

# David Richo

## Quotes

*Acceptance, Mean, Believe, Appreciation, Effort, Letting Go, Grieving, Thinking,  
People, Self, Hero, Compassion, Grief, Destiny, Practice, Fear, Perfect, Hurt,  
Long, Loss*

Humility means accepting reality with no attempt to outsmart it.

~David Richo

We do not create our destiny; we participate in its unfolding. Synchronicity works as a catalyst toward the working out of that destiny.

~David Richo

Our wounds are often the openings into the best and most beautiful part of us.

~David Richo

A wound does not destroy us. It activates our self-healing powers. The point is not to "put it behind you" but to keep benefiting from the strength it has awakened.

~David Richo

Once we understand that what happens beyond our control may be just what we need, we see that acceptance of reality can be our way of participating in our own evolution.

~David Richo

Most people think of love as a feeling, but love is not so much a feeling as a way of being present.

~David Richo

Spirituality is the intersection of three paths: letting go of ego, an unconditional yes to the conditions of human existence, and an immeasurable compassion.

~David Richo

I see that mankind still survives after all its attempts to destroy itself and so I surmise that it is the law of love that rules mankind.

~David Richo

When we feel unsafe with someone and still stay with him, we damage our ability to discern trustworthiness in those we will meet in the future.

~David Richo

It is not that practice makes perfect but that practice is perfect, combining effort with an openness to grace.

~David Richo

Mindfulness is both a state of being and a daily spiritual practice, a form of meditation.

~David Richo

Relationships are not about how two people can survive each other but about how the whole world becomes more capable of love, with all its dim anguish and glowing rapture.

~David Richo

Mindful grief means mourning and letting go of the past without expectation, fear, censure, blame, shame, control and so forth. Without such mindful grief, neither past nor person can be laid to rest.

~David Richo

Evoke one good memory for each bad one from now on.

~David Richo

The human heart holds much more love than it can ever disburse in one lifetime.

~David Richo

What we are not changing, we are choosing.

~David Richo

To be adult in relationship is not to be conflict-free, it's to resolve conflicts mindfully.

~David Richo

True optimism is not the prospect of control over pain or elimination of it but survival through it.

~David Richo

When we notice a connection between our present fears and their origins in early life, we are finding out how much of our identity is designed by fear. Is fear the architect of me?

~David Richo

We do not live on the Earth, we are a part of how the Earth lives.

~David Richo

We can actually reconstruct our past by examining what we think, say, feel, expect, believe, and do in an intimate relationship now.

~David Richo

Synchronicity is a term used by Carl Jung to describe coincidences that are related by meaningfulness rather than by cause and effect.

~David Richo

The foundation of adult trust is not "You will never hurt me." It is "I trust myself with whatever you do."

~David Richo

The challenge is to find our destiny in exactly what we are refusing to engage in.

~David Richo

We were born with four words engraved on our bodies and in our hearts: Love me, hold me.

~David Richo

Our tears are precious, necessary, and part of what make us such endearing creatures.

~David Richo

Bread takes the effort of kneading but also requires sitting quietly while the dough rises with a power all its own.

~David Richo

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