

Sarah Ban Breathnach

Quotes

*Heart, Gratitude, Inspirational, Dream, Self, Grateful, Soul, Spiritual, Healing,
Happiness, Believe, Needs, Sleep, Waiting, Life, Simple, Journey, World,
Creative, Giving*

Real life isn't always going to be perfect or go our way, but the recurring acknowledgement of what is working in our lives can help us not only to survive but surmount our difficulties.

~Sarah Ban Breathnach

One of the most important milestones we'll all hit along the way is the moment when we finally own our unique point of view and realize how priceless it is.

~Sarah Ban Breathnach

Our deepest wishes are whispers of our authentic selves. We must learn to respect them. We must learn to listen.

~Sarah Ban Breathnach

Expect to have hope rekindled. The dry seasons in life do not last. The spring rains will come again.

~Sarah Ban Breathnach

Be grateful for the home you have, knowing that at this moment, all you have is all you need.

~Sarah Ban Breathnach

Life is not made up of minutes, hours, days, weeks, months, or years, but of moments. You must experience each one before you can appreciate it.

~Sarah Ban Breathnach

Grace is available for each of us every day - our spiritual daily bread - but we've got to remember to ask for it with a grateful heart and not worry about whether there will be enough for tomorrow.

~Sarah Ban Breathnach

Learning to live in the present moment is part of the path of joy.

~Sarah Ban Breathnach

Every time we remember to say "thank you", we experience nothing less than heaven on earth.

~Sarah Ban Breathnach

Those who live passionately teach us how to love. Those who love passionately teach us how to live.

~Sarah Ban Breathnach

As we become curators of our own contentment on the Simple Abundance path... we learn to savor the small with a grateful heart.

~Sarah Ban Breathnach

Making it look easy is the hardest thing in the world to do.

~Sarah Ban Breathnach

We're not meant to fit in. We're meant to stand out.

~Sarah Ban Breathnach

Both abundance and lack exist simultaneously in our lives, as parallel realities. It is always our conscious choice which secret garden we will tend.

~Sarah Ban Breathnach

Whatever you are waiting for-peace of mind, contentment, grace, the inner awareness of Simple Abundance-it will surely come, but only when you are ready to receive it with an open and grateful heart.

~Sarah Ban Breathnach

When we choose not to focus on what is missing from our lives but are grateful for the abundance that's present ... we experience heaven on earth.

~Sarah Ban Breathnach

One way of celebrating the Solstice is to consider it a sacred time of

reflection, release, restoration, and renewal.

~Sarah Ban Breathnach

Always remember that striving and struggle precede success even in the dictionary.

~Sarah Ban Breathnach

A new chapter in life waiting to be written. New questions to be asked, embraced, and loved.

~Sarah Ban Breathnach

Consider the track record of your naysayers. How many dreams have they successfully brought into this world?

~Sarah Ban Breathnach

Success in life is not how well we execute Plan A; it's how smoothly we cope with Plan B.

~Sarah Ban Breathnach

The key to loving how you live is in knowing what it is you truly love.

~Sarah Ban Breathnach

Always remember, it's simply not an adventure worth telling if there aren't any dragons.

~Sarah Ban Breathnach

Lavish love on every living being you meet. See how different you feel at the end of the day.

~Sarah Ban Breathnach

Begin today. Declare out loud to the universe that you are willing to let go of struggle and eager to learn through joy.

~Sarah Ban Breathnach

the more naps you take, the more awakenings you experience.

~Sarah Ban Breathnach

Gratitude is the most passionate transformative force in the cosmos. When we offer thanks to God or to another human being, gratitude gifts us with renewal, reflection, reconnection.

~Sarah Ban Breathnach

Success is not just money in the bank but a contented heart and peace of mind.

~Sarah Ban Breathnach

Never forget that all you have is all you need.

~Sarah Ban Breathnach

Authentic success is living by your own lights.

~Sarah Ban Breathnach

Today, and everyday, take as your personal mantra: I am what I am and what I am is wonderful.

~Sarah Ban Breathnach

That each day that you love, honor, and respect your own unique point of view, you're a step closer to finding a fortune.

~Sarah Ban Breathnach

All we need is the awareness of how blessed we really are.

~Sarah Ban Breathnach

Each day offers us the gift of being a special occasion if we can simply learn that as well as giving, it is blessed to receive with grace and a grateful heart.

~Sarah Ban Breathnach

nothing good ever comes out of denying the truth about our situation.

~Sarah Ban Breathnach

Today expect something good to happen to you no matter what occurred yesterday.

~Sarah Ban Breathnach

The simpler we make our lives, the more abundant they become. There is no scarcity except in our souls.

~Sarah Ban Breathnach

Being Grateful. That is the first step on the path to Joy.

~Sarah Ban Breathnach

When we live our lives authentically, we discover our true place in the world for the first time.

~Sarah Ban Breathnach

Playing it safe is the riskiest choice we can ever make.

~Sarah Ban Breathnach

Stressed souls need the reassuring rhythm of self-nurturing rituals.

~Sarah Ban Breathnach

Take a leap of faith and begin this wondrous new year by believing.

~Sarah Ban Breathnach

Harmony is the inner cadence of contentment we feel when the melody of life is in tune.

~Sarah Ban Breathnach

Too often we elevate the inconsequential into the influential... by reacting without reflecting.

~Sarah Ban Breathnach

How many of us go through our days parched and empty, thirsting after happiness, when we're really standing knee-deep in the river of abundance?

~Sarah Ban Breathnach

You develop patience that enables you to wait gracefully and gratefully until the best arrives because you know it will.

~Sarah Ban Breathnach

Only when the clamor of the outside world is silenced will you be able to hear the deeper vibration. Listen carefully.

~Sarah Ban Breathnach

How could I expect more from the universe when I didn't appreciate what I already had?

~Sarah Ban Breathnach

While we cry ourselves to sleep, gratitude waits patiently to console and reassure us; there is a landscape larger than the one we can see.

~Sarah Ban Breathnach

dogs love us unconditionally and cats are big on redemption. Our sins and shortcomings don't bother them as long as we delight in their presence.

~Sarah Ban Breathnach

Authenticity pushes us past our comfort zone - it's meant to.

~Sarah Ban Breathnach

Half-truths are the devil's IOUs.

~Sarah Ban Breathnach

This I can report from the front lines: life never calms down long enough for us to wait until tomorrow to start living the lives we deserve.

~Sarah Ban Breathnach

Fortunately for us, life's highway has as many on ramps as it does off ramps.

~Sarah Ban Breathnach

Forgiveness is a form of gratitude. When we forgive others, we show them the mercy that we have often received and been thankful for.

~Sarah Ban Breathnach

An authentic life is the most personal form of worship. Everyday life has become my prayer.

~Sarah Ban Breathnach

Procrastination has robbed us of too many opportunities.

~Sarah Ban Breathnach

Little changes and little choices add up to be revolutionary changes in your life.

~Sarah Ban Breathnach

Let the past go. A simply abundant world awaits.

~Sarah Ban Breathnach

Become aware that you already possess all the inner wisdom, strength, and creativity needed to make your dreams come true.

~Sarah Ban Breathnach

Gratitude is the most passionate transformative force in the cosmos.

~Sarah Ban Breathnach

Once you accept and rejoice in your authenticity, you begin to see things as YOU are. You begin to see the authentic self is the Soul made visible. Godspeed on your journey to wholeness.

~Sarah Ban Breathnach

The authentic self is the soul made visible.

~Sarah Ban Breathnach

You've got to make a conscious choice every day to shed the old - whatever "the old" means for you.

~Sarah Ban Breathnach

My philosophy is very simple: when in doubt, take a bath.

~Sarah Ban Breathnach

Not every one of our desires can be immediately gratified. We've got to learn to wait patiently for our dreams to come true, especially on the path we've chosen.

~Sarah Ban Breathnach

We can then offer the universe the gift of our grateful hearts.

~Sarah Ban Breathnach

No matter what our decorating style - realized or aspired to the essential spiritual grace our home should possess is the solace of comfort.

~Sarah Ban Breathnach

This is how women self-sabotage and self-destruct. Unless we have constant witnesses to our hard work, we are convinced we pull off every day of our lives through smoke and mirrors. (27)

~Sarah Ban Breathnach

Authentic success is being so grateful for the many blessings bestowed on you and yours that you can share your portion with others.

~Sarah Ban Breathnach

A powerful connection between two people is a potent psychic factor that exists regardless of either person's opinion about the relationship.

~Sarah Ban Breathnach

Any self-prompt that reminds you to focus on flow not ebb, contributes to your greater sense of abundance. (53)

~Sarah Ban Breathnach

The seasons of life are not meant to be frenetic, just full. Blessed is the woman who knows her own limits.

~Sarah Ban Breathnach

Always remember that dreams-your creative visualizations-must come before their physical manifestations.

~Sarah Ban Breathnach

No behavior can be changed before it's acknowledged. And no addiction is beyond the reach of Love.

~Sarah Ban Breathnach

There are several occasions in the course of any woman's day when, without question, screaming is the appropriate response.

~Sarah Ban Breathnach

After self-nurturance, listening to the whispers of our hearts is probably the hardest task we've ever attempted.

~Sarah Ban Breathnach

When you first awaken or before drifting off to sleep, quiet your mind, lift up your heart, muse, mull over, make discoveries. Consider, conceive, create, connect, concede that it all starts within.

~Sarah Ban Breathnach

Discerning our personal gifts is essential if we are to experience

harmony in our lives.

~Sarah Ban Breathnach

Ironically, gratitude's most powerful mysteries are often revealed when we are struggling in the midst of personal turmoil.

~Sarah Ban Breathnach

Change is the essence of life; change is the great challenge, the great constant. Change is the ultimate teller of tales.

~Sarah Ban Breathnach

Today carve out a quiet interlude for yourself in which to dream, pen in hand. Only dreams give birth to change.

~Sarah Ban Breathnach

Celebrate the Sacred in the ordinary.

~Sarah Ban Breathnach

Making the absolute best of ourselves is not an easy task. It is a pleasurable pursuit...but it requires patience, persistence, and perseverance.

~Sarah Ban Breathnach

Only dreams give birth to change.

~Sarah Ban Breathnach

Sometimes when we awaken from the bad dream of disowning ourselves, we think that the sojourn to self-discovery is a new one. But it is an ancient quest.

~Sarah Ban Breathnach

So burrow in. Snuggle deep. A winter idyll of simple splendor awaits.

~Sarah Ban Breathnach

Let your heart be awakened to the transforming power of gratefulness.

~Sarah Ban Breathnach

Make peace with the knowledge that you can't have everything you want. Why? Because it's more important for us to get everything we need.

~Sarah Ban Breathnach

Open your arms as wide as you can to receive all the miracles with your name on them. Never forget that all you have is all you need.

~Sarah Ban Breathnach

Remember, no matter what life throws at us, we can always bake a cake!

~Sarah Ban Breathnach

Invite Divine Order into your life today and a more serene tomorrow will unfold.

~Sarah Ban Breathnach

When we appreciate how much we have, we feel the urge to pare down, get back to basics, and learn what is essential for our happiness. We long to realize what's really important.

~Sarah Ban Breathnach

I truly believe that regret is the only wound the soul does not recover from, and so I'm trying to live without regrets. ... Each day is another chance to be swept away.

~Sarah Ban Breathnach

There might be a few things in a woman's life that a romantic interlude won't cure, but I don't know any of them.

~Sarah Ban Breathnach

Gradually as you become curator of your own contentment, you will learn to embrace the gentle yearnings of your heart.

~Sarah Ban Breathnach

Your life at this exact moment is a direct result of choices you made once upon a time. Thirty minutes or 30 year ago.

~Sarah Ban Breathnach

Conscious choice is creative. Unconscious choice is destructive. That is how we end up living other people's lives.

~Sarah Ban Breathnach

Joy is your birthright.

~Sarah Ban Breathnach

We can learn to be the catalysts for our own change.

~Sarah Ban Breathnach

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