

# Ilchi Lee

## Quotes

*Believe, Mind, Energy, World, Eye, Choices, Passion, Brain, Self, Body, Firsts,  
Meditation, Path, Practice, Hopeful, Order, Dream, Real, Reality, Heart*

The energy of life entering and leaving your body flows evenly throughout the universe. With that current, the mind of the cosmos communicates with all things.

~Ilchi Lee

The sensation of energy expands with increasing relaxation.

~Ilchi Lee

We may not be able to create or control all of the events that impact our lives but we can create and control our responses to everything that we experience.

~Ilchi Lee

Believe in the life inside you, believe in the great and holy mind within you, and push forward with the dream you have chosen until you make it.

~Ilchi Lee

In order to be the master of your life, you must first recognize that you are the rightful master of your brain, its owner and operator.

~Ilchi Lee

You must believe you have limitless potential in order to manifest your genius fully. Tell yourself every day, "I am a genius," and believe it.

~Ilchi Lee

Now is a time for change, a time to become the greatest version of yourself. And a time to to make your grandest vision of the world .

~Ilchi Lee

Your body is a flower that life let bloom.

~Ilchi Lee

To take another breath, we must first exhale. When we have breathed

out and emptied our lungs, we can breathe in again.

~Ilchi Lee

People's hearts color the heart of the earth and the earth colors the hearts of people.

~Ilchi Lee

Only when you have a changeless sense of who you are, can real change take place.

~Ilchi Lee

Truth is truth, not the explanations of Truth. Truth is a living, moving process. Truth is constantly undulating and vibrating. You can become one with the Truth, but you cannot adequately explain it.

~Ilchi Lee

Create the temperature of your passion!

~Ilchi Lee

When we hear our inner voice and follow it, we can walk our own path.

~Ilchi Lee

Everything in existence undergoes constant change. The things that surround us, even our selves are temporary manifestations of Ki energy.

~Ilchi Lee

I believe in the goodness of fellow human beings. We have a true desire for greatness and genuine good intention to be helpful to others. That's enough. Change is possible.

~Ilchi Lee

Choice is the doorway to our creative power. To unleash this power, we must begin from the state of beingness.

~Ilchi Lee

Our exclusive dependence on rational thought and language has obscured our natural ability to sense the flow of energy.

~Ilchi Lee

The things we are attached to are no more than shadows of the past.

~Ilchi Lee

Now the choices you make are not about finding your path. Rather, they are choices to open the path you have found.

~Ilchi Lee

Change is the very nature of nature.

~Ilchi Lee

I existed before I received this body. I am the external and fundamental life energy of the universe.

~Ilchi Lee

The person with a safe center doesn't fear change. We can choose change without fear before a challenge only when we are strongly centered.

~Ilchi Lee

Recalibration of the mind means clearing our perceptions and recovering our capacity for pure observation.

~Ilchi Lee

To see truth as truth, we don't need a lot of study. It's not complicated. What we need is pure observation. An open mind and fresh eyes will serve us well.

~Ilchi Lee

The key to meditation is to exist one hundred percent in the here and now.

~Ilchi Lee

Meditation is earnest prayer, and when prayer progresses, it becomes true meditation.

~Ilchi Lee

Change, connectivity, and learning to live well with others and with Nature and her ways will be the features of the world when seen through the eye of Tao.

~Ilchi Lee

The human brain represents the infinity opportunity our powers are endless if we understand, harness, and empower ourselves to look inside and educate ourselves on our potential.

~Ilchi Lee

Attention has its most powerful expression in purposeful action.

~Ilchi Lee

In pursuit of a more natural life, perhaps we ought to sit a little less and sweat a little more.

~Ilchi Lee

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