

Healing Quotes

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Although the world is full of suffering, it is also full of the overcoming of it.
Helen Keller (June, 1880 - June, 1968)

Helen Keller was both deaf and blind, but her fierce motivation to show herself she could overcome, manifested in enabling her to become the first person with both of these afflictions to graduate from college. She was an inspiration and left us with some of the most memorable quotes. Healing is a matter of time, but it is sometimes also a matter of opportunity.
Hippocrates (460 BC - 370 BC)

There is no historical figure that has done more for medicine than Hippocrates. His Hippocratic School of Medicine revolutionized the medical field and is credited with improving productivity in the advancement of medicine. "When you are inspired by some great purpose, some extraordinary project, all of your thoughts break their bonds, your mind transcends limitations, your consciousness expands in every direction and you find yourself in a new great and wonderful world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be."
Patanjali

Patanjali is credited with the creation and compilation of the Yoga Sutras. These sutras, based upon the structure of the holy Indian text, Bhagavad Gita have become an inspiration to students around the world looking to reach a higher state of consciousness. "Our body is a machine for living. It is organized for that, it is its nature. Let life go on in it unhindered and let it defend itself, it will do more than if you paralyze it by encumbering it with remedies."
Leo Tolstoy (September, 1828 - November, 1910)

Fiction writer Leo Tolstoy is best known for his prolific Novels War and Peace and Anna Karenina. He was also known for his thoughtful philosophy on nonviolent resistance and was an inspiration for the positions taken by both Mahatma Gandhi and Martin Luther King, Jr.

More on the subject of Healing Quotes: Our sorrows and wounds are healed only when we touch them with compassion.
Buddha

"The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live the present moment wisely and earnestly."
Buddha

"Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so let us all be thankful."
Buddha

"He who lives with his senses well controlled, moderate in his food and drink, he will not be overthrown, any more than the wind throws down a rocky mountain."
Buddha

The practice of forgiveness is our most important contribution to the healing of the world.

Marianne Williamson (born July, 1952)

We need to give each other the space to grow, to be ourselves, to exercise our diversity. We need to give each other space so that we may both give and receive such beautiful things as ideas, openness, dignity, joy, healing, and inclusion.
Max de Pree

Healing does not mean going back to the way things were before, but rather allowing what is now to move us closer to God.
Ram Dass (born April, 1931)

"Every human being is the author of his own health or disease."
Swami Sivananda Saraswati (September, 1887 - July, 1963)

"Take care of your body with steadfast fidelity. The soul must see through these eyes alone, and if they are dim, the whole world is clouded."
Johann Wolfgang von Goethe (August 1749 - March 1832)

"Nature performs the cure, the physician takes the fee."
Benjamin Franklin (1706 - 1790)

"What one relishes, nourishes."

Benjamin Franklin

"If you wouldst live long, live well; for folly and wickedness shorten life."

Benjamin Franklin

"He that would live in peace and at ease, must not speak all he knows, nor judge all he sees."

Benjamin Franklin

"Do not anticipate trouble or worry about what may never happen.

Keep always in the sunlight."

Benjamin Franklin

"The human body has been designed to resist an infinite number of changes and attacks brought about by its environment. The secret of good health lies in successful adjustment to changing stresses on the body."

Harry J. Johnson (born 1945)

"Time heals all wounds."

Anonymous

"As we free our breath (with diaphragmatic breathing) we relax our emotions and let go our body tensions."

Gay Hendricks (1945)

"The time to relax is when you don't have time for it."

Sydney J. Harris (September 1917 - December 1986)

"The soul is a breath of living spirit, that with excellent sensitivity, permeates the entire body to give it life. Just so, the breath of the air makes the earth fruitful. Thus the air is the soul of the earth..."

Hildegard of Bingen (1098 - 1179)

"The sovereign invigorator of the body is exercise, and of all the exercises walking is the best."

Thomas Jefferson (April, 1743 - July, 1826)

"True enjoyment comes from activity of the mind and exercise of the body; the two are ever united."

Humboldt

"Never hurry. Take plenty of exercise. Always be cheerful.

Take all the sleep you need. Expect to be well."

James Freeman Clarke (April, 1810 - June, 1888)

You must also exercise your heart: "Wherever there is a human being, there is an opportunity for kindness."

Seneca

"We must always change, renew, rejuvenate ourselves; otherwise we harden."

Johann Wolfgang von Goethe

To keep your interest alive, do what you love and love what you do for "...when work is a pleasure, life is a joy. When work is a duty, life is slavery."

Maxim Gorky (1868-1936)

"Sleep is that golden chain that ties health and our bodies together."

Thomas Dekker (born December, 1987)

"Love one another: you'll be happy and healthy. It's as simple and difficult as that."

Michael Leunig (born 1945)

"A strong positive attitude will create more miracles than any wonder drug."

Patricia Neal (born January, 1926)

"Laughter is the best medicine."

Anonymous

"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy."

Thich Nhat Hanh (born October, 1926)

"Breath is the bridge which connects life to consciousness, which unites your body to your thoughts."

Thich Nhat Hanh

"Cheerfulness, sir, is the principle ingredient in the composition of health."

Arthur Murphy (December, 1870 - February, 1914)

"A quiet mind cureth all."

Robert Burton (February 1577 - January 1640)

"Do everything with so much love in your heart that you would never want to do it any other way."

Amrit Desai

"Teach only love for that is what you are."

A Course In Miracles

"Sing songs that none have sung, think thoughts that ne'er in the brain have rung; walk in paths that none have trod; weep tears as none have shed for God. Give peace to all to whom none other gave, claim him your own who's everywhere disclaimed. Love all with love that none have felt and brave the battle of life with strength unchained."

Paramahansa Yogananda (January, 1893 - March, 1952)

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Max de Pree

"To ease another's heartache is to forget one's own."
Abraham Lincoln

"Love is the great miracle cure. Loving ourselves works miracles in our lives."
Louise L. Hay (born 1926)

"Worry is paying interest on a debt that you may never owe."
Bob & Deidre Griswold

"I promise to keep on living as though I expected to live forever. Nobody grows old by merely living a number of years. People grow old only by deserting their ideals. Years may wrinkle the skin, but to give up interest wrinkles the soul."
General Douglas MacArthur (January 26, 1880 - April 5, 1964)

"To insure good health: Eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life."
William Londen

Love one another and help others to rise to the higher levels, simply by pouring out love. Love is infectious and the greatest healing energy.

Sai Baba (born November, 1926)

Healing may not be so much about getting better, as about letting go of everything that isn't you - all of the expectations, all of the beliefs - and becoming who you are.

Rachel Naomi Remen

"Sorrow looks back with sadness. Worry looks up and down, from side to side, with fear. Faith looks forward with hope and gladness."

Anonymous

The art of healing comes from nature, not from the physician. Therefore the physician must start from nature, with an open mind.

Philipus Aureolus Paracelsus

The greatest healing therapy is friendship and love.

Hubert H. Humphrey (May 27, 1911 - January 13, 1978)

Eventually you will come to understand that love heals everything, and love is all there is.

Gary Zukav

The words of kindness are more healing to a drooping heart than balm or honey.

Sarah Fielding (November 8, 1710 - 1768)

"Don't hold to anger, hurt or pain. They steal your energy and keep you from love."

Leo Buscaglia (March, 1924 - June 1998)

"Contentment is a pearl of great price, and whosoever procures it, makes a wise and happy purchase."

J. Balguy

"One word Frees us of all the weight and pain of life: That word is love."

Sophocles (496 BC - 406 BC)

All healing is first a healing of the heart.

Carl Townsend

Forgiving does not erase the bitter past. A healed memory is not a deleted memory. Instead, forgiving what we cannot forget creates a new way to remember. We change the memory of our past into a hope for our future.

Lewis B. Smedes (1921 - 2002)

"Whenever you are confronted with an opponent. Conquer him with love."

Mohandas K. Gandhi (October 1869 - January 1948)

1 2 3 4 5 6 7 8 9 10