

Joan Z. Borysenko

Quotes

*Healing, Soul, Life, Love Is, Mistake, Opportunity, Gratitude, Feelings,
Happiness, Giving, People, Past, Related, Rediscovery, Thank God, Safety,
Brain, Love You, Optimistic, Mind*

We drop like pebbles into the ponds of each other's souls, and the orbit of our ripples continues to expand, intersecting with countless others.

~Joan Z. Borysenko

Everyday brings a choice: to practice stress or to practice peace.

~Joan Z. Borysenko

May I be at peace. May I awaken to the light of my own true nature. May I be healed and may I be the source of healing for others.

~Joan Z. Borysenko

The question is not whether we will barbecue, but how we will barbecue.

~Joan Z. Borysenko

Healing is the rediscovery of who we are and who we have always been.

~Joan Z. Borysenko

Learning to listen to ourselves is a way of learning to love ourselves.

~Joan Z. Borysenko

When we are capable of living in the moment free from the tyranny of "shoulds," free from the nagging sensation that this moment isn't right, we will have peaceful hearts.

~Joan Z. Borysenko

The question is not if we are going to die or not, but how are we going to live.

~Joan Z. Borysenko

Every act of kindness and compassion toward others gets multiplied when they, in turn, pass it on. One by one the world becomes a better place. Service is indeed the gift that keeps on giving.

~Joan Z. Borysenko

Forgiveness ... is the finishing of old business that allows us to experience the present, free of contamination from the past.

~Joan Z. Borysenko

Throughout the life cycle we consciously and unconsciously edit the events of our life, trying to give them meaning.

~Joan Z. Borysenko

Perhaps the hardest lesson to learn is not to be attached to the results of your actions.

~Joan Z. Borysenko

Learning to be aware of feelings, how they arise and how to use them creatively so they guide us to happiness, is an essential lifetime skill.

~Joan Z. Borysenko

The stereotype of aging as a progressive loss of function is generally true only for people who stop functioning.

~Joan Z. Borysenko

True peacefulness comes from abandoning the illusion that satisfying desires brings pleasure.

~Joan Z. Borysenko

Unpredictability is closely related to uncontrollability.

~Joan Z. Borysenko

Guilt is the teacher, love is the lesson.

~Joan Z. Borysenko

Busy is an opportunity, not a dirty word.

~Joan Z. Borysenko

Most research is a synthesis of problem solving and creativity.

~Joan Z. Borysenko

Keep an open mind, but don't let your brain fall out.

~Joan Z. Borysenko

Have we arrived at our own faith and our own path or simply internalized the beliefs of parents, clergy, spouse, or friends?

~Joan Z. Borysenko

If we believe that the universe is unfriendly and that our very souls are in danger, peace will be elusive at best.

~Joan Z. Borysenko

Thank God for what doesn't need healing.

~Joan Z. Borysenko

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