

Peter McWilliams

Quotes

Inspirational, People, Fear, Thinking, Want, Depression, Dream, Marijuana, Giving, Needs, Taken, Writing, Reality, Order, Pain, Moving, Law, Acceptance, Ifs, Successful

Nausea is an unsolved problem of medicine and marijuana is the finest anti-nausea medication known to science.

~Peter McWilliams

The news media are, for the most part, the bringers of bad news... and it's not entirely the media's fault, bad news gets higher ratings and sells more papers than good news.

~Peter McWilliams

If you want peace, stop fighting. If you want peace of mind, stop fighting with your thoughts.

~Peter McWilliams

Be willing to be uncomfortable. Be comfortable being uncomfortable. It may get tough, but it's a small price to pay for living a dream.

~Peter McWilliams

Our thoughts create our reality - where we put our focus is the direction we tend to go.

~Peter McWilliams

It is a risk to love. What if it doesn't work out? Ah, but what if it does.

~Peter McWilliams

To the degree we're not living our dreams, our comfort zone has more control of us than we have over ourselves.

~Peter McWilliams

The road to positivity is strewn with the abandoned vehicles of the faint-hearted.

~Peter McWilliams

When it comes time to teach, teach from your experience. Go out and do, learn from the doing, then teach from the knowing.

~Peter McWilliams

Definition of a victim: a person to whom life happens.

~Peter McWilliams

For many, negative thinking is a habit which, over time, becomes an addiction.

~Peter McWilliams

Comfort zones are most often expanded through discomfort.

~Peter McWilliams

The irony is that the person not taking risks feels the same amount of fear as the person who regularly takes risks.

~Peter McWilliams

Guilt is anger directed at ourselves - at what we did or did not do.
Resentment is anger directed at others - at what they did or did not do.

~Peter McWilliams

We can do anything we want. The next time you hear yourself saying, to another-and especially yourself-I Can't, take a deep breath and say instead, My resources are otherwise engaged.

~Peter McWilliams

Some people think that meditation takes time away from physical accomplishment. Taken to extremes, of course, that's true. Most people, however, find that meditation creates more time than it takes.

~Peter McWilliams

One of the great joys of life is creativity. Information goes in, gets shuffled about, and comes out in new and interesting ways

~Peter McWilliams

Willingness opens the doors to knowledge, direction, and achievement. Be willing to know, be willing to do, be willing to create a positive result. Be willing, especially, to follow your dream.

~Peter McWilliams

Keep your goals away from the trolls.

~Peter McWilliams

Fear is something to be moved through, not something to be turned from.

~Peter McWilliams

If you're not actively involved in getting what you want, you don't really want it.

~Peter McWilliams

To visualize is to see what is not there, what is not real - a dream. To visualize is, in fact, to make visual lies. Visual lies, however, have a way of coming true.

~Peter McWilliams

Send the light of your own loving ahead of you. When you get there, the loving will have prepared a place for you. Be kind, gentle, and enjoy the journey.

~Peter McWilliams

You can't afford the luxury of a negative thought

~Peter McWilliams

Ultimately, censorship comes down to taste. What offends me may enlighten you. Do you want me deciding-based on my taste-what you should or should not be exposed to?

~Peter McWilliams

The willingness to do creates the ability to do.

~Peter McWilliams

People who want to appear clever rely on memory. People who want to get things done make lists.

~Peter McWilliams

The more severe the pain or illness, the more severe will be the necessary changes. These may involve breaking bad habits, or acquiring some new and better ones.

~Peter McWilliams

In reality, serendipity accounts for one percent of the blessings we receive in life, work and love. The other 99 percent is due to our efforts.

~Peter McWilliams

Mistakes, obviously, show us what needs improving. Without mistakes, how would we know what we had to work on?

~Peter McWilliams

The Bible, taken as a whole, can be used to praise or condemn practically any human activity, thought, belief, or practice.

~Peter McWilliams

Meditation creates more time than it takes.

~Peter McWilliams

To avoid situations in which you might make mistakes may be the biggest mistake of all.

~Peter McWilliams

What's more important-your goal, or others' opinions of your goal?

~Peter McWilliams

Most people, once they graduate from the School of Hard Knocks, automatically enroll in the University of Adversity.

~Peter McWilliams

If our early lessons of acceptance were as successful as our early lessons of anger how much happier we would all be.

~Peter McWilliams

Guilt is anger directed at ourselves.

~Peter McWilliams

Nothing adventured, nothing attained

~Peter McWilliams

You can always find some expert who will say something hopelessly hopeless about anything.

~Peter McWilliams

Learn to ask for what you want. The worst people can do is not give you what you ask for which is precisely where you were before you asked.

~Peter McWilliams

Learn to forgive fully and completely. If you want health, wealth, and happiness, you can't afford the luxury of lugging around all those unforgiven, unforgotten past events. Let them go.

~Peter McWilliams

While goals are chosen, a purpose is discovered. Our purpose is something we have been doing all along, and will continue to do, regardless of circumstances, until the day we die

~Peter McWilliams

No matter what you do, no matter how stupid, dumb or damaging you

judge it to be, there is a lesson to be learned from it.

~Peter McWilliams

I'm a confirmed negaholic. I don't just see a glass that's half full and call it half-empty; I see a glass that's completely full and worry that someone's going to tip it over.

~Peter McWilliams

Many people weigh the guilt, they will feel against the pleasure of the forbidden action they want to take.

~Peter McWilliams

Choosing what you want to do, and when to do it, is an act of creation.

~Peter McWilliams

Whenever something good happens, write it down. Buy a special notebook . . . and use it to list all the good in your life.

~Peter McWilliams

The comfort zone takes our greatest aspirations and turns them into excuses for not bothering to aspire.

~Peter McWilliams

there is nothing to be done. only accept it... and hurt.

~Peter McWilliams

This is our true wealth: the riches we take with us, the joy we carry inside, the support we learn to give ourselves, and the self-loving that flows as a natural by-product of that support.

~Peter McWilliams

Acceptance is such an important commodity, some have called it "the first law of personal growth".

~Peter McWilliams

Every time we give our word, it counts. For the most part, people give their word entirely too often. Our word is a precious commodity and should be treated as such.

~Peter McWilliams

It's your life. Live it with people who are alive. It tends to be contagious.

~Peter McWilliams

To overcome a fear, here's all you have to do: realize the fear is there, and do the action you fear anyway.

~Peter McWilliams

Do what you love and the necessary resources will follow.

~Peter McWilliams

Don't accept the limitations of other people who claim things are 'unchangeable'. If it's written in stone, bring your hammer and chisel.

~Peter McWilliams

The simple solution for disappointment depression Get up and get moving. Physically move. Do. Act. Get going.

~Peter McWilliams

If you change the belief first, changing the action is easier.

~Peter McWilliams

Positive thoughts: joy, happiness, fulfillment, achievement, worthiness, have positive results: enthusiasm, calm, well-being, ease, energy, love.

~Peter McWilliams

You need only look at what's in front of you and find something there to appreciate.

~Peter McWilliams

By pursuing any one of our dreams, we can find fulfillment. We don't need to pursue them all.

~Peter McWilliams

The value of action is that we make mistakes; mistakes show us what we need to learn.

~Peter McWilliams

Fill your life with people who applaud your positive thoughts, feelings, and actions; who encourage you toward more and better; who know how to praise the good and beautiful.

~Peter McWilliams

The amount of power freed by telling yourself you no longer choose to put energy into something can be remarkable. Be prepared for extra energy.

~Peter McWilliams

..we are trained as children to get good grades, get a good job, get a good spouse, get children, get ahead. In all this getting we get something else: anxiety and depression.

~Peter McWilliams

Stubbornness is also determination. It's simply a matter of shifting from "won't power" to "will power."

~Peter McWilliams

That's what depression had wrought inside me: one, vast, barren rock garden-without the garden

~Peter McWilliams

The purpose of education is to make the choices clear to people, not to make the choices for people.

~Peter McWilliams

The most recent studies both behavioral and biological, indicate one's sexual orientation is genetic â€” something determined at conception.

~Peter McWilliams

Courage, contrary to popular belief, is not the absence of fear. Courage is the wisdom to act in spite of fear.

~Peter McWilliams

The only difference between 'fear' and 'excitement' is what we label it.

~Peter McWilliams

Do we indulge our heart, or cater to our fear?

~Peter McWilliams

Write 10 times: 'Fear is my friend. Fear is the energy to do my best in a new situation.' You don't have to believe it; just write it.

~Peter McWilliams

As with most consensual crimes, this prohibition of hemp is both silly and sinister.

~Peter McWilliams

Gays seem to be at the bottom of the pecking order: no matter how far down the pecking order another group is, its members still feel superior to and have no problem picking on gays.

~Peter McWilliams

..Because when medical marijuana is fully accepted for what it is, we will see a phenomenon that makes Viagra's phenomenon seem limp.

~Peter McWilliams

For now realize that you can change anything you want, but you can't change everything you want.

~Peter McWilliams

Wealth is enjoying what we already have, not getting more of what we think will make us happy.

~Peter McWilliams

To the degree we can live without the things of this world, we are wealthy.

~Peter McWilliams

To affirm is to make firm.

~Peter McWilliams

This is how it happens. We get the Dream, but we don't get to dictate every step toward the dream.

~Peter McWilliams

As the world gets dumber and dumber, I feel more and more at home.

~Peter McWilliams

In life, we have either reasons or results

~Peter McWilliams

All the good, fine, noble, and creative acts of humanity were conceived as a spark in a single human consciousness.

~Peter McWilliams

Depression is an illness that robs one of the meaning of life. Heal the illness. As the depression heals, enthusiasm, well-being, and a sense of life's purpose will return.

~Peter McWilliams

If we aren't actively pursuing what we want, we don't really want it.

~Peter McWilliams

The state, frankly, could care less. Historically, the state has been able

to use any religious point of view for its own ends. . . . The examples of government misusing religion are endless.

~Peter McWilliams

If you were arrested for being kind to yourself..would there be enough evidence to convict you?

~Peter McWilliams

Capitalism is the only economic system compatible with free individuals

~Peter McWilliams

And neither shall we learn to war with ourselves anymore.

~Peter McWilliams

I'm tired of people thinking that Libertarians don't have morality- that they don't have values. that's a lot of hogwash. Libertarians are the **ONLY** politicians with values.

~Peter McWilliams

Let your intentions create your methods and not the other way around.

~Peter McWilliams

When we realize one Dream, sometimes a deeper Dream reveals itself. At other times a parallel Dream appears. The one that scares the hell out of you is probably it.

~Peter McWilliams

Negative thinking is always expensive--dragging us down mentally, emotionally, and physically--hence I refer to any indulgence in it as a luxury.

~Peter McWilliams

We are all, right now, living the life we choose.

~Peter McWilliams

If you're not playing a big enough game, you'll screw up the game you're playing just to give yourself something to do.

~Peter McWilliams

The reason we feel hurt and anger when things and people outside us let us down is because we believe those things and people shouldn't. Well, sorry, that's not life here on earth.

~Peter McWilliams

There is no answer to any of these questions. It's a matter of time and timing, of seas and seasons, of breathing in and breathing out. It's a matter of balance.

~Peter McWilliams

When you start noticing even a small portion of all there is to be grateful for, you'll find there is no room for lack, hurt, or want. The attitude of gratitude: the great, full feeling.

~Peter McWilliams

Because people are afraid of fear, they give up acre after acre of their own life.

~Peter McWilliams

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