

Marcel Hemingway Quotes

*Thinking, People, Believe, Yoga, Real, Pain, Healthy, Exercise, Care, Acting,
Body, Giving, Simple, Powerful, Night, Feelings, Order, Dark, Lessons,
Important*

A lot of exercise is mindless; you can have music or the radio on and not be aware. But if you're aware in anything you do - and it doesn't have to be yoga - it changes you. Being present changes you.

~Mariel Hemingway

Finding some quiet time in your life, I think, is hugely important.

~Mariel Hemingway

I thought my book was done, then we went to Hawaii and the whole last chapter happened.

~Mariel Hemingway

I use nothing but homeopathic remedies, for my girls as well.

~Mariel Hemingway

Manhattan, though, was an entirely different ballgame in a whole different kind of world, with a man who was brilliant and at the same time terribly charismatic.

~Mariel Hemingway

I was taken by the romanticism of being thought of as an adult and living in a world that was completely new to me. I fell in love with acting then.

~Mariel Hemingway

If you don't step across the threshold of what you already know into the world of challenges, you never truly measure yourself.

~Mariel Hemingway

You have to have a little faith in people.

~Mariel Hemingway

I think that growth and spiritual awareness come in slow increments. Sometimes you don't know it's happening.

~Mariel Hemingway

I enjoyed doing Lipstick, but it scared me. I was very nervous. I couldn't wait for it to be over. It was very real, and I was just a kid.

~Mariel Hemingway

The 'Hemingway curse' was such a huge, awful thing for me to have to deal with. . . . The reality is, because there are genetic tendencies toward mental illness, you need to be aware of them.

~Mariel Hemingway

Yoga teaches you how to listen to your body.

~Mariel Hemingway

Cancer came back into my life twice in order for me to understand something, and I guess I still wasn't getting it. And my husband wasn't getting it, either.

~Mariel Hemingway

I began by doing physical yoga, initially just for the workout, as exercise. I would get peaceful and calm at the end of it, and I was curious about that.

~Mariel Hemingway

Starting out in a beginner class and really understanding the fundamentals of yoga is really important.

~Mariel Hemingway

What I wasn't prepared for were the feelings of anxiety that it stirred in me. I wasn't prepared for the initial feeling of I don't want to have to do that again. I was scared.

~Mariel Hemingway

Self-Realization Fellowship seemed like training. It was the training

ground for finding a sense of peace in myself. Because that's my job. It's no one else's.

~Mariel Hemingway

If you're an addict, if you drink and you're putting a depressant into your body, it's going to cause serious problems.

~Mariel Hemingway

Well, I was passionately curious about what my body was doing, and when I got the lessons on how to meditate, it seemed really solid to me. It seemed real.

~Mariel Hemingway

It's not that I don't believe in miracles, but I never quite trust that they're real.

~Mariel Hemingway

When child actors act well they're just reacting to situations, and they're acting very real because their life experience is so short; there's no history to fall back on.

~Mariel Hemingway

I really believe that we all have the ability to come out of our story. But you have to tell your story first in order to come out of it.

~Mariel Hemingway

I believe that everybody comes from pain and a certain amount of dysfunction.

~Mariel Hemingway

I think we should be passionately curious about what we do.

~Mariel Hemingway

What they were giving me seemed incredibly real to me, so I'd react to

it in a very real way. That was frightening for me, especially because of the subject.

~Mariel Hemingway

I say to people, keep it simple. If you want to change your food, change your breakfast.

~Mariel Hemingway

I wanted out of my pain and that silliness, but I wanted an easy out. That's before realizing that there is no easy out. Before accepting that you just have to do the work.

~Mariel Hemingway

I don't take myself terribly seriously. It's why I can be incredibly honest about my life.

~Mariel Hemingway

Lets try to come to a place of compassion about mental illness, in all its forms, and help each other find healing.

~Mariel Hemingway

There's no doctor in a white coat that's going to save you, or a system or a pill - it's always going to be you and the choices that you make.

~Mariel Hemingway

Living a simpler life has turned out to be one of the keys to being more awake and healthy.

~Mariel Hemingway

I've suffered from pretty dark depressing times, and it's probably - not probably - it is the reason why I chose to lead a healthy lifestyle.

~Mariel Hemingway

People can sense you lying on the camera, they can smell it. They

know when you're not telling the truth. Then it does become reality-show bullshit.

~Mariel Hemingway

The prevalence of mental illness compels me to give it - and the people suffering from it - a voice.

~Mariel Hemingway

Mental health and mental balance is critical to leading a healthy life.

~Mariel Hemingway

We're taught to take care of people we love, but sometimes you can't.

~Mariel Hemingway

There's nothing beautiful about somebody killing themselves.

~Mariel Hemingway

How you live your life can affect your mental state.

~Mariel Hemingway

Sometimes you can't see your way out. The "dark night of the soul" - it's a reality for many, many people.

~Mariel Hemingway

Even with mental health as well as physical health, it's about taking responsibility and knowing that you're part of the solution always.

~Mariel Hemingway

Once you take care of yourself, you become the example, and then everybody around you can change.

~Mariel Hemingway

I don't have to go to church. The church is within me and the experience is my own. It's my life experience.

~Mariel Hemingway

I think it's the misperception of addiction and living life on the edge, as if it's cool.

~Mariel Hemingway

I think talent, especially in acting, is being wholly yourself within the context of yourself.

~Mariel Hemingway

My problems aren't so different from anybody else.

~Mariel Hemingway

The other thing is surrounding yourself with people that care for you. These are simple things, but they're powerful, and they've completely transformed who I am and how I perceive myself.

~Mariel Hemingway

I'm not that old, and I haven't lived a life so far from the ordinary, really.

~Mariel Hemingway

I loved acting when I was doing it, but getting the jobs I didn't understand because I'd never had to do it. That was a difficult lesson for me. It was very humbling and very bizarre.

~Mariel Hemingway

The experience of getting my Kriya, which is the meditation process that I do, was very powerful for me - though, as I explain in the book, I was really suspect of that kind of thing.

~Mariel Hemingway

We live in a society that is afraid of ways of being it doesn't understand.

~Mariel Hemingway

Maybe in any art you have to be wholly you in the context of whatever you're doing.

~Mariel Hemingway

Each second is a second you can make a new choice, a better choice, a healthy choice, a present choice.

~Mariel Hemingway

Whatever it is that you do in your life, you're your own guide.

~Mariel Hemingway

I'm an extremely vulnerable person. Vulnerability and emotion are very closely linked.

~Mariel Hemingway

The answers we're looking for are all within ourselves, we just need to become better connected, more present - to what we eat, to nature, to our surroundings and to our inner guide.

~Mariel Hemingway

You can turn just about any simple act into a practice of mindfulness, and it will nurture and nourish you; it will start your day off in a positive way.

~Mariel Hemingway

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