

Grounding Thoughts: A Collection of 20 Quotes for Peace and Inner Calm



- "Peace is this moment without judgment. That is all. This moment in the Heart-space where everything is welcome." – Dorothy Hunt
- "Life will give you whatever experience is most helpful for the evolution of your consciousness." – Eckhart Tolle
- "You yourself, as much as anybody in the entire universe, deserve your love and affection." – Buddha
- "Only in quiet waters do things mirror themselves undistorted. Only in a quiet mind is an adequate perception of the world." – Hans Margolius
- "Your self-love is a medicine for the earth." – Yung Pueblo
- "Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens." – Carl Jung
- "Nothing ever goes away until it has taught us what we need to know." – Pema Chödrön
- "Empty yourself and let the universe fill you." – Yogi Tea
- "The more grateful I am, the more beauty I see." – Mary Davis





- "We are not here to fit in, be well balanced, or provide an example for others. We are here to be eccentric, different, perhaps strange, perhaps merely to add our small piece, our little clunky, chunky selves, to the great mosaic of being." – James Hollis
- "Letting go doesn't mean forgetting, it just means we stop carrying the energy of the past into the present." – Yung Pueblo
- "The soul often asks more of us than we plan on giving." – James Hollis
- "Walk as if you are kissing the Earth with your feet." – Thich Nhat Hanh
- "What happens when people open their hearts? They get better." – Haruki Murakami
- "Slowly, slowly, gently, gently." – My Grandmother, in a dream
- "Tell me, what is it you plan to do with your one wild and precious life?" – Mary Oliver
- "Have patience with everything unresolved in your heart and try to love the questions themselves, as if they were locked rooms or books written in a very foreign language." – Rainer Maria Rilke
- "The healer you have been looking for is your own courage to know and love yourself completely." – Yung Pueblo
- "In each life there comes at least one moment which, if recognized and seized, transforms the course of that life forever." – Ralph Blum
- "Nothing is worth more than this day." – Goethe

