

# Gary Zukav

## Quotes

*Soul, Spiritual, Choices, Heart, Personality, Inspirational, Pain, People, Reality,  
World, Thinking, Love, Creating, Emotional, Intention, Doe, Giving, Moving,  
Light, Mean*

Eventually, you will come to understand that love heals everything, and love is all there is.

~Gary Zukav

The opposite of love is not hate. It is fear.

~Gary Zukav

Humbleness, forgiveness, clarity and love are the dynamics of freedom. They are the foundations of authentic power.

~Gary Zukav

Please... tell me who you are and what you want. And if you think those are simple questions, keep in mind that most people live their entire lives without arriving at an answer.

~Gary Zukav

A power struggle collapses when you withdraw your energy from it. Power struggles become uninteresting to you when you change your intention from winning to learning about yourself.

~Gary Zukav

The amount of stress in your life is determined by how much energy you expend resisting your life.

~Gary Zukav

Reverence is an attitude of honoring life. Reverence automatically brings forth patience. Reverence permits non-judgemental justice. Reverence is a perception of the soul.

~Gary Zukav

Changing the world begins with the very personal process of changing yourself, the only place you can begin is where you are, and the only time you can begin is always now.

~Gary Zukav

What is behind your eyes holds more power than what is in front of them.

~Gary Zukav

Your experiences are not limited to what you have created in the past

~Gary Zukav

Be mindful of the words that you use and the actions that you live and who you are and how it is you use your power. Keep clear at all times that you are what you say you are.

~Gary Zukav

If we perceived life with reverence, we would stand in awe at the experience of physical life and walk the earth in a very deep sense of gratitude.

~Gary Zukav

If you choose to forgive someone who has wronged you rather than to hate that person, you shift the frequency of your Light.

~Gary Zukav

You cannot, and will not, encounter a circumstance, or a single moment, that does not serve directly and immediately the need of your soul to heal.

~Gary Zukav

Clarity is the ability to see the soul in action in the physical world.

~Gary Zukav

An authentically powered person lives in love. Love is the energy of the soul. Love is what heals the personality. There is nothing that cannot be healed by love. There is nothing but love.

~Gary Zukav

Forgiveness means that you do not carry the baggage of an experience.

~Gary Zukav

You cannot act in love and act in fear at the same time. You must choose between them.

~Gary Zukav

The loving personality seeks not to control, but to nurture, not to dominate, but to empower.

~Gary Zukav

Try to realize, and truly realize, that what stands between you and a different life are matters of responsible choice.

~Gary Zukav

You must distinguish between what is urgent and what is important. You could accomplish all of the urgent things that you desire without accomplishing anything that is important.

~Gary Zukav

You lose power to the people and circumstances you judge. They capture your attention in the same way that a movie does.

~Gary Zukav

The decisions that you make and the actions that you take upon the earth are the means by which you evolve.

~Gary Zukav

Knowledge is power, and for each level of knowledge, you are held responsible for how you use it.

~Gary Zukav

When you die, you don't go to sleep. You go home to nonphysical

reality, and you are very much awake.

~Gary Zukav

Your life is an opportunity to give the gifts that your soul wants to give.

~Gary Zukav

Do not lose power over the what-ifs of your life. These are unlimited and endless. Keep your power in the now, in present time.

~Gary Zukav

We need truth to grow in the same way that we need vitamins, affection and love.

~Gary Zukav

The first step toward spiritual growth is to become aware of your emotions.

~Gary Zukav

Allow yourself to experience what it is to learn step by step the freedom that comes from being unattached to the outcome, but operating from an empowered heart.

~Gary Zukav

There is no difference between acute schizophrenia and a world at war.

~Gary Zukav

Your heart is your home, and all roads lead to home.

~Gary Zukav

It is not until you have the courage to engage in human relationships that you grow.

~Gary Zukav

What we call evil is the absence of Light, of love, in all cases.

~Gary Zukav

If you strive only to avoid the darkness or to cling to the light, you cannot live in balance. Try striving to be conscious of all that you are.

~Gary Zukav

To experience relationships of substance and depth requires approaching and entering into relationships with consciousness and concern for the other.

~Gary Zukav

The desire to please other people is a potent way to distract yourself from what you are feeling.

~Gary Zukav

Being harmless means being so strong, so empowered, that the idea of showing power through harm is not even a part of your consciousness.

~Gary Zukav

The place to begin the task of eliminating evil is within yourself.

~Gary Zukav

No two people have the same reality

~Gary Zukav

A joyous person abounds with energy and feels buoyant, because he or she is running a higher frequency current of energy through his or her system.

~Gary Zukav

When the pain of continuing exceeds the pain of stopping, a threshold is crossed. What seemed unthinkable becomes thinkable.

~Gary Zukav

Spiritual growth requires the development of inner knowing and inner authority. It requires the heart, not the intellect.

~Gary Zukav

There is not one soul on this planet, whether it is a person living in Ethiopia, or in Florida, or in Canada, whose life is not as complex and as rich as your own.

~Gary Zukav

When you seek to dominate another you dominate no one but disempower yourself.

~Gary Zukav

Do you love the truth more than you need to be loved, or do you need to be loved more than you love the truth?

~Gary Zukav

Do not insist that the universe comply with your understanding of it.

~Gary Zukav

Perfectionism is a perpetual flight into an illusory future that cannot be attained.

~Gary Zukav

Commitment to love - to growth, to authentic power is an everyday application of your will.

~Gary Zukav

When you welcome your emotions as teachers, every emotion brings good news, even the ones that are painful.

~Gary Zukav

You are a dynamic being of Light that at each moment informs the energy that flows through you. You do this with each thought, with each

intention.

~Gary Zukav

Change in yourself what you want to change in the world.

~Gary Zukav

The human emotional system can be broken down into roughly two elements: fear and love. Love is of the soul. Fear is of the personality.

~Gary Zukav

Where your attention goes, you go.

~Gary Zukav

Awareness is a blissful state, not a painful one.

~Gary Zukav

Authentic needs are the needs that are always met by the Universe.

~Gary Zukav

The commitment to love always transforms, heals, and opens new avenues of creativity.

~Gary Zukav

The road to your soul is through your heart.

~Gary Zukav

As you come to seek and see the virtues and strengths and nobilities of others, you begin to seek and see them in yourself also.

~Gary Zukav

Can you be compassionate even to those who have no compassion? If so, there is no finer karma that you can create.

~Gary Zukav



When fear ceases to scare you, it cannot stay.

~Gary Zukav

As your temptations become greater, so does your ability to make responsible choices.

~Gary Zukav

You do not stop losing power by refusing to recognize your fear, by anesthetizing yourself to what you feel. The road to authentic power is always through what you feel through your heart.

~Gary Zukav

For every action there is an equal and opposite reaction. You receive from the world what you give to the world.

~Gary Zukav

The only permanent and constructive changes you can make in the world are the changes that you make in yourself.

~Gary Zukav

What is in one is in the whole, and therefore, ultimately, Each soul is responsible for the whole world.

~Gary Zukav

Love is not a passive state. It is an active force. It is the force of the soul.

~Gary Zukav

When you choose not to forgive, the experience that you do not forgive sticks with you.

~Gary Zukav

If you are doing all you can to the fullest of your ability as well as you can, there is nothing else that is asked of a soul.

~Gary Zukav

Caregiving has no second agendas or hidden motives. The care is given from love for the joy of giving without expectation, no strings attached.

~Gary Zukav

Individuals who attempt to please and individuals who become angry both have authority issues.

~Gary Zukav

Ponder the depth and the power of loyalty-the ability to serve and support a cause greater than yourself.

~Gary Zukav

I see the potential for a new world being born in front of me and all around me, and I feel the only way to bring that potential into being is to know myself.

~Gary Zukav

Your impact on the world is significant whether or not you are aware of it, and even whether or not you desire it.

~Gary Zukav

Relax into the present moment.

~Gary Zukav

Your personality is a tool of your soul.

~Gary Zukav

Within each experience of pain or negativity is the opportunity to challenge the perception that lies behind it and to choose to learn with wisdom.

~Gary Zukav

Morality is a human creation. The Universe does not judge.

~Gary Zukav

You gain or lose power according to the choices that you make.

~Gary Zukav

You create your reality with your intentions.

~Gary Zukav

An intention is a quality of consciousness that you bring to an action.

~Gary Zukav

Practice moderation in all things except love.

~Gary Zukav

Each moment is a moment of choice ~ a time to leave the old, the limited, the restrained, and the contracted for the new, the unbound, and the liberating potential that expands before you.

~Gary Zukav

We have much to do together. Let us do it in wisdom and love and joy. Let us make this the human experience.

~Gary Zukav

Following your feelings will lead you to their source. Only through emotions can you encounter the force field of your own soul.

~Gary Zukav

Judging is a preemptive attack against that which you most desire - intimacy and acceptance - that is launched before you can be rejected or refused.

~Gary Zukav

Hatred of evil does not diminish evil, it increases it.

~Gary Zukav

Your dragons are the frightened parts of your personality, and you alone can experience and heal them.

~Gary Zukav

If you decide that you cannot beat a temptation, what you are really doing is giving yourself permission to be irresponsible.

~Gary Zukav

The illusion for each soul is created by its intentions. Therefore, the illusion is alive at each moment with the most appropriate experiences that you can have in order for your soul to heal.

~Gary Zukav

Reverence is simply the experience of accepting that all Life is, in and of itself, of value.

~Gary Zukav

The purpose of soul questions is to open yourself deeper and deeper until all that is left is the power and beauty you are bringing to the lives of others.

~Gary Zukav

When someone fears losing your affection, he or she will strive to keep it. Perhaps you have strived to keep someone's affection, too. Fear of loss is not love.

~Gary Zukav

Your life is yours to live, no matter how you choose to live it. When you do not think about how you intend to live it, it lives you. When you occupy it, step into it consciously, you live it.

~Gary Zukav

The body is the instrument of the soul.

~Gary Zukav

Throughout your life, your inner landscape presents its contents to you again and again. When you are aware of all its elements, you are in continual communication with your soul.

~Gary Zukav

The hardest times to choose love become the very times that you can most grow spiritually.

~Gary Zukav

Lack of self-worth is the fundamental source of all emotional pain. A feeling of insecurity, unworthiness and lack of value is the core experience of powerlessness.

~Gary Zukav

Choice is the engine of our evolution.

~Gary Zukav

If you are fully aligned with your soul it will be your pleasure, your joy to always move toward cooperation, toward sharing, toward reverence for life. You will not be torn.

~Gary Zukav

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