

Mary Anne Radmacher Quotes

*Heart, Dream, Opportunity, Joy, Choices, Light, Love, Adventure, Eye, Life,
Gratitude, Valentines Day, Compassion, Play, Wind, Song, Moving, Promise,
Kindness, Friendship*

Capture a shadow, dance with the wind, stand in a rainbow, begin at the end.

~Mary Anne Radmacher

I appreciate the boldness of gratitude in the quiet, unspoken depths and its ability to buoy another by being articulated.

~Mary Anne Radmacher

If self-validation were our most significant societal measure - we would give trophies to ourselves.

~Mary Anne Radmacher

Lean forward into your life... catch the best bits and the finest wind. Just tip your feathers in flight a wee bit and see how dramatically that small lean can change your life.

~Mary Anne Radmacher

When we have a circle of friends, we have more fun. We get more done, we feel and are stronger, and we really do celebrate the power of our 'us.'

~Mary Anne Radmacher

Gift the love of your life with undistracted, untelevised, unhurried attentiveness.

~Mary Anne Radmacher

Take time to play! Ask for what you want. Laugh. Live loudly. Be avid. Learn a new thing. Be Yourself!

~Mary Anne Radmacher

Life is defined more by its contrasts than its samenesses; Life is defined more by its risks than the many securities.

~Mary Anne Radmacher

Manage the remarkable balance between acting from your heart and close to your gifts with completing the obligations that your labor and tasks require of you. Leverage opportunity AND seize joy.

~Mary Anne Radmacher

I am not the same having seen the moon shine on the other side of the world. Mary

~Mary Anne Radmacher

Go ahead. Weep for the rare, the never seen this way again, the excruciating, ineffable, unmitigated beauty of love.

~Mary Anne Radmacher

At first glance it may appear too hard. Look again. Always look again.

~Mary Anne Radmacher

Discover the tools to build your own vision.

~Mary Anne Radmacher

May your walls know joy, may every room hold laughter, and every window open to great possibility.

~Mary Anne Radmacher

It is of the small joys and little pleasures that the greatest of our days are built.

~Mary Anne Radmacher

Choose in ways that support your dreams.

~Mary Anne Radmacher

May your season shine with delight and surprise.

~Mary Anne Radmacher

Dare to dream of your great success.

~Mary Anne Radmacher

Forgiveness is really a gift to yourself - have the compassion to forgive others, and the courage to forgive yourself.

~Mary Anne Radmacher

Dare to dream of your great success. Become intimate with those things which deeply motivate you and regularly work toward the realization of that mission.

~Mary Anne Radmacher

Change of any sort requires courage.

~Mary Anne Radmacher

Every possibility begins with the courage to imagine.

~Mary Anne Radmacher

Extend your hand with the strongest reach.

~Mary Anne Radmacher

There is no small act of kindness. Every compassionate act makes large the world.

~Mary Anne Radmacher

One whispered yes becomes the wind song over an ocean of no's.

~Mary Anne Radmacher

Listen to the compass of your heart. All you need lies within you.

~Mary Anne Radmacher

Fate makes us family. choice makes us friends.

~Mary Anne Radmacher

Protect your vision. Prevail over adversity. Persevere in the midst of

turmoil. Passionately act upon your convictions. Purposely walk into the day.

~Mary Anne Radmacher

One movement toward light becomes a clear signpost on a long road.

~Mary Anne Radmacher

If i had known... i would have lingered over my coffee a little longer.

~Mary Anne Radmacher

May a thread of comfort be woven through your difficult days.

~Mary Anne Radmacher

Unexpected events can set you back or set you up. It's all a matter of - perspective.

~Mary Anne Radmacher

Your responsibility is to be an explorer, not a tourist in this adventure that is your life.

~Mary Anne Radmacher

It takes courage to reinvent joys, to reinvent opportunities, to reinvent dreams, to reinvent connections, to reinvent hopes that you have set aside.

~Mary Anne Radmacher

That I was born to this circle - I am blessed. That I choose to stand in this circle - I am proud.

~Mary Anne Radmacher

Lean forward into your life. Begin each day as if it were on purpose.

~Mary Anne Radmacher

Great leadership is not the visit of an unexpected fate but rather a flame

which is kept burning in spite of the winds of risk and opposition.

~Mary Anne Radmacher

Today I offer a prayer of forgiveness: forgive the pettiness of my ingratitude... the absence of profound thankfulness.

~Mary Anne Radmacher

Judgment is discernment on a bad hair day.

~Mary Anne Radmacher

In choosing joy, the finish line dissolves into a different matter altogether.

~Mary Anne Radmacher

I wrap the potential for bitterness, resentment, martyrdom in the blanket of forgiveness and just set it down. Then it just melts in the warmth. And goes away.

~Mary Anne Radmacher

In the midst of the flurry - clarity. In the midst of the storm - calm. In the midst of divided interests - certainty. In the many roads - a certain choice.

~Mary Anne Radmacher

Consider calling it a challenge rather than calling it a crisis.

~Mary Anne Radmacher

Persevere. Plan. Strategize. Focus. Breathe. Write. Let go: relax. Forgive. All this failing: take a nap.

~Mary Anne Radmacher

In the garden of your days cultivate festivity, play and celebrations.

~Mary Anne Radmacher

Be guided by the stars which you place well on the canopy of your night sky.

~Mary Anne Radmacher

Live with intention. Walk to the edge. Do what you love. Live as if this is all there is.

~Mary Anne Radmacher

In your days - things like this happen to you... You get a tap, a nudge, a gentle shake, and life whispers to you, "I know you're tired - but I don't want you to miss this."

~Mary Anne Radmacher

Take a deep breath and do the difficult thing first.

~Mary Anne Radmacher

Wonder what opportunities you pass, unwittingly, because your hands are so busy clasping what you think you have always known.

~Mary Anne Radmacher

It is a better thing to weigh and measure priorities in the illuminating light of your own mission than to have your activities formed by the impressions and expectations of others.

~Mary Anne Radmacher

Courage doesn't always roar.

~Mary Anne Radmacher

A Single Generosity Enlarges the World.

~Mary Anne Radmacher

What are the proper grounds for joy? Is it circumstance which will determine the stature of my spirit? Ah, no. It is choice. It is always a choice - in the face of any event - for joy.

~Mary Anne Radmacher

Your success will shine as a light of hope and inspire numbers you cannot total.

~Mary Anne Radmacher

As you awaken, may your dreams greet you by name, and may you answer, "Yes!"

~Mary Anne Radmacher

In my own deepening understanding of myself I find my capacity to serve others is deepened as well. The better I am at self-care the more genuinely nurturing of others I am able to be.

~Mary Anne Radmacher

A small compassionate act enlarges the scope of community.

~Mary Anne Radmacher

This day boldness is manifested in a simple grace: gratitude.

~Mary Anne Radmacher

Today is a gift I honor by fully living it.

~Mary Anne Radmacher

I wake up to profound perspective that allows me to celebrate the choices of my moments, of my life.

~Mary Anne Radmacher

I rest in the light of forgiveness.

~Mary Anne Radmacher

Curiosity takes courage. The most important promises are the ones you make to yourself. Pay Attention. Appreciate. Listen. Imagine.

~Mary Anne Radmacher

Expressing gratitude seems like a cosmic invitation for all kinds of thankfulness and appreciation to pour in.

~Mary Anne Radmacher

Nurturing is not complex. It's simply being tuned in to the thing or person before you and offering small gestures toward what it needs at that time.

~Mary Anne Radmacher

We tell the real truth of our life by the stories we repeatedly tell.

~Mary Anne Radmacher

The jump is so frightening between where I am and where I want to be. Because of all I may become, I will close my eyes and leap.

~Mary Anne Radmacher

In all my ways of seeing - may I use new glasses, a telescope and a microscope. And may I always allow myself to see a circumstance through the tender hearts of my friends.

~Mary Anne Radmacher

Belief fuels our decisions - even when we are not clearly aware of those beliefs.

~Mary Anne Radmacher

In the quiet of this day may you know the greatness of your spirit and may your hopes fly on the wings of possibility.

~Mary Anne Radmacher

Celebration has many different outfits but she always wears the same beautiful dancing shoes.

~Mary Anne Radmacher

I will close my eyes and leap.

~Mary Anne Radmacher

The challenge before us is to savor the unknown and delight in the taste of possibility.

~Mary Anne Radmacher

Distance cannot matter - ours is a friendship of the heart.

~Mary Anne Radmacher

As the evening beckons with the promise of tomorrow... may your gratitude rise up and with strength answer, "yes."

~Mary Anne Radmacher

Just stop it. Seriously. Whatever it is. Just stop it. If only for an hour, a day, a week. Stop doing it long enough to get a glimpse of what the change would actually look like.

~Mary Anne Radmacher

Vision stands on the shoulders of what is actual to get a better view of what is possible.

~Mary Anne Radmacher

It is not the easy or convenient life for which I search, but life lived to the edge of all that I may be.

~Mary Anne Radmacher

It is (often) the quiet gesture which carries the most significance - the one which suddenly directs the symphony.

~Mary Anne Radmacher

Your point of view sets you up well in advance for how you view the events as they unfold.

~Mary Anne Radmacher

My biggest dream is that my words will inspire heart, hope and personal responsibility in people around the globe long after my feet in these shoes aren't walking the planet.

~Mary Anne Radmacher

The boldness of endurance is the underline to almost every success.

~Mary Anne Radmacher

Recognize that on certain days the greatest grace is that the day is over and you get to close your eyes. Tomorrow comes more brightly.

~Mary Anne Radmacher

In spite of unseasonable wind, snow and unexpected weather of all sorts - a gardener still plants. And tends what they have planted ... believing that Spring will come.

~Mary Anne Radmacher

Who were you before you put yourself last.

~Mary Anne Radmacher

Facing a difficulty requires a willingness of heart.

~Mary Anne Radmacher

Live boldly. Laugh Loudly. Love Truly. Play as often as you can Work as smart as you are able. Share your heart as deeply as you can reach.

~Mary Anne Radmacher

Live with intention. Walk to the edge. Listen Hard. Practice wellness. Play with abandon. Laugh.

~Mary Anne Radmacher

The most important promises are the ones we make to ourselves. The promises we makes to ourselves are the things that assure us we have

the capacity to keep our promises to others.

~Mary Anne Radmacher

At the end of a matter ask, "What will I learn from this to make me better?"

~Mary Anne Radmacher

RESPONSIBILITY: Fulfill the obligations that the past posts to me. Embrace the opportunity for service based in love.

~Mary Anne Radmacher

Belief transcends ritual, structure and societal expectation. It is an enlivening, intensely personal core to our being. Our way of being.

~Mary Anne Radmacher

One bold inspiration choreographs a dance with promise.

~Mary Anne Radmacher

Just because it's true, I say as often as I can in as many ways as I can form, "I sure love you."

~Mary Anne Radmacher

Healthy choices thread through every aspect of life.

~Mary Anne Radmacher

Your eyes must not determine what you see. pay attention.

~Mary Anne Radmacher

How is it that one rails against that which is nearly a certainty?

~Mary Anne Radmacher

Balance happens when I invite it to happen with my intentional actions and my guided perspective.

~Mary Anne Radmacher

Find your way with the certain and gentle light of forgiveness.

~Mary Anne Radmacher

One service to need heals an ancient wound.

~Mary Anne Radmacher

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