

Natalie Goldberg

Quotes

*Writing, Thinking, Book, Mind, Practice, Cancer, Hands, Moving, Running,
People, Ideas, Jobs, Creativity, World, Dream, Heart, Real, Moments, Mean,
Way*

Stress is an ignorant state. It believes that everything is an emergency.

~Natalie Goldberg

Trust in what you love, continue to do it, and it will take you where you need to go.

~Natalie Goldberg

Handwriting is more connected to the movement of the heart.

~Natalie Goldberg

We are important and our lives are important, magnificent really, and their details are worthy to be recorded.

~Natalie Goldberg

I used to think freedom meant doing whatever you want. It means knowing who you are, what you are supposed to be doing on this earth, and then simply doing it.

~Natalie Goldberg

This is your life. You are responsible for it. You will not live forever. Don't wait.

~Natalie Goldberg

It is odd that we never question the feasibility of a football team practicing long hours for one game; yet in writing we rarely give ourselves the space for practice.

~Natalie Goldberg

Writers end up writing about their obsessions. Things that haunt them; things they can't forget; stories they carry in their bodies waiting to be released.

~Natalie Goldberg

The problem is we think we exist.

~Natalie Goldberg

Play around. Dive into absurdity and write. Take chances. You will succeed if you are fearless of failure.

~Natalie Goldberg

Write what disturbs you, what you fear, what you have not been willing to speak about. Be willing to be split open.

~Natalie Goldberg

If you are not afraid of the voices inside you, you will not fear the critics outside you.

~Natalie Goldberg

Actually, every time we begin, we wonder how we did it before, Each time is a new journey with no maps.

~Natalie Goldberg

We are each a concert reverberating with our whole lives and reflecting and amplifying the world around us.

~Natalie Goldberg

A writer must say yes to life.

~Natalie Goldberg

Choose your tools carefully, but not so carefully that you get uptight or spend more time at the stationery store than at your writing table.

~Natalie Goldberg

Whether you're keeping a journal or writing as a meditation, it's the same thing. What's important is you're having a relationship with your mind.

~Natalie Goldberg

Life is not orderly. No matter how we try to make it so, right in the middle of it we die, lose a leg, fall in love, or drop a jar of applesauce.

~Natalie Goldberg

Use loneliness. Its ache creates urgency to reconnect with the world. Take that aching and use it to propel you deeper into your need for expression - to speak, to say who you are.

~Natalie Goldberg

Never underestimate people. They do desire the cut of truth.

~Natalie Goldberg

We walk through so many myths of each other and ourselves; we are so thankful when someone sees us for who we are and accepts us.

~Natalie Goldberg

Be tough in the way a blade of grass is: rooted, willing to lean, and at peace with what is around it.

~Natalie Goldberg

The muscles of writing are not so visible, but they are just as powerful: determination, attention, curiosity, a passionate heart.

~Natalie Goldberg

Stress is basically a disconnection from the earth, a forgetting of the breath. Stress is an ignorant state. It believes that everything is an emergency. Nothing is that important. Just lie down.

~Natalie Goldberg

Watch yourself. Every minute we change. It is a great opportunity. At any point, we can step out of our frozen selves and our ideas and begin fresh.

~Natalie Goldberg

I think talent is like a water table under the earthâ€”you tap it with your effort and it comes through you.

~Natalie Goldberg

We must remember that everything is ordinary and extraordinary. It is our minds that either open or close.

~Natalie Goldberg

If you read good books, when you write, good books will come out of you.

~Natalie Goldberg

poems are small moments of enlightenment

~Natalie Goldberg

Stress is basically a disconnection from the earth, a forgetting of the breath.

~Natalie Goldberg

That's very nice if they want to publish you, but don't pay too much attention to it. It will toss you away. Just continue to write.

~Natalie Goldberg

Anything we fully do is an alone journey.

~Natalie Goldberg

All of us can create if we allow ourselves to.

~Natalie Goldberg

You'll lose your reader if you are vague, not clear, and not present. We love details, personal connections, stories.

~Natalie Goldberg

Writing is the act of discovery.

~Natalie Goldberg

The harder you chase something, the faster you go and the less you're able to let life meet life. If you're having difficulty coming up with new ideas, then slow down.

~Natalie Goldberg

I am free to write the worst junk in the world.

~Natalie Goldberg

The deepest secret in our heart of hearts is that we are writing because we love the world.

~Natalie Goldberg

Every moment is enormous and it is all we have.

~Natalie Goldberg

Women need space and silence. We too quickly give away our energy. There's something about holding that richness.

~Natalie Goldberg

Oh, my passion! That is what finally carried me through. Let passion burn all the way, heating up every layer of the psyche.

~Natalie Goldberg

Creativity exists in the present moment. You can't find it anywhere else.

~Natalie Goldberg

Creativity is no big deal.

~Natalie Goldberg

Our job as writers is to listen, to come home to the four corners of the earth.

~Natalie Goldberg

The correctness and quality of what you write do not matter; the act of writing does.

~Natalie Goldberg

Wait until you are hungry to say something, until there is an aching in you to speak.

~Natalie Goldberg

Finally, one just has to shut up, sit down, and write.

~Natalie Goldberg

When I wrote and got out of the way, writing did writing. • (p.90)

~Natalie Goldberg

You live and then you die, I thought. It's good to have some good times.

~Natalie Goldberg

Our lives are at once ordinary and mythical. At the same instant we have these magnificent hearts that pump through all sorrow and all winters we are alive on the earth.

~Natalie Goldberg

My goal is to write every day. I say it is my ideal. I am careful not to pass judgment or create anxiety if I do not do it. No one lives up to his ideal.

~Natalie Goldberg

Too often we take notes on writing, we think about writing but never do it. I want you to walk into the heart of the storm, written words dripping off hair, eyelids, hanging from hands.

~Natalie Goldberg

After you have finished a piece of work, the work is then none of your business. Go on and do something else.

~Natalie Goldberg

It is simply that person's time. Ours will come in this lifetime or the next. No matter. Continue to practice.

~Natalie Goldberg

Poetry is a dumb Buddha who thinks a donkey is as important as a diamond.

~Natalie Goldberg

Use original detail in your writing. Life is so rich, if you can write down the real details of the way things were and are, you hardly need anything else.

~Natalie Goldberg

The difference between neurosis and wisdom is struggle.

~Natalie Goldberg

When you write what you know, you stay in control. One of the first things I encourage my writing students to do is to lose control - say what they want to say, break structure.

~Natalie Goldberg

Literature gives us the great gift of the present moment.

~Natalie Goldberg

When you bring the darkness to the table, it doesn't rule you or hurt other people, but when we keep it secret, it's dangerous.

~Natalie Goldberg

I love and care about literature, and great writers are our teachers. You're studying their mind when you read their work.

~Natalie Goldberg

Writing can teach us the dignity of speaking the truth.

~Natalie Goldberg

Great lovers realize that they are what they are in love with.

~Natalie Goldberg

In the West, a teacher imparts knowledge to a student. In the East, a teacher transmits nothing more or less than his or her Being.

~Natalie Goldberg

Talk when you talk, walk when you walk, and die when you die.

~Natalie Goldberg

I'm never ashamed to read a book twice or as many times as I want. We never expect to drink a glass of water just once in our lives. A book can be that essential, too.

~Natalie Goldberg

Wherein we discover that many of the "rules" for good writing and good sex are the same: Keep your hand moving, lose control, and don't think.

~Natalie Goldberg

Don't let yourself be thrown away....Continue on no matter what....Continue to make a positive effort for the good.

~Natalie Goldberg

Writing is the crack through which you can crawl into a bigger world, into your wild mind.

~Natalie Goldberg

There's no such thing as a writer's block. If you're having trouble

writing, well, pick up the pen and write. No matter what, keep that hand moving. Writing is really a physical activity.

~Natalie Goldberg

To stay close and intimate with experience is to stay close to the mind; the nitty gritty mind of the way things really are.

~Natalie Goldberg

Poems are taught as though the poet has put a secret key in his words and it is the reader's job to find it. Poems are not mystery novels.

~Natalie Goldberg

Clarity and perseverance are difficult in American society because the basis of capitalism is greed and dissatisfaction.

~Natalie Goldberg

In the middle of the world, make one positive step. In the center of chaos, make one definitive act. Just write.

~Natalie Goldberg

At the moment our rational mind stops, hits against a wall ... something else happens. And a bigger mind, like a pearl, rolls in a silver bowl.

~Natalie Goldberg

Have compassion for yourself when you write. There is no failure - just a big field to wander in.

~Natalie Goldberg

As writers we need to crack open language.

~Natalie Goldberg

We shouldn't forget that the universe moves with us, is at our back with everything we do.

~Natalie Goldberg

Indefinite plans get dubious results.

~Natalie Goldberg

I read Eve Ensler and thought it was fabulous. Not only that, but it was really the only thing I could relate to about cancer.

~Natalie Goldberg

The odd thing is, that I wrote *The Great Spring* while I had cancer and it's not about cancer. It was after I was done with cancer that I wrote a book about it.

~Natalie Goldberg

So even though I couldn't bear writing about cancer, I faced it every day.

~Natalie Goldberg

If I didn't have that, fear and projections over what was coming next could have taken over. But it was tough. Don't think I was an angel. It was hell.

~Natalie Goldberg

I think book publishing is fun, but I also know I've been very lucky.

~Natalie Goldberg

I don't know anything but writing practice, and so what I really do is direct that energy as if it were flowing down a river.

~Natalie Goldberg

Because I've been doing my practice for so long, I knew what to do even under really hard circumstances.

~Natalie Goldberg

There is no security, no assurance that because we wrote something good two months ago, we will do it again. Actually, every time we begin,

we wonder how we ever did it before.

~Natalie Goldberg

The only failure in writing is when you stop doing it. Then you fail yourself.

~Natalie Goldberg

Ultimately, writing is about trusting your own mind. It is an act of discovery.

~Natalie Goldberg

Failure is what we're all running from, we're always running toward success with failure at our back.

~Natalie Goldberg

Know that you will eventually have to leave everything behind; the writing will demand it of you.

~Natalie Goldberg

I consider writing practice a true Zen practice because it all comes back at you. You can't fool anyone because it's on the page.

~Natalie Goldberg

A writer's job is to give the reader a larger vision of the world.

~Natalie Goldberg

keep your hand moving

~Natalie Goldberg

A responsibility of literature is to make people awake, present, alive. If the writer wanders, then the reader, too, will wander.

~Natalie Goldberg

Nobody cares much whether you write or not. You just have to do it

~Natalie Goldberg

I consider writing a legitimate Zen practice.

~Natalie Goldberg

You don't need to go to a therapist, you don't need to do all kinds of things. If you want to write, you physically have to do it.

~Natalie Goldberg

Understand that writing is like an athletic activity. To play tennis well, you expect to keep practicing, but for some reason with writing, you think you should come out fresh the first time.

~Natalie Goldberg

Shut up and write. Don't talk about writing, just physically do it.

~Natalie Goldberg

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