

Elizabeth Lesser

Quotes

*Thinking, Heart, People, Spiritual, Needs, Mean, Men, Children, Believe, Self,
Giving, Way, Moving, Real, Firsts, Sleep, World, Fall, Art, Ideas*

I know that if we allow ourselves into the gridlock of tribalism, we're in trouble.

~Elizabeth Lesser

If you're interested in the door to the heavens opening, start with the door to your own secret self.

~Elizabeth Lesser

What will matter is the good we did, not the good we expected others to do.

~Elizabeth Lesser

Grief is an expression that you loved well.

~Elizabeth Lesser

One does not practice meditation to become a great meditator. We meditate to wake up and live, to become skilled at the art of living.

~Elizabeth Lesser

When you feel yourself breaking down, may you break open instead.

~Elizabeth Lesser

Fear is a sneaky thief, stealing away precious moments of your life.

~Elizabeth Lesser

In the true spirit of the holidays, let the darkness of your moods lead you back up to the light, and when New Year's rolls around, your resolution will be tinged with new authenticity and power.

~Elizabeth Lesser

When we slow down, quiet the mind, and allow ourselves to feel hungry for something that we do not understand, we are dipping into the abundant well of spiritual longing.

~Elizabeth Lesser

I think that life is a friggin' magic carpet ride - it's amazing. Everything about life is mysterious and beautiful and touching and tragic and lovely and mystical.

~Elizabeth Lesser

Diversity is good. We need each other's ideas.

~Elizabeth Lesser

Life is like a school; one can learn, one can graduate, one can skip a grade or stay behind.

~Elizabeth Lesser

...approach change with an understanding of the process and an openness to the pain.

~Elizabeth Lesser

Adversity is a natural part of being human. It is the height of arrogance to prescribe a moral code or health regimen or spiritual practice as an amulet to keep things from falling apart.

~Elizabeth Lesser

Look for a way to lift someone up. If that's all you do, it's enough.

~Elizabeth Lesser

Grief is good...it is a sign of how well we have loved.

~Elizabeth Lesser

No one has the answer; only you know the way home.

~Elizabeth Lesser

How strange that the nature of life is change, yet the nature of human beings is to resist change

~Elizabeth Lesser

First we forgive ourselves, then we forgive others and life itself.

~Elizabeth Lesser

It's like you trade the virility of the body for the agility of the spirit.

~Elizabeth Lesser

To be human is to be lost in the woods.

~Elizabeth Lesser

As humans try to evolve out of greed, let's put aside some wild places, protected lands, protected farms, things like that, since we may not evolve fast enough to protect nature.

~Elizabeth Lesser

It is the acceptance of death that has finally allowed me to choose life.

~Elizabeth Lesser

If you have fathered a child, if you have given birth, if sex is a source of healthy pleasure, thank your pelvis and your reproductive organs for allowing you to feel the creative rhythms of life.

~Elizabeth Lesser

When women hear each other's stories, told from the heart, it gives us inspiration to keep on going.

~Elizabeth Lesser

Our errors and failings are chinks in the heart's armor through which our true colors can shine.

~Elizabeth Lesser

Every day we have the opportunity to make our relationships be on the outside what they really are on a spiritual level.

~Elizabeth Lesser

Life's always changing. We always are being called to adapt.

~Elizabeth Lesser

Agree to these ground rules: Be curious, conversational and real. Don't persuade or interrupt. Listen, listen, listen.

~Elizabeth Lesser

It seems to be almost a law of physics, that the winds of change awaken fear and fundamentalism.

~Elizabeth Lesser

We need to claim our power for something beautiful, something harmonious and something globally healthy.

~Elizabeth Lesser

The person who takes the first step in a conflict toward the other, those are brave people.

~Elizabeth Lesser

My years as a mystic have made me question almost all my assumptions. They've made me a proud I-don't-know-it-all.

~Elizabeth Lesser

A broken heart is not the same as sadness. Sadness occurs when the heart is stone cold and lifeless. On the contrary, there is an unbelievable amount of vitality in a broken heart.

~Elizabeth Lesser

Don't persuade, defend or interrupt. Be curious, be conversational, be real. And listen.

~Elizabeth Lesser

Not only must we follow the golden thread towards spiritual freedom, but we must also unravel the garden-variety twine that is wrapped

tightly around our hearts and minds.

~Elizabeth Lesser

It is such a teaching in itself for us, all of us, every moment when we're with anyone.

~Elizabeth Lesser

We must pay attention to the voice that calls us out of the safety zone.

~Elizabeth Lesser

First we love within, then we love the world.

~Elizabeth Lesser

Love is the secret you unmask yourself to find; it is the foundation of the spiritual life, the destination where all roads of the journey lead.

~Elizabeth Lesser

Rumi called his teacher "the friend." And that's what we need. We need friends.

~Elizabeth Lesser

I believe that educating people to awaken into full consciousness is the most important thing we can do.

~Elizabeth Lesser

To me the purpose of life is to enjoy it! It's to enjoy the gift, and to make sure that other people have an opportunity to enjoy the gift.

~Elizabeth Lesser

The soul is the river of energy that animates who we are.

~Elizabeth Lesser

If we want liberation, we must rewrite the Sleeping Beauty myth. No one is coming and no one else is to blame.

~Elizabeth Lesser

Even if your difficult time comes at you out of the blue - like cancer - even those times, opens your heart to the magic and power of life, and gives you this inner commitment to live every moment.

~Elizabeth Lesser

We don't need any more teachers. We don't. We need friends.

~Elizabeth Lesser

If I pull from places of faith, joy and gratitude, then I have the wind of creativity behind me. And, my work in the world is much more effective.

~Elizabeth Lesser

I pull from a place within me that has ultimate faith in the meaningfulness and beauty of human life.

~Elizabeth Lesser

I can only do what I do with a spirit of humor, and faith and give the controls over to something else.

~Elizabeth Lesser

There is no one alive who has not wanted to go back to sleep.

~Elizabeth Lesser

I've realized that aging is the younger cousin of dying. ... How much time do I have left? We become aware that we're on the downside of the mountain, coasting toward our final days.

~Elizabeth Lesser

We don't need anymore empowered people who are all about the ego.

~Elizabeth Lesser

I would say to women, always question what you're empowering

yourself for and what are you claiming power for.

~Elizabeth Lesser

See what's happening to our sisters around the world. I'm very interested in the protection of women globally.

~Elizabeth Lesser

We think that maybe feminism isn't appropriate anymore, since Western women have really made enormous strides. But check out the rest of the world if you'd like to not be able to sleep tonight.

~Elizabeth Lesser

Instead of fixating on the physical aspects of aging, it's good to contemplate the deeper source of our anxiety. That can be liberating.

~Elizabeth Lesser

Life is about change, it never stops, it's moving and it's moving this human body inexorably towards its demise.

~Elizabeth Lesser

Each one of us regardless of our situation, is in our search of our most authentic, vital, generous and wise self.

~Elizabeth Lesser

But grief is also a tonic. It is a healing elixir, made of tears that lubricate the heart.

~Elizabeth Lesser

Beautiful quality that women have, which is we like to get together and gab. It's time to elevate that aspect of being a woman.

~Elizabeth Lesser

I think the gender story will become less fraught with hard edges - and not that we'll have androgyny, but that men and women will move more

fluidly into each other's domains.

~Elizabeth Lesser

I actually don't think we're more divided than we were. I think it's more evident. It's more evident because of the internet.

~Elizabeth Lesser

I think it's better that people actually are saying what they feel. Especially, people are saying, I'm not heard. I don't have a voice in America.

~Elizabeth Lesser

I'm not naive. I know how hard it is to get along.

~Elizabeth Lesser

The world needs women to redefine what it means to be a person of power

~Elizabeth Lesser

One can be a full-fledged Christian and at the same time, enjoy the reality of a universal spiritual truth.

~Elizabeth Lesser

I think diversity of thinking and healing traditions from around the world are good for us. The movement itself has evolved enormously and it's been a thrill to be part of it.

~Elizabeth Lesser

Many women hear the word "feminine" and feel like it's a noose around their neck. "Don't hold me to a mode of behavior because I'm a woman and you think this is how a woman should act," kind of thing.

~Elizabeth Lesser

The part of me that is both a spiritual seeker and a social activist meet

in this understanding of enlightened power coming from a deep, genuine well within each person.

~Elizabeth Lesser

I think as women and men become more conscious, the terms "woman/man" begin to lose meaning.

~Elizabeth Lesser

If humanity does not evolve spiritually - each one of us and collectively - our species won't make it. So following that back to each individual - every day you are faced with choices.

~Elizabeth Lesser

We are able to choose what we want - you don't have to accept one thing from one tradition. It's a melting pot.

~Elizabeth Lesser

I'm very much a family person, and that's always my first priority.

~Elizabeth Lesser

I actually don't think we're more divided than we were.

~Elizabeth Lesser

Anyone whose lifestyle may frighten you or whose point of view makes smoke come out of your ears.

~Elizabeth Lesser

I hope this is the lesson we women really commit to memory - we learned that it doesn't work to try be someone other than who you really are.

~Elizabeth Lesser

I'm interested in helping women become courageous in being exactly who they are. Because the only way to change anything is to do it from

your genuine self.

~Elizabeth Lesser

What wants to live in you may be waiting...at the end of a long loneliness.

~Elizabeth Lesser

I have noticed if I pull from fear or despair about the state of the world, I get tired, ineffective, afraid and sometimes mean-spirited.

~Elizabeth Lesser

Spirituality is a brave search for the truth about existence, fearlessly peering into the mysterious nature of life.

~Elizabeth Lesser

Talking to each other instead of talking about each other is not some kind of nicey-nice (ph) idea. It's the difference between societies falling apart and societies getting something wonderful done.

~Elizabeth Lesser

If we do not suffer a loss all the way to the end, it will wait for us. It won't just dissipate and disappear. Rather, it will fester, and we will experience its sorrow later, in stranger forms.

~Elizabeth Lesser

To be spiritual is to be genuine in everything you say and do, come what may.

~Elizabeth Lesser

We'll never change everyone's minds. We're not supposed to.

~Elizabeth Lesser

I'm very committed to my family and my town. My biggest local commitment are my children, my husband, my home and my

grandchildren.

~Elizabeth Lesser

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