

Joanna Macy

Quotes

*Heart, Beautiful, Our World, Healing, Web Of Life, Peace, Self, Home, Action,
Alive, Nature, Play, Grief, Emotional, Buddhist, Pain, Spiritual, Compassion,
Gratitude, Comfort*

You don't need to do everything. Do what calls your heart; effective action comes from love. It is unstoppable, and it is enough.

~Joanna Macy

The sorrow, grief, and rage you feel is a measure of your humanity and your evolutionary maturity. As your heart breaks open there will be room for the world to heal.

~Joanna Macy

The most radical thing any of us can do at this time is to be fully present to what is happening in the world.

~Joanna Macy

Gratitude is liberating. It is subversive. It helps us to realize that we are sufficient, and that realization frees us.

~Joanna Macy

The heart that breaks open can contain the whole universe.

~Joanna Macy

Walk boldly through your life with an open, broken heart.

~Joanna Macy

The web of life both cradles us and calls us to weave it further.

~Joanna Macy

We are making choices that will affect whether beings thousands of generations from now will be able to be born sound of mind and body.

~Joanna Macy

The future is not out there in front of us, but inside us.

~Joanna Macy

There are the holding actions, the changing actions, and the vision of

the future - what we want to see happen for the Earth. All are essential.

~Joanna Macy

Grace happens when we act with others on behalf of our world.

~Joanna Macy

It is good to realize that falling apart is not such a bad thing. Indeed, it is as essential to evolutionary and psychological transformation as the cracking of outgrown shells.

~Joanna Macy

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