

Leonard Orr Quotes

*People, Mind, Water, Breathing, Debt, Negative, Events, Teaching, Ordinary,
Relaxation, Successful, Stress, Two, Values, Law, Ideas, Knows, Causes,
Seminars, Emotional*

I just refer to myself as being Spirit, Mind and Body like everybody else and working toward the mastery of my natural divinity and the healing of my emotional mind.

~Leonard Orr

The stresses, strains, and traumas of ordinary daily existence in the process of working and living tend to inhibit our breathing ability.

~Leonard Orr

If you are willing to discipline yourself, the physical universe won't need to discipline you.

~Leonard Orr

During one of my early seminars, there were a bunch of seminar junkies there.

~Leonard Orr

The average session takes about one to two hours. It's totally amazing because when a person breathes, they go through one stage of relaxation after another, and every stage releases tension.

~Leonard Orr

Boredom is the effort used in suppressing something negative.

~Leonard Orr

It takes as much imagination to create debt as to create income.

~Leonard Orr

Death is a grave mistake! Physical immortality takes forever. It is the only cause that you can't die for.

~Leonard Orr

I am always in the right place at the right time successfully engaged in the right activity whether I know it or not.

~Leonard Orr

The more riches you have, the more you can share. So I like to share everything that I have that's of value.

~Leonard Orr

Warm water rebirthing has a tendency to regress people to birth memories and prenatal states of consciousness.

~Leonard Orr

I noticed every time I spent a lot of time in the bathtub, I would just get fantastic realizations about myself, and they were so valuable and liberating.

~Leonard Orr

Birth is the scariest event of most peoples' lives. You have to feel safe enough in your own mind before you can remember your own birth.

~Leonard Orr

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