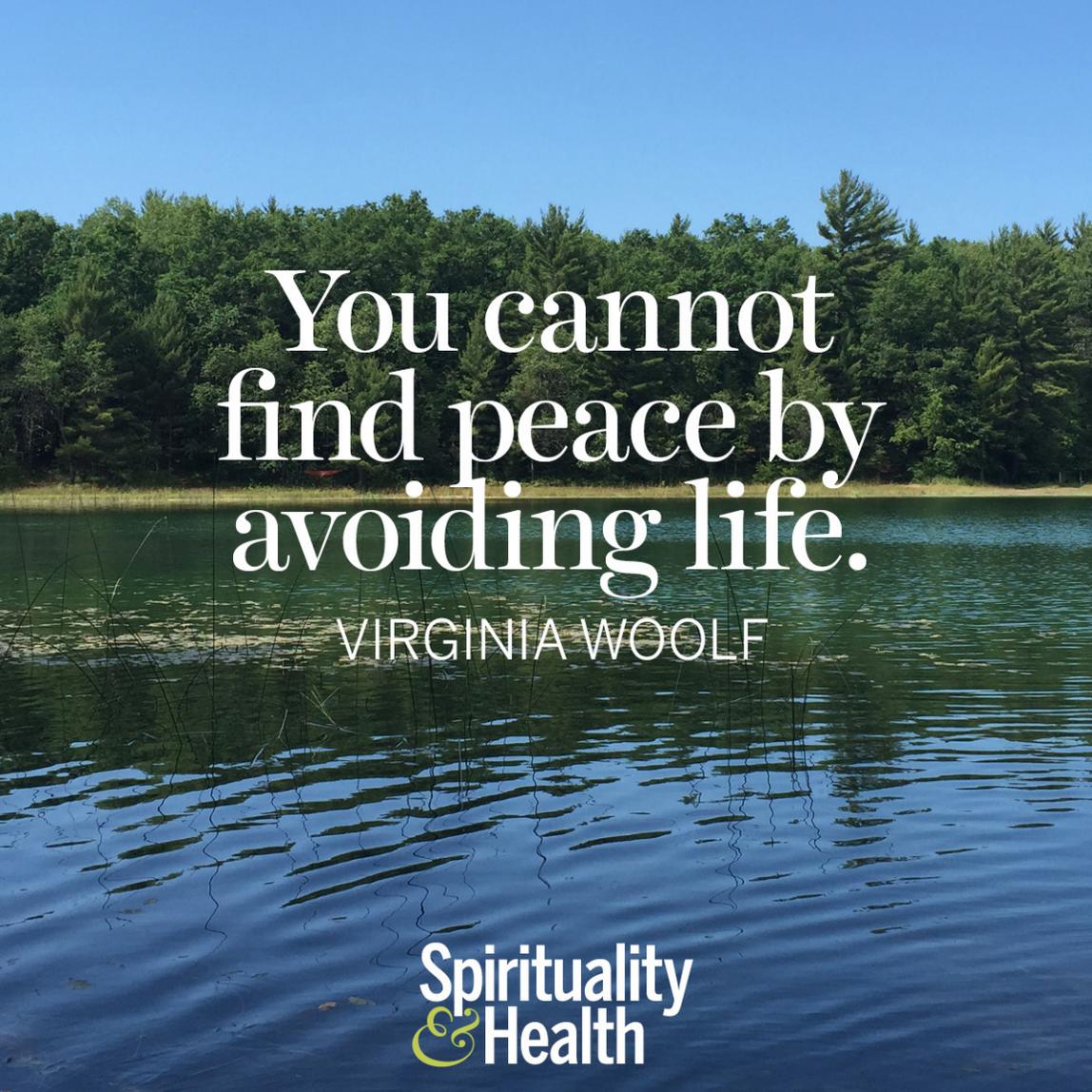




Empowering
Quotes
from
Enlightened
Women

Spirituality
& Health



You cannot
find peace by
avoiding life.

VIRGINIA WOOLF

Spirituality
& Health

Nothing liberates
our greatness like
the desire to help,
the desire to serve.

Marianne Williamson

Spirituality
& Health

A watercolor-style background featuring a soft, warm orange and yellow gradient. On the left side, there is a faint, artistic illustration of a green hand holding a large, glowing yellow circle. The text is centered in a black, serif font.

Stop wearing
your wishbone
where your
backbone ought
to be.

Elizabeth Gilbert

Spirituality
& Health



I can be changed
by what happens to
me, but I refuse to be
reduced by it.

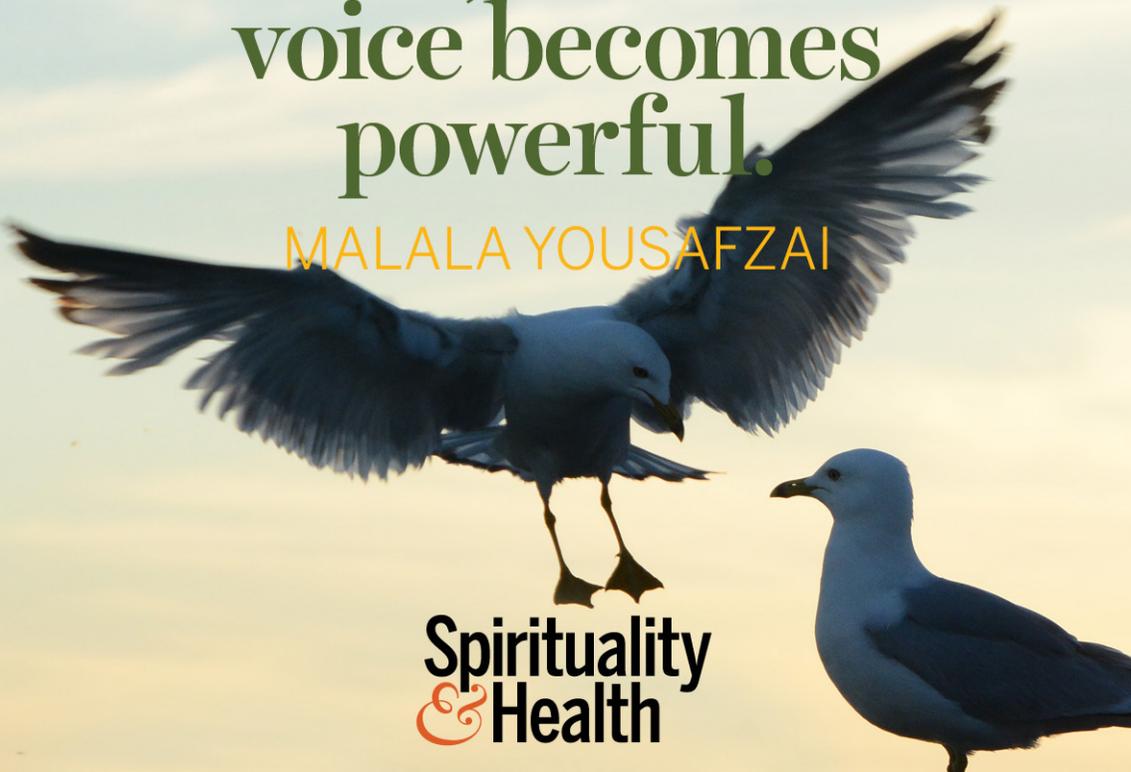
MAYA ANGELOU

**Spirituality
& Health**

When the
whole world is
silent, even one
voice becomes
powerful.

MALALA YOUSAFZAI

Spirituality
& Health





We have to be
the women
we want our
daughters to be.

BRENÉ BROWN

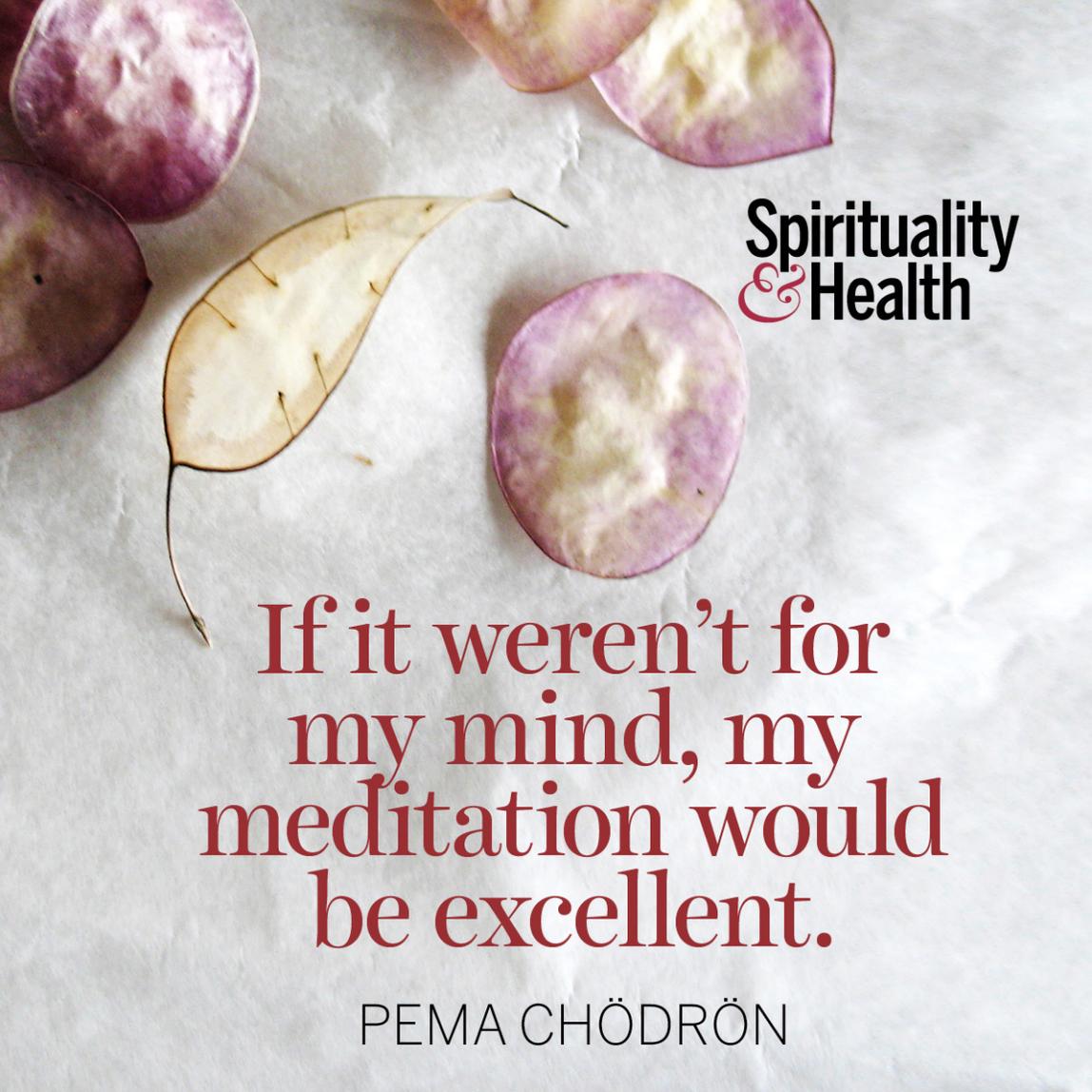
Spirituality
& Health



Those who contemplate
the beauty of the earth
find reserves of strength
that will endure as long
as life lasts.

RACHEL CARSON

Spirituality
& Health

The background of the image features several dried leaves scattered on a white, textured surface. There are four purple leaves and one yellow leaf. The purple leaves are mostly oval-shaped with some internal veining visible. The yellow leaf is elongated and teardrop-shaped with a long stem and several small, dark spots along its length. The text 'Spirituality & Health' is positioned in the upper right quadrant, with 'Spirituality' in a bold, black, sans-serif font, '&' in a red, decorative script font, and 'Health' in a bold, black, sans-serif font.

**Spirituality
& Health**

If it weren't for
my mind, my
meditation would
be excellent.

PEMA CHÖDRÖN

I know there is strength
in the differences between
us. I know there is comfort,
where we overlap.

ANI DIFRANCO



Spirituality
& Health



I choose to
make the
rest of my
life the best
of my life.

LOUISE HAY

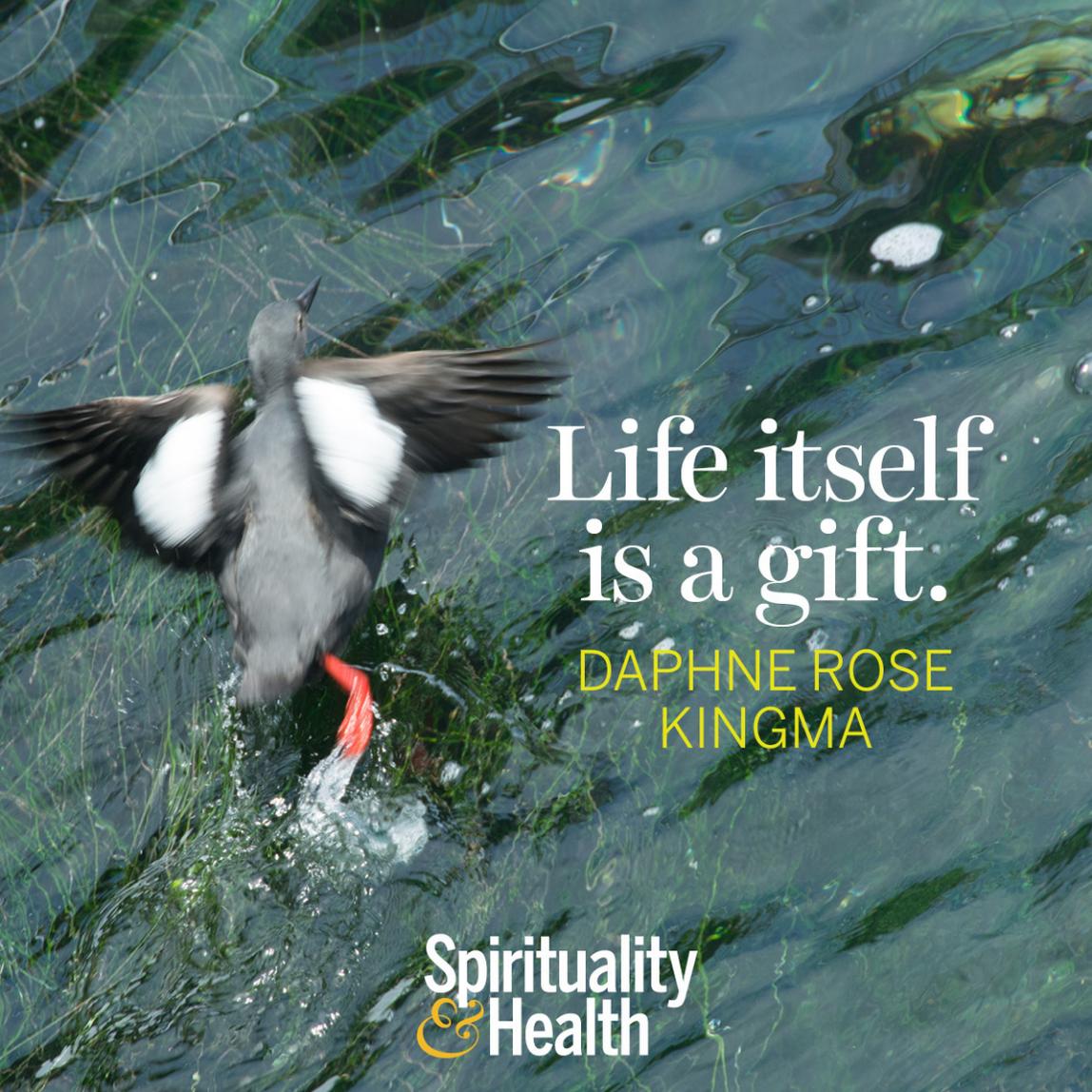
**Spirituality
& Health**

Our life is a faint
tracing on the
surface of mystery.

ANNIE DILLARD



Spirituality
& **Health**



Life itself
is a gift.

DAPHNE ROSE
KINGMA

Spirituality
& Health

Love is or
it ain't.
Thin love
ain't love
at all.

TONI MORRISON

Spirituality
& Health

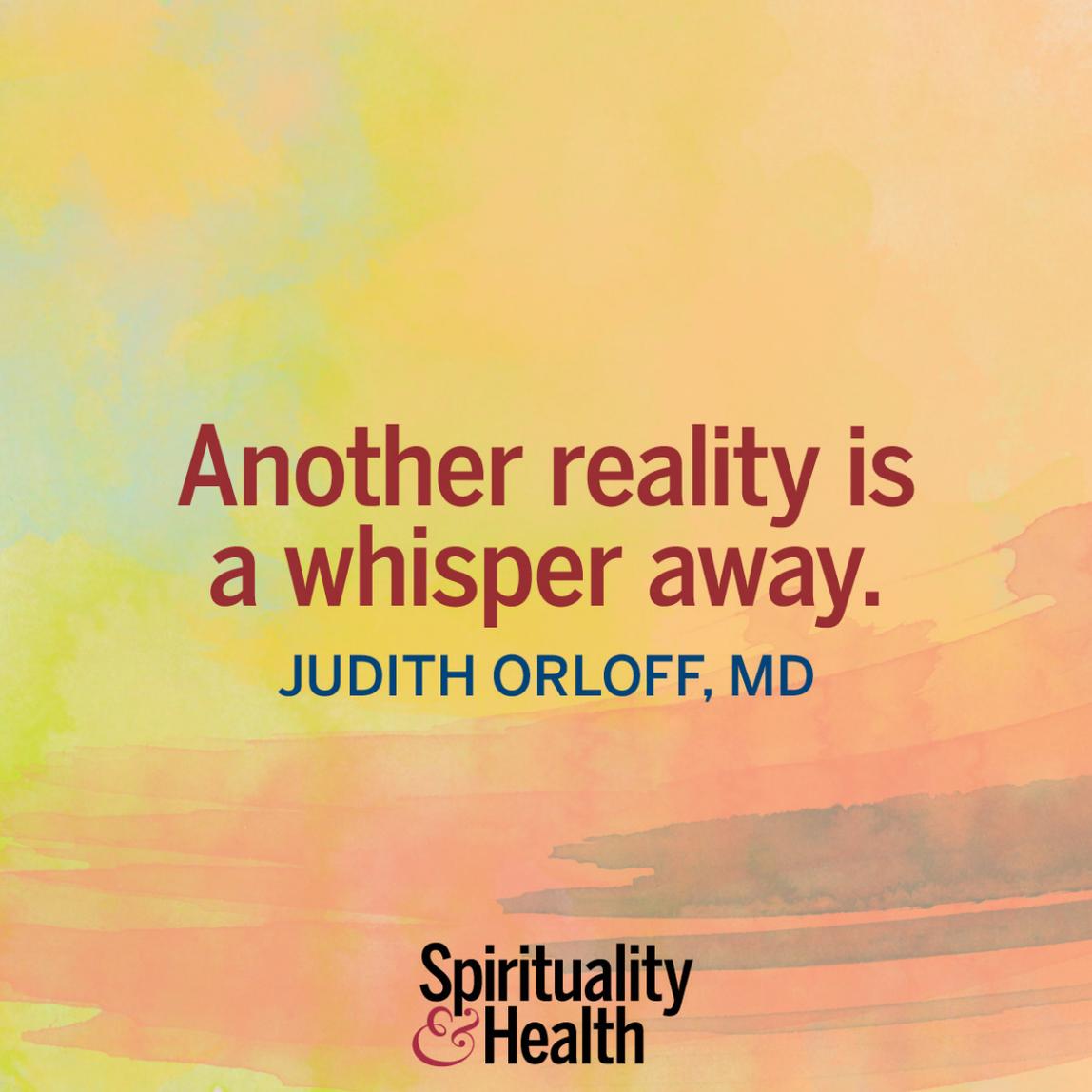


A serene sunset scene over a body of water. The sky is filled with soft, wispy clouds in shades of blue, orange, and yellow. The sun is low on the horizon, creating a bright glow and reflecting on the water's surface. The water is calm, with gentle ripples. The quote is centered in the upper half of the image.

We don't see
things as
they are. We
see things as
we are.

Anaïs Nin

Spirituality
& Health



**Another reality is
a whisper away.**

JUDITH ORLOFF, MD

**Spirituality
& Health**



Peace—that
was the other
name for home.

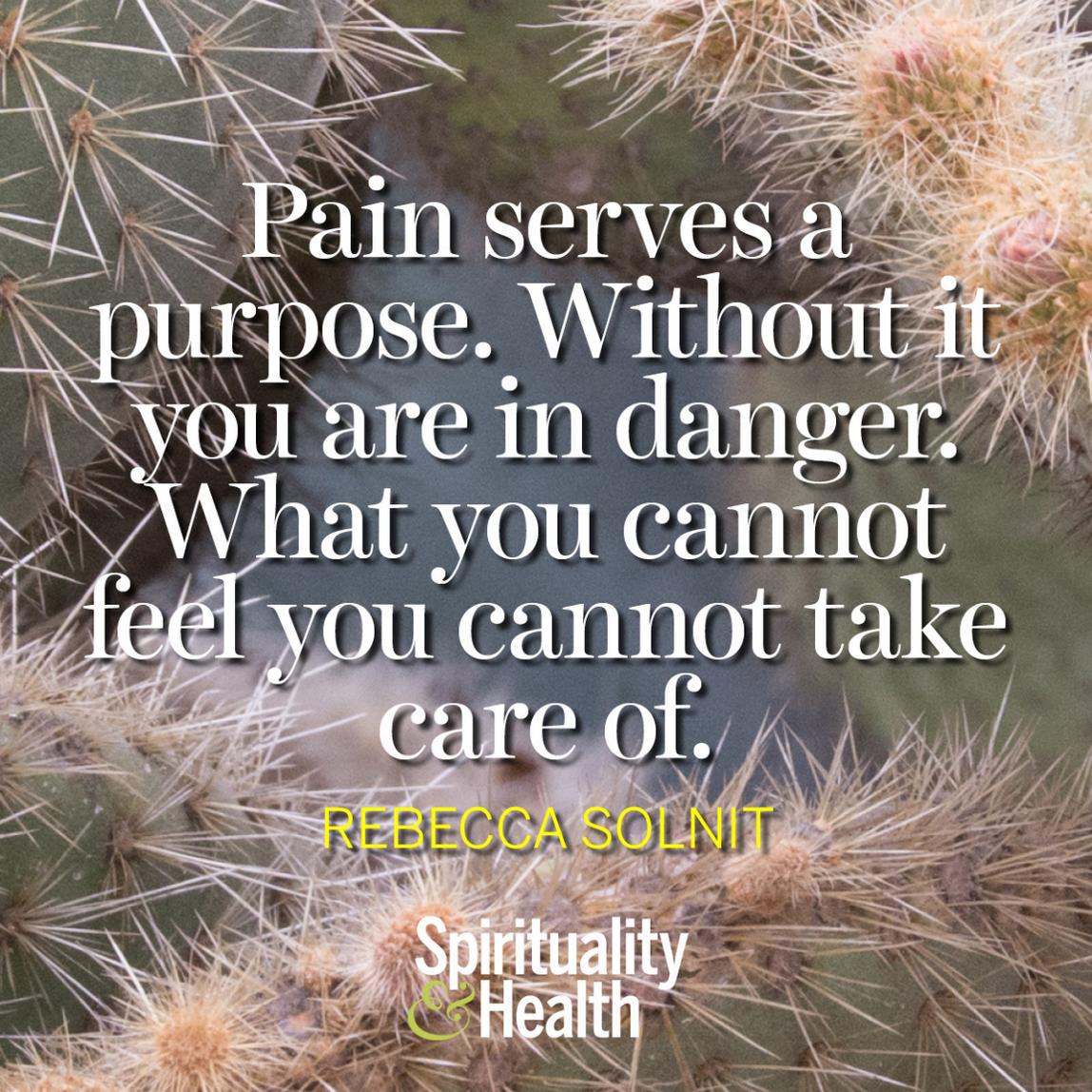
KATHLEEN NORRIS

Spirituality
& Health

Another world is not
only possible, she is
on her way. On a quiet
day, I can hear her
breathing.

ARUNDHATI ROY

**Spirituality
& Health**



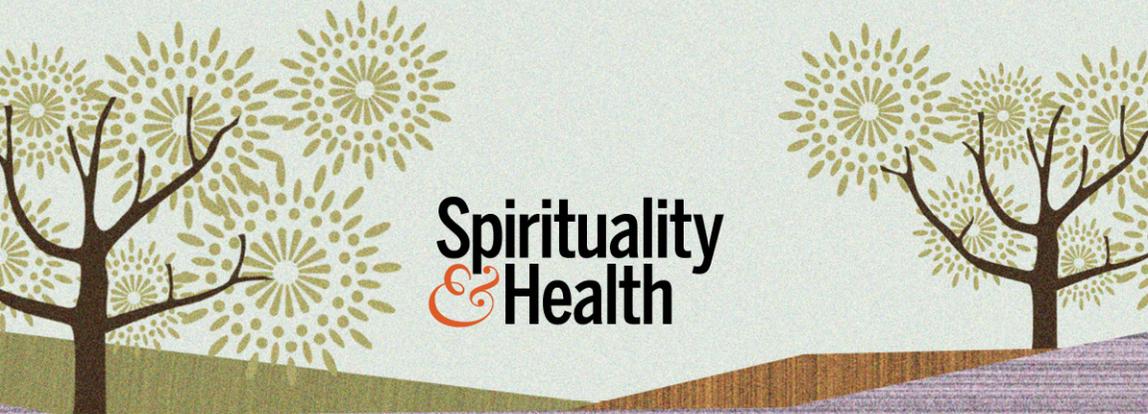
Pain serves a
purpose. Without it
you are in danger.
What you cannot
feel you cannot take
care of.

REBECCA SOLNIT

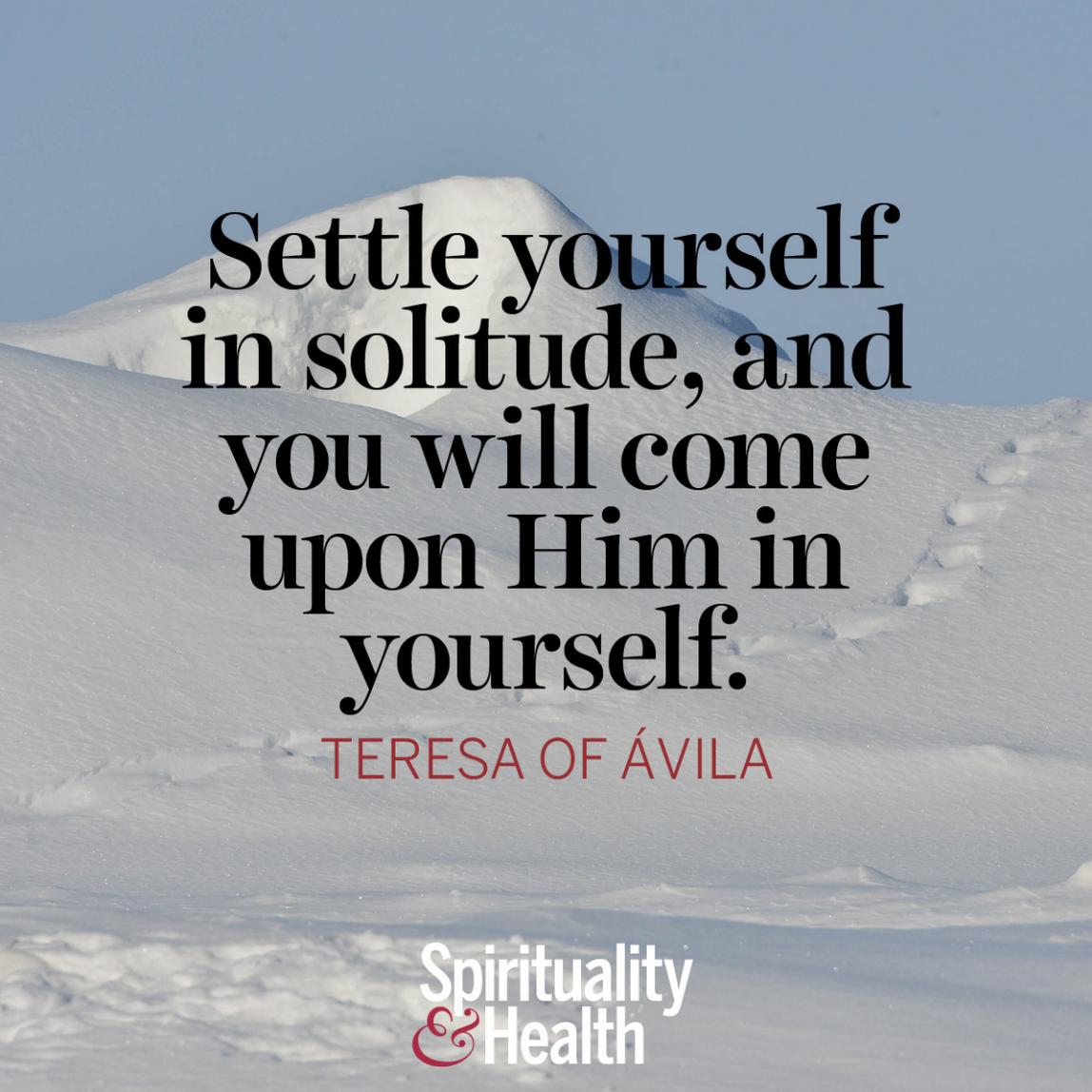
Spirituality
& Health

Dreaming, after all,
is a form of planning.

GLORIA STEINEM

The bottom of the image features two stylized trees with dark brown trunks and branches. The foliage is represented by numerous light green circular patterns, each with a central white dot and radiating lines, resembling sunbursts or snowflakes. The trees are set against a light green background. Below the trees, there are rolling hills in shades of green and brown, and a purple textured ground at the very bottom.

**Spirituality
& Health**

A photograph of a vast, snow-covered mountain range under a clear, pale blue sky. The snow is deep and textured, with some footprints visible in the foreground. The overall mood is serene and quiet.

Settle yourself
in solitude, and
you will come
upon Him in
yourself.

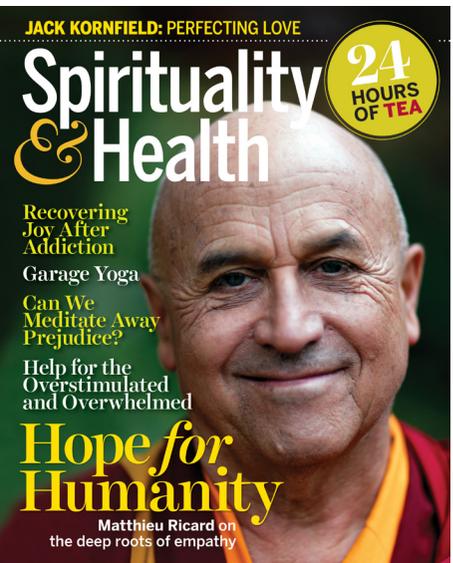
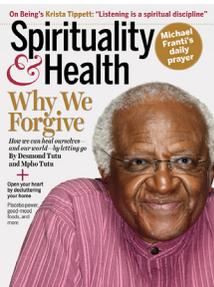
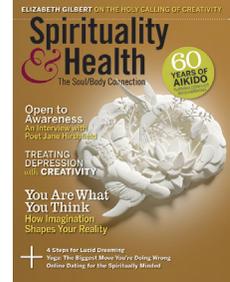
TERESA OF ÁVILA

Spirituality
& Health

Stop. Close your eyes
and send love from
your heart to everyone
in the world. It will
change everything.

MARIANNE WILLIAMSON

Spirituality
& Health



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