

# Shakti Gawain Quotes

*People, Intuition, Thinking, Spiritual, Life, Inspirational, Energy, Moving, Mirrors,  
World, Order, Powerful, Healing, Feelings, Desire, Way, Self, Long, Trying,  
Needs*

The more light you allow within you, the brighter the world you live in will be.

~Shakti Gawain

Every time you don't follow your inner guidance, you feel a loss of energy, loss of power, a sense of spiritual deadness.

~Shakti Gawain

In order to heal themselves, people must recognize, first, that they have an inner guidance deep within and, second, that they can trust it.

~Shakti Gawain

Assertiveness is not what you do, it's who you are!

~Shakti Gawain

Every one of us comes into this life with lessons to learn and gifts to give.

~Shakti Gawain

If you constantly think of illness, you eventually become ill; if you believe yourself to be beautiful, you become so.

~Shakti Gawain

The most powerful thing you can do to change the world is to change your own beliefs about the nature of life, people, and reality to something more positive... and begin to act accordingly.

~Shakti Gawain

When we finally give up the struggle to find fulfillment "out there," we have nowhere to go but within. It is at this moment of total surrender that a new light begins to dawn.

~Shakti Gawain

You create your opportunities by asking for them.

~Shakti Gawain

We will discover the nature of our particular genius when we stop trying to conform to our own or other people's models, learn to be ourselves, and allow our natural channel to open.

~Shakti Gawain

Anything in life that we don't accept will simply make trouble for us until we make peace with it.

~Shakti Gawain

The people we are in relationships with are always a mirror, reflecting our own beliefs, and simultaneously we are mirrors, reflecting their beliefs.

~Shakti Gawain

We always attract into our lives whatever we think about most, believe in most strongly, expect on the deepest level, and imagine most vividly.

~Shakti Gawain

A painful time in our life is what I call a healing crisis. We are letting go of something old and opening to something new.

~Shakti Gawain

Freedom and relationship are polar opposites - they both exist on the same continuum. You DO want a relationship - and you DO want freedom - what you really want is BALANCE, you want wholeness.

~Shakti Gawain

My willingness to be intimate with my own deep feelings creates the space for intimacy with another.

~Shakti Gawain

Everything in the universe wants to be loved and accepted. Our

personal work is to find the love and acceptance within ourselves.

~Shakti Gawain

Change happens not by trying to make yourself change, but by becoming conscious of what's not working.

~Shakti Gawain

Problems are messages.

~Shakti Gawain

Spiritual healing occurs as we begin to consciously reconnect with our essential being - the wise, loving, powerful, creative entity that we are at our core.

~Shakti Gawain

A deadness occurs in relationships when people are no longer willing to tell each other how they really feel.

~Shakti Gawain

Each one of us has all the wisdom and knowledge we ever need right within us. It is available to us through our intuitive mind, which is our connection with universal intelligence.

~Shakti Gawain

When you're following your energy and doing what you want all the time, the distinction between work and play dissolves.

~Shakti Gawain

All our relationships, especially the deep ones, stir up the deepest issues for us that we need to confront and work with.

~Shakti Gawain

In order to cause a shadow to disappear, you must shine light on it.

~Shakti Gawain

No scoundrel is so stupid as to not find a reason for his vile conduct.

~Shakti Gawain

When you truly give up trying to be whole through others, you end up receiving what you always wanted from others.

~Shakti Gawain

If we look honestly at our relationships, we can see so much about how we have created them

~Shakti Gawain

To whatever degree you listen and follow your intuition, you become a creative channel for the higher power of the universe.

~Shakti Gawain

I'm especially interested in relationships since that is a part of life that causes enormous pain for many people.

~Shakti Gawain

What I am actually saying is that we need to be willing to let our intuition guide us, and then be willing to follow that guidance directly and fearlessly.

~Shakti Gawain

May you be blessed with everything your heart desires.

~Shakti Gawain

When I'm trusting and being myself as fully as possible, everything in my life reflects this by falling into place easily, often miraculously.

~Shakti Gawain

You can love other people only to the degree that you've come to love and accept yourself

~Shakti Gawain

The universe will reward you for taking risks on its behalf.

~Shakti Gawain

We shouldn't ignore any guidance that comes from the mind - we should listen to our minds AND balance mental messages with intuitive messages. We need both to navigate our way through life.

~Shakti Gawain

The more willing you are to surrender to the energy within you, the more power can flow through you.

~Shakti Gawain

My true relationship is with myself - all others are simply mirrors of it.

~Shakti Gawain

Imagining what you want as if it already exists opens the door to letting it happen.

~Shakti Gawain

I am convinced that life in a physical body is meant to be an ecstatic experience

~Shakti Gawain

Through lovingly embracing the full range of our experience- human and divine- we can heal the split that existed between the spirit and the form, in ourselves individually and in the whole world.

~Shakti Gawain

We all have within us a deep wisdom, but sometimes we don't know we have it.

~Shakti Gawain

The key point to understand is that prosperity is an internal experience, not an external state, and it is an experience that is not tied to having a

certain amount of money.

~Shakti Gawain

Our bodies communicate to us clearly and specifically, if we are willing to listen to them.

~Shakti Gawain

The process of change does not occur on superficial levels, through mere 'positive thinking.' It involves exploring, discovering, and changing our deepest, most basic attitudes toward life.

~Shakti Gawain

People who really want to be in a relationship are IN one.

~Shakti Gawain

An affirmation is a strong, positive statement that something is already so.

~Shakti Gawain

Your intuition is not the same thing as your mind. In fact, intuition is really the opposite of your mind - and you need to use BOTH in living your day-to-day life.

~Shakti Gawain

By viewing our relationships with friends, family, and co-workers as mirrors, as teachers - we see that they are reflecting back to us exactly what we most need to learn.

~Shakti Gawain

Notice what happens when you follow your intuitive feelings. The result is usually increased energy and power, and a sense of things flowing.

~Shakti Gawain

Individually and collectively, we are shifting from a position of fear into

surrender and trust of the intuitive. The power of the feminine energy is on the rise in our world.

~Shakti Gawain

Ambition is an idol, on whose wings great minds are carried only to extreme; to be sublimely great or to be nothing.

~Shakti Gawain

We have to get good at being with ourselves before we can hope to be good at being in relationships with others.

~Shakti Gawain

My inner guidance is there for me to call on anytime I need or want extra clarity, wisdom, knowledge, support, creative inspiration, love, or companionship.

~Shakti Gawain

The union of feminine and masculine energies within the individual is the basis of all creation.

~Shakti Gawain

As I learn to love myself, I receive the love I desire from others.

~Shakti Gawain

Our primary relationship is really with ourselves. Our relationships with other people constantly reflect exactly where we are in the process.

~Shakti Gawain

The more we learn to operate in the world based on trust in our intuition, the stronger our channel will be and the more money we will have.

~Shakti Gawain

This or something better now manifests for me in totally satisfying and



harmonious ways, for the highest good of all concerned.

~Shakti Gawain

When we consistently suppress and distrust our intuitive knowingness, looking instead for authority, validation, and approval from others, we give our personal power away.

~Shakti Gawain

While prosperity is in some ways related to money, it is not caused by money.

~Shakti Gawain

Most of us are in touch with our intuition whether we know it or not, but we're usually in the habit of doubting or contradicting it so automatically that we don't even know it has spoken

~Shakti Gawain

We can learn to move into the unknown with the confidence that we have a guiding force within us that is showing us the way.

~Shakti Gawain

Every moment of your life is infinitely creative and the universe is endlessly bountiful

~Shakti Gawain

When you see beauty anywhere, it's a reflection of yourself.

~Shakti Gawain

Learning to trust our intuition is an art form, and like all other art forms, it takes practice to perfect.

~Shakti Gawain

We are attracted to people who express the qualities we deny or repress in ourselves.

~Shakti Gawain

One law of energy is this: energy of a certain quality or vibration tends to attract energy of a similar quality and vibration.

~Shakti Gawain

If I could identify one core problem about the world, it's that we've been taught to distrust ourselves.

~Shakti Gawain

As human beings we have vulnerabilities. We also have power, but we can't just be powerful all the time.

~Shakti Gawain

Listening to your internal guidance system will lead to a rich, fulfilled, happy life. That's been my experience... and millions of folks can attest to it in their own lives as well.

~Shakti Gawain

Much of the Western world emphasizes rationality and reason, but overlooks or ignores the enormous value of intuition and instinctive wisdom.

~Shakti Gawain

Very seldom do we receive any support for trusting ourselves, listening to our own sense of inner truth, and expressing ourselves in a direct and honest way.

~Shakti Gawain

The universe will pay you to be yourself and do what you really love.

~Shakti Gawain

As long as we focus on the outside, there will always be that empty, hungry, lost place inside that needs to be filled.

~Shakti Gawain

By learning to contact, listen to, and act on our intuition, we can directly connect to the higher power of the universe and allow it to become our guiding force.

~Shakti Gawain

As we begin to love and appreciate ourselves as we are, our channels open and we access the infinite vitality of life force.

~Shakti Gawain

I believe we are all geniuses-each in our own unique way.

~Shakti Gawain

Poverty on both a personal and worldwide level is supported by our collective belief in scarcity.

~Shakti Gawain

When you're riding a bike you're more connected to the outdoors and to other people than you are when you are stuck in your car.

~Shakti Gawain

Every moment presents a new opportunity and a new decision.

~Shakti Gawain

Personal healing on all levels - physical, emotional, mental, and spiritual comes when we get in touch with our disowned energies.... Through integrating all aspects of ourselves, we become whole.

~Shakti Gawain

We live in a culture that doesn't acknowledge or validate human intuition and doesn't encourage us to rely on our intuitive wisdom.

~Shakti Gawain

Mind and intuition are at opposite ends of the same continuum and our goal is to strike a healthy balance between the two.

~Shakti Gawain

I was looking for what the meaning of life was.

~Shakti Gawain

Your intuition will most likely push you gently toward taking some appropriate risks and trying new things.

~Shakti Gawain

When I wrote *Living in the Light*, I wanted to share about how I live my own life and to encourage people to tap into their own inner wisdom.

~Shakti Gawain

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