Moments, Embrace, Past, Light, Believe, Compassion, Mind, Heart, Joy, Inward, Today, Kindness, Struggle, Yesterday, Trials, Clarity, Letting Go, Gratitude, Eye, Dream

With self-acceptance, we have the ability to choose compassion and forgiveness over anger and self-hatred.

~Michelle Cruz

Making peace with one's truth is to live in one's own moment, moving passionately forward in joy.

~Michelle Cruz

Time that is spent dwelling on the past will surely continue in your present moment - and the future.

~Michelle Cruz

Do not take hold of a past that no longer serves you, but embrace the stillness that is right now.

~Michelle Cruz

Through the trials and tribulations of life come the openness to receive greatness.

~Michelle Cruz

To eliminate the inner turmoil we must focus our attention inward and act with loving kindness to ourselvesâ€"and each other.

~Michelle Cruz

To surrender is not giving up the struggle, but finding peace within the struggle.

~Michelle Cruz

Who you were is not who you are. Who you are, is what you will be.

~Michelle Cruz

We are here not to make something of ourselves. We are here to Be ourselves.

~Michelle Cruz

The soul is stronger than the ego. It lives to BE, and give. We are of one Light, illuminating ourselves and those whom we love.

~Michelle Cruz

Letting go doesn't just mean letting go of the past, but letting go of an unknown future; and embracing NOW.

~Michelle Cruz

Like butterflies, we evolve; but as Beings of Light we continuously evolve when we are fully present.

~Michelle Cruz

When you come to a fork in the road, be still, and see with your mind's eye. There you find the clarity you seek.

~Michelle Cruz

To gain an overall understanding of oneself does not require looking outward - it requires the strength of looking inward.

~Michelle Cruz

Nothing that occurs in life is random or without purpose. Lessons were found within each event in our lives that, positive or negative, ultimately instilled a peaceful mind in us.

~Michelle Cruz

To believe in miracles in one thing...to know what miracle you want to manifest right now, and accept it, is another.

~Michelle Cruz

There is a place where there is freedom of fear and doubt, and that is within.

~Michelle Cruz

When someone who is suffering looks to you for compassion, it's

indeed a blessing; you are chosen to be their Light in a moment of sorrow.

~Michelle Cruz

Letting yesterday affect today will only destroy the excitement of tomorrow.

~Michelle Cruz

Without adversity, there would be no growth, and without growth, there would be no lesson to be learned.

~Michelle Cruz

Instead of bracing yourself for the perils of the unknown, embrace the joy that is here, in your present moment.

~Michelle Cruz

The concept of 'home' is not just where one resides, but where the heart resides; in the purest depths of the soul.♥

~Michelle Cruz

A life without regret can be attained by full awareness of one's actions in their present moment.

~Michelle Cruz

Your dreams must be bigger than your fear. Embrace all opportunities and be all you are destined to be.

~Michelle Cruz

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