

Marc Ian Barasch

Quotes

*Dream, Heart, Life, Compassion, Healing, All Time, Spiritual, Pain, Acceptance,
Wall, Thinking, Crosses, Looks, Simple, Bounds, Meditation, Dark, Cracks,
Trying, Dog*

Unresolved emotional pain is the great contagion of our time — of all time.

~Marc Ian Barasch

Loosen the bonds of discursive thought. Extend the circle of caring. Cease armoring against suffering. Wish for others the same happiness you wish for yourself. Be a tender-minded steward of creation.

~Marc Ian Barasch

The dark and the light are braided and bound.

~Marc Ian Barasch

The world as dreamed and the world as lived cross-pollinate each other.

~Marc Ian Barasch

For at the center of all spiritual traditions is the beacon of a truly radical proposal: Open your heart to everybody. Everybody.

~Marc Ian Barasch

A Healing Dream can never be completely "interpreted," or fully understood. Healing Dreams want us to stop making sense; not just to crack the case, but to enter the mystery.

~Marc Ian Barasch

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- Thinking Quotes
- Crosses Quotes
- Looks Quotes
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