

Sue Thoele

Quotes

Attitude, Heart, Being Yourself, Believe, Mean, Emotional, Light, Self, Wisdom, Wise, People, Love, Art, Guilt, Voice, Beautiful, Friendship, Solitude, Mind, Pain

Deep listening is miraculous for both listener and speaker. When someone receives us with open- hearted, non-judging, intensely interested listening, our spirits expand.

~Sue Thoele

Whether we give away too much or too little of ourselves, our vitality dwindles.

~Sue Thoele

You don't have to let yourself be terrorized by other people's expectations of you.

~Sue Thoele

Intuition is a heart message minus the static.

~Sue Thoele

Abundance is, in large part, an attitude.

~Sue Thoele

An essential part of a happy, healthy life is being of service to others.

~Sue Thoele

Wolves together stand howling soft and loud at light, singing family songs.

~Sue Thoele

One of the most crippling things we can do to ourselves is expect someone else to make us happy

~Sue Thoele

The veil between us and the divine is more permeable than we imagine.

~Sue Thoele

Having emotional independence means we are no longer tied to the need for constant approval and are, therefore, not coerced into doing more than we feel comfortable doing by our need to please others.

~Sue Thoele

Write down what you feel guilty about. Now, with the biggest, reddest marker you can find, cross it out-delete it.

~Sue Thoele

Periods of change are full of paradoxes. They're difficult but exciting, frightening but freeing. Letting go of old patterns that no longer work for us is exhilarating.

~Sue Thoele

Age is reforming our bodies to better roll with the punches!

~Sue Thoele

Ours are the arms with which God hugs and holds her children.

~Sue Thoele

It is easier to avoid the effects of others' negativity when we question if an action or attitude is appropriately directed at us. If it isn't, we can choose to sidestep it and let it pass.

~Sue Thoele

we forgive in order to free our own hearts and souls and return ourselves to a state of love.

~Sue Thoele

Among women, guilt spreads with the rampant fury of bubonic plague. ... I used to feel guilty if the cat had matted fur.

~Sue Thoele

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