

Marion Woodman

Quotes

*Soul, Body, Heart, Healing, Mother, Dream, Essence, Light, Real, Stand Alone,
Past, Mean, Able, Firsts, Addiction, Ifs, Fear, Flower, Inspirational, Children*

A life truly lived constantly burns away veils of illusion, burns away what is no longer relevant, gradually reveals our essence, until, at last, we are strong enough to stand in our naked truth.

~Marion Woodman

Once we get used to listening to our dreams, our whole body responds like a musical instrument.

~Marion Woodman

At the very point of vulnerability is where the surrender takes place-that is where the god enters. The god comes through the wound.

~Marion Woodman

But if you travel far enough, one day you will recognize yourself coming down to meet yourself. And you will say - yes.

~Marion Woodman

An addiction is anything we do to avoid hearing the messages that body and soul are trying to send us.

~Marion Woodman

This is your body, your greatest gift, pregnant with wisdom you do not hear, grief you thought was forgotten, and joy you have never known.

~Marion Woodman

It takes great courage to break with one's past history and stand alone.

~Marion Woodman

The longing for sweets is really a yearning for love or sweetness.

~Marion Woodman

Rage and bitterness do not foster femininity. They harden the heart and make the body sick.

~Marion Woodman

To strive for perfection is to kill love because perfection does not recognize humanity.

~Marion Woodman

The mystery of God touches us - or does not - in the smallest details: giving a strawberry, with love; receiving a touch, with love; sharing the snapdragon red of an autumn sunset, with love.

~Marion Woodman

If we could allow the pace of our meetings to slow down to the pace of our hearts, we might find genuine understanding.

~Marion Woodman

Instead of transcending ourselves, we must move into ourselves.

~Marion Woodman

There is no sense talking about "being true to yourself" until you are sure what voice you are being true to. It takes hard work to differentiate the voices of the unconscious.

~Marion Woodman

The images we eat are as important as the food we eat. Think of that in terms of television, and a lot of the movies we watch.

~Marion Woodman

A life that is truly lived is constantly burning away the veils of illusion, gradually revealing the essence of the individual.

~Marion Woodman

Consciousness will not always solve the problem, but it may make the suffering meaningful.

~Marion Woodman

A flower won't open if I yell at it and say "Bloom!"

~Marion Woodman

Most of us are dragged toward wholeness.

~Marion Woodman

It is our very fear of the future that distorts the now that could lead to a different future if we dared to be whole in the present.

~Marion Woodman

Transition begins in forgiveness.

~Marion Woodman

The harder we look at our aches and ailments, the more we will be startled by the painful truths they are trying to convey about our dangerously disembodied way of life.

~Marion Woodman

s past history and stand alone.

~Marion Woodman

To love unconditionally requires no contracts, bargains or agreements.

~Marion Woodman

The body is like an elaborate metaphor. One may be able to taste and not swallow, like the anorexic, or to swallow and not integrate, like the bulimic or obese.

~Marion Woodman

What analysis is all about is for one hour a week, you sit and hope that for a flash of a moment you will experience connectedness.

~Marion Woodman

The healing of ourselves as healers has to take place first

~Marion Woodman

My soul is the bridge between spirit and body and, as such, is a uniter of opposites. Without soul at center, I would either transcend into spirit or become mired in matter.

~Marion Woodman

The connection between conscious and unconscious poses particular problems in the dancer because the body is the soul of action.

~Marion Woodman

Often the wisdom of the body Clarifies the despair of the spirit.

~Marion Woodman

Storytelling is at the heart of life. As a child, I was never bored because I could always get on with my story.

~Marion Woodman

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