

# Laura Huxley

## Quotes

*Children, Thinking, People, Way, Love You, Beautiful, Giving, Yoga, Heart,  
Healthy, Focus, Intelligent, Dying, Country, Baby, Pregnancy, Investment,  
Important, Attention, Mean*

Each asana is like a piece of music that has a certain characteristic, a certain power.

~Laura Huxley

The art of living is simply the art of using energy in an intelligent and creative way.

~Laura Huxley

Service or giving is the other side of receiving. Giving and receiving is a full circle: a full circle feels more natural than a half circle.

~Laura Huxley

Be a little kinder to each other.

~Laura Huxley

My first psychedelic experience with Aldous still directs my life today.

~Laura Huxley

If you decide that you are making love to have a child then you are to prepare. Prepare physiologically, spiritually, and know that you have enough money to give him what you have to give him.

~Laura Huxley

The unequal distribution of food is one of the world's most tragic facts. Millions of people die because they have too little to eat, and many die because they have too much.

~Laura Huxley

Habitual caution ties and binds us; it is as if we were dressed always in clothes and shoes that were several sizes too small.

~Laura Huxley

You would think that as you get older you would be more disciplined. As I get older I get less disciplined. I just play around!

~Laura Huxley

Most furniture is not made for people - they are made for the people who sell them.

~Laura Huxley

Addiction to food is unfortunately really grave, also to alcohol or to anything else.

~Laura Huxley

The difference between a good medicine and a poison is the dosage.

~Laura Huxley

Since I was young my wish has been to die in perfect health - I mean to die with a body that is not destroyed by illness but a body that is consumed by its own long burning fire.

~Laura Huxley

Power is just so much part of the human being because power is survival. But I wonder if that is the best way to survive, by killing someone else.

~Laura Huxley

I would much rather sit on the floor. Very rarely do I find a table and a chair that is comfortable. But the floor is comfortable.

~Laura Huxley

I would tell to young people to sit on their heels. Children do that naturally so if they never had furniture they would do it. It's wonderful for all parts of the body.

~Laura Huxley

Age teaches us how to be more aware of other people's feelings.

~Laura Huxley

What I say is focus your mind and respect your body. But mostly love your heart. I think that is where to begin, from there and then it goes out.

~Laura Huxley

Toddlers are so powerful and so egocentric and teenagers are also so powerful, so egocentric.

~Laura Huxley

The way that the soul is expressed now, and the only way it expresses itself in this age, is through the senses.

~Laura Huxley

I believe more in concrete spirituality rather than in a spirituality that is divided from the body and from nature.

~Laura Huxley

As long as there is no control of population, the population explosion will make it so easy for politicians to dominate.

~Laura Huxley

They don't consider nicotine as a drug. Why don't they put it together with all the other drugs?

~Laura Huxley

Healthy attention is to improve what can be improved and to accept what we cannot improve.

~Laura Huxley

You can focus your mind. You can respect your body. All of that is important.

~Laura Huxley

I've done a little yoga, not as a professional, and every time I have a

good teacher I see the immense possibilities and subtleties in this discipline. It's a little bit like music.

~Laura Huxley

Yoga is a natural thing.

~Laura Huxley

Love your heart. It really is to love yourself to begin with and help everybody else in doing the same. But the heart being the center.

~Laura Huxley

For many of us it is obvious that children are our ultimate investment, but unfortunately children are also the ultimate investment of the gun, tobacco and the liquor industries.

~Laura Huxley

The preparation for conception to me is one of the most important things, if we are we interested in the general progress of our species.

~Laura Huxley

It is clear that our society can improve only if the next generation is given the chance, through loving and intelligent education, to be better developed than the present one.

~Laura Huxley

The spine should be empty so that energy moves up and down. I always felt this way as a child.

~Laura Huxley

How can we speak about "drugs"? It is like speaking about the human race - each person is different, each drug is different!

~Laura Huxley

There is danger in everything that we do.

~Laura Huxley

Morbid attention is when we focus only on the shortcomings that come with aging, which are inevitable, and think that everything that is wrong is a result of aging.

~Laura Huxley

I call children "our ultimate investment."

~Laura Huxley

Teenagers have to be sustained; they have to be given something to live for and something that involves them without having to make a child, a human being.

~Laura Huxley

Anybody can make a baby without any checking, without thinking. This type of parenting can be tragic because one of the greatest actions a human being can do is to create another life.

~Laura Huxley

Everything has to come through the senses, as though the soul is speaking out through the senses.

~Laura Huxley

There is light. There is darkness. There is high and there is low. But in the world now it seems to me this struggle between light and darkness is more evident than ever.

~Laura Huxley

We are to eat food otherwise we don't live and sometimes we eat food that is very damaging.

~Laura Huxley

If you love your heart, this can be transmitted to other people. I mean

you can help anybody that wants to do the same.

~Laura Huxley

Ignorance, according to the Buddha, is our basic difficulty. Psychedelics and the process of aging make that clear to me all the time.

~Laura Huxley

the giver measures his gift with one yardstick, and the receiver measures it with another.

~Laura Huxley

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