

Jill Bolte Taylor

Quotes

*Brain, Thinking, Emotional, Running, Cells, Responsibility, Energy, Mean,
World, Children, Personality, Past, Choices, Body, May, Universe, Mind,
Garden, Opportunity, Order*

To experience peace does not mean that your life is always blissful. It means that you are capable of tapping into a blissful state of mind amidst the normal chaos of a hectic life.

~Jill Bolte Taylor

Emotion only lasts in our bodies for about 90 seconds. After that, the physical reaction dissipates, UNLESS our cognitive brain kicks in and starts connecting our anger with past events.

~Jill Bolte Taylor

My stroke of insight would be: peace is only a thought away, and all we have to do to access it is silence the voice of our dominating left mind.

~Jill Bolte Taylor

Although many of us may think of ourselves as thinking creatures that feel, biologically we are feeling creatures that think

~Jill Bolte Taylor

We have the power to choose, moment by moment, who and how we want to be in the world.

~Jill Bolte Taylor

Please be responsible for the energy you bring into this space.

~Jill Bolte Taylor

I am the life-force power of the universe. I am the life-force power of the 50 trillion beautiful molecular geniuses that make up my form, at one with all that is.

~Jill Bolte Taylor

Take responsibility for the energy you bring.

~Jill Bolte Taylor

My favorite definition of fear is: False Expectations Appearing Real

~Jill Bolte Taylor

Just like children, emotions heal when they are heard and validated.

~Jill Bolte Taylor

I believe that the more time we spend choosing to run the deep inner circuitries of our right hemispheres, the more peace we will project into the world and the more peaceful our planet will be.

~Jill Bolte Taylor

The easiest way I have found to humble myself back into a state of peaceful grace is through the act of gratitude.

~Jill Bolte Taylor

I can choose to come into the world as my right brain personality, which is more compassionate, more open, more loving, and more right here, right now available.

~Jill Bolte Taylor

My left brain is doing the best job it can with the information it has to work with. I need to remember, however, that there are enormous gaps between what I know and what I think I know.

~Jill Bolte Taylor

Can we think more than one thought at the same time? Most of us know we can't do that. Both hemispheres are always working all of the time. But one of them is always dominant.

~Jill Bolte Taylor

If I can choose who I am in the moment, then I can choose to come in as my left brain personality and all of the skill sets that goes with that.

~Jill Bolte Taylor

Peace is only a thought away.

~Jill Bolte Taylor

Then it crosses my mind, "But I'm a very busy woman! I don't have time for a stroke!"

~Jill Bolte Taylor

I love knowing that I am simultaneously as big as the universe and yet merely a heap of star dust.

~Jill Bolte Taylor

I really need people to take responsibility for the kind of energy they bring to me.

~Jill Bolte Taylor

I am always in quest of being open to what the universe will bring me.

~Jill Bolte Taylor

Who are we? We are the life-force power of the universe.

~Jill Bolte Taylor

The two hemispheres of the brain are two very different places and they don't share any cell bodies. They are completely separate entities.

~Jill Bolte Taylor

I'm an advocate for whole brain thinking. I'm not an advocate for the right brain or the left brain.

~Jill Bolte Taylor

chaos is the first step in the creative process.

~Jill Bolte Taylor

I don't have time for a stroke!

~Jill Bolte Taylor

I have the ability to make a choice in how I respond. My natural response does not have to be the only response I have.

~Jill Bolte Taylor

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