

# John de Ruiter

## Quotes

*Heart, Self, Moving, Knows, Real, Giving, Knowing, Able, Littles, Awareness,  
Needs, Thinking, Movement, Believe, Firsts, Oneness, Mind, Way, Surrender,*

*Home*

As soon as you give your heart to something new you will immediately be able to think in a way that is new.

~John de Ruiter

The let-go of the last little bit is the biggest because, in that, there is no return.

~John de Ruiter

It isn't the kind of profession that you have that makes you flourish; it's what you are coming from, within, that makes you flourish. Then everything that you step into turns into your garden.

~John de Ruiter

When you, awareness, are mastered by the deepest that you know the truth of, then you are no longer awareness. You are oneness aware mastering your self and your life.

~John de Ruiter

Give others their dignity by opening and softening in your heart to them.

~John de Ruiter

When a city is inundated with water, the water will move in all of the streets. Every pathway that has been made will be used. It doesn't matter the reason of its making.

~John de Ruiter

Everything needs to touch your heart. Everything that touches your heart brings out the deep in you.

~John de Ruiter

The more clean you are in awakening to your own being, the more you'll be able to move your own being toward others. Your evolution as awareness is in the purity of that it's in the cleanness.

~John de Ruiter

Your life has little purpose if you are separate from your own knowledge within.

~John de Ruiter

If you are all open in your heart, you are clean. If you are all open in your self, you are naive.

~John de Ruiter

For you to have real love, you need to be able to move past your self.

~John de Ruiter

Your being is real and it gets to have everything. It gets to have your preferences, your person, and all of your plans.

~John de Ruiter

High level womanness occurs and is freed when the filters and the boundaries in your womanness are no longer of use to you. As a woman you then move as your own Being.

~John de Ruiter

When you are being what you really are you absolutely flourish in the midst of absolutely everything.

~John de Ruiter

Sunny is what you are. Everything else is what you think.

~John de Ruiter

While sincerity is to carry the weight of knowledge in the self, it is also to be the lightness of being clean.

~John de Ruiter

When you rest in the weakness of your heart, your being moves and

your self becomes quieted.

~John de Ruiter

You need to bring your awakening into city life. Bring it into fast-paced complexity where it thrives.

~John de Ruiter

Everyone is giving something. Everyone is giving what has their heart. What I'm giving you is what has my heart.

~John de Ruiter

When a drop of water touches a drop of water there is no holding back - it joins. Water responds to water. Your being responds to what is the same, outside of you, as your own being.

~John de Ruiter

When resistance no longer serves you, you'll no longer have it.

~John de Ruiter

This life is a stellar opportunity to realize what you are, to bring what you first are into manifestation.

~John de Ruiter

Truth is not a mystery - its greatest secrets are yours to know through simple honesty and surrender to what that honesty reveals.

~John de Ruiter

When awareness believes what it knows is true, the truth of what awareness really is, moves. That movement is love.

~John de Ruiter

Where there is humility, there is no story.

~John de Ruiter

For you to be free of your thinking mind, that will cost you the way that you've put your self together. It will cost you your patterned self.

~John de Ruiter

Whatever you know in your heart, live at the expense of anything else.

~John de Ruiter

Depth of feeling and clarity of thought isn't the same as knowing.

~John de Ruiter

Your self doesn't represent the truth in you, your being does. Give your ease only to what you know represents the truth in you.

~John de Ruiter

Live only for what you know in your heart is worth dying for.

~John de Ruiter

Find the most delicate qualities within; then treat these qualities as tiny little seeds that you would plant in your heart, with you being the gardener.

~John de Ruiter

When your self and your life belong to your being, your self opens, your life opens, your being comes in, and it will have everything. It is the single greatest turning point in your life.

~John de Ruiter

There is only one real comfort and it's not a feeling. It is the comfort of oneness.

~John de Ruiter

Whatever you have awakened to, you belong to.

~John de Ruiter

The cure to your self is that you are not yours.

~John de Ruiter

Awareness, one with knowing, is love.

~John de Ruiter

There's no mystery to integrity. There's no mystery to oneness. When there is a core-splitting honesty, right there, awareness knows.

~John de Ruiter

Live finding each other in what you haven't yet found, seeing each other in a way that you haven't yet seen, reaching within to find the more. In the more you find the more of each other.

~John de Ruiter

Embodying your being is you earning your own being, earning your being in your body.

~John de Ruiter

When you are known, what you are is activated.

~John de Ruiter

You can fulfill your whole life in one hour of inner seeing.

~John de Ruiter

What is deeper is warmer. When you're looking for what is deeper, add warmth.

~John de Ruiter

If you move as a being in every experience of your self, your being replaces your self.

~John de Ruiter

For you to access your own innermost as awareness is for you to

surrender form after form after form, enabling you as awareness to recede to what you first are, for you to be meaning.

~John de Ruiter

To really evolve as awareness, be just like your own being in a self like yours and on a planet like this one.

~John de Ruiter

With real relationship within, you are as delicateness really listening.

~John de Ruiter

For your self to become pure, give everything to what is already pure in you.

~John de Ruiter

Let your heart believe only what nurtures you.

~John de Ruiter

The deeper within that you are coming from, the higher the perspective you'll be able to have.

~John de Ruiter

It's true for you to soften within, to let your heart open, to let your heart soften.

~John de Ruiter

The more open you are within, the more capacity you will have to know, to see, and to love.

~John de Ruiter

You don't come into the more without responding to what you already know.

~John de Ruiter

What touches your heart is meaning.

~John de Ruiter

When you lay down your life for what you are after you've died, you're clean.

~John de Ruiter

The emanation of what you are is love.

~John de Ruiter

When you are unconditionally open and soft in your heart while your self empties and while your self fills, you live fulfilling the law of containment.

~John de Ruiter

You are able to come from openness and softness in an instant.

~John de Ruiter

When your heart is open and soft, it isn't actually vulnerable: it can withstand anything.

~John de Ruiter

Where there is movement, there is reach. Reach engenders communion.

~John de Ruiter

When you respond to your heart you are responding to love.

~John de Ruiter

If you don't abdicate or misuse your power, pressure takes you into realization.

~John de Ruiter

If you set something free and it comes back to you, that's the beginning



of it being yours.

~John de Ruiter

Relate to the little instead of relating to the big. The little is indomitable.

~John de Ruiter

The best that you can do for your mind is to have no in-between state in your heart.

~John de Ruiter

The evolution in each of us isn't separate from each other.

~John de Ruiter

Oneness means that as awareness, your relationship with knowing is clean. Then for you to know is for you to be.

~John de Ruiter

Your whole life is really only all about that dear place in you where you know you've realized, you love, and you are reached.

~John de Ruiter

What you are is the most subtle delicacy of being.

~John de Ruiter

Where you quietly know within, you have no choice.

~John de Ruiter

The truth within moves as intimacy of being.

~John de Ruiter

In being meaning, you naturally find meaning in everything.

~John de Ruiter

You cannot dwell in your being while your self inhabits your heart.

~John de Ruiter

When you love what's deeper, your response is direct. There won't be a fear in dropping directly into the deeper.

~John de Ruiter

Looking and seeing do not originate in your self. You are able to look in your self because looking and seeing are before your self.

~John de Ruiter

Where your life ends, your being doesn't. Where your being ends, you don't. That is what is able to have and move your forms.

~John de Ruiter

In this there are no options, just response, awareness responding to knowing. All the way in and all the way out. This isn't of the earth - this is of the everything.

~John de Ruiter

In all of its vulnerability, profound sincerity does, in its relationship to knowledge, find its way.

~John de Ruiter

The place of connection or separation in relationship to your own being, the place in your self where this occurs, is in your heart.

~John de Ruiter

Everyone starts out with a little self, and it costs everything to move past that little self. It costs the life of the little self to be the life within that's deeper than that little self.

~John de Ruiter

Put together every little bit of goodness that you have known and you have your being.

~John de Ruiter

You simply cannot trust or refer to your experience of your self to tell you what you are, to tell you the truth within.

~John de Ruiter

Let your sexuality move in whichever way it does. Do nothing to guide it or control it. What brings it into balance is you being in your heart in the midst of it.

~John de Ruiter

You cannot have a perfect mind. You can have a perfect heart.

~John de Ruiter

The movement of you brought forward is love.

~John de Ruiter

As soon as there's pain, you know the gold is just beneath.

~John de Ruiter

As much as everything can seem to be about patterns in your self and others, within the drama of all that, it's really all about knowing.

~John de Ruiter

Believe only what you know and all of what you know.

~John de Ruiter

When you believe what you know, you love.

~John de Ruiter

When you're true to your heart, you're infusing your self with meaning.

~John de Ruiter

The more honest you are, the more quieted you are within.

~John de Ruiter

Once you're facing the direction of the deep within, awareness enters without a thought.

~John de Ruiter

Integrate the unseen of what you first are in the midst of all things seen.

~John de Ruiter

Awareness returning home is awareness being enfolded by what it knows.

~John de Ruiter

When you're all in, you will know sweet vulnerability.

~John de Ruiter

What you really are isn't loyal to your self. It won't favor your self. It will turn your self into what you really are.

~John de Ruiter

When you really love, that makes you feel unsure in your self, even though it is love that reaches your heart.

~John de Ruiter

Realization is more important than understanding

~John de Ruiter

In a real relationship the two of you are together, meeting without your histories.

~John de Ruiter

When you are gentled and quieted in your heart, you are incapable of relating to disappointment, incapable of feeling sorry for your self.

~John de Ruiter

The more that you are being your ideas, the less human you are. The deeper your realization, being in your heart, the more of your humanness you come into.

~John de Ruiter

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