

Sharon Gannon

Quotes

*Animal, Yoga, Want, Mean, Practice, Karma, World, People, Spiritual,
Breathing, Needs, Vegetables, Air, Years, Past, Ifs, Water, Fishing, Be Kind,
Reality*

All breathing beings are spiritual; this includes everyone who breathes, whether they are animals or humans, carnivores or vegetarians.

~Sharon Gannon

Worry is a prayer for something you don't want.

~Sharon Gannon

You cannot do yoga. Yoga is your natural state. What you can do are yoga exercises, which may reveal to you where you are resisting your natural state.

~Sharon Gannon

Live with the anticipation that something incredible might happen at any time.

~Sharon Gannon

We can't have happiness if we cause others unhappiness.

~Sharon Gannon

Don't wait for a better world. Start now to create a world of harmony and peace. It is up to you, and it always has been. You may even find the solution at the end of your fork.

~Sharon Gannon

Eating a vegetarian diet can contribute more to saving ourselves and the planet than any other single effort.

~Sharon Gannon

The way you treat others determines the way others treat you; the way others treat you determines the way you see yourself; the way you see yourself determines who you are.

~Sharon Gannon

We create the world we live in. If we want to change what we don't like

in the world, we must start by changing what we don't like about ourselves.

~Sharon Gannon

Life begins with an inhale and ends with an exhale. In between that inhale and that exhale is our life.

~Sharon Gannon

What we see in the world around us is just a reflection of what is inside of us.

~Sharon Gannon

Yoga practices shift our identity away from the ego-personality and its struggles so that we can begin to reconnect with the essential nature of our being, which is bliss.

~Sharon Gannon

The best way to uplift our own lives is to do all we can to uplift the lives of others.

~Sharon Gannon

In fact, we are designed anatomically to be vegetarians.

~Sharon Gannon

You cannot do yoga. Yoga is your natural state.

~Sharon Gannon

Yoga is many things to many people, but in its full potential the practice of yoga can provide the means to transform suffering into happiness and Suzanne Bryant's film YOGA IS shows us this path.

~Sharon Gannon

Inspiration pushes me out of my tight intellectual comfort zone and into humility, the wonderous state of not knowing. From this place of zero,

limitless possibilities seem to arise.

~Sharon Gannon

Three things to never leave home without: your keys, birdseed for the birds, and your mala beads to chant through difficulties.

~Sharon Gannon

The present moment is where eternity exists.

~Sharon Gannon

To be alive is to be breathing.

~Sharon Gannon

All living beings are spiritual beings because all of life breathes. Breath is an indication that spirit is present.

~Sharon Gannon

I don't miss another opportunity to try to do my best to finish the things I have left undone. I could say: It's my unresolved karma that wakes me up in the morning.

~Sharon Gannon

What we do to others will come back to us. You can't expect to be happy by causing unhappiness to others.

~Sharon Gannon

To find out how much protein you need, take your weight and divide it by three. Rest assured, a whole foods, varied plant-based diet will give you all the protein you need.

~Sharon Gannon

To live and breathe with an exclusive focus on one's small self, disconnected from the whole, is the definition of egotism.

~Sharon Gannon

We have become so addicted to our greed-driven habits that we have lost our moral compass and don't know what is right and wrong.

~Sharon Gannon

Farm animals, like dairy cows - who by nature are vegans - are routinely force-fed fish to increase their weight and milk production.

~Sharon Gannon

If we ourselves want to be free and happy then by enslaving and harming animals we will not be able to achieve our goal.

~Sharon Gannon

Try your best not to get distracted from your goal. Let everything you do be your way of getting closer to your enlightenment; never take a vacation from spiritual practice.

~Sharon Gannon

Each of us, through the actions we take, plant the seeds which will eventually but inevitably grow and create the reality we will find ourselves living in.

~Sharon Gannon

As a yoga practitioner with some understanding of how karma works, you have to ask the question, "If I am seeking liberation, will it serve my purpose to rob other beings of their freedom?"

~Sharon Gannon

Everything we do should contribute to happiness.

~Sharon Gannon

What you eat should not just be "good for you" but it should contribute to your happiness; it should make you a happier person.

~Sharon Gannon

By choosing to be kind instead of cruel, we can break the karmic chain of reacting to violence with more violence, contributing to a more peaceful future for everyone.

~Sharon Gannon

What could be more physical than what you eat, where you live, and who you live with? These are all very physical issues.

~Sharon Gannon

It may take sixteen pounds of grain to make one pound of beef, but it also takes one hundred pounds of fish to make that one-pound of beef!

~Sharon Gannon

Being a joyful vegan is the best way I know to contribute to the happiness of others, ultimately ensuring our own happiness.

~Sharon Gannon

How we treat others will determine how others treat us, and how others treat us will determine who we are.

~Sharon Gannon

You cannot change the past but you can start now and lay the foundation for the future.

~Sharon Gannon

Fish are complex beings who choose mates, use words to communicate, build nests, cooperate with one another to find food, have long-term memories, and use tools.

~Sharon Gannon

Remember that everyone you see and every situation you find yourself in has come from inside of you; you have created your reality by how you have treated others in your past.

~Sharon Gannon

Create the kind of world you want to live in by how you treat others now.

~Sharon Gannon

Communication implies communing, having a shared experience with another, not "talking at" or "talking down to" someone.

~Sharon Gannon

Be a communicator, not a self-righteous proselytizer or preacher. Many people are only concerned with expressing themselves, which isn't necessarily communication.

~Sharon Gannon

When you feel destructive, negative emotions like hate and anger arise within you towards the person opposing you; cultivate the opposite state of mind.

~Sharon Gannon

Compassion is essential for any type of relationship between anybody - human to human, human to dog, human to cat, human to bird.

~Sharon Gannon

Be confident in yourself, in your abilities, and in your goals. Then go for it.

~Sharon Gannon

If you want people to listen to you, then be willing to listen to them.

~Sharon Gannon

On average, most people consume between 100 - 120 grams of protein per day. Not only is that unhealthy, it's extremely dangerous, as the majority of the protein consumed is animal based.

~Sharon Gannon

One's knowledge of karma should not be used to judge others. You should ask yourself: Do I like where I am going, or do I want to change my direction?

~Sharon Gannon

Everyone is caught in the web of his or her own actions and is bound by past karmas (actions). Good and bad are relative terms. Every action takes one to the next place.

~Sharon Gannon

Because of our unenlightenment, we do not know that what we do to others we ultimately do to ourselves.

~Sharon Gannon

We are so unconscious about our actions that we don't even realize the immense suffering we are causing to animals, the planet, and ourselves.

~Sharon Gannon

Animals are not ours to eat, wear, experiment on, use for entertainment or for any exploitative purpose.

~Sharon Gannon

Some well-to-do parents may say, "I have a right to have as many children as I want because I can take care of them." That may be so, but can the Earth take care of them?

~Sharon Gannon

Human overconsumption is a greater problem than human population growth, and meat eating is a big part of that problem.

~Sharon Gannon

Through yoga practice you can change the course of your life by purifying your karma. But to do that you must have an idea of where

you've been and where you want to go.

~Sharon Gannon

If you were a fish, and you were to touch a doorknob, you would be able to feel the presence of every person who had touched that doorknob during the course of a day.

~Sharon Gannon

To be political actually means to care about your community.

~Sharon Gannon

What you do to benefit the lives of others will ultimately also benefit you.

~Sharon Gannon

The fact is that eating meat and dairy is bad for your health, the health of the animals eaten, as well as the health of the planet.

~Sharon Gannon

What you eat affects you physically as well as other beings you share this planet with.

~Sharon Gannon

I am a fast cook. I have to be, as I am a busy person with many responsibilities and don't have a lot of time for cooking.

~Sharon Gannon

One of the definitions for "mad" is "wild"; I'm certainly all for wild as opposed to domesticated.

~Sharon Gannon

It is true that veganism is a serious issue, but there should be fun involved. Why do anything if it doesn't bring some joy at the end of the day?

~Sharon Gannon

I'm totally into veganism and animal rights, but I'm not into being an angry and judgmental activist.

~Sharon Gannon

The most important thing to remember in life is to be kind.

~Sharon Gannon

I've gotten it down to one hour. If dinner takes me longer than an hour to prepare, then it is too complicated. So it has to be simple.

~Sharon Gannon

We all want to be happy.

~Sharon Gannon

If we want to consider the sanctity of life in deciding what to eat, the choice is clear. Eating a plant based diet causes less harm, to ourselves, to the other animals, to the planet.

~Sharon Gannon

Vegan food is not only good for you, the animals, and the planet, but cooking vegan can be simple, easy, and fun.

~Sharon Gannon

When we have a choice it is always best to choose kindness. Veganism is simply the kinder choice.

~Sharon Gannon

Fishing is not a benign activity; it is hunting in the water.

~Sharon Gannon

The practice of yoga allows us to become more conscious of our own physical existence and how significant we really are.

~Sharon Gannon

Our breath is connected to the air that every being breathes. By breathing consciously, we acknowledge our communion with all of life.

~Sharon Gannon

Don't expect others to change. Instead, take on the project and see if you can become the change you want to see in the world. Try your best to let go of anger, blame and seeing yourself as a victim.

~Sharon Gannon

By working to alleviate the suffering of animals you are working at the cause level of human suffering.

~Sharon Gannon

There are atoms of air in your lungs that were once in the lungs of everyone who has ever lived. In essence, we are breathing (inspiring) one another.

~Sharon Gannon

We must stop viewing ourselves as separate and disconnected from the rest of life, as if we are a special case and the laws of nature or karma do not apply to us.

~Sharon Gannon

Whatever you want to have happen to you make it happen for others now and eventually but inevitably you will reap the seeds you have sown.

~Sharon Gannon

Yoga teaches us that we can have whatever we may want in life if we are willing to provide it for others first.

~Sharon Gannon

Choosing to be kind rather than to be cruel benefits everyone.

~Sharon Gannon

If you want to know if someone is a "spiritual being" ask yourself, "Is he or she breathing?" If the answer is yes, then you know that you are in the presence of a spiritual being.

~Sharon Gannon

Human beings are Earthlings and as Earthlings are connected to every other living being on this planet.

~Sharon Gannon

Enlightenment is the realization of the oneness of being, where otherness disappears.

~Sharon Gannon

To be an environmentalist is to care about the environment and care about life on planet Earth.

~Sharon Gannon

Fishing is taking a huge toll on the planet's ecosystem.

~Sharon Gannon

We are the only animals who steal and drink the milk from other species.

~Sharon Gannon

Fishing is taking a huge toll on the planet's ecosystem. We are emptying the oceans, seas, lakes, and rivers as we fish them dry.

~Sharon Gannon

What we do as an individual affects the whole world.

~Sharon Gannon

What we do to others will come back to us.

~Sharon Gannon

We ourselves can never be free if we rob others of their freedom.

~Sharon Gannon

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