

Guy Finley Quotes

*Inspirational, Real, Moments, Wisdom, Thinking, Heart, Spiritual, Want, Reality,
Letting Go, Dark, Past, Life Is, Self, World, Pain, Needs, Understanding,
Running, Believe*

You don't need strength to let go of something. What you really need is understanding.

~Guy Finley

Never speak out of anger, Never act out of fear, Never choose from impatience, But wait... and peace will appear.

~Guy Finley

Love is effortless attention.

~Guy Finley

The greatest power you possess in life is your understanding that life gives you a fresh start any moment you choose.

~Guy Finley

Life isn't a race to win, it's a school for our higher education.

~Guy Finley

Trying to "fix" the people in your life that cause you pain is like massaging your shoes because your feet ache.

~Guy Finley

The limit of your present understanding is not the limit of your possibilities.

~Guy Finley

We are not here on earth to change our destiny, but to fulfill it.

~Guy Finley

Weak thoughts and feelings often feel strong but remember, real strength is never anxious, cruel, or punishing.

~Guy Finley

Know that everything is in perfect order whether you understand it or

not.

~Guy Finley

The more time we spend considering the shortcomings of others, the smaller a person we become.

~Guy Finley

Knowledge without Spirit is like finding yourself on a cold night with all the wood in the world and no flame to ignite it.

~Guy Finley

Freedom is not overcoming what you think stands in your way. It is understanding that what is in your way is part of the way.

~Guy Finley

If you want light to come into your life, you need to stand where it is shining.

~Guy Finley

What you don't want to know about yourself wants to be known, which is why it keeps 'showing up' at your door unannounced!

~Guy Finley

Trying to change ourselves in order to please others - so that we can feel temporarily whole for having won their approval - is like cutting a flower into pieces so that it will fit into a vase.

~Guy Finley

Learn to be one with who you are in Reality, and the waves of a thousand passing worlds cannot wash you away.

~Guy Finley

Nothing glows brighter than the heart awakened to the unseen light of love that lives within it.

~Guy Finley

Real achievement -- the true measure of how far we have advanced in life -- is not determined by what we have acquired, but rather by the degree to which we have put our fears behind us.

~Guy Finley

A whole new kind of spiritual happiness dawns in us as we realize that dark clouds do not ruin sunny skies... they merely pass through them to help us remember our love of the light.

~Guy Finley

Make it your moment-to-moment aim to recognize the difference between being aware of your thoughts, and being carried along by them.

~Guy Finley

Act on what you love, not from what you fear, and watch how fear fades as love grows.

~Guy Finley

Nothing in the universe can stop you from letting go and starting over.

~Guy Finley

The only way to cultivate a quiet mind is by planting seeds of silence.

~Guy Finley

Every one of us lives in a world that is no larger and no smaller than our understanding.

~Guy Finley

No condition outside ourselves can create a rut or trap us in it. It's impossible.

~Guy Finley

All created forms are fractal, as is their purpose, use, and allotted time for existence.

~Guy Finley

The heart at peace is its own reward, needing nothing outside of itself to be fully content.

~Guy Finley

Letting go, at its heart, is an act of agreement with Life.

~Guy Finley

Ours is the task of discovering that our true nature has nothing to fear.

~Guy Finley

Any form of measuring yourself by the unkind action of another towards you is like looking into a badly fractured mirror... and then blaming yourself for the shattered image you see therein.

~Guy Finley

There is nothing as certain as silence, stillness, and solitude to introduce you to the secrets of yourself.

~Guy Finley

Past mistakes cannot create a present pain; no mistake in life has the power to make us ache any more than the echo of someone crying can shed tears.

~Guy Finley

You must learn to stop thinking in terms of beginnings and endings, successes and failures, and begin to treat everything in your life as a learning experience instead of a proving one.

~Guy Finley

We become what we love. What we put first in our lives is what we

receive from life.

~Guy Finley

Rushing around, hoping to find peace of mind anywhere other than within yourself, is like looking for your heart in someone else's body!

~Guy Finley

The only mistake that we can make as human beings is to be asleep, unaware of ourselves.

~Guy Finley

In spite of how things may appear to us, we are never trapped by where we are. The trap is always who we are

~Guy Finley

If you love getting gifts - and who doesn't - then why not accept, with gratitude, the greatest gift there is: the present moment.

~Guy Finley

Being fully present is the best guarantee for a bright future.

~Guy Finley

Each moment of life is only as precious as is our ability to attend to it.

~Guy Finley

See that any time you feel pained or defeated, it is only because you insist on clinging to what doesn't work. Dare to let go and you won't lose a thing except for a punishing idea.

~Guy Finley

The only one interested in hearing your sad story is . . . you; and even you wish you didn't have to relive it again!

~Guy Finley

The only reason your mind won't stop its endless chattering is because you won't stop listening to it!

~Guy Finley

Being anxious, or in a painful rush of any kind, kills the possibility of meeting anyone with compassion

~Guy Finley

Instead of always asking how to get others to approve of you... learn to ask: What do I really want, the applause of the crowds or to quietly have my own life?

~Guy Finley

To know that every moment "is" regardless of how it comes wrapped "is" is a gift greater than you can give yourself, is to be well on your way to a life without fear.

~Guy Finley

Getting stressed and struggling to change the outcome of any past event is like arguing with an echo to make it see your point of view.

~Guy Finley

The belief that you have no choice but to keep suffering through whatever frightens you is like believing you have to hold onto a scalding cup so that you won't spill your coffee!

~Guy Finley

Instead of always asking yourself why so-and-so acts this or that way, learn to ask: "What's inside of me that wants to hurt itself over how anyone else acts?"

~Guy Finley

A crisis is a close encounter of the third kind.

~Guy Finley

Much like the hands of a clock go nowhere fast, anxious thoughts run us round-and-round without taking us anywhere!

~Guy Finley

An unattended mind is the breeding ground of self-defeat.

~Guy Finley

We must do the work to prove our fears groundless, otherwise it is our fears that will gain ground and our lives will be spent in their service.

~Guy Finley

If we only knew how many times our seemingly clever comment cut straight into the heart of the person with whom we have just spoken, it is we who would bleed.

~Guy Finley

Real freedom isn't subject to how others estimate our value; it is in realizing that none are free who find their sense of worth wondering how others measure their lives.

~Guy Finley

Disappointment, discouragement, and despair are nothing but the bitter fruit of an unfulfilled expectation allowed to live beyond its time.

~Guy Finley

All things good come to those for whom the Good is all things.

~Guy Finley

Everything passes. There is great beauty in this, both in the passing of pain and in the passing of pleasure. When things present themselves to you as permanent, don't believe it.

~Guy Finley

Walk lightly through life.

~Guy Finley

The fear of seeing ourselves as we are ensures we will never see the end of our fears.

~Guy Finley

Talking to yourself proves only one thing: you're still unable to tell the difference between good and bad company.

~Guy Finley

The only world in which "defeat" exists as a reality is the one darkened by the false idea that what may have happened to us a moment ago is the same as what's possible for us to achieve now.

~Guy Finley

Until you can love what the truth would teach you about yourself... then your love is incomplete.

~Guy Finley

The nature of what the Divine notices about you is completely different from the nature of what you do to get noticed.

~Guy Finley

Only you can choose the nature of what grows, or what doesn't, within you.

~Guy Finley

We can only begin to change the world around us when we are willing to become a conscious part of all that is changing.

~Guy Finley

Discouragement tricks you into mentally or emotionally dwelling in the very place you want to leave.

~Guy Finley

Believing that anxious thoughts and feelings can restore order to your life is like using a chain-saw to fold your laundry.

~Guy Finley

Do the moment-to-moment work of dropping anything that wants to drag you down, and Reality itself will see to it that you rise.

~Guy Finley

Real change isn't found in some new way to think about yourself, but in freedom from the need to think about yourself at all.

~Guy Finley

One of the most important rules for me is: Don't ever defend myself. If we could put this one principle into practice, how much more simple life would be.

~Guy Finley

Wasting your time in anxious worry over what you may not have is a good way to waste what you need to get it.

~Guy Finley

I am willing to walk toward, and then through, whatever may be seen in the moment as being greater than myself.

~Guy Finley

You must dare to do the thing you think cannot be done... as this is the only way to discover that there's nothing you can't do.

~Guy Finley

If I am identified with my relationship, with my house, or with my money, I am doomed to suffer.

~Guy Finley

Chasing after a pleasure to ease a pain is like running after a breeze to

cool you down.

~Guy Finley

If you don't leap, you'll never know what it's like to fly.

~Guy Finley

Each time we see and are touched by the expression of some eternal principle, we catch a sweet glimpse of some aspect of our True Self.

~Guy Finley

The real quality of our life is not determined by what we have won from it, but by what we have discovered within it.

~Guy Finley

It's a paradox of the true spiritual path, but the more conscious we become of what limits us, the more limitless becomes our life.

~Guy Finley

Never run from what you don't understand, as it will be waiting for you every time you come to a stop.

~Guy Finley

What good is any feeling we may have about ourselves, if it only lasts as long as others agree to it?

~Guy Finley

Anyone or anything that asks you to be untrue to yourself has already acted against you.

~Guy Finley

Looking to any angry, anxious, or otherwise stressed emotional state to help you sort out the pain you're in is like trying to organize your monthly bills by throwing them into a blender

~Guy Finley

The vast majority of our troubles and heartaches would simply vanish from view if only we could remember - before we act - that we are made victims mostly by our own tendencies.

~Guy Finley

On the other side of resistance is the flow of real life.

~Guy Finley

Better that the whole world should turn against you... than you should consent to turn against what is true within you.

~Guy Finley

Life can only be as new as you Choose to be.

~Guy Finley

Far better is it for you to go through one small thing that frightens you than to make a thousand plans for an imagined fearless day to come.

~Guy Finley

Every truth ever discovered, each new spiritual light that will ever burn bright has already been seeded in our consciousness.

~Guy Finley

Those who dare to try what others only dream of - never fail to discover that real effort is always rewarded.

~Guy Finley

What is true never fears investigation; what is false... fears everything.

~Guy Finley

If any of those times you rushed around madly - trying to get somewhere faster - had ever made any real difference in the quality of your life... don't you think you'd be able to slow down by now?

~Guy Finley

Self-pity is the campsite of self-defeat; it is a dark refuge for those parts of us that would rather wallow in what cannot be than dare to explore what is possible.

~Guy Finley

Spend everyday casual, but industrious Every moment alert, but relaxed.

~Guy Finley

Listening to your own mind gives you "good reasons" why you should be fearful over unexpected events is just like being friends with someone who thinks it's funny to find new ways to hurt you!

~Guy Finley

It isn't something of which most of us are aware, but we human beings are 'marked' with a certain strange feature, and that is: We want to change.

~Guy Finley

From the movie, *The Boy Who Could Fly Somewhere*, deep inside, we can all fly.

~Guy Finley

Instead of always asking yourself how to clear up your mental fog, learn to ask: "Can confusion know anything about clarity?"

~Guy Finley

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