

Lee L Jampolsky

Quotes

*Body, Mind, Psychology, Pain, Healing, Practice, Past, Acceptance, Suffering,
Upset, People, Way, Order, Addiction, Important, Believe, Sick, Opportunity,
What If, Self*

It is impossible to hold a grudge and have peace of mind at the same time. It would be like trying to have day and night exist in the same moment.

~Lee L Jampolsky

You can learn to focus on love in your heart rather than the symptoms of your physical condition.

~Lee L Jampolsky

You may not have chosen what is happening to your body, but you can choose how you respond.

~Lee L Jampolsky

The roots of addiction can be seen in our search for happiness in something outside of our self, be it drugs, relationships, material possessions.

~Lee L Jampolsky

There is no moment, ever, that does not either hold an opportunity or a lesson that God is offering.

~Lee L Jampolsky

More succinctly put, Inspirational Psychology offers ways to live, learn about, and practice love.

~Lee L Jampolsky

No matter how sick your body is, extending Love will reduce your suffering and aid in healing.

~Lee L Jampolsky

For me, the more I don't foolishly waste my life wishing for a better past the more free I am today to create, grow, and love.

~Lee L Jampolsky

How important is it really that you feel satisfied right now for 2 minutes, compared to getting yourself free from addiction forever?

~Lee L Jampolsky

One of the most liberating personal discoveries I have made is the knowledge that whenever I am upset, there is another way of looking at any situation, person, or condition.

~Lee L Jampolsky

What if happiness is in fact more about remembering who we are, rather than attempting to change anything or anyone at all?

~Lee L Jampolsky

Forgiveness is essential to health, growth, and healing.

~Lee L Jampolsky

I trust that no loving thought goes unnoticed, even when I do not see immediate gratitude or behavior changes in the other person.

~Lee L Jampolsky

Many people live in a self-imposed prison and don't even know it.

~Lee L Jampolsky

The paradox of acceptance: When our mind becomes less attached and dependent on things being a certain way our happiness in life dramatically improves.

~Lee L Jampolsky

You can learn from your health challenge what is most important and become a better human being.

~Lee L Jampolsky

You can learn to direct yourself to be peaceful inside regardless of what is happening with your body.

~Lee L Jampolsky

Though few would admit it, most of the time, when people are upset they don't actually want to feel differently, they want agreement and ways to make a situation, condition, or person change.

~Lee L Jampolsky

Most of us, if we are truly honest with ourselves, have an ever-evolving and ever-growing list of what we think we must change in order to be at peace or to be happy.

~Lee L Jampolsky

A miracle is when we respond with compassion where a moment ago we may have believed there was something to be upset, blaming, or angry about.

~Lee L Jampolsky

Inspirational Psychology brings peace and choice to life even in the most difficult of situations.

~Lee L Jampolsky

Within Inspirational Psychology, health doesn't refer to just the state of the body, but also the state of the mind, which affects the body.

~Lee L Jampolsky

The core of who you are, your true nature, is Love.

~Lee L Jampolsky

When the mind no longer sees itself as a body, forever in bondage to the body, the mind can be free and at peace even when we are physically sick.

~Lee L Jampolsky

Becoming less focused on the past and future and not resisting the

moment is how to overcome fear, physical pain, and all suffering.

~Lee L Jampolsky

Don't confuse acceptance with being a naïve or weak person. Acceptance does not mean condoning negative behavior, staying in a bad situation, or not working to improve our life and the world.

~Lee L Jampolsky

The body can limit our ability to experience life to the fullest, especially if we identify ourselves as being only our bodies.

~Lee L Jampolsky

Happiness is more about removing the blocks to Love and remembering who you are than changing your situation or another person.

~Lee L Jampolsky

What if nothing needs to change other than our perception of what we see?

~Lee L Jampolsky

Most people believe they know what it is that would make them happy, and what it is that they should get rid of in order to be happy. Unfortunately, few actually do.

~Lee L Jampolsky

Freedom, which is an aspect of health, remains impossible as long as we perceive our bodies as a complete definition of ourselves.

~Lee L Jampolsky

Freedom rests on finding the meaning and lessons even in our greatest pain.

~Lee L Jampolsky

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