

John Welwood

Quotes

*Love, Soul, Heart, Spiritual, Real, Scary, Light, Trust, Form, Perfect, Pain,
Mean, Self, Beautiful, Giving, Years, Desire, Determination, Struggle, Mind*

A soul connection is a resonance between two people who respond to the essential beauty of each other's individual natures, behind their facades, and who connect on this deeper level.

~John Welwood

A soul connection not only inspires us to expand, but also forces us to confront whatever stands in the way of that expansion.

~John Welwood

The light of unconditional love awakens the dormant seed potentials of the soul.

~John Welwood

In recognizing exactly where we have been unconscious, we become more conscious. And in seeing and feeling the ways we've gone dead, we start to revive and kindle our desire to live more expansively.

~John Welwood

Boundless love always manages somehow to sparkle through your limited form.

~John Welwood

Forget about enlightenment. Sit down wherever you are. And listen to the wind singing in your veins.

~John Welwood

To allow yourself your own experience is the greatest act of self love

~John Welwood

The warm and radiant yes of the heart is perfect, like the sun, in bringing all things to life and nourishing all that is truly human.

~John Welwood

Meditation provides a way of learning how to let go. As we sit, the self

we've been trying to construct and make into a nice, neat package continues to unravel.

~John Welwood

Becoming human means discovering our fullness and learning to live from it.

~John Welwood

Not knowing that we can be loved for who we truly are prevents us from trusting in love itself, and this in turn causes us to turn away from life and doubt its benevolence.

~John Welwood

Love is the recognition of beauty.

~John Welwood

We are not just humans learning to become buddhas, but also buddhas waking up in human form, learning to become fully human.

~John Welwood

There is a secret about human love that is commonly overlooked: Receiving it is much more scary and threatening than giving it.

~John Welwood

Dennis Lewis has a deep understanding of the central importance of breathing, in both its physical and spiritual dimensions

~John Welwood

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