

# Wayne Muller Quotes

*Heart, Healing, Pain, Giving, Way, Kindness, Kind, Self, Spiritual, Voice, Spring,  
Effort, Attention, Looks, Practice, Offering, Eye, Strong, Circles, Christian*

When we come close to those things that break us down, we touch those things that also break us open. And in that breaking open, we uncover our true nature.

~Wayne Muller

If we do not allow for a rhythm of rest in our overly busy lives, illness becomes our Sabbath—our pneumonia, our cancer, our heart attack, our accidents create Sabbath for us.

~Wayne Muller

To pray is no small thing. It is nothing less than a sacred pilgrimage into the heart of the whole world.

~Wayne Muller

What if the healing of the world utterly depends on the ten-thousand invisible kindnesses we offer simply and quietly throughout the pilgrimage of each human life?

~Wayne Muller

For thousands of years we have gathered in circle--around fires, around bodies, around altars--because we can't do this alone.

~Wayne Muller

Gratitude invites a sense of sufficiency.

~Wayne Muller

All life has emptiness at its core; it is the quiet hollow reed through which the wind of God blows and makes the music that is our life.

~Wayne Muller

The last place we tend to look for healing is within ourselves.

~Wayne Muller

Our lives are made of these moments. Simple words and actions, taken

together, weave a single day, and our days become our life. Every gesture is a seed, and the seed determines the harvest.

~Wayne Muller

What we choose to love is very important for what we love leads our eyes, ears, and hearts on a pilgrimage that shapes the texture of our lives.

~Wayne Muller

When we do what we love, again and again, our life comes to hold the fragrance of that thing.

~Wayne Muller

Emptiness is the pregnant void out of which all creation springs. But many of us fear emptiness. We prefer to remain...surrounded by things...we imagine are subject to our control.

~Wayne Muller

What we love and what captures our curiosity draws us forward into some place of great destiny.

~Wayne Muller

Like a path through the forest, Sabbath creates a marker for ourselves so, if we are lost, we can find our way back to our center.

~Wayne Muller

Be not afraid. A kind life, a life of spirit, is fundamentally a life of courage-the courage simply to bring what you have, to bring who you are.

~Wayne Muller

In the soil of the quick fix is the seed of a new problem, because our quiet wisdom is unavailable.

~Wayne Muller

A kind life...is fundamentally a life of courage.

~Wayne Muller

Just because we are working hard does not mean we are making anything happen.

~Wayne Muller

With every breath, the possibility of a new aspect of self arises.

~Wayne Muller

Because we do not rest, we lose our way.

~Wayne Muller

Can it then be that what we call the 'self' is fluid and elastic? It evolves, strikes a different balance with every new breath.

~Wayne Muller

True kindness is rooted in a deep sense of abundance, out of which flows a sense that even as I give, it is being given back to me.

~Wayne Muller

Effortlessness is the ability to slow down and listen for the spaces between the joints... Deep within all things there is a natural rhythm, a music of opening and closing, expansion and contraction.

~Wayne Muller

The more spacious and larger our fundamental nature, the more bearable the pains in living.

~Wayne Muller

We become what we love. Whatever you are giving your time and attention to, day after day, is the kind of person you will eventually become.

~Wayne Muller

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