

H. E Davey

Quotes

*Yoga, Meditation, Past, Art, Mind, Inspiration, Healthy, Reality, Strong, Worry,
Powerful, Wisdom, Unique, Postponement, Moving, Expression, Goodness,
Effort, Body Work, Moments*

To maintain a powerful life force, forget yourself, forget about living and dying, and bring your full attention into this moment.

~H. E Davey

Have no age, transcend both past and future, and enter into the eternal present.

~H. E Davey

Retaining our capacity for reason is common sense, but definite conclusions and beliefs keep us from seeing life as it really is at any given moment.

~H. E Davey

Genuine goodness isn't discovered through postponement but must exist now or not at all. It cannot be based on what is not. We must find it in what is and what we truly see.

~H. E Davey

In spite of what most assume, it is surprisingly tough to make the mind and body work together as a unit.

~H. E Davey

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