

Gerald May

Quotes

*Love, May, Addiction, Way, Hurt, Forever, Yield, Love Life, Giving, Passion,
Thousand, Ocean, Looks, Telling The Truth, Soul, Lying, Running, Real,
Eliminating, Years*

To be alive is to be addicted, and to be alive and addicted is to stand in need of grace.

~Gerald May

Willfulness must give way to willingness and surrender. Mastery must yield to mystery.

~Gerald May

I would prefer a thousand mistakes in extravagance of love to any paralysis in wariness of fear.

~Gerald May

Blessings sometimes come through brokenness that could never come in any other way.

~Gerald May

Seek the truth, not what is comfortable. Seek the real, not the easy.

~Gerald May

In every feeling, look deeply. Explore without ceasing. At bottom, love is.

~Gerald May

True growth is a process which one allows to happen rather than causes to happen.

~Gerald May

The difference between work and play is only a matter of attitude. Work, fully done, is play.

~Gerald May

Addiction is not something we can simply take care of by applying the proper remedy. For it is in the very nature of addiction to feed on our attempts to master it.

~Gerald May

Zen is not about eliminating thoughts but illuminating them.

~Gerald May

To experience a little hunger now and then can be a beautiful reminder of the deeper hunger of our souls.

~Gerald May

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