

Hugh Prather Quotes

*People, Heart, Mistake, Letting Go, Want, Life, Self, Happiness, Needs, Men,
Thinking, Simple, Trying, Today, Change, Frustration, Looks, Faults, Mean,
Fear*

Live as if everything you do will eventually be known.

~Hugh Prather

Love, the magician, knows this little trick whereby two people walk in different directions yet always remain side by side.

~Hugh Prather

Letting go is freedom. When you find yourself in a useless battle, you merely walk off the battlefield.

~Hugh Prather

There are only three things you need to let go of judging, controlling, and being right. Release these three and you will have the whole mind and twinkly heart of a child.

~Hugh Prather

Happiness is a present attitude and not a future condition.

~Hugh Prather

An argument is always about what has been made more important than the relationship.

~Hugh Prather

It's this simple: If I never try anything, I never learn anything. If I never take a risk, I stay where I am.

~Hugh Prather

It is enough that I am of value to somebody today.

~Hugh Prather

A messy mortal is my friend. Come walk with me in the mud.

~Hugh Prather

There is a time to let things happen and a time to make things happen.

~Hugh Prather

I can't be found in myself; I discover myself in others. That much is clear. And I suspect that I also love and care for myself in others.

~Hugh Prather

Being myself includes taking risks with myself, taking risks on new behavior, trying new ways of 'being myself', so that I can see who it is I want to be.

~Hugh Prather

It's not that we fear the place of darkness, but that we don't think we are worth the effort to find the place of light.

~Hugh Prather

The fatal mistake is waiting for life's circumstances to be right before we begin. Simply begin with your heart, look deeply into it and trust what you feel. Practice knowing and you will know.

~Hugh Prather

It is your right to be happy. This is what you were made for. And if you will not resist, happiness will find a way to pour from your heart and fill your days.

~Hugh Prather

Almost any difficulty will move in the face of honesty. When I am honest I never feel stupid. And when I am honest I am automatically humble.

~Hugh Prather

A whole mind cannot create chaos. A conflicted mind can create nothing else.

~Hugh Prather

Don't fight a fact, deal with it.

~Hugh Prather

Support your friends - even in their mistakes. But be clear, however, that it is the friend and not the mistake you are supporting.

~Hugh Prather

Life is also a mixture of unsolved problems, ambiguous victories and vague defeats-with very few moments of clear peace.

~Hugh Prather

If my attention is wandering, there is somewhere it wants to go, so obviously it does not want to be where I am holding it in the name of some self-styled obligation.

~Hugh Prather

If a man takes off his sunglasses I can hear him better.

~Hugh Prather

Just when I think I have learned the way to live, life changes.

~Hugh Prather

Next time I will ..." "From now on I will ..." - What makes me think I am wiser today than I will be tomorrow?

~Hugh Prather

Some people will like me and some won't. So I might as well be myself, and then at least I'll know that the people who like me, like me.

~Hugh Prather

If the desire to write is not accompanied by actual writing, then the desire must be not to write.

~Hugh Prather

We are all saying the same thing in different words.

~Hugh Prather

If your reaction to your partner's fear-or any other form of distress- is disdain or irritation, you do not want oneness or even friendship with your partner at that moment.

~Hugh Prather

But it's morning. Within my hands is another day. Another day to listen and love and walk and glory. I am here for another day.

~Hugh Prather

Most words evolved as a description of the outside world, hence their inadequacy to describe what is going on inside me.

~Hugh Prather

Whenever I find myself arguing for something with great passion, I can be certain I'm not convinced.

~Hugh Prather

There were seventy-five people in the lobby and only a seven-year-old girl was finding out what it felt like to sit on the Marble Floor

~Hugh Prather

There is no place love is not.

~Hugh Prather

Moods should be heard but never danced to.

~Hugh Prather

If the ocean was pure mind and I was a wave, I would be in terror if I tried to distinguish myself from the water that produced me. What is a wave without water, and what is a mind without God?

~Hugh Prather

Letting people in is largely a matter of not expending the energy to keep them out.

~Hugh Prather

Negative feedback is better than none. I would rather have a man hate me than overlook me. As long as he hates me I make a difference.

~Hugh Prather

We feel understood by people who like us; misunderstood by people who don't -- and those feelings are probably realistic.

~Hugh Prather

All my life, I have made it complicated, but it is so simple. I love when I love. And when I love, I am myself.

~Hugh Prather

To live for results would be to sentence myself to continuous frustration. My only sure reward is in my actions and not from them.

~Hugh Prather

You are only young once, but you can stay immature indefinitely. You are only young once, then you need another reason to act foolish. You are the only authority on what is best for you.

~Hugh Prather

'Fault' means failure to meet a standard. Whose? Mine.

~Hugh Prather

The first step of letting go: To remove what obstructs your experience of wholeness and peace, you must first look at the obstruction.

~Hugh Prather

Why choose to be right instead of happy when there is no way to be right?

~Hugh Prather

Perfectionism is slow death.

~Hugh Prather

I talk because I feel, and I talk to you because I want you to know how I feel.

~Hugh Prather

Whenever we condemn, we cloak the world in pain.

~Hugh Prather

When we persist in looking for and finding what there is to value within our self, we discover a pure and loving being.

~Hugh Prather

Every moment that I am centered in the future I suffer a temporary loss of this life.

~Hugh Prather

Fears, indecision, and frustration feed on words. Without words they usually stop. . . . Words are at times good for looking back, but they are confining when I need to act in the present.

~Hugh Prather

I live now and only now, and I will do what I want to do this moment and not what I decided was best for me yesterday.

~Hugh Prather

What an absurd amount of energy I have been wasting all my life trying to find out how things 'really are', when all the time they weren't.

~Hugh Prather

My trouble is I analyze life instead of live it.

~Hugh Prather

Unless I accept my faults, I will most certainly doubt my virtues.

~Hugh Prather

When I have listened to my mistakes, I have grown.

~Hugh Prather

I like a man with faults, especially when he knows it. To err is human

~Hugh Prather

It seems that the truth is needed today is always a lie by tomorrow.

~Hugh Prather

To avail yourself of His certain wisdom, ask of Him whatever questions you have. But do not entreat Him, for that will never be necessary.

~Hugh Prather

It's not that "today is the first day of the rest of my life," but that now is all there is of my life.

~Hugh Prather

Before, I thought I was actually fighting for my own self-worth; that is why I so desperately wanted people to like me. I thought their liking me was a comment on me, but it was a comment on them.

~Hugh Prather

No matter what we talk about, we are talking about ourselves

~Hugh Prather

Love itself is not an act of will, but sometimes I need the force of my volition to break with my habitual responses and pass along the love already here.

~Hugh Prather

Forgive and be happy. That is the ancient secret?the only wisdom ever to be attained.

~Hugh Prather

I don't need a "reason" to be happy. I don't have to consult the future to know how happy I feel now.

~Hugh Prather

Don't strive for love, be it.

~Hugh Prather

When I get to where I can enjoy just lying on the rug picking up lint balls, I will no longer be too ambitious.

~Hugh Prather

Books seek us out. They slip themselves into our hands just at the time we are ready for a new self-concept.

~Hugh Prather

My prayer is: I will be what I will be, I will do what I will do.

~Hugh Prather

We become what we look at most.

~Hugh Prather

I'd rather be happy than right.

~Hugh Prather

Because the results are unpredictable, no effort of mine is doomed to failure.

~Hugh Prather

If I work toward an end, meantime I am confined to a process.

~Hugh Prather

Today I don't want to live for, I want to live.

~Hugh Prather

Our job this day is to become part of the answer to the world's immense and protracted suffering rather than continuing our ancient task of being part of the difficulty.

~Hugh Prather

Now that I know that I am no wiser than anyone else, does this wisdom make me wiser?

~Hugh Prather

Happiness is gentleness, peace, concentration, simplicity, forgiveness, humor, fearlessness, trust, and now.

~Hugh Prather

There is nothing more painful than walking around with bitterness in your heart.

~Hugh Prather

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