

# Stephen Levine

## Quotes

*Heart, Pain, Healing, Compassion, Mind, Inspirational, Grief, Believe, Letting  
Go, Suffering, Mean, People, Light, Spiritual, Life, Eye, Love Is, Loss, Moments,  
Ideas*

Buddha left a road map, Jesus left a road map, Krishna left a road map, Rand McNally left a road map. But you still have to travel the road yourself

~Stephen Levine

When your fear touches someone's pain, it becomes pity, when your love touches someone's pain, it become compassion.

~Stephen Levine

If you were going to die soon and had only one phone call to make, who would you call and what would you say? And why are you waiting?

~Stephen Levine

Death is just a change in lifestyles.

~Stephen Levine

If there is a single definition of healing it is to enter with mercy and awareness those pains, mental and physical, from which we have withdrawn in judgment and dismay. (48)

~Stephen Levine

Love is not what we become but who we already are

~Stephen Levine

Our suffering is caused by holding on to how things might have been, should have been, could have been.

~Stephen Levine

Our work is to keep our hearts open in hell.

~Stephen Levine

Go to the truth beyond the mind. Love is the bridge.

~Stephen Levine

The saddest part about being human is not paying attention. Presence is the gift of life.

~Stephen Levine

To heal is to touch with love that which we previously touched with fear.

~Stephen Levine

Sometimes pain and illness are not meant to be removed. You can't second-guess God. Rather than praying for it to go away, it's often wiser to pray that you learn as much from it as you possibly can.

~Stephen Levine

Healing comes when we meet our wounded places with compassion.

~Stephen Levine

Meditation allows us to directly participate in our lives instead of living life as an afterthought.

~Stephen Levine

Hell is not fire and brimstone, not a place where you are punished for lying or cheating or stealing. Hell is wanting to be something and somewhere different from where you are.

~Stephen Levine

Your distance from your partner is the distance from your heart. The things that make relationships difficult are some of the most precious aspects to us.

~Stephen Levine

In Chinese, the word for heart and mind is the same -- Hsin. For when the heart is open and the mind is clear they are of one substance, of one essence.

~Stephen Levine

Nothing is more natural than grief, no emotion more common to our daily experience. It's an innate response to loss in a world where everything is impermanent.

~Stephen Levine

Grief can have a quality of profound healing because we are forced to a depth of feeling that is usually below the threshold of awareness.

~Stephen Levine

It is trust in our vast 'don't know' that allows room for the truth, that allows the next intuition to float to the surface.

~Stephen Levine

Simply touching a difficult memory with some slight willingness to heal begins to soften the holding and tension around it. (74)

~Stephen Levine

Letting ourselves be forgiven is one of the most difficult healings we will undertake. And one of the most fruitful. (79)

~Stephen Levine

The only service you can do for anyone is to remind them of their true nature.

~Stephen Levine

Our addiction to always being right is a great block to the truth. It keeps us from the kind of openness that comes from confidence in our natural wisdom.

~Stephen Levine

Let there be peace on earth and let it begin with me. There is nothing to do but be.

~Stephen Levine

Safety is the most unsafe spiritual path you can take. Safety keeps you numb and dead. People are caught by surprise when it is time to die. They have allowed themselves to live so little.

~Stephen Levine

That which is impermanent attracts compassion. That which is not provides wisdom. (116)

~Stephen Levine

Enlightenment is freedom, the thought of enlightenment is prison. The truth exists in the moment. If we're anywhere else, seeking something outside of the moment, we're in prison.

~Stephen Levine

There is nothing to do but be.

~Stephen Levine

Quoting son, Noah Levine: Once you see what the heart really needs, it doesn't matter if you're going to live or die, the work is always the same. (25)

~Stephen Levine

We are so numb we don't even know what a direct experience is. We have an experience, then we think about it and we think the thinking about it is the experience.

~Stephen Levine

Always try to see yourself through God's eyes.

~Stephen Levine

Acting from the appropriateness of the heart, we are freed from the neediness of the mind.

~Stephen Levine

Oxygen plays a pivotal role in the proper functioning of the immune system. We can look at oxygen deficiency as the single greatest cause of all diseases.

~Stephen Levine

Death is perfectly safe. (55)

~Stephen Levine

We've all been should upon enough.

~Stephen Levine

When we turn to our innate wisdom for the harmony of mind and gut, we heal the entrance to the heart as it seeks to beat in rhythm with the world.

~Stephen Levine

[D]etachment means letting go and nonattachment means simply letting be. (95)

~Stephen Levine

Forgiveness is mental floss! Build the capacity to forgive slowly - start with little unkind acts, otherwise you'll sabotage yourself. When we forgive, we forgive the actor, not the action.

~Stephen Levine

Healing is bringing mercy and Awareness into that which we have held in judgment and fear.

~Stephen Levine

How soon will we accept this opportunity to be fully alive before we die? (88)

~Stephen Levine

What is it like after you die? Just like it was before you were born.

~Stephen Levine

You can call it wisdom, or sanity, or health, or enlightenment. I use the word God as a short-cut. I am comfortable with the word God because I don't have the foggiest idea of what it means.

~Stephen Levine

If you can find the God inside yourself, you can find the God inside everybody.

~Stephen Levine

God is not someone or something separate but is the suchness in each moment, the underlying reality.

~Stephen Levine

When the heart acknowledges how much pain there is in the mind, it turns like a mother toward a frightened child.

~Stephen Levine

Loss is the absence of something we were once attached to. Grief is the rope burns left behind, when that which is held is pulled beyond our grasp.

~Stephen Levine

I have never lived a life so much larger than death. (93)

~Stephen Levine

If sequestered pain made a sound, the atmosphere would be humming all the time.

~Stephen Levine

The mind creates the abyss. The heart crosses over it. Love is the bridge.

~Stephen Levine

Whatever prepares you for death enhances life.

~Stephen Levine

When we see all women as the divine mother and all men as the divine father, everyone you meet is sacred.

~Stephen Levine

Understanding is the ultimate seduction of the mind. Go to the truth beyond the mind.

~Stephen Levine

It doesn't matter how long you forget, only how soon you remember!

~Stephen Levine

Relate to the fear, not just from it. (50)

~Stephen Levine

Meditation isn't to disappear into the light. Meditation is to see all of what we are.

~Stephen Levine



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