

Sark Quotes

*Thinking, Moments, People, Dream, Soul, Creative, Creativity, Way, Suffering,
Heart, Self, World, Journey, Practice, Laughing, Nice, Use, Miracle, Spirit, Book*

A succulent wild woman is one of any age who feels free to fully express herself in every dimension of her life.

~Sark

Invent your world. Surround yourself with people, color, sounds, and work that nourish you.

~Sark

So here we are, in our rare and precious lives, surrounded by gorgeous moments begging to be noticed and celebrated. Go! Celebrate!

~Sark

You are sublimely, exactly, how you need to be at this moment.

~Sark

The way to accomplish the assignment of truly living is to engage fully, richly, and deeply in the living of your dreams. We are made to dream and to live those dreams.

~Sark

In the midst of our daily lives, we must find the juice to nourish our creative souls.

~Sark

Cheer up every person you interact with (including yourself).

~Sark

I absolutely trust that every animal and person has their own very necessary journey.

~Sark

Be an electric eel in a goldfish pond!

~Sark

There is room for us all to be how we actually are.

~Sark

There is no control and perfection is arrogant. Practice messiness, letting go, and doing things badly.

~Sark

My intention is to live more fully each moment with who - how - I actually am, not who I imagine I will be one day.

~Sark

Stand tall, laugh loudly, and be who you truly are

~Sark

No matter how dry and tame and nice we live, we will die. We will also suffer along the way. Living wild is it's own reward.

~Sark

You are always on your way to a miracle.

~Sark

Nourish your eye and spirit with inspiring things. They will bloom with your tending.

~Sark

Dogs are miracles with paws.

~Sark

Learn to be a radiant human, and then shine on others.

~Sark

Fill your life with tiny and large adventurous moments.

~Sark

Certainly survival is important- very important- but at some point surviving wasn't enough. I felt ready to complete my surviving journey and start thriving and just living.

~Sark

Creativity healed me. I don't know that I could think of any word that I get more inspired by than the word healing.

~Sark

Marry yourself first -- promise never to leave you!

~Sark

Some say, Life is short. I say; Life is tall-grab a straw!

~Sark

Our creative dreams are subject to grudge-holding when we decide that other people somehow have made their dreams real and we have not.

~Sark

You are outrageously wonder-full and deserve to be celebrated!

~Sark

Cats are angels with fur.

~Sark

My body is precious and not separate from my soul.

~Sark

Love imperfectly. Be a love idiot. Let yourself forget any love ideal.

~Sark

I take every opportunity to tell people how happy my mother is to be dead.

~Sark

Use your internal grandmother for guidance and advice.

~Sark

The more that each of us tends our own soul, the more the world will prosper.

~Sark

I am in my life for a purpose. There is no place to rush to. I am safe. It's all ok.

~Sark

Choosing succulence is a deliberate act of personal revolution. It means waking up! Embracing your true self, studying your patterns, and letting out your most alive self. We all have one.

~Sark

I am astonished by the amount and quality of love that is available if we will ask, and participate and show up for life.

~Sark

We are all free spirits. We must choose to practice freedom.

~Sark

If you let yourself be truly seen, then you can be truly loved.

~Sark

Forgiveness multiplies and melts rigid postures. Try again and again with self forgiveness. Be the kind parent to yourself you may not have had.

~Sark

Remember to delight yourself first, then others can be truly delighted.

~Sark

Creativity suffers under great scrutiny from ourselves or others.

~Sark

Be, the money will come to you.

~Sark

Invention is the natural outcome of creative thinking.

~Sark

When we look at clouds we see different shapes. See all the grace you can.

~Sark

We're all afraid of suffering or agony or torture. It's only natural in some ways. It's only human, let's say. I don't know how natural it is. It probably is conditioning.

~Sark

I think it was wonderful when Princess Di died so that everyone could cry in unison. I thought that the crying together was the most powerful gift that she gave in her death.

~Sark

I think people feel safer being sad than they do being joyful.

~Sark

Women need a space to be creative -- creativity thrives in solitude.

~Sark

Use lots of exclamation points. They love to be overused.

~Sark

Inside the book between the lines, was a place to rest and absorb the magic

~Sark

We are each a gift, exactly as we are in this moment, with no improvements!

~Sark

I envision a world filled with women traveling alone and meeting each other on the path.

~Sark

I have a strong theory that all the dead people are looking down and laughing and smiling and saying "Oh look, they are so upset about the death thing."

~Sark

Whatever healing work we each do contributes to the healing of us all.

~Sark

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