

Isha Judd Quotes

*Realizing, Needs, Suffering, Internals, Choices, Consciousness, Profound,
Simple, Trying, Phoenix, Places Of Peace, Firsts, Heal, Yearning, Reality,
Moments, Found, Steps, Void, Tails*

Happiness is a choice I am making now. Once we understand that and find love consciousness, we learn that this place of internal plenitude needs nothing.

~Isha Judd

You can have all the external experiences but you have to be the love first.

~Isha Judd

Often we don't change because we're afraid of what might happen. We cling to what we recognize, even if we are steeped in suffering.

~Isha Judd

Love is very light, very joyful, very simple and innocent.

~Isha Judd

By focusing on love and cultivating an internal security, we can start to take the steps in our lives to create profound change.

~Isha Judd

When we learn to focus on love, grace, and gratitude, life is really quite lovely.

~Isha Judd

Most people ultimately realize that they can acquire things, change their partner or other things, consume more and still it doesn't work. I'm not criticizing any of this.

~Isha Judd

I lost everything. When I was 28 years old, I lost my home, my job, my partner. I had many people die in my life. I felt like a total victim.

~Isha Judd

When we start to heal and perceive what I call love consciousness, we

begin to perceive reality.

~Isha Judd

There's a part of us that is addicted to suffering, that equates love with suffering.

~Isha Judd

We're like little puppies chasing our tails. We realize we're never getting what we want and then realize we need to do something a bit more profound.

~Isha Judd

By losing my external things, I found myself. I found something very powerful, very permanent, that I could have with me all the time.

~Isha Judd

What I teach is how to go inside and reach that place I call "love consciousness." This is a place of peace and joy that is within all humans.

~Isha Judd

We're trying to fill something internal with something external. We're trying to fill something real with something illusionary.

~Isha Judd

Once we do fill the void and experience the expansion in consciousness, we realize there is enough and has always been enough. We've always had exactly what we've needed in every moment.

~Isha Judd

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