

Christiane Northrup

Quotes

*Body, Healing, Girl, Health, Thinking, Powerful, Healthy, Needs, Age,
Pregnancy, Self, Giving, Moving, Pain, Understanding, Baby, Mean, Long,
World, Moments*

Thoughts are an important part of your inner wisdom and they are very powerful. A thought held long enough and repeated often enough becomes a belief. A belief then becomes your biology.

~Christiane Northrup

Age is just a number, and agelessness means not buying into the idea that a number determines everything from your state of health to your attractiveness to your value.

~Christiane Northrup

My message is "Getting older is inevitable. Aging and deterioration are optional."

~Christiane Northrup

Our inner guidance comes to us through our feelings and body wisdom first -- not through intellectual understanding.

~Christiane Northrup

Loving everything about yourself - even the 'unacceptable' - is an act of personal power. It is the beginning of healing.

~Christiane Northrup

Feeling grateful or appreciative of someone or something in your life actually attracts more of the things that you appreciate and value into your life.

~Christiane Northrup

Your surroundings, home, personal care, pets, clothing & body are all reflections of how you see and express yourself. Do these reflect your true self?

~Christiane Northrup

A grudge is like a cesspool; forgiveness like a flowing river.

~Christiane Northrup

The world is awakening to a powerful truth: Women and girls aren't the problem; they're the solution.

~Christiane Northrup

Celebrate every relationship you've ever had. For better or worse, your relationships are your best teachers.

~Christiane Northrup

True health is only possible when we understand the unity of our minds, emotions, spirits and physical bodies.

~Christiane Northrup

Our female bodies are connected with nature just like a garden.

~Christiane Northrup

Illness is often a sign that you need to make an adjustment in your life path.

~Christiane Northrup

Nothing in our society-with the exception of violence and fear-has been more effective in keeping women in their place than the degradation of the menstrual cycle.

~Christiane Northrup

And, as you know, the present moment is where ALL your power is. A reminder I need regularly. Maybe you too.

~Christiane Northrup

One of the biggest gifts you can give the world is a healed life.

~Christiane Northrup

Imagine what might happen if women emerged from their labor beds with a renewed sense of the strength and power of their bodies, and of their capacity for ecstasy through giving birth

~Christiane Northrup

The female body was designed as a source of pleasure, fertility, movement, strength and wellbeing.

~Christiane Northrup

To get to forgiveness, we first have to work through the painful experiences that require it.

~Christiane Northrup

Understand that you have the ability to get healthy and stay healthy.

~Christiane Northrup

If we lived in a culture that valued women's autonomy and in which men and women practiced cooperative birth control, the abortion issue would be moot.

~Christiane Northrup

What would your life be like if your body were your friend and ally?

~Christiane Northrup

Our desires are the way that the healing life force comes through us and replenishes our bodies.

~Christiane Northrup

When you move toward that which is most fulfilling and life-enhancing, healing follows regardless of what your health is like in that moment.

~Christiane Northrup

Your mind is a dangerous neighbourhood and you shouldn't go in there alone at night

~Christiane Northrup

Those who think of themselves as healthy are indeed healthy - no

matter what is really going on with their bodies.

~Christiane Northrup

The more you move toward what makes you feel good, and move away from those things which bring you distress and pain, the healthier you will be.

~Christiane Northrup

If women experienced the ecstasy of birth, they would have the high that would get them through the hormonal changes of the next week. Your body and your inner wisdom give you that high.

~Christiane Northrup

Unlived dreams often show up in your body as disease. Go for the Big Wow. Life is short!

~Christiane Northrup

I want women and girls everywhere to know - deep in their bone marrow - that girls are born special, whole, and perfect, and nothing can alter that.

~Christiane Northrup

Energy is the prime mover of all we see and know. You change the energy and your body has to respond.

~Christiane Northrup

Love is a universal force, like gravity, that holds the solar system together and pours into our hearts as life-force - and gets expressed to us most beautifully by small children and animals.

~Christiane Northrup

Self-love is part of your birthright. I'm excited to be sharing this message to "beautiful girls" everywhere, including those disguised as grandmothers.

~Christiane Northrup

I keep my center by [surrounding] myself with like-minded people who I can call and visit with and simply be with.

~Christiane Northrup

Science must acknowledge truthfully how much it doesn't know and leave room for mystery, miracles, and the wisdom of nature.

~Christiane Northrup

You have far more power to heal and be healthy than you ever dreamed possible. Your health is not outside of you. And you don't need to deteriorate with advancing age.

~Christiane Northrup

I want you to know that it is pleasure, not pain, that is your birthright.

~Christiane Northrup

Our own body is the best health system we have-if we know how to listen to it.

~Christiane Northrup

Nothing happens randomly.

~Christiane Northrup

Because connection with others and our "best self" is the most primal need we have, shame feels absolutely awful.

~Christiane Northrup

Be joyful and experience pleasurable lives.

~Christiane Northrup

We have the ability to become far more powerful and happy and healthy than we ever dreamed possible. At any age.

~Christiane Northrup

You don't need to deteriorate with advancing age.

~Christiane Northrup

I am tremendously moved anytime anyone gives birth to something from deep within themselves that is pure and authentic.

~Christiane Northrup

Ellen Langer's work has been an inspiration to me for years. Counterclockwise, her latest book, will change the way you think about your health - for the better. It's simply fabulous.

~Christiane Northrup

A woman's body image is absolutely paramount to her health.

~Christiane Northrup

Your health is not outside of you.

~Christiane Northrup

The body creates health daily. It is inherently self-healing.

~Christiane Northrup

natural birth is full of magnificent, life-changing wisdom.

~Christiane Northrup

All health begins with how we perceive ourselves and our bodies.

~Christiane Northrup

The Greatest Pregnancy Ever is a treasure. It should be the very first thing a pregnant woman reads - in fact, every woman who intends to have a baby will be thrilled with the empowering message here.

~Christiane Northrup

Learning to love yourself should not become a life-long challenge that most of us never meet.

~Christiane Northrup

I have always liked working "upstream" long before health problems hit the body.

~Christiane Northrup

I want girls to have an imprint of self-love firmly in place at a young age.

~Christiane Northrup

By becoming mindful of our cultural programming, we can step out of it.

~Christiane Northrup

We all have unresolved shame, because it is used as a tool to control behavior.

~Christiane Northrup

Shame is, hands down, the most uncomfortable feeling. And, because it produces continuous amounts of inflammatory chemicals in the body, it is also a health risk.

~Christiane Northrup

The message "Your body isn't good enough" translates in a little girls mind to "YOU aren't good enough." This becomes a core belief that gets passed on to the next generation.

~Christiane Northrup

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