

# Iyanla Vanzant

## Quotes

*People, Giving, Believe, Thinking, Heart, Mean, Pain, Want, Hurt, Spiritual,  
Moving, Self, Needs, Healing, Children, Doe, Letting Go, Choices, Mind, Prayer*

You have to meet people where they are, and sometimes you have to leave them there.

~Iyanla Vanzant

Your willingness to look at your darkness is what empowers you to change

~Iyanla Vanzant

Gratitude is like a magnet; the more grateful you are, the more you will receive to be grateful for.

~Iyanla Vanzant

Comparison is an act of violence against the self.

~Iyanla Vanzant

Change doesn't have to be hard, and healing doesn't have to hurt. Surely by now you know that every thing happens for a reason! There is something better awaiting you on the other side of this.

~Iyanla Vanzant

No storm can last forever. It will never rain 365 days consecutively. Keep in mind that trouble comes to pass, not to stay. Don't worry! No storm, not even the one in your life, can last forever.

~Iyanla Vanzant

Be patient with yourself. Be gentle with yourself. Know that all things are working in your favor. If you take one step toward the light of Spirit, Spirit will take five steps on your behalf.

~Iyanla Vanzant

Challenges come so we can grow and be prepared for things we are not equipped to handle now.

~Iyanla Vanzant

Everything happens when it needs to happen; everyone is always where they need to be. You will never miss out on what is meant for you, even if it has to come to you in a roundabout way.

~Iyanla Vanzant

Sitting alone, listening to the sound of your breath, the beating of your heart is a reminder that you are sacred and blessed.

~Iyanla Vanzant

Criticism does not make you smarter or better than the one you are criticizing. In fact, the stuff you are critical of in others is the same stuff you don't like about yourself.

~Iyanla Vanzant

Acceptance means that you know, regardless of what happened, that there is something bigger than you at work. It also means you know that you are okay and that you will continue to be okay.

~Iyanla Vanzant

Every day is your day if you claim it. If you wait for somebody else to make it for you, you're going to be disappointed.

~Iyanla Vanzant

When you don't show up as who you are, people fall in love with who you're not. Then when they find out who you are, that's when they leave.

~Iyanla Vanzant

We set the standard of how we want to be treated. Our relationships are reflections of the relationships we have with ourselves.

~Iyanla Vanzant

Everything we experience-no matter how unpleasant-comes into our lives to teach us something.

~Iyanla Vanzant

Family is supposed to be our safe haven. Very often, it's the place where we find the deepest heartache.

~Iyanla Vanzant

The only thing that goes on in your life is what your allow to go on in your life

~Iyanla Vanzant

Listen for the instruction, instead of begging for the direction.

~Iyanla Vanzant

When was the last time you thanked you for always being there for you? Self appreciation soothes an aching soul.

~Iyanla Vanzant

Dear God, Please untie the knots. All of the can knots, should knots, may knots and have knots. Please erase from my mind the thoughts that I am not good enough.

~Iyanla Vanzant

When the time comes for you to make a change or to grow, the universe will make you so uncomfortable you will eventually have no choice.

~Iyanla Vanzant

Before you find out who you are, you have to figure out who you aren't.

~Iyanla Vanzant

Everything that happens to you is a reflection of what you believe about yourself. We cannot outperform our level of self-esteem. We cannot draw to ourselves more than we think we are worth.

~Iyanla Vanzant

Love people enough to tell them the truth and respect them enough to trust that they can handle it.

~Iyanla Vanzant

If you should encounter angry or unkind actions today, take a deep breath, reach deep within and greet the lack of love with love.

~Iyanla Vanzant

You have a right to your thoughts and feelings. Your feelings are always valid.

~Iyanla Vanzant

Be patient when it seems things are not going right and may never be right again. Accept that what is yours will come to you in the right way at just the right moment.

~Iyanla Vanzant

Until you heal the wounds of your past, you will continue to bleed

~Iyanla Vanzant

I surround people in unconditional acceptance and love to such a degree that everything that is unloving about them rises to the surface.

~Iyanla Vanzant

One thing that prevents a man from being a good father is he hasn't completed being a boy.

~Iyanla Vanzant

I am now willing to forgive myself . . . for believing I could offer something to others before I have offered it to myself.

~Iyanla Vanzant

Lives fall apart when they need to be rebuilt.

~Iyanla Vanzant

Accept and acknowledge your own brilliance. Stop waiting for others to tell you how great you are! Believe it for yourself and about yourself.

~Iyanla Vanzant

It is not what you hear, it is where you listen from within yourself that gives meaning to the message.

~Iyanla Vanzant

If you are afraid to take a chance, take one anyway. What you don't do can create the same regrets as the mistakes you make.

~Iyanla Vanzant

Spiritual consciousness does not make your problems go away; it does, however, help you view them from a different vantage point.

~Iyanla Vanzant

When someone entrusts their heart to you they are giving you a piece of their soul. You cannot treat the soul casually. You must protect, nurture and handle it with care.

~Iyanla Vanzant

We cannot outperform our level of self-esteem.

~Iyanla Vanzant

[God is] all that is. Everything. Everything. Breath, life. Just get Webster's Dictionary and throw it on the floor. It's everything... God is everything.

~Iyanla Vanzant

We can think, speak, and bring the best possible outcome into existence by focusing on where we are going, not on where we think we are.

~Iyanla Vanzant

You've got to be willing to lose everything to gain yourself.

~Iyanla Vanzant

When you are in alignment with the desires of your heart, things have a way of working out.

~Iyanla Vanzant

Without the a test you don't have a testimony.

~Iyanla Vanzant

When two broken people bring their broken pieces together, chances are they will never become a whole anything.

~Iyanla Vanzant

Everything is just as it needs to be. And if we would forgive, our minds and hearts would open and we could see another possibility.

~Iyanla Vanzant

Comparing yourself to others is an act of violence against your authentic self.

~Iyanla Vanzant

If you don't have a vision you're going to be stuck in what you know. And the only thing you know is what you've already seen.

~Iyanla Vanzant

Be aware that who you are and what you have to offer can be a beacon to some lost soul.

~Iyanla Vanzant

Anything that threatens, hinders, obstructs, denies, delays your capacity to stand fully up for yourself, within yourself, take it down.

~Iyanla Vanzant

When you can tell the story and it doesn't bring up any pain, you know it is healed.

~Iyanla Vanzant

One way to eliminate self negating thoughts and behavior is by gaining more understanding through realizing that you cannot force others to see that what you feel is real.

~Iyanla Vanzant

People may not like what you do, people may not like how you do it, but these people are not living your life. You are!

~Iyanla Vanzant

If you want a real experience of serenity, look for the good. Affirm the good. Acknowledge the good.

~Iyanla Vanzant

Love is not all that is required in a relationship. It needs understanding, openness, kindness, patience, long-suffering

~Iyanla Vanzant

It is important to acknowledge all your feelings and not beat yourself up for having them. Your feelings are not good or bad, they just are.

~Iyanla Vanzant

The way to achieve your own success is to be willing to help somebody else get it first.

~Iyanla Vanzant

Black Girls rock because we have no other choice.

~Iyanla Vanzant

Until you are willing to accept total and complete responsibility for every aspect of your life, your life will keep sending you experiences designed



to get your attention.

~Iyanla Vanzant

You are the light of the world. You are an instrument of the Divine. You are the greatest miracle in the world. Life is graced by your presence.

~Iyanla Vanzant

When you continue to give without receiving, the only thing you are proving is that you know how to be taken advantage of.

~Iyanla Vanzant

Choice is a divine teacher, for when we choose we learn that nothing is ever put in our path without a reason.

~Iyanla Vanzant

If it's not your story to tell, you don't tell it.

~Iyanla Vanzant

When there is breakdown in a relationship, you must have the hard conversation. It may not be pretty and it may not feel good. But if you are willing to listen and tell the truth, it will open up.

~Iyanla Vanzant

Spirituality is not about what you know. It is about growing, deepening, evolving and becoming a living reflection of your spiritual identity.

~Iyanla Vanzant

Forgive yourself for believing that you're anything less than beautiful.

~Iyanla Vanzant

It's time for you to move, realizing that the thing you are seeking is also seeking you.

~Iyanla Vanzant

I am the one I have been looking for.

~Iyanla Vanzant

People are hurting. People are suffering. But you can not get everywhere.

~Iyanla Vanzant

If you don't ask for what you need, the need will keep getting bigger.

~Iyanla Vanzant

When we have peace in our hearts and minds, we draw peace into our lives.

~Iyanla Vanzant

Accept all invitations to do a new thing. Dare not limit yourself. Move toward your wildest #â€Ž dream , take the labels off your mind, and step boldly into your greatness.

~Iyanla Vanzant

One of the ways that people avoid taking responsibility for their role in their own pain is what I call the BPs - blame and projection.

~Iyanla Vanzant

Begin within. If it shows up in your life, it's coming to tell you something about you that you're acting like you don't know. Something about yourself, or your relationship with God.

~Iyanla Vanzant

Everybody does not have to like you. That is not their job. Liking you is not anyone's purpose in life except yours.

~Iyanla Vanzant

You can never love anyone to your own detriment. That is not love, that is possession, control, fear, or a combination of them all.

~Iyanla Vanzant

Your divine mate already exists. When you get to the place in yourself that is peaceful divine love, your true mate will be revealed.

~Iyanla Vanzant

If your heart had a voice, Beloved, what would it say?

~Iyanla Vanzant

We must each learn to feel comfortable in our own uniqueness by rising above the fear of being wrong and the aversion to being different.

~Iyanla Vanzant

Give yourself permission to smile a lot today. In fact, why not make it a habit!

~Iyanla Vanzant

Always remember who you are. Know that you are never required to apologize to anyone for being yourself.

~Iyanla Vanzant

Education does not take place when you learn something you did not know before. Education is your ability to use what you have learned to be better today than you were yesterday.

~Iyanla Vanzant

You're never healing the level you're on. You're always healing the level you came from. For example, you know things today that you didn't know in your first marriage.

~Iyanla Vanzant

When your life is working there will be an absence of drama

~Iyanla Vanzant

When you're the strong one, people don't give you permission to hurt.

~Iyanla Vanzant

When you give to others to the degree that you sacrifice yourself, you make the other person a thief.

~Iyanla Vanzant

Breathing deeply and releasing fear will help you get to where you want to be.

~Iyanla Vanzant

What keeps us from achieving our heart's desires is not anything outside of us, it's the conflict inside.

~Iyanla Vanzant

Instead of running from what you don't want, walk with commitment toward what you desire. Focus on where you are going rather than being obsessed with where you have been.

~Iyanla Vanzant

Thinking is the problem. Thinking is hazardous to your progress in life. Don't think - feel.

~Iyanla Vanzant

With all things in life, we do not get what we ask for, we get what we expect.

~Iyanla Vanzant

When do you feel most loved? Are you willing to be loved today? Self-love is the magnet that attracts deep and profound expressions of love from others

~Iyanla Vanzant

Beloveds, you are fine, just the way you are! Perfect in your

imperfection! You are divine! Growing brighter and more brilliant each day, you can accept the truth of who you are.

~Iyanla Vanzant

Feminine power is silent, dark, mysterious, healing, nurturing. A woman can walk into a room and control it. She doesn't even have to open her mouth if she knows where her power is.

~Iyanla Vanzant

You have set standards for how you want to be treated and what you expect from yourself and for yourself.

~Iyanla Vanzant

You can't just cry about the pain. You can't just pray about the pain. You must eliminate the pain.

~Iyanla Vanzant

In the process of planning and having a wedding, I forgot there would actually be a marriage, a union of minds, bodies, souls, and issues that would come together as soon as the ceremony was over.

~Iyanla Vanzant

Regardless of how hard, challenging, frightening, or difficult an experience may seem, everything is just as it needs to be in order for us to heal, grow, and learn.

~Iyanla Vanzant

I have a daily message, 'Stimumail,' which I use to stimulate the mind and heart. I have the opportunity to touch over 60,000 people I have never met. I also use Twitter and Facebook.

~Iyanla Vanzant

All of us have ways in which we mask and cover our pain.

~Iyanla Vanzant

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