

# Martha Beck

## Quotes

*Thinking, People, Believe, Children, Mean, Way, Giving, Heart, Inspirational,  
Destiny, Choices, Self, World, Powerful, Trying, Real, Pain, Moments, Needs,*

*May*

Basic human contact - the meeting of eyes, the exchanging of words - is to the psyche what oxygen is to the brain. If you're feeling abandoned by the world, interact with anyone you can.

~Martha Beck

Given the eclectic and constantly shifting nature of my metaphysical inclinations, I will probably never feel certain exactly what an angel is.

~Martha Beck

At times in my life, I have been utterly lonely. At other times, I've had disgusting infectious diseases. Try admitting these things in our culture.

~Martha Beck

If you're feeling abandoned by the world, interact with anyone you can.

~Martha Beck

Instead of fretting about getting everything done, why not simply accept that being alive means having things to do? Then drop into full engagement with whatever you're doing, and let the worry go.

~Martha Beck

The way that other people judge me is none of my business.

~Martha Beck

Don't expect the future to look like the past. Clear away expectations, and let yourself picture a wild, grand new world.

~Martha Beck

Whether you've seen angels floating around your bedroom or just found a ray of hope at a lonely moment, choosing to believe that something unseen is caring for you can be a life-shifting exercise.

~Martha Beck

Although beauty may be in the eye of the beholder, the feeling of being beautiful exists solely in the mind of the beheld.

~Martha Beck

Standards of beauty are arbitrary. Body shame exists only to the extent that our physiques don't match our own beliefs about how we should look.

~Martha Beck

Caring for your inner child has a powerful and surprisingly quick result: Do it and the child heals.

~Martha Beck

Every day brings new choices.

~Martha Beck

Good-looking individuals are treated better than homely ones in virtually every social situation, from dating to trial by jury.

~Martha Beck

No matter how difficult and painful it may be, nothing sounds as good to the soul as the truth.

~Martha Beck

What would you do if you knew that every good thing in your life depended on your getting enough rest? Because it does.

~Martha Beck

Your individuality is the most valuable thing you have.

~Martha Beck

Whoever said that love is blind was dead wrong. Love is the only thing on this earth that lets us see each other with the remotest accuracy.

~Martha Beck

No one else can take risks for us, or face our losses on our behalf, or give us self-esteem. No one can spare us from life's slings and arrows, and when death comes, we meet it alone.

~Martha Beck

Loneliness is proof that your innate search for connection is intact.

~Martha Beck

You can't stay well without telling--and living--the truth.

~Martha Beck

You shine for who you are ... because no one can steal your light.

~Martha Beck

Absolutely lonely people have few personal interactions of any kind.

~Martha Beck

Almost all my middle-aged and elderly acquaintances, including me, feel about 25, unless we haven't had our coffee, in which case we feel 107.

~Martha Beck

When you meet people, show real appreciation, then genuine curiosity.

~Martha Beck

Learning to spot narcissists and deal with their destructive behavior can save you the world of hurt that awaits anyone who mistakes the near enemy for a friend.

~Martha Beck

My point is that perceptual bias can affect nut jobs and scientists alike. If we hold too rigidly to what we think we know, we ignore or avoid evidence of anything that might change our mind.

~Martha Beck

Use anything you can think of to understand and be understood, and you'll discover the creativity that connects you with others.

~Martha Beck

A true leader is not someone who feels fully informed but someone who continuously receives insight and guidance.

~Martha Beck

Seek art from every time and place, in any form, to connect with those who really move you.

~Martha Beck

People who get what they want tend to be the ones who make the effort to know what they want.

~Martha Beck

Your first daily priority should be stillness, attention to what you really know and what you really feel.

~Martha Beck

You're exactly where you're meant to be, meandering along a crooked path.

~Martha Beck

Sometimes a psychic tells you something and it feels wrong and others may be right on the money. It's your choice about whom to trust, and giving that trust is something we do ourselves.

~Martha Beck

Any moment you spend attacking yourself is a moment away from your higher purpose and your power to love. Don't go there.

~Martha Beck

I really do think that any deep crisis is an opportunity to make your life

extraordinary in some way.

~Martha Beck

Hopeful thinking can get you out of your fear zone and into your appreciation zone.

~Martha Beck

If you begin to face your fears, something bittersweet is going to happen to you: You'll grow up.

~Martha Beck

Do something today that you think is too delicious, too selfish, too wacky to fit within the rules of your life.

~Martha Beck

Slow is fast, gentle is powerful and stillness moves mountains

~Martha Beck

If anything is worth doing, it is worth doing it badly.

~Martha Beck

Any transition serious enough to alter your definition of self will require not just small adjustments in your way of living and thinking but a full-on metamorphosis.

~Martha Beck

What laughter is to childhood, sex is to adolescence.

~Martha Beck

Children who assume adult responsibilities feel old when they're young.

~Martha Beck

The knowledge of your destiny is available to you, well before it

actually happens, as a message streaming continuously from your heart to your brain, written in the language of longing.

~Martha Beck

My anguish came from my hypothesis that other people's hypothetical hypotheses about me mattered. Ridiculous!

~Martha Beck

Only since the Industrial Revolution have most people worked in places away from their homes or been left to raise small children without the help of multiple adults, making for an unsupported life.

~Martha Beck

Allowing children to show their guilt, show their grief, show their anger, takes the sting out of the situation.

~Martha Beck

Fear is the raw material from which courage is manufactured. Without it, we wouldn't even know what it means to be brave.

~Martha Beck

Breathe in, breathe out, no fear, no doubt.

~Martha Beck

If you're miserable, make a choice. If you're still miserable, you can choose again.

~Martha Beck

Try seeing your world and yourself this way, eyes open to whatever is before you, mind free of dichotomies. Are you good or bad, fragile or tough, wise or foolish? Yes. And so am I.

~Martha Beck

The position that I take partly as a result of living in Asia is where you

stop living according to your expectations and you become available to experience things as they are.

~Martha Beck

No part of your experience is wasted. Everything you've experienced so far is part of what you were meant to learn.

~Martha Beck

If you're doing something you love with people you love in a place you love, you are going to create something of value to the world.

~Martha Beck

As much horror as we have always created, we are a species that keeps moving forward, seeing new sights in new ways, and enjoying the journey.

~Martha Beck

We virtually never feel our age, but thinking that we should can lead to disaster.

~Martha Beck

Most of my clients don't realize that the way they look and the way they think about their looks are two separate issues.

~Martha Beck

Forcing yourself to think happy lies doesn't heal your dreams. Getting to the truth does.

~Martha Beck

Polite strangers often tell soothing lies about our physical appearance that prevent many of us from facing, discussing and solving our real problems.

~Martha Beck



People are so afraid of authority figures and doctors are authority figures.

~Martha Beck

Your life follows your attention. Wherever you look, you end up going.

~Martha Beck

The way we do anything is the way we do everything.

~Martha Beck

If you're living completely on your own, break out of solitary confinement. Seek to understand others, and help them understand you

~Martha Beck

During the times we think we're being "unproductive," the seeds of new worlds are germinating within us, and they need peace to grow.

~Martha Beck

Stop fixating on stuff you can touch and start caring about stuff that touches you.

~Martha Beck

The average adult laughs 15 times a day; the average child, more than 400 times.

~Martha Beck

Rest until you feel like playing, then play until you feel like resting, period. Never do anything else.

~Martha Beck

Don't worry that you've wasted time. Each moment -- no matter how frozen or confused -- was a useful and necessary lesson.

~Martha Beck

Most unhappy people need to learn just one lesson: how to see themselves through the lens of genuine compassion, and treat themselves accordingly.

~Martha Beck

A confession you make merely to illuminate the murky corners of your little life may end up lighting the path to freedom for a thousand other hearts.

~Martha Beck

I majored in Chinese. I was never really good at Chinese but I really, really benefited from having been exposed to Asian philosophy early in my life.

~Martha Beck

In one century, we've added 28 years to our average life span - a change so rapid that our brains couldn't possibly have evolved to accommodate it.

~Martha Beck

Here is the crux of the matter, the distilled essence, the only thing you need to remember: When considering whether to say yes or no, you must choose the response that feels like freedom. Period.

~Martha Beck

A joyful life isn't about others; it's about the brightness that is associated with being alive. Your path to it is through anything that replaces thinking with pure flight, pure joy.

~Martha Beck

Perpetually doing, without ever tuning in to the center of our being, is the equivalent of fueling a mighty ship by tossing all its navigational equipment into the furnace.

~Martha Beck

Peace is more than just a feeling. It's the mental and physical frequency where you'll find all your real power.

~Martha Beck

Trust in your truth. It will be the best decision you ever make.

~Martha Beck

Having fun is not a diversion from a successful life; it is the pathway to it.

~Martha Beck

This very moment of your life, if you experience it fully, will show you astonishing wonders and exquisite delights.

~Martha Beck

When we run from our feelings, they follow us. Everywhere.

~Martha Beck

There's tons of magic in the world, and it's all science.

~Martha Beck

The way out of fear isn't safety. It's freedom.

~Martha Beck

If you find yourself getting nervous stop and relax for three full breaths. Then take one small step, then another. That is how people get to the top of Everest.

~Martha Beck

Do whatever work feeds your true self, even if it's not a safe bet, even if it's like a crazy risk, even if everyone in your life tells you you're wrong or bad or crazy.

~Martha Beck

Question every thought that causes suffering and test it against your own sense of truth.

~Martha Beck

Though we often see life troughs as the universe's conspiracy to ruin us, they're actually our own true nature inviting us to lay down our weary heads.

~Martha Beck

As any good Buddhist will tell you, the only way to find permanent joy is by embracing the fact that nothing is permanent.

~Martha Beck

Where your attention goes, your life goes.

~Martha Beck

The only map of your right life is written on your soul at its most peaceful, and the only sure compass is your heart at its most open.

~Martha Beck

Everything always passes, and everything is already okay. Stay in the place where you can see that, and nothing will resist you.

~Martha Beck

If you did nothing but pursue the truth about yourself for the rest of your life, you would never run out of fresh discoveries.

~Martha Beck

As soon as you think you know someone else's truth better than they do, you are in deep water.

~Martha Beck

I have come to believe that there are infinite passageways out of the shadows, infinite vehicles to transport us into the light.

~Martha Beck

The idea is to identify a destructive thought pattern, then simply label it and watch it and let it pass by whenever it appears in your mind.

~Martha Beck

Tiny steps will get you to your goal months and months sooner. A little is better than a lot.

~Martha Beck

Bracketing has turned all my experiences, remembered and present, into a gallery of miracles where I wander around dazzled by the beauty of events I cannot explain.

~Martha Beck

Anything you're trying to will is focused on the future; it's always associated with some sort of anxiety that makes the present moment somewhat uncomfortable.

~Martha Beck

I fell in love with Africa and began helping people fix things there.

~Martha Beck

I'd like to help repair the earth's ecosystems, and to fully live until I'm fully dead.

~Martha Beck

You will know how to stop suffering as soon as suffering ceases to be valuable. If you are in pain, you are being led.

~Martha Beck

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