

# Michio Kushi

## Quotes

*Dream, Spiritual, Memories, People, Thinking, Cat, Sleep, Men, Arrogance,  
Selfish, Feels, Punishment, Ddt, Recovery, Law, Yoga, Love, Nature, Giving,*

*Ends*

We are always seeking our opposite, whether we know it or not. When we discover what that is we can dissolve our arrogance.

~Michio Kushi

You, the real you, which is creating your body and judging every day - that is the Infinite Universe itself.

~Michio Kushi

Constantly seek difficulties. You shouldn't be afraid to fail; rather you should fail continually, so that you can win in the end. Without difficulties, we cannot grow.

~Michio Kushi

If you are eating well and your condition is pure and clean, life itself becomes like the dreams or visions that you have when sleeping.

~Michio Kushi

Memory is merely the process of tuning into vibrations that have been left behind in space and time.

~Michio Kushi

Persons who have no desire to live have a very slight chance of recovery. We can continue to extend to them our love, sympathy, and prayers; but ultimately we must respect a person's decision to die.

~Michio Kushi

If you think of harming someone, this is the same as actually doing it, in terms of the spiritual world, since the spiritual world is vibrational, which includes thinking.

~Michio Kushi

An exclusive person hates ugliness, discomfort, enemies, sickness, poverty, ignorance. He finally concludes that there is no God and give himself over to abandonment.

~Michio Kushi

When you are angry, it means you, yourself are unhappy. Even if you are wronged, you are still making yourself unhappy if you feel anger.

~Michio Kushi

Yoga breathing control is practiced to influence our thinking. The lungs correspond to our fore brain and can influence our consciousness.

~Michio Kushi

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