

Gerald Jampolsky

Quotes

*Love, Peace, Letting Go, Mind, Inspirational, Forgiveness, Change, Love Is,
Giving, Past, Thinking, Happiness, Way, Hurt, Stress, Attitude, World,
Acceptance, Choices, Self*

Inner peace can be reached only when we practice forgiveness. Forgiveness is letting go of the past, and is therefore the means for correcting our misperceptions.

~Gerald Jampolsky

How simple it is to see that we can only be happy now, and that there will never be a time when it is not now.

~Gerald Jampolsky

Other people do not have to change for us to experience peace of mind.

~Gerald Jampolsky

The ego searches for shortcomings and weaknesses. Love watches for any sign of strength. It sees how far each one has come and not how far he has to go.

~Gerald Jampolsky

Today I am determined to go through the day with ought hurting myself, or another, with my thoughts or my actions.

~Gerald Jampolsky

Peace of mind comes from not wanting to change other, but by simply accepting them as they are. True acceptance is always without demands and expectations.

~Gerald Jampolsky

Love is the total absence of fear. Love asks no questions. Its natural state is one of extension and expansion, not comparison and measurement.

~Gerald Jampolsky

When I am able to resist the temptation to judge others, I can see them as teachers of forgiveness in my life, reminding me that I can only have

peace of mind when I forgive rather than judge.

~Gerald Jampolsky

Peace of mind comes from not wanting to change others.

~Gerald Jampolsky

We cannot love when we feel fear. When we release the fearful past and forgive everyone, we will experience total love and oneness with all.

~Gerald Jampolsky

Fear and love can never be experienced at the same time. It is always our choice as to which of these emotions we want.

~Gerald Jampolsky

Forgiveness means letting go of the past.

~Gerald Jampolsky

The best way to navigate through life is to give up all of our controls.

~Gerald Jampolsky

There would be very little to dislike in other people if we refused to bring to them all of our own judgements and petty grievances.

~Gerald Jampolsky

Your attitude is everything, and it determines how you experience every aspect of your life

~Gerald Jampolsky

Inner peace can be reached only when we practice forgiveness.

~Gerald Jampolsky

A truly creative person rids him or herself of all self-imposed limitations.

~Gerald Jampolsky

To be consistent in achieving inner peace, we must perceive a world where everyone is innocent.

~Gerald Jampolsky

Everyday ask yourself the question, "Do I want to experience Peace of Mind or do I want to experience Conflict?"

~Gerald Jampolsky

All minds are joined. Therefore, all healing is self-healing. Our inner peace will, of itself, pass to others once we accept it for ourselves.

~Gerald Jampolsky

When I am able to resist the temptation to judge others, I can see them as teachers.

~Gerald Jampolsky

There is no right or wrong behavior. The only meaningful choice is between fear and love.

~Gerald Jampolsky

Forgiveness is the way to true health and happiness.

~Gerald Jampolsky

You can choose to be peaceful right here and now ... it has nothing to do with what other people do or think.

~Gerald Jampolsky

I wonder why / no one ever told me / that the rainbow / and the treasure / were both within me.

~Gerald Jampolsky

Everything we see is but a mirror of what we are.

~Gerald Jampolsky

To give is to receive.

~Gerald Jampolsky

To be impatient is to be hooked on the future.

~Gerald Jampolsky

I can have peace of mind only when I forgive rather than judge.

~Gerald Jampolsky

Nothing is impossible when we follow our inner guidance, even when its direction may threaten us by reversing our usual logic.

~Gerald Jampolsky

When Communication with others is from love to love... it is deeply satisfying and healthy.

~Gerald Jampolsky

How simple it is to see that all the worry in the world cannot control the future.

~Gerald Jampolsky

Choose to be a love-finder rather than a faultfinder.

~Gerald Jampolsky

Love is letting go of fear.

~Gerald Jampolsky

The world does not have to change.... The only thing that has to change is our attitude.

~Gerald Jampolsky

Try finding love, rather than finding fault.

~Gerald Jampolsky

Choose to experience peace rather than conflict.

~Gerald Jampolsky

It is when judgment ceases that healing occurs.

~Gerald Jampolsky

No way exists in the present to accurately determine the future effect of the least of our actions.

~Gerald Jampolsky

Listening with undivided attention and unconditional love is perhaps the greatest gift we can extend to others.

~Gerald Jampolsky

Look at a person's light, not their lampshade.

~Gerald Jampolsky

Love is the part of us that is real.

~Gerald Jampolsky

When we choose only love as the director of our mind we can experience the power and miracle of love.

~Gerald Jampolsky

The law of Love is that you are Love, and that as you give Love to others you teach yourself what you are.

~Gerald Jampolsky

If peace is our single aim in all we do, we will always know what to do because we will do whatever will protect and deepen our peace.

~Gerald Jampolsky

The secret of forgiveness is not to procrastinate, but to free yourself immediately of stress by totally forgiving this instant.

~Gerald Jampolsky

Love doesn't care what we call it.

~Gerald Jampolsky

Remembering and seeing are not the same, and that is why memories are of little use to us in forming loving relationships.

~Gerald Jampolsky

As long as we hold unforgivable thoughts in our mind, we will not be able to experience total inner peace.

~Gerald Jampolsky

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