

Matthew Fox

Quotes

*Spiritual, Thinking, Pain, People, Way, Heart, Compassion, Healing, Jobs,
Beauty, Want, Self, Space, Inspirational, World, Beautiful, Strong, Cracks, Past,
Awareness*

If you look closely at a tree you'll notice it's knots and dead branches, just like our bodies. What we learn is that beauty and imperfection go together wonderfully.

~Matthew Fox

Beauty saves. Beauty heals. Beauty motivates. Beauty unites. Beauty returns us to our origins, and here lies the ultimate act of saving, of healing, of overcoming dualism.

~Matthew Fox

There is no end to the beauty for the person who is aware. Even the cracks between the sidewalk contain geometric patterns of amazing beauty.

~Matthew Fox

I enjoy a four-seasonal climate and wide-open spaces, so being on an island 2,500 miles into the South Pacific made me feel a little claustrophobic.

~Matthew Fox

A global awakening can only happen from a spiritual awakening that is of global dimensions.

~Matthew Fox

Creation is all space, all time - all things past, present, and future.

~Matthew Fox

When our inner self connects to our work and our work to our inner self, the work knows no limit, for the inner self knows no limit.

~Matthew Fox

The system is not working. That is how a paradigm shift begins: the established way of seeing the world no longer functions.

~Matthew Fox

Our self-expression is meant to be a manifestation of the silence of our hearts.

~Matthew Fox

Soul is our appetite, driving us to eat from the banquet of life. People filled with the hunger of soul take food from every dish before them, whether it be sweet or bitter.

~Matthew Fox

Prayer is essentially about making the heart strong so that fear cannot penetrate there.

~Matthew Fox

We honor life when we work. The type of work is not important: the fact of work is. All work feeds the soul if it is honest and done to the best of our abilities and if it brings joy to others.

~Matthew Fox

Filmmaking is always sort of building a mosaic of this arc of what the character is going through.

~Matthew Fox

Pain destroys the illusions of false, that is, elitist pleasures. It burns from the inside out. It, therefore, sensitizes us to what is truly beautiful in life.

~Matthew Fox

To create is always to learn, to begin over, to begin at zero.

~Matthew Fox

Im not really a tropical paradise kind of person.

~Matthew Fox

What is of most moment of compassion is not feelings of pity but

feelings of togetherness.

~Matthew Fox

We are in the cosmos and the cosmos is in us.

~Matthew Fox

Sustainability is another word for justice, for what is just is sustainable and what is unjust is not.

~Matthew Fox

A job is something we do to get a paycheck and pay our bills. Jobs are legitimate, at times, but work is why we are here in the universe. Work and calling often go together.

~Matthew Fox

It is precisely the despair of our times that convinces me that a renaissance is right around the corner.

~Matthew Fox

Big-heartedness is the most essential virtue on the spiritual journey.

~Matthew Fox

Animals teach us about the animals in ourselves. We need their spirits.

~Matthew Fox

Humor and paradox are often the only ways to respond to life's sorrow with grace.

~Matthew Fox

I'm really enjoying the process of learning to fly. How it will fit into my life down the road - I'm looking forward to discovering that.

~Matthew Fox

I'm not saying I want a film career because I think I'm too good for

television. I'm simply saying I want more control over my life.

~Matthew Fox

I'm sorry, but I can't make a movie with the blonde from 'ER' who is starring in every single bad romantic comedy.

~Matthew Fox

When the Sacred Masculine is combined with the sacred feminine inside each of us, we create the 'sacred marriage' of compassion and passion in ourselves.

~Matthew Fox

Do not confuse beauty with beautiful. Beautiful is a human judgment. Beauty is All. The difference is everything.

~Matthew Fox

I'm either going to have the career I want doing films, or I'll do something else - I'll be gone.

~Matthew Fox

I'm an actor. I try to play a character in a really cool story, the very best I can.

~Matthew Fox

I'll put it to you this way: I never, ever think about the things that I get involved with on a macro means-to-an-ends scale.

~Matthew Fox

A lot of people want to see this idealized version of heroism, all pretty and perfect, and I'm not interested in playing the goody-goody hero at all.

~Matthew Fox

After 'Lost', I never need to take a job for the money again.

~Matthew Fox

Having a studio tell you when to jump and how high eight months of the year for six years is not a relationship I want to get into again.

~Matthew Fox

I think that there's a hidden darkness in all of us!

~Matthew Fox

I turn a lot of stuff down - big, big movies, the kind I wouldn't want to go to the cinema to see.

~Matthew Fox

Cars are part of our genetic makeup. It's unavoidable.

~Matthew Fox

The only way to learn compassion is through your heart; you have to back up and pass through your own pain.

~Matthew Fox

Today's Catholic church seems to reward authoritarian personalities who are clearly ill, violent, sexually obsessed and unable to remember the past.

~Matthew Fox

To connect with the great river we all need a path, but when you get down there there's only one river.

~Matthew Fox

Awe is the beginning of wisdom. Awe is the beginning of education.

~Matthew Fox

I put a lot of pressure on myself and I think I am quite... well, intense about driving other people.

~Matthew Fox

Work should be in order to live. We don't live in order to work. That shift in awareness is necessary.

~Matthew Fox

I think you've got to take your time and make sure you're making choices that are smart for you.

~Matthew Fox

I didn't learn to swim until I was 21 or something because I grew up in the mountains in Wyoming and all the water is glacier runoff and cold.

~Matthew Fox

I played football for a huge portion of my life, all the way through college actually.

~Matthew Fox

I directed an episode of 'Party of Five' toward the very end of that show. It was a great experience.

~Matthew Fox

The prophets preach . . . that pleasure, not will-power and coercion, is how you most deeply transform people.

~Matthew Fox

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