

Katrina Kenison Quotes

*Children, Home, World, Beautiful, Love Is, Past, Journey, Hands, Heart, Unique,
Stay Focused, Growth, Blessing, Soul, Holiday, Long, Simplicity, I Can, Prayer,
Real*

Alone-in moments of prayer or meditation, or simply in stillness-we breathe more deeply, see more fully, hear more keenly. We notice more, and in the process, we return to what is sacred.

~Katrina Kenison

Solitude is the soul's holiday, an opportunity to stop doing for others and to surprise and delight ourselves instead.

~Katrina Kenison

Growth and transformation occur not by changing who we are, but as we summon the courage to be who we are.

~Katrina Kenison

It has taken awhile, but I certainly do know it now -- the most wonderful gift I had, the gift I finally learned to cherish above all else, was the gift of all those perfectly ordinary days.

~Katrina Kenison

I can only bring peace to my children when I possess it myself.

~Katrina Kenison

We are the windows through which our children first see the world. Let us be conscious of the view.

~Katrina Kenison

Now I see that the journey was never meant to lead to some new and improved version of me; that it has always been about coming home to who I already am.

~Katrina Kenison

In stillness, we find our peace. Knowing peace at home, we bring peace into the world.

~Katrina Kenison

Stay focused on what is beautiful and abundant even as illness carves more and more of what you love away

~Katrina Kenison

Life finds its balance. Children grow up. Second chances come along. In the meantime, I could choose to savor this moment. What good would it do to allow annoyance to interfere with gratitude?

~Katrina Kenison

When we focus on what is good and beautiful in someone, whether or not we think that they "deserve" it, the good and beautiful are strengthened merely by the light of our attention.

~Katrina Kenison

Magic wasn't something I had to go in search of; it was here, within me, all the time. When hearts are open, when love is flowing, magic happens.

~Katrina Kenison

At times, my nostalgia for our family life as it used to be--for our own imperfect, cherished, irretrievable past--is nearly overwhelming.

~Katrina Kenison

In simplicity, there is freedom - freedom to do less and enjoy more.

~Katrina Kenison

Reading, reading actively, strengthens the soul.

~Katrina Kenison

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