

Elisabeth Kubler-Ross

Quotes

*Death, Life, Spiritual, Pain, Love, Grief, Inspirational, Children, Needs, Real,
Dying, Giving, Beautiful, Thinking, Choices, People, Knowing, Self, Taught,
Inspiration*

The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of those depths.

~Elisabeth Kubler-Ross

People are like stained - glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within.

~Elisabeth Kubler-Ross

Learn to get in touch with the silence within yourself, and know that everything in life has purpose. There are no mistakes, no coincidences, all events are blessings given to us to learn from.

~Elisabeth Kubler-Ross

Death is but a transition from this life to another existence where there is no more pain and anguish. All the bitterness and disagreements will vanish, and the only thing that lives forever is love.

~Elisabeth Kubler-Ross

There is within each one of us a potential for goodness beyond our imagining; for giving which seeks no reward; for listening without judgment; for loving unconditionally.

~Elisabeth Kubler-Ross

The opinion which other people have of you is their problem, not yours.

~Elisabeth Kubler-Ross

We think sometimes we're only drawn to the good, but we're actually drawn to the authentic. We like people who are real more than those who hide their true selves under layers of artificial niceties

~Elisabeth Kubler-Ross

When life puts you through a tumbler, it's your choice whether you

come out polished or crushed.

~Elisabeth Kubler-Ross

I've told my children that when I die, to release balloons in the sky to celebrate that I graduated. For me, death is a graduation.

~Elisabeth Kubler-Ross

You are not a powerless speck of dust drifting around in the wind...we are, each of us, like beautiful snowflakes-unique, and born for a specific reason and purpose.

~Elisabeth Kubler-Ross

Watching a peaceful death of a human being reminds us of a falling star; one of a million lights in a vast sky that flares up for a brief moment only to disappear into the endless night forever.

~Elisabeth Kubler-Ross

When we face the worst that can happen in any situation, we grow. When circumstances are at their worst, we can find our best.

~Elisabeth Kubler-Ross

I believe that we are solely responsible for our choices, and we have to accept the consequences of every deed, word, and thought throughout our lifetime.

~Elisabeth Kubler-Ross

When we have passed the tests we are sent to Earth to learn, we are allowed to graduate. We are allowed to shed our body, which imprisons our souls.

~Elisabeth Kubler-Ross

The ultimate lesson all of us have to learn is unconditional love, which includes not only others but ourselves as well.

~Elisabeth Kubler-Ross

You may not get what you want, but God always gives you what you need.

~Elisabeth Kubler-Ross

There are no mistakes, no coincidences; all events are blessings given to us to learn from.

~Elisabeth Kubler-Ross

For those who seek to understand it, death is a highly creative force. The highest spiritual values of life can originate from the thought and study of death.

~Elisabeth Kubler-Ross

Think of a lifeless forest in which a small plant pushes its head upward, out of the ruin. In our grief process, we are moving into life from death, without denying the devastation that came before.

~Elisabeth Kubler-Ross

The ultimate lesson is learning how to love and be loved unconditionally

~Elisabeth Kubler-Ross

I once considered writing a book called I'm not OK and you're not OK, and that's OK.

~Elisabeth Kubler-Ross

When you spend your life doing what you love to do, you are nourishing your Soul. It matters not what you do, only that you love whatever you happen to do.

~Elisabeth Kubler-Ross

There is no need to go to India or anywhere else to find peace. You will find that deep place of silence right in your room, your garden or even your bathtub.

~Elisabeth Kubler-Ross

My patients taught me not how to die, but how to live.

~Elisabeth Kubler-Ross

Should you shield the canyons from the windstorms you would never see the true beauty of their carvings.

~Elisabeth Kubler-Ross

Denial helps us to pace our feelings of grief. There is a grace in denial. It is nature's way of letting in only as much as we can handle.

~Elisabeth Kubler-Ross

If you truly want to grow as a person and learn, you should realize that the universe has enrolled you in the graduate program of life, called loss.

~Elisabeth Kubler-Ross

There is no mistaking love. You feel it in your heart. It is the common fiber of life, the flame that heats our soul, energizes our spirit, and supplies passion to our lives.

~Elisabeth Kubler-Ross

If we could see that everything, even tragedy, is a gift in disguise, we would then find the best way to nourish the soul.

~Elisabeth Kubler-Ross

If we make our goal to live a life of compassion and unconditional love, then the world will indeed become a garden where all kinds of flowers can bloom and grow.

~Elisabeth Kubler-Ross

Everything in this life has a purpose, there are no mistakes, no coincidences.

~Elisabeth Kubler-Ross

I'm not okay, you're not okay, and that's okay.

~Elisabeth Kubler-Ross

Beautiful people do not just happen

~Elisabeth Kubler-Ross

We all have to go through the tumbler a few times before we can emerge as a crystal.

~Elisabeth Kubler-Ross

I believe every person has a guardian spirit or angel. They assist us in the transition between life and death and they also help us pick our parents before we are born.

~Elisabeth Kubler-Ross

We need to teach the next generation of children from day one that they are responsible for their lives.

~Elisabeth Kubler-Ross

Begin to live each day to the fullest, as if it were the only one we had.

~Elisabeth Kubler-Ross

We make progress in society only if we stop cursing and complaining about its shortcomings and have the courage to do something about them.

~Elisabeth Kubler-Ross

Those who learned to know death, rather than to fear and fight it, become our teachers about life.

~Elisabeth Kubler-Ross

Children who die young are some of our greatest teachers. We are

allowed to die when we have taught what we came to teach and when we have learned what we came to learn.

~Elisabeth Kubler-Ross

I think that as you evolve spiritually, automatically your body tells you what is acceptable for your body and what is not.

~Elisabeth Kubler-Ross

dying nowadays is more gruesome in many ways, namely, more lonely, mechanical, and dehumanized; at times it is even difficult to determine technically when the time of death has occurred.

~Elisabeth Kubler-Ross

Death is simply a shedding of the physical body, like the butterfly coming out of a cocoon. . . . It's like putting away your winter coat when spring comes.

~Elisabeth Kubler-Ross

It's not the end of the physical body that should worry us. Rather our concern must be to live while we're alive.

~Elisabeth Kubler-Ross

I am an artist because the knot is so powerful I just can not, nor want to be, anything else or do anything else.

~Elisabeth Kubler-Ross

Death is a graduation. When we're taught all the things we came to teach, learned all the things we came to learn, then we're allowed to graduate.

~Elisabeth Kubler-Ross

Dying is something we human beings do continuously, not just at the end of our physical lives on this earth.

~Elisabeth Kubler-Ross

We bring a deeper commitment to our happiness when we fully understand, that our time left is limited and we really need to make it count.

~Elisabeth Kubler-Ross

I have learned there is no joy without hardship. There is no pleasure without pain. Would we know the comfort of peace without the distress of war?

~Elisabeth Kubler-Ross

Live, so you do not have to look back and say: 'God, how I have wasted my life.'

~Elisabeth Kubler-Ross

Is war perhaps nothing else but a need to face death, to conquer and master it, to come out of it alive -- a peculiar form of denial of our mortality?

~Elisabeth Kubler-Ross

How do the geese know when to fly to the sun?

~Elisabeth Kubler-Ross

To love means not to impose your own powers on your fellow man but offer him your help. And if he refuses it, to be proud that he can do it on his own strength.

~Elisabeth Kubler-Ross

We cannot find peace if we are afraid of the windstorms of life.

~Elisabeth Kubler-Ross

I think modern medicine has become like a prophet offering a life free of pain. It is nonsense. The only thing I know that truly heals people is unconditional love.

~Elisabeth Kubler-Ross

"...All events are blessings given to us to learn from and therefore we should be grateful for the opportunity to grow and evolve into our best selves."

~Elisabeth Kubler-Ross

People after death become complete again. The blind can see, the deaf can hear, cripples are no longer crippled after all their vital signs have ceased to exist.

~Elisabeth Kubler-Ross

We point to our unhappy circumstances to rationalize our negative feelings. This is the easy way out. It takes, after all, very little effort to feel victimized.

~Elisabeth Kubler-Ross

Negativity can only feed on negativity.

~Elisabeth Kubler-Ross

It is difficult to accept death in this society because it is unfamiliar. In spite of the fact that it happens all the time, we never see it.

~Elisabeth Kubler-Ross

Every individual human being born on this earth has the capacity to become a unique and special person, unlike any who has ever existed before or ever will exist again.

~Elisabeth Kubler-Ross

Fear and Guilt are the only enemies of man.

~Elisabeth Kubler-Ross

There is no problem that is not actually a gift.

~Elisabeth Kubler-Ross

Dying is nothing to fear. It can be the most wonderful experience of

your life. It all depends on how you've lived.

~Elisabeth Kubler-Ross

If you are ready for mystical experiences, you have them.

~Elisabeth Kubler-Ross

Even though I had a good income from my lectures, no one would give me a loan. The insanity almost drove me to sympathize with the feminist movement.

~Elisabeth Kubler-Ross

I always say that death can be one of the greatest experiences ever. If you live each day of your life right, then you have nothing to fear.

~Elisabeth Kubler-Ross

Mankind's greatest gift... is that we have free choice.

~Elisabeth Kubler-Ross

Paul Brunton's Notebooks are a veritable treasure-trove of philosophic-spiritual wisdom.

~Elisabeth Kubler-Ross

Grief will happen either as an open healing wound or a closed festering wound, either honestly or dishonestly, either appropriately or inappropriately. But emotions will be expressed.

~Elisabeth Kubler-Ross

When I die I'm going to dance first in all the galaxies...I'm gonna play and dance and sing.

~Elisabeth Kubler-Ross

When you learn your lessons, the pain goes away.

~Elisabeth Kubler-Ross

Our only purpose in life is growth.

~Elisabeth Kubler-Ross

The only incontrovertible fact of my work is the importance of life.

~Elisabeth Kubler-Ross

Death is the great transition.

~Elisabeth Kubler-Ross

I didn't fully realize it at the time, but the goal of my life was profoundly molded by this experience - to help produce, in the next generation, more Mother Teresas and less Hitlers.

~Elisabeth Kubler-Ross

Memories are the only real gifts we can leave our children.

~Elisabeth Kubler-Ross

God, how I have wasted my life.

~Elisabeth Kubler-Ross

Throughout life, we get clues that remind us of the direction we are supposed to be headed if you stay focused, then you learn your lessons.

~Elisabeth Kubler-Ross

Free choice is the greatest gift God gives to his children.

~Elisabeth Kubler-Ross

Old age is not synonymous with being 'glad to die.

~Elisabeth Kubler-Ross

I look for mystery and try to decipher it while knowing it is an impossible task. I look for memory, where Mystery lies.

~Elisabeth Kubler-Ross

A woman needs to know about blood pressure, blood sugar, and cholesterol. And she needs to know the kinds of things she can do to stay healthy.

~Elisabeth Kubler-Ross

I'm going to dance in all the galaxies.

~Elisabeth Kubler-Ross

Related Links:

- [Death Quotes](#)
- [Life Quotes](#)
- [Spiritual Quotes](#)
- [Pain Quotes](#)
- [Love Quotes](#)
- [Grief Quotes](#)
- [Inspirational Quotes](#)
- [Children Quotes](#)
- [Needs Quotes](#)
- [Real Quotes](#)
- [Dying Quotes](#)
- [Giving Quotes](#)
- [Beautiful Quotes](#)
- [Thinking Quotes](#)
- [Choices Quotes](#)
- [People Quotes](#)
- [Knowing Quotes](#)
- [Self Quotes](#)
- [Taught Quotes](#)
- [Inspiration Quotes](#)