

James Hollis

Quotes

*World, Forever, Intimate Relationships, Loss, Desire, Spiritual, Mean, Wind,
Sea, Ego, Different, Wade, Needs, Children, Goal, Knowing, Simple, Lying,
Expression, Responsibility*

The truth about intimate relationships is that they can never be any better than our relationship with ourselves.

~James Hollis

What I refuse to face within myself will meet me in the exterior world through you, not as you are, but as I have so construed you.

~James Hollis

We best serve intimate relationship by becoming sufficiently developed in ourselves that we do not need to feed off others.

~James Hollis

In the end, we are only tiny frightened animals, doing our best to survive amid other tiny frightened animals.

~James Hollis

We serve the world by finding out what feeds us, and, having been fed, then share our gifts with others.

~James Hollis

We are all meaning-seeking, meaning creating creatures and when we experience the loss of meaning, we suffer.

~James Hollis

Learning to live with ambiguity is learning to live with how life really is, full of complexities and strange surprises.

~James Hollis

To experience some healing within yourself, and to contribute healing to the world, you are summoned to wade through the muck from time to time.

~James Hollis

As children we listened to the sound of the sea still echoing in the shell

we picked up by the shore. That ancestral roar links us to the great sea which surges within us as well.

~James Hollis

The act of consciousness is central; otherwise we are overrun by the complexes.

~James Hollis

A neurosis is wherever we are allied against our true nature.

~James Hollis

Fear of our own depths is the enemy.

~James Hollis

The purpose of therapy is not to remove suffering but to move through it to an enlarged consciousness that can sustain the polarity of painful opposites.

~James Hollis

The goal of individuation is wholeness, as much as we can accomplish, not the triumph of the ego.

~James Hollis

There is some debate in professional circles about whether the so-called "midlife crisis" exists.

~James Hollis

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