

# Judith Orloff

## Quotes

*Emotional, People, Healthy, Stress, Mean, Energy, Choices, Vampire, Intuition,  
Powerful, Soul, Sweet, Lying, Great Love, Opportunity, Serendipity, Creativity,  
Upset, Matter, Ideas*

How you react emotionally is a choice in any situation

~Judith Orloff

Spirituality isn't static. It's an evolving optimism that won't let hardship get the best of you.

~Judith Orloff

Trust your intuition. It is the best friend you will ever have.

~Judith Orloff

Remove the emotional and physical clutter from your life so you can soar.

~Judith Orloff

Trying to force things only disturbs your goals. Forcing will not help. Everything happens in its right time.

~Judith Orloff

Your soul mate can turn into your cell mate if the mutual desire for growth isn't there.

~Judith Orloff

Sometimes violence cannot be stopped no matter what we do. But the more peaceful we are, the better chance we have of bringing out the peace in those around us.

~Judith Orloff

Words ride on the energy of tone, its warmth or coldness; think of tone as the music of how words are expressed. You want this music to be soulful, whether you're giving sweet talk or tough love.

~Judith Orloff

The relationship with yourself is the most important relationship you'll ever have.

~Judith Orloff

Surrender is a state of living in the flow, trusting what is, and being open to serendipity and surprises.

~Judith Orloff

Look at your life as your main career and your divine classroom.

~Judith Orloff

When you have no idea how to surrender and you're tied up in knots, **JUST BREATHE!**

~Judith Orloff

Whenever your well-being feels at risk around certain people, make a tactful and swift exit.

~Judith Orloff

The art of communicating is to speak with a non judging sensitivity and mean it rather than impulsively verbalizing whatever feelings arise; there's no better way to make a point.

~Judith Orloff

Release all the anxiety that keeps you from moving ahead. Keep breathing it out and letting it go.

~Judith Orloff

Don't try to control what's outside. Be at peace with what's inside.

~Judith Orloff

When you feel stuck in reverse, take a breath and let go.

~Judith Orloff

Sustaining silence and circumspection are two behaviors that lead to better, healthier outcomes. They are powerful without dominating.

~Judith Orloff

Surrender to life today. Don't fight anything. Just enjoy the flow.

~Judith Orloff

Spirituality is not for sale. It must be developed.

~Judith Orloff

If an organ gets a "dis-ease" you want to care for it like a wounded friend, not an enemy who's turned against you.

~Judith Orloff

Friends can be the best co-conspirators in charting the unknown.

~Judith Orloff

Every illness is an opportunity for compassionate revelations.

~Judith Orloff

Energy doesn't lie. Keep sensing it, trusting it, letting it liberate you.

~Judith Orloff

No matter how well-meaning your intention, doing too much is not always an act of love but of sabotage.

~Judith Orloff

Energy never lies. If you work at your right rhythm, you will be more productive trust me.

~Judith Orloff

Research shows that happy people look for opportunity while others see only crises. Surrendering fear is healthy!

~Judith Orloff

Illness sets the stage for the opening of our hearts.

~Judith Orloff

Beyond surfaces, you must be intuitively at ease.

~Judith Orloff

A woman isn't very powerful without her intuition.

~Judith Orloff

Flow is letting nothing obstruct the breath. Practice flow through a complete exhale in every way in your being.

~Judith Orloff

It's not the burden of your mate or anyone else to heal your emotional issues.

~Judith Orloff

Another reality is a whisper away.

~Judith Orloff

Abundance is a state of mind, more than a reflection of wealth.

~Judith Orloff

Stop protesting the hand you've been dealt! Become partners with your life instead of making it an exhausting wrestling match.

~Judith Orloff

Being a control freak makes us tense, stressed out, and unpleasant to be with.

~Judith Orloff

You possess an intuitive intelligence so powerful it can help you heal, relieve stress, and find emotional freedom

~Judith Orloff

Surrender is a positive, healthy state. Being a surrendered person does not mean one is beaten down and so hopeless he or she has "given up." It's quite the contrary.

~Judith Orloff

If you want to surrender to creativity, surrender to creation.

~Judith Orloff

Surrendered people make great lovers. They can be spontaneous and playful. They love to feel and express all of their emotions. They look vibrant, healthy, and energetic.

~Judith Orloff

It's good to be incompatible with your partner sometimes. It causes your souls to stretch & grow - the point of a soul mate!

~Judith Orloff

Shame is not your friend. It depletes your power. Let go of shame and embrace your magnificence.

~Judith Orloff

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