

# Rachel Naomi Remen

## Quotes

*People, Inspirational, Thinking, Pain, Healing, Compassion, Silence, Powerful,  
Listening, Integrity, Heart, Life, Blessing, Prayer, Order, Giving, Soul, Teacher,  
Simple, May*

Healing may not be so much about getting better, as about letting go of everything that isn't you - all of the expectations, all of the beliefs - and becoming who you are.

~Rachel Naomi Remen

The secret of living well is not in having all the answers but in pursuing unanswerable questions in good company.

~Rachel Naomi Remen

Most of us lead far more meaningful lives than we know. Often finding meaning is not about doing things differently; it is about seeing familiar things in new ways.

~Rachel Naomi Remen

Life offers its wisdom generously. Everything teaches. Not everyone learns.

~Rachel Naomi Remen

The willingness to consider possibility requires a tolerance of uncertainty.

~Rachel Naomi Remen

Our listening creates a sanctuary for the homeless parts within another person.

~Rachel Naomi Remen

Big messages come in small packages. All it may take to restore someone's trust in life may be returning a lost earring or a dropped glove.

~Rachel Naomi Remen

Life is as complex as we are. Sometimes our vulnerability is our strength, our fear develops our courage, and our woundedness is the road to our integrity. It is not an either/or world.

~Rachel Naomi Remen

In the silence of listening, you can know yourself in everyone, the unseen singing softly to itself and to you.

~Rachel Naomi Remen

Sooner or later we will come to the edge of all that we can control and find life, waiting there for us.

~Rachel Naomi Remen

When you listen generously to people they can hear the truth in themselves, often for the first time.

~Rachel Naomi Remen

The most basic and powerful way to connect to another person is to listen. Just listen.

~Rachel Naomi Remen

Of course love is never earned. It is a grace we give one another. Anything we need to earn is only approval.

~Rachel Naomi Remen

A loving silence often has more power to heal and to connect than the most well-intentioned words.

~Rachel Naomi Remen

Perhaps the most important thing we ever give each other is our attention

~Rachel Naomi Remen

Deep inside, our integrity sings to us whether we are listening or not. It is a note that only we can hear. Eventually, when life makes us ready to listen, it will help us to find our way home.

~Rachel Naomi Remen

When we know ourselves to be connected to all others, acting compassionately is simply the natural thing to do.

~Rachel Naomi Remen

Goose bumps happen when your soul is close to you, breathing lightly on the back of your neck, and wakes you up.

~Rachel Naomi Remen

The spiritual is inclusive. It is the deepest sense of belonging and participation. We all participate in the spiritual at all times, whether we know it or not.

~Rachel Naomi Remen

We are all born to be a blessing.

~Rachel Naomi Remen

When we are seen by the heart we are seen for who we are. We are valued in our uniqueness by those who are able to see us in this way and we become able to know and value ourselves.

~Rachel Naomi Remen

Being safe is about being seen and heard and allowed to be who you are and to speak your truth.

~Rachel Naomi Remen

An unanswered question is a fine traveling companion. It sharpens your eye for the road.

~Rachel Naomi Remen

The worst thing that happens in life is not death. The worst thing would be to miss it. . . . I think the great danger in life is not showing up.

~Rachel Naomi Remen

The choice people have to make is never between slavery and

freedom. We will always have to choose between slavery and the unknown.

~Rachel Naomi Remen

If you carry someone else's fears and live by someone else's values, you may find that you have lived their lives.

~Rachel Naomi Remen

I have no idea about what death is, but because I have been in association with it so intimately, I have a much greater sense of the value of life and of what life can be.

~Rachel Naomi Remen

As I age I am grateful to find that a silence has begun to gather in me, coexisting with my tempers and my fears, unchanged by my joys or my pain. Sanctuary. Connected to the Silence everywhere.

~Rachel Naomi Remen

Our wounds are our sources of growth.

~Rachel Naomi Remen

If we fear loss enough, in the end the things we possess will come to possess us.

~Rachel Naomi Remen

Is it possible to live so defensively that you never get to live at all?

~Rachel Naomi Remen

It has been my experience that presence is a more powerful catalyst for change than analysis.

~Rachel Naomi Remen

When we pray, we don't change the world, we change ourselves.

~Rachel Naomi Remen

Life is known only by those who have found a way to be comfortable with change and the unknown. Given the nature of life, there may be no security, but only adventure.

~Rachel Naomi Remen

Perhaps wisdom is simply a matter of waiting, and healing a question of time. And anything good you've ever been given is yours forever.

~Rachel Naomi Remen

What we do to survive is often different from what we may need to do in order to live.

~Rachel Naomi Remen

Facts bring us to knowledge, but stories lead to wisdom.

~Rachel Naomi Remen

Our purpose in life is to grow in wisdom and in love.

~Rachel Naomi Remen

Just Listen an excerpt

~Rachel Naomi Remen

Those who bless and serve life find a place of belonging and strength, a refuge.

~Rachel Naomi Remen

Everybody is a story.

~Rachel Naomi Remen

All natural processes are long processes and they last.

~Rachel Naomi Remen

My sense is that you can never teach anybody anything, or change anybody in ways that they don't already have in mind.

~Rachel Naomi Remen

It has been said that sometimes we need a story more than food in order to live. p 374

~Rachel Naomi Remen

From a good teacher you may learn the secret of listening. You will never learn the secret of life. You will have to listen for yourself

~Rachel Naomi Remen

People have the natural capacity to affirm and embrace life in the most difficult of circumstances.

~Rachel Naomi Remen

When people are blessed they discover that their lives matter, that there is something in them worthy of blessing.

~Rachel Naomi Remen

There should be a word that means beginning/end because nothing begins without something dying.

~Rachel Naomi Remen

Fear is the friction in all transitions.

~Rachel Naomi Remen

Anger is just a demand for change, a passionate wish for things to be different.

~Rachel Naomi Remen

Belief traps or frees us.

~Rachel Naomi Remen

Suffering shapes the life force, sometimes into anger, sometimes into blame and self-pity. Eventually it may show us the wisdom of

embracing and loving life.

~Rachel Naomi Remen

Being alive is being aware, being able to be touched and moved and changed, being able to respond rather than to react, being able to see and hear.

~Rachel Naomi Remen

I think ideas only lead to change for intellectual people; and not even them. What really leads to change is experience. Life itself is the teacher.

~Rachel Naomi Remen

Religion is a bridge to the spiritual, but the spiritual lies beyond religion.

~Rachel Naomi Remen

The wisdom in the story of the most educated and powerful person is often not greater than the wisdom in the story of a child, and the life of a child can teach us as much as the life of a sage.

~Rachel Naomi Remen

We may need to let go of our beliefs and ideas about life in order to have life.

~Rachel Naomi Remen

I don't think there's such a thing as a bad emotion. The only bad emotion is a stuck emotion.

~Rachel Naomi Remen

Life wastes nothing. Over and over again every molecule that has ever been is gathered up by the hand of life to be reshaped into yet another form. p 259

~Rachel Naomi Remen



Silence is a place of great power and healing.

~Rachel Naomi Remen

It is not that we have a soul, but that we are a soul.

~Rachel Naomi Remen

A shaman is someone who has a wound that will not heal. He sits by the side of the road with his open wound exposed.

~Rachel Naomi Remen

Illness could be considered a Western form of meditation.

~Rachel Naomi Remen

I think that people get experiences, and out of those experiences come meaning and ideas. It's like watching a rose bush grow.

~Rachel Naomi Remen

Cancer changes your whole life.

~Rachel Naomi Remen

People are waking up in their homes - without conferences. They're waking up because life is waking them up, not because of some conference called "Body and Soul."

~Rachel Naomi Remen

The sacred lives beyond labels and judgment, in the wood-of-no-names.

~Rachel Naomi Remen

When we listen, we offer with our attention an opportunity for wholeness.

~Rachel Naomi Remen

The way towards freedom from a situation often lies in acceptance of

the situation.

~Rachel Naomi Remen

Our limitations serve, our wounds serve, even our darkness can serve.

~Rachel Naomi Remen

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