

Debbie Ford

Quotes

Heart, Soul, Giving, Order, Warrior, Past, Light, World, Self, People, Choices, Vision, Compassion, Believe, Energy, Letting Go, Spiritual, Voice, Doors, Needs

When you make peace with yourself, the world will mirror back that same level of peace.

~Debbie Ford

Unforgiveness is the poison you drink every day hoping that the other person will die.

~Debbie Ford

Whatever we refuse to recognize about ourselves has a way of rearing its head and making itself known when we least expect it.

~Debbie Ford

Embracing our dark side gives us a new found freedom to be with the darkness in others. For when I can love all of me, I will love all of you.

~Debbie Ford

The greatest act of courage is to be and to own all of who you are - without apology, without excuses, without masks to cover the truth of who you are.

~Debbie Ford

If you admire greatness in another human being, it is your own greatness you are seeing.

~Debbie Ford

It is time to search out your uniqueness, applaud and acknowledge yourself, and let your own light shine.

~Debbie Ford

Notice what happens when you choose to embrace rather than reject each feeling that arises within you today.

~Debbie Ford

Right now, there is a stronger, more vibrant, more inspired version of

you that is wanting and waiting to emerge.

~Debbie Ford

Do not wait another day to become fully engaged in your life, to learn to love and to forgive, and to live with greater purpose & meaning.

~Debbie Ford

Love is the answer, the spiritual solution that holds the power to end the war that rages within each of us.

~Debbie Ford

We can't fight darkness with darkness. We have to find compassion, and embrace the darkness inside of us in order to understand it and, ultimately, to transcend it.

~Debbie Ford

All of our suffering in life is from saying we want one thing and doing another.

~Debbie Ford

If you ask the Universe to be your partner and guide you on the path to wholeness, it will oblige.

~Debbie Ford

Live in the knowledge that you are a gift to the world.

~Debbie Ford

Fear is the culprit that robs us of our greatest lives. And although it's mostly made up or a learned behavior from our past, almost everybody I've ever met in my life struggles with fear.

~Debbie Ford

What if the key to unlocking your true authentic power, to opening up your heart deeply to love, to finding the confidence to go after

everything you want in your life lies hidden in your shadow?

~Debbie Ford

Every important choice we make is being guided by one of two places: either it is an act of faith or it is an act of fear. Faith opens the door to a new future.

~Debbie Ford

Standing in our power requires us to let go of the need to make others like us & instead stand committed to honoring ourselves.

~Debbie Ford

Many of us are frightened to look within ourselves, and fear has us put up walls so thick we no longer remember who we really are.

~Debbie Ford

We are meant to discover our authentic nature-the state of being in which we are inspired by ourselves, turned on, lit up, and excited about who we are.

~Debbie Ford

By choosing not to allow parts of ourselves to exist, we are forced to expend huge amounts of psychic energy to keep them beneath the surface.

~Debbie Ford

Remember, all the answers you need are inside of you; you only have to become quiet enough to hear them.

~Debbie Ford

For when I can love all of me, I will love all of you.

~Debbie Ford

A wise person once wrote, "Resentment is like drinking poison and

hoping the other person would die.â€• But the only one dying is ourselves.

~Debbie Ford

Loving yourself means making choices that allow you to care for the important person that you are.

~Debbie Ford

Standing in our power demands that we be vulnerable, listen to our own voice, and take risks outside the comfort of what we know.

~Debbie Ford

We and we alone have the power to change our lives, and we can choose to do so at any moment.

~Debbie Ford

If we want to know what we're really committed to, all we have to do is look at our lives.

~Debbie Ford

Your soul never asks you to endure anything you can't handle.

~Debbie Ford

We must be willing to take an honest look at ourselves and step out beyond our judgmental mind. It is here that we will have a life-altering shift in perception, an opening of our heart.

~Debbie Ford

When you invoke the agent of change called acceptance, you must accept all that you are, all that you've been and all that you will be in the future.

~Debbie Ford

Faith gives us strength and reassurance and leaves us bathed in the

wisdom that we are never alone.

~Debbie Ford

We each need to become our own hero.

~Debbie Ford

To get to this place of a warrior's courage, we must give up the stories that have ruled our lives and shatter the self-image we created to affirm our story.

~Debbie Ford

I define God as an energy. A spiritual energy. It has no denomination, it has no judgment, it has an energy that when we're connected to it we know why we're here and what we're here to do.

~Debbie Ford

True courage comes not just from feeling confident and strong, but from being the honest, authentic expression in yourself. Think about how audacious it is to really believe in yourself.

~Debbie Ford

To ignite your confidence and reclaim your courage, you must step into the highest vision of who you are. The only way to do this is to make the journey back into the arms of the Divine.

~Debbie Ford

Surrender is a gift that you can give yourself. It's an act of faith. It's saying that even though I can't see where this river is flowing, I trust it will take me in the right direction.

~Debbie Ford

Your life will be transformed when you make peace with your shadow.

~Debbie Ford

Taking back our light from those we've projected it onto opens the door to an unimaginable future.

~Debbie Ford

Become aware of your negative expectations and practice replacing them with positive expectations.

~Debbie Ford

The level of consciousness you choose to tune in to each moment of each day will determine the quality of your experience of the world.

~Debbie Ford

When you learn that you can trust life, life will deliver treasures beyond your imagination.

~Debbie Ford

We are all stronger than we can ever imagine being. Every choice matters starting with today. And today, I choose to live.

~Debbie Ford

Before we can experience the pure & serene state of love, we must learn how to give forgiveness - to ourselves & to others. Have you forgiven yourself?

~Debbie Ford

People with hearts filled with love, peace, and compassion live in heaven.

~Debbie Ford

Vision lifts you up. It makes you smile a secret smile because you know that you have something very special to share. What is your vision?

~Debbie Ford

Each aspect within us needs understanding and compassion. If we are

unwilling to give it to ourselves how can we expect the world to give it to us?

~Debbie Ford

It's not our job to assess the merit of our vision or judge its importance. It is our job to receive the vision and act upon it.

~Debbie Ford

In order to find peace, we must expose the masks we use to hide behind.

~Debbie Ford

Our perspectives on situations act like a lens through which we view the world.

~Debbie Ford

When you trust the universe, you get to play in the magical world of God's plan.

~Debbie Ford

Before you begin your day: Take a moment of silence and meditation, and give yourself permission to have all that you desire.

~Debbie Ford

Your soul is infinitely creative. It is alive and expansive in nature. It is curious and playful, changing with the tides of time.

~Debbie Ford

Why can't we see everyone and everything as God, as a part of the Divine? It is because we don't see ourselves this way.

~Debbie Ford

A courageous warrior knows that she is powerfully sourced by something much greater than herself and that she can release the

judgments of others.

~Debbie Ford

A strong plan of action will yield you quantum results and will ensure that you don't fall into the familiar patterns of your past.

~Debbie Ford

Everything that comes our way is so we can grow and evolve, and if we look at it like that, then we have the great opportunity to step into who we always wanted to be.

~Debbie Ford

Resentments lodge inside you, causing you to lose touch with your inherent worth, your joy, and - more important - your God-loving heart.

~Debbie Ford

Owning our power means claiming the credibility and uniqueness of our own humanity.

~Debbie Ford

Many of us don't realize that we have a choice about which aspect of ourselves we will use as the foundation upon which we build our lives.

~Debbie Ford

When you are grounded in the present - feeling your feelings, listening to your body, tasting your food, and expressing your ideas - you do not build up toxicity. You digest your experience as you go.

~Debbie Ford

Now is the time to take back your energy, your power, and your peace.

~Debbie Ford

Being present means being completely aware of all that is. It means you're not in denial, you're not pretending, and you're not avoiding.

~Debbie Ford

Challenge the person you think you are in order to unveil the person you are capable of becoming

~Debbie Ford

Our society nurtures the illusion that all the rewards go to the people who are perfect. But many of us are finding out that trying to be perfect is costly.

~Debbie Ford

I have a choice: Do I want to align with the GREATEST VISION OF MYSELF or Do I want to align with my EXCUSES?

~Debbie Ford

In order to access a warrior's courage, we must explore why we are so committed to our story and what we are afraid will happen if we give it up.

~Debbie Ford

The evolution of one's own soul is a process. It's not a quick fix. It's not a five-day workshop. It's a lifetime process where we let go, discover and then allow for futures to come into existence.

~Debbie Ford

The present moment is the pivotal point of power.

~Debbie Ford

Think about how audacious it is to really believe in yourself.

~Debbie Ford

When you are in harmony with yourself, you'll be in harmony with everyone else.

~Debbie Ford

All real change requires risk. You must take risks every day of your life. You must get up each morning and ask...: What can I do that is different?

~Debbie Ford

You are here to deliver a divine gift to the world.

~Debbie Ford

Our difficulties launch us into new states of consciousness where we are inspired to step out of the reality of our smallest thoughts and step into the limitless freedom of our biggest dreams.

~Debbie Ford

We see only that which we are.

~Debbie Ford

Heaven is the experience of being completely present to all that is, all that you are, and all that you have to give. Are you choosing to live in heaven or suffer in hell?

~Debbie Ford

Asking "Am I choosing from my divinity or am I choosing from my humanity?" opens the door for us to experience realms of reality that we may never have visited before.

~Debbie Ford

Our pain can be our greatest teacher. It leads us to places we'd never go on our own.

~Debbie Ford

If we want a new future that does not look like our past, we must make new choices in the present.

~Debbie Ford

It is your holy work, to deeply love, honor and respect the precious self that you are, the soul that only you hold.

~Debbie Ford

There is not one life that doesn't add tremendous value to the whole. Somewhere inside of us we know this to be true; we hear the call to head in the direction of this bigger life.

~Debbie Ford

A strong, clear vision holds the power to transcend your current reality, bypassing the day-to-day challenges that might be keeping you stuck where you are. What is your vision?

~Debbie Ford

We choose to forget aspects of ourselves and then we forget that we've forgotten.

~Debbie Ford

As you continue the work of acknowledging and claiming the gifts of your past and standing in the power of your present, you are freeing up enormous reserves of creative energy.

~Debbie Ford

The mind can't take you where your heart longs to go.

~Debbie Ford

Reclaiming the parts of ourselves that we have relegated to the shadow is the most reliable path to actualizing all of our human potential.

~Debbie Ford

In the realm of divine consciousness, you can see beyond beliefs, beyond knowing, and beyond not knowing.

~Debbie Ford

What you can't be with, won't let you be.

~Debbie Ford

Divorce becomes a holy moment when you choose to use it as a catalyst for having an extraordinary life.

~Debbie Ford

Mary Allen has compiled a wealth of tools and resources - both inner and outer - to support you in consciously directing your untapped potential and creating a life that you love.

~Debbie Ford

You must have the guts to throw off the chains of modesty and mediocrity in order to be the light that the world needs.

~Debbie Ford

Emotional turmoil can be a powerful catalyst to reconnect us with our divine nature. It propels us into a journey of self discovery and urges us to learn how to love and accept our entire being.

~Debbie Ford

Many of us have read about and talked about forgiveness, and we understand intellectually why it might benefit us to let go of anger toward others. But we hold on anyway.

~Debbie Ford

We were birthed with one soul to take care of, and we must take care of it.

~Debbie Ford

I grew up very insecure. From the time I was little I used to hide under my mother's dress.

~Debbie Ford

It's easy to love yourself when you feel good enough, when you feel special enough, when you're loved enough, when you have enough money, and you're appreciated.

~Debbie Ford

It is your soul's journey to enroll the ego in the quest for the ultimate victory - the evolution of your own individual consciousness.

~Debbie Ford

It isn't what happens to us in life that creates our joy, but rather how we respond to what happens in our lives.

~Debbie Ford

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