

# Victoria Moran Quotes

*People, Thinking, Believe, Two, World, Animal, Acceptance, Way, Ideas, Kids,  
Simple, Beauty, Long, Mind, Years, Sometimes, Fun, Self, Littles, Giving Up*

Cruelty to animals is an enormous injustice; so is expecting those on the lowest rung of the economic ladder to do the dangerous, soul-numbing work of slaughtering sentient beings on our behalf.

~Victoria Moran

Yoga will always be transformational, even when it stops being cool.

~Victoria Moran

In this moment, there is plenty of time. In this moment, you are precisely as you should be. In this moment, there is infinite possibility.

~Victoria Moran

Every person you see has stories, and every person you see has a few that would break your heart. We deserve each other's respect simply because we've survived all we have and kept going anyway.

~Victoria Moran

The idea that somebody else is going to swoop down and play the fairy godmother role is pretty unlikely, so why not take care of yourself?

~Victoria Moran

Growing into your future ... requires a dedication to caring for yourself as if you were rare and precious, which you are, and regarding all life around you as equally so, which it is.

~Victoria Moran

If you celebrate your differentness, the world will, too. It believes exactly what you tell it.

~Victoria Moran

Your mission isn't a project to check off your list. It's a commitment to which to dedicate your life.

~Victoria Moran

As I see it, a green salad is an open invitation to carrots, onions, mushrooms, tomatoes, and the sprouts that grow in jars on my kitchen counter.

~Victoria Moran

If you only knew who you really are, you'd be starstruck

~Victoria Moran

I could be a vegan in sackcloth and flip-flops, but I find fabulous boots with periwinkle cuffs a far preferable option.

~Victoria Moran

Just remember that those things that get attention flourish.

~Victoria Moran

Follow the tugs in your heart. I think that everybody gets these gentle urges and should listen to them. Even if they sound absolutely insane, they may be worth going for.

~Victoria Moran

Recreational shopping is the shortest distance between two points: you and broke.

~Victoria Moran

Choose your exercise using the same criteria you'd apply to choosing a date - that is, attractive to you and able to hold your interest for an hour.

~Victoria Moran

If you don't accept yourself, you won't live fully, and if you don't live fully you'll need to get full some other way.

~Victoria Moran

"Make your plate look like a Christmas tree," I tell people, "mostly green

with splashes of other bright colors."

~Victoria Moran

Self-esteem is the result of recognizing our personal power; awe and wonder come from recognizing our lack of it. Both are true, and in an exceptional life there is no conflict between them.

~Victoria Moran

Self-doubt is the greatest enemy of any new good habit.

~Victoria Moran

I firmly believe that everyone deserves to live within walking distance of either beauty or convenience, if not both.

~Victoria Moran

Life has its rhythm and we have ours. They're designed to coexist in harmony, so that when we do what is ours to do and otherwise let life be, we garner acceptance and serenity.

~Victoria Moran

Enjoy your food, enjoy your life.

~Victoria Moran

I have to strive to go two steps forward and realize that, sometimes, there will be one step back.

~Victoria Moran

It's probably unfair to expect the world at large, or even most people, to see us for all we are. It is essential, however, that we see ourselves for all we are.

~Victoria Moran

Sometimes we get so busy pursuing our dream that we forget to notice the degree to which we're living it already.

~Victoria Moran

When it comes to literal nourishment, the food we eat, life begets life.

~Victoria Moran

I'm not perfect, but what's wonderful about eating a plant-based diet is, I don't have to be.

~Victoria Moran

Tell the world you are a one-of-a-kind creation who came here to experience wonder and spread joy. Expect to be accommodated.

~Victoria Moran

Life would be very dreary if there were no magic. If the real world were only that veil of tears, I just don't think could get up in the morning.

~Victoria Moran

Look for your brushes with the divine. Be receptive to them. When heaven knocks, open the door. Value these visits. Remember them. Expect more of them.

~Victoria Moran

Compassion in action may be the glorious possibility that could protect our crowded, polluted planet.

~Victoria Moran

On the issue of abortion, I'm ever on the fence, or, at most, an inch or two to either side.

~Victoria Moran

There are some things that money can't buy: peace of mind, for starters, and lean muscle mass. Neither the Queen of England nor the founder of Microsoft can put in an order for either one.

~Victoria Moran

Moderation is actually the flip side of dieting, that is, imposed deprivation.

~Victoria Moran

I'm over the hill, maybe even the whole mountain range, but I don't see it that way even one little bit.

~Victoria Moran

Every year when I put away my winter clothes and get out my summer clothes, they fit. And I haven't been on a diet since the Reagan administration.

~Victoria Moran

I realize that I'm a mature woman and one of these days, incredible diet or not, I'll be a little old lady.

~Victoria Moran

I'm a big believer in living life as an extended working vacation.

~Victoria Moran

Gandhi was a David with no material weapon.. not even a slingshot.

~Victoria Moran

Being vegan is a glorious adventure. It touches every aspect of my life - my relationships, how I relate to the world.

~Victoria Moran

Beauty at 70 years old isn't the same as beauty at 20 years old, but it is stunning nonetheless.

~Victoria Moran

Home is the place where you are most thoroughly yourself, with no pretenses.

~Victoria Moran

Taking B12 is the price of getting to be vegan, the way wearing a helmet is the price of getting to ride a motorcycle and giving up alcohol for nine months is the price of getting to have a baby.

~Victoria Moran

What is so priceless about being the selves we were created to grow into is that it's impossible to do it wrong.

~Victoria Moran

Our culture has long mistrusted the body. It's been seen as a confusing blend of God's handiwork and the devil's playground. It is, rather, a vortex of intelligence.

~Victoria Moran

You want to live a life in which the things you have traded your hard-earned money for are quality items that really do uplift your life.

~Victoria Moran

The idea that somebody is going to come in and make your debt go away and all be well for the future is really a fantasy.

~Victoria Moran

Evolution happens in nature and in individuals. I want to participate actively in its happening within me.

~Victoria Moran

Let other people do it their way. What other people do is irrelevant.

~Victoria Moran

My calling, as one imperfect human, is to celebrate and uphold life every time I get the chance.

~Victoria Moran

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