

# Dan Millman

## Quotes

*Warrior, Mind, Spiritual, Life, Peaceful Warrior, Heart, Mean, Body, Thinking,  
World, Inspirational, Energy, Responsibility, Choices, Courage, Simple,  
Attention, Needs, Ifs, Sea*

Faith means living with uncertainty - feeling your way through life, letting your heart guide you like a lantern in the dark.

~Dan Millman

Life comes at us in waves. We can't predict or control those waves, but we can learn to surf

~Dan Millman

Willpower is the key to success. Successful people strive no matter what they feel by applying their will to overcome apathy, doubt or fear.

~Dan Millman

There is no path to Happiness. Happiness is the path. There is no path to Love. Love is the path. There is no path to Peace. Peace is the path.

~Dan Millman

There are no ordinary moments.

~Dan Millman

You don't have to control your thoughts; you just have to stop letting them control you.

~Dan Millman

everyone tells you what's good for you. they don't want you to find your own answers. they want you to believe theirs.

~Dan Millman

A warrior does not give up what he loves, he finds the love in what he does

~Dan Millman

The seasons do not push one another; neither do clouds race the wind across the sky. All things happen in their own good time.

~Dan Millman

Stress happens when your mind resists what is...The only problem in your life is your mind's resistance to life as it unfolds.

~Dan Millman

Money is neither my god nor my devil. It is a form of energy that tends to make us more of who we already are, whether it's greedy or loving.

~Dan Millman

Choice means giving up something you want for something else you want more.

~Dan Millman

When we feel stuck, going nowhere-even starting to slip backward-we may actually be backing up to get a running start.

~Dan Millman

Your fears are not walls, but hurdles. Courage is not the absence of fear, but the conquering of it.

~Dan Millman

Everything you'll ever need to know is within you; the secrets of the universe are imprinted on the cells of your body.

~Dan Millman

The time is now, the place is here. Stay in the present. You can do nothing to change the past, and the future will never come exactly as you plan or hope for.

~Dan Millman

While some of us act without thinking, too many of us think without acting.

~Dan Millman

There are no mistakes, only lessons. If you don't learn the lesson the

first time, they get harder.

~Dan Millman

When you begin your transcendental training, focusing your best efforts, without attachment to outcomes, you will understand the peaceful warrior's way.

~Dan Millman

If you desire to dig a well to reach water, your efforts are more fruitful if you dig one 100-foot-deep hole than if you dig ten holes each 10 feet deep.

~Dan Millman

Where are you? Here What time is it? Now What are you? This moment.

~Dan Millman

Act happy, feel happy, be happy, without a reason in the world. Then you can love, and do what you will.

~Dan Millman

When you release your expectations that the world should fulfill you, your disappointments vanish.

~Dan Millman

You can change your life with a simple shift of attention. But to make that simple shift, you have to find your heart. It's the only way. Accept yourself, then transcend yourself.

~Dan Millman

Thoughts naturally arise. The point of meditation is not to banish thoughts but to make peace with them by realizing their lack of substance.

~Dan Millman

If you don't get what you want, you suffer; if you get what you don't want, you suffer; even when you get exactly what you want, you still suffer because you can't hold on to it forever.

~Dan Millman

When we know deep down that we're acting with integrity despite impulses to do otherwise, we feel gates of higher energy and inspiration open inside of us.

~Dan Millman

Allow rather than resist what arises in the present moment-inside or out. Let it be interesting rather than good or bad.

~Dan Millman

The secret of change consists in concentrating one's energy to create the new, and not to fight against the old.

~Dan Millman

The journey is what brings us happiness not the destination.

~Dan Millman

This planet is a divine school, and daily life a classroom. Our choice of teachers depends on what we need to learn.

~Dan Millman

Before you can see the Light, you have to deal with the darkness.

~Dan Millman

Everything you need to know is within you. Listen. Feel. Trust the body's wisdom.

~Dan Millman

You are a dynamic whole greater than the sum of your parts. By integrating your body, mind, and emotions through training, you

reshape your life.

~Dan Millman

Live with a peaceful heart; cultivate a warrior's spirit.

~Dan Millman

If you face just one opponent, and you doubt yourself, you're out-numbered

~Dan Millman

To be authentic literally means to be your own author.

~Dan Millman

I have an almost religious zeal... not for technology per se, but for the Internet which is for me, the nervous system of mother Earth, which I see as a living creature, linking up.

~Dan Millman

Find the heart of it. Make the complex simple, and you can achieve mastery.

~Dan Millman

Dream big. Start small and then connect the dots

~Dan Millman

So trust the process of your life unfolding, and know with certainty, through the peaks and valleys of your journey, that your soul rests safe and secure in the arms of God.

~Dan Millman

If you want a kinder world, then behave with kindness; if you want a peaceful world, make peace within.

~Dan Millman

Carry your groceries, garden, and do other activities that keep you moving. You will add more years to your life and more life to your years.

~Dan Millman

Bad people don't go to hell, they are already there.

~Dan Millman

Life is not a private affair. A story and its lessons are only made useful if shared.

~Dan Millman

Be happy now, without reason - or you never will be at all.

~Dan Millman

Embrace the higher truth that everything comes to pass exactly as it should. Find peace and wisdom by accepting what is.

~Dan Millman

Enlightenment is not an attainment; it is a realization. And when you wake up, everything changes and nothing changes. If a blind man realizes that he can see, has the world changed?

~Dan Millman

Aim not to win or succeed, but for excellence in the moment.

~Dan Millman

Conscious evolution begins as we take responsibility for clearing our own obstructions.

~Dan Millman

Unless someone truly has the power to say no, they never truly have the power to say yes.

~Dan Millman

If you want peace of mind I suggest you resign as general manager of the universe.

~Dan Millman

Our sense of self-worth is the single most important determinant of the health, abundance, and joy we allow into our lives.

~Dan Millman

Your fears are not walls, but hurdles.

~Dan Millman

When in haste, rest in the present. Take a deep breath and come back to here and now.

~Dan Millman

You get no more and no less than what you believe you deserve.

~Dan Millman

You have to lose your mind in order to regain your senses.

~Dan Millman

Your body is malleable; you can sculpt it over time with daily habits of diet and exercise. The law of accommodation reminds us that the body may change slowly, but it will change.

~Dan Millman

Personal and collective awakening are one and the same - when a raindrop joins the sea, the sea also merges with the raindrop.

~Dan Millman

No need to feel brave or confident; just behave that way.

~Dan Millman

I had lost my mind and fallen into my heart.



~Dan Millman

There are times to let things happen, and times to make things happen. Now is that time. You will either make things happen, watch what happens, or wonder what happened.

~Dan Millman

Faith is the courage to live your life as if everything that happens does so for your highest good and learning. Like it or not.

~Dan Millman

A jet plane cannot mow the lawn, but it can fly to distant destinations. Don't worry so much about what you can't do; just do what you can as only you can do it.

~Dan Millman

Managing your money does not depend upon becoming wealthy or declaring vows of poverty. Rather, it is about creating stability and sufficiency - a balanced flow of monetary energy through your life.

~Dan Millman

My life has been less like a light switch suddenly turning on, and more like a dimmer switch slowly turned up, over time, more in some moments than others.

~Dan Millman

Refine your senses a little more each day; stretch them...your awareness will pierce deeply into your body and into the world.

~Dan Millman

Looking back we see with great clarity, and what once appeared as difficulties now reveal themselves as blessings.

~Dan Millman

As we stop monitoring others' opinions, we connect with our heart's wisdom.

~Dan Millman

Every choice eventually leads to wisdom.

~Dan Millman

The world's a puzzle; no need to make sense out of it." - Socrates

~Dan Millman

It may be true that the unexamined life is not worth living-but neither is the un-lived life worth examining.

~Dan Millman

Live in the Moment", "Empty Your Mind of the Trash" Wisdom is the Use of Knowledge

~Dan Millman

You're a prisoner of your own illusions - about yourself and about the world.

~Dan Millman

The warrior is Here, Now.

~Dan Millman

Sports and sex and movies are not inherently bad - But for you they're addictions, not enjoyments. You use them to distract you from what you know you should do. Break free!

~Dan Millman

To see where something leads, it's best to wait until you've reached the end.

~Dan Millman

Better never begin; once begun, better finish.

~Dan Millman

Life is the only real teacher. It offers many experiences....But the lessons of experience are hidden.

~Dan Millman

Sometimes sorrow, sometimes joy. But beneath it all remember the innate perfection of your life unfolding. That is the secret of unreasonable happiness.

~Dan Millman

To rid yourself of old patterns, focus all your energy not on struggling with the old, but on building the new.

~Dan Millman

Autumn leaves shower like gold, like rainbows, as the winds of change begin to blow, signaling the later days of autumn.

~Dan Millman

As a peaceful warrior, I would choose when, where and how I would behave. With that commitment, I began to live the life of a warrior.

~Dan Millman

Life is a series of moments. The quality of attention and action that we bring to each moment determines the quality of our lives.

~Dan Millman

In life, stress happens when you resist what arises.

~Dan Millman

Do you have the courage for it? Do you have the love? If you have enough of one, you will develop the other.

~Dan Millman

Meditation is a valuable exercise, but eventually you have to open up your eyes and look around.

~Dan Millman

Consciousness is not in the body; the body is in consciousness. And you are that consciousness.

~Dan Millman

Freedom from mental distraction equals power.

~Dan Millman

We discover our character through decisions under pressure.

~Dan Millman

The hours of your life are the most valuable currency you will ever have. How will you spend them?

~Dan Millman

A little bit of something beats a lot of nothing. Break the largest of difficult tasks into the smallest of steps and it can be done.

~Dan Millman

The only laws are paradox, humor and change.

~Dan Millman

Stay present. You'll always have time to worry later on if you want to.

~Dan Millman

Although motivation comes and goes, you can always rely on your will.

~Dan Millman

Avoid fragmentation: Find your focus and seek simplicity. Purposeful living calls for elegant efficiency and economy of effort-expanding the minimum time and energy necessary to achieve desired goals.

~Dan Millman

Babe Ruth was the home-run king of his time, but also the strikeout king.

~Dan Millman

Simplicity has power. Founding our life on constructive, positive behavior is the simplest, most direct, and powerful approach I've ever found-simple, but not easy.

~Dan Millman

Responsibility is a grace you give yourself not an obligation

~Dan Millman

Wisdom is the use of knowledge

~Dan Millman

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