cheri Huber

If you want to know what you were conditioned to believe as a child, look at how you treat yourself now.

~Cheri Huber

Getting where you want to be has everything to do with awareness, and nothing to do with willpower.

~Cheri Huber

Self-judgment is how conditioned mind keeps control over your life.

~Cheri Huber

It takes a tremendous act of courage to admit to your-self that you are not defective in any way whatsoever.

~Cheri Huber

If you want to feel a certain way, feel it now.

~Cheri Huber

Going in the wrong direction but making really good time

~Cheri Huber

All you must do is accept all that is unacceptable to you.

~Cheri Huber

A person who is without fear cannot be controlled.

~Cheri Huber

Breathe in a smile; breathe out a chuckle. (You can do it.)

~Cheri Huber

An essential part of seeing clearly is finding the willingness to look closely and to go beyond our own ideas.

~Cheri Huber

The quality of your life is determined by the focus of your attention.

~Cheri Huber

That which you seek, is causing you to seek.

~Cheri Huber

What we do about our feelings determines the quality of our relationship with ourselves.

~Cheri Huber

That love of the practice of ending suffering will probably be all of the awakening that you would ever desire.

~Cheri Huber

People respond better to kindness than cruelty. Why, it's even caught on in the workplace, that bastion of self-hatred and disrespect.

~Cheri Huber

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