

A SPIRITUALITY & HEALTH E-BOOK

Inspirational Quotes *for the* New Year

Spirituality
& Health

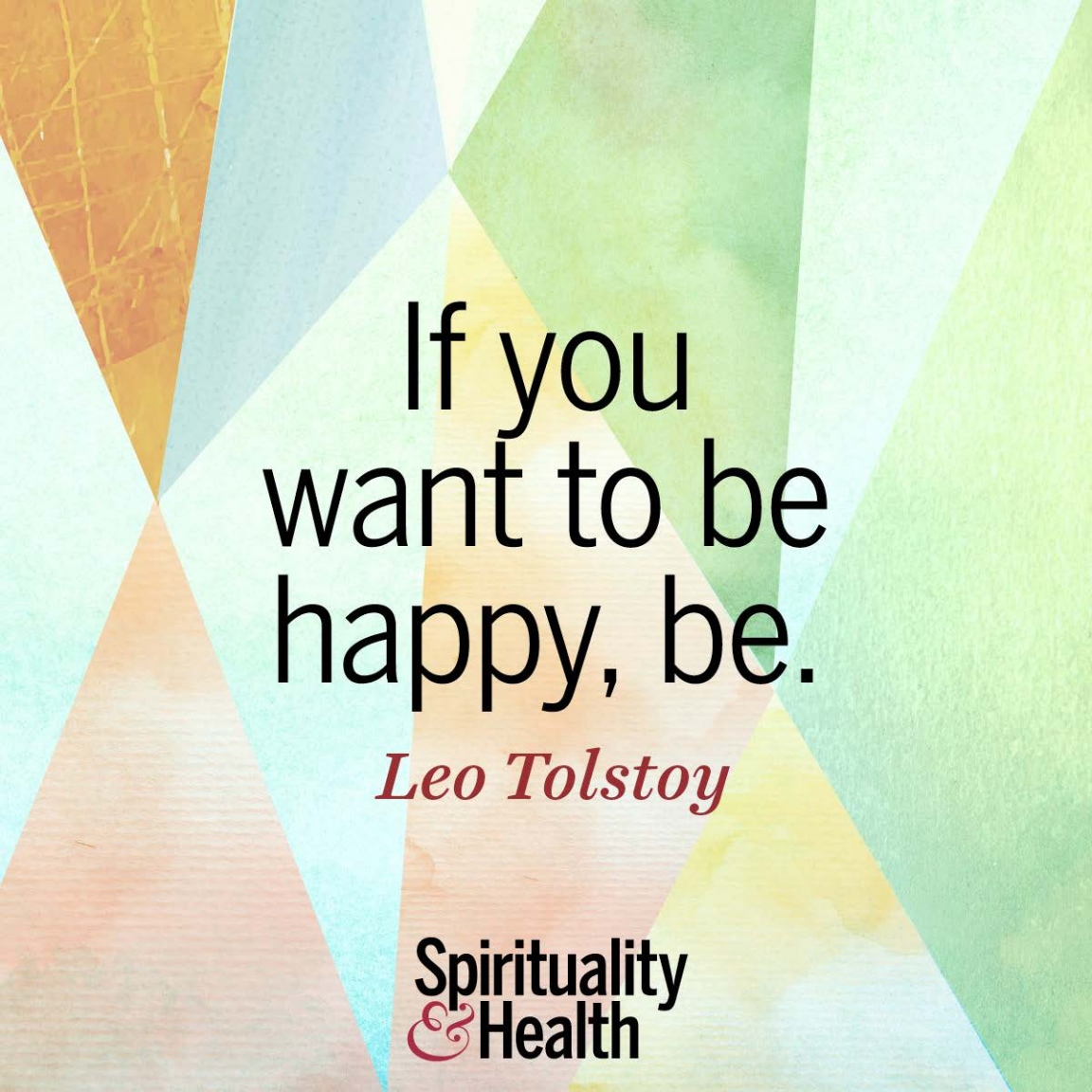




Awake with a
winged heart,
and give thanks
for another day
of loving.

KAHLIL GIBRAN

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If you
want to be
happy, be.

Leo Tolstoy

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Go into
yourself and
see how deep
the place is
from which
your life flows.


Rainer Maria Rilke

Within you there is a
stillness and a sanctuary
to which you can
retreat at any time.

HERMAN HESSE



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The background is a watercolor-style wash of colors, primarily red and yellow, with some white space. The red is a deep, slightly dark shade, while the yellow is a bright, sunny hue. The colors blend together in an organic, painterly fashion, creating a textured and warm atmosphere.

That which
gives light
must endure
burning.

VIKTOR FRANKL

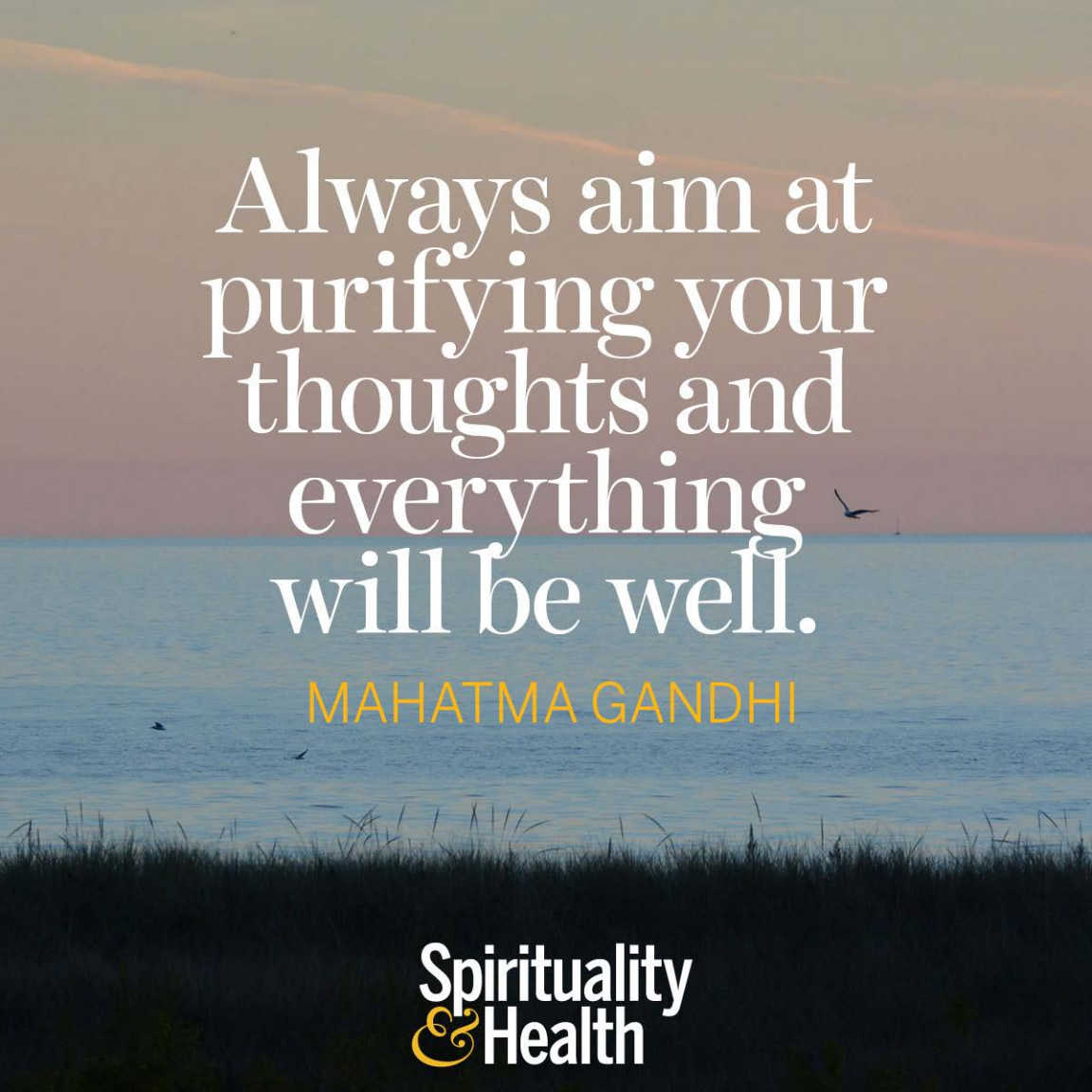
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Listen to
life, and you
will hear the
voice of life
crying, Be!

**JAMES DILLET
FREEMAN**



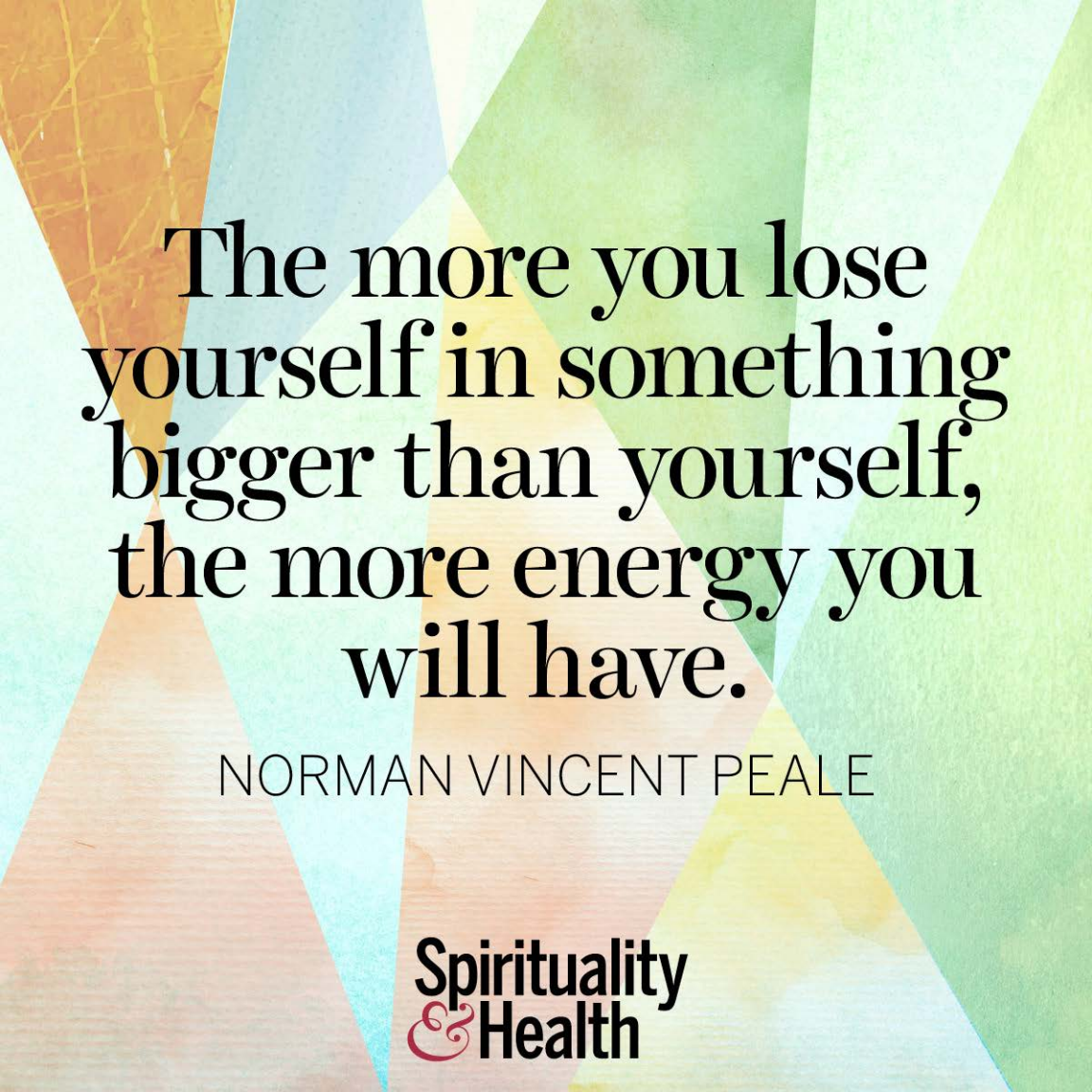
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Always aim at
purifying your
thoughts and
everything
will be well.

MAHATMA GANDHI


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The more you lose
yourself in something
bigger than yourself,
the more energy you
will have.

NORMAN VINCENT PEALE

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

LOUISE HAY

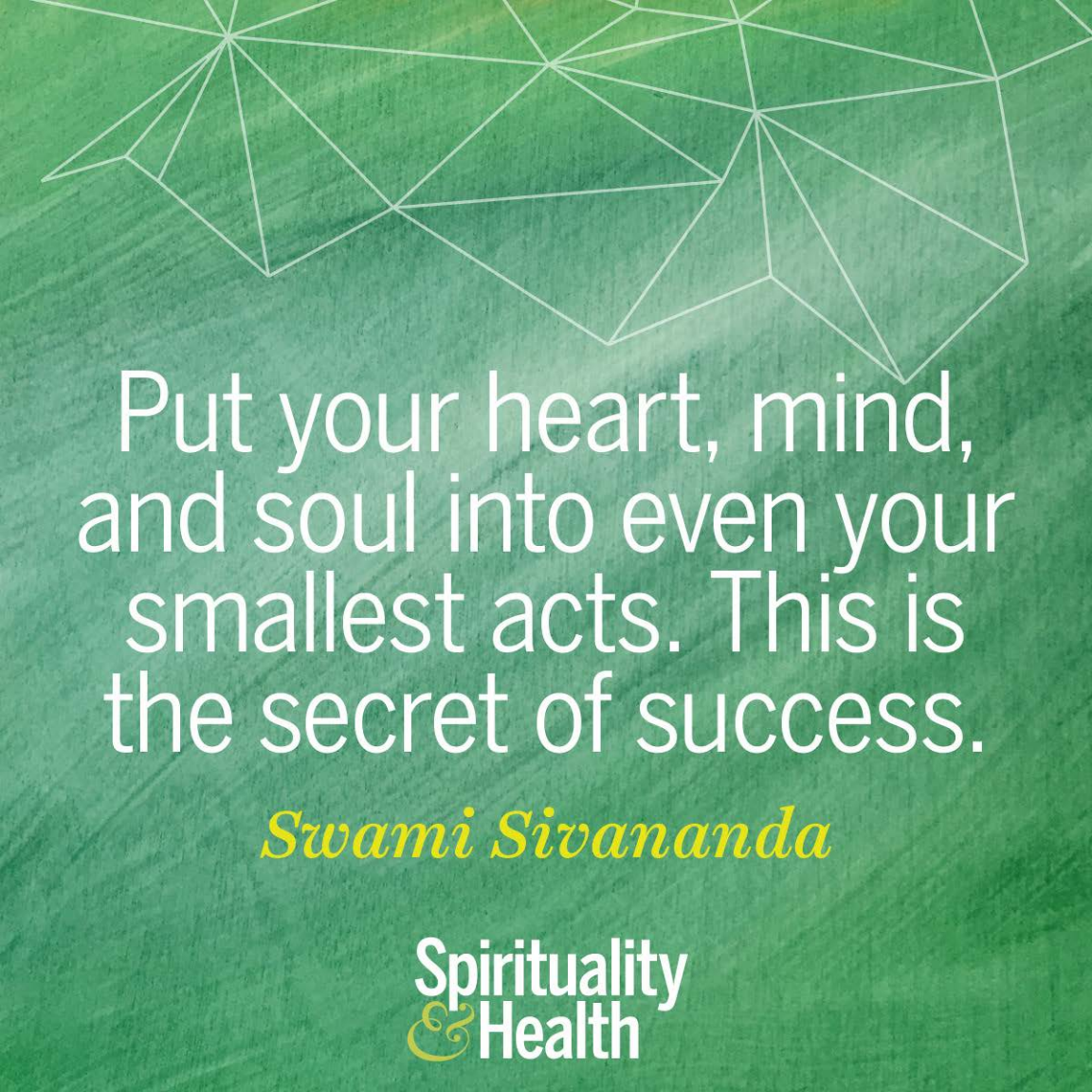
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A serene sunset scene over a body of water. The sun is low on the horizon, casting a warm orange glow across the sky and water. In the foreground, the dark silhouette of a palm tree is visible on the left, and the blurred fronds of another palm tree are in the center. The background shows a range of mountains under the twilight sky.

Do your work,
then step back.
The only path
to serenity.

LAO-TZU

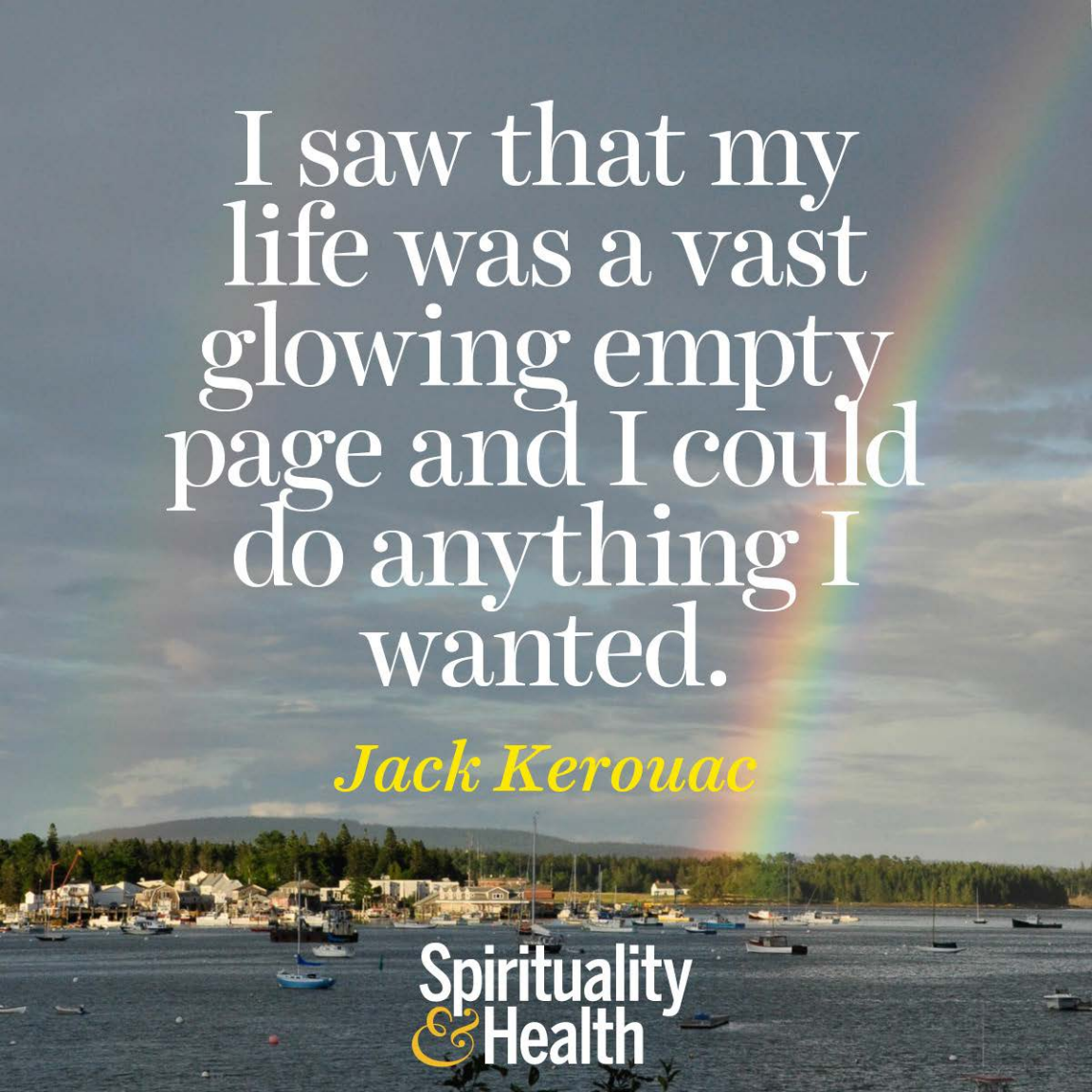
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Put your heart, mind,
and soul into even your
smallest acts. This is
the secret of success.

Swami Sivananda

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A scenic view of a harbor with many sailboats and a rainbow in the sky. The background shows a town with houses and trees along the water's edge, with mountains in the distance. The sky is filled with soft, grey clouds, and a vibrant rainbow arches across the right side of the frame.

I saw that my
life was a vast
glowing empty
page and I could
do anything I
wanted.

Jack Kerouac


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What would you do if you weren't afraid?

SPENCER JOHNSON

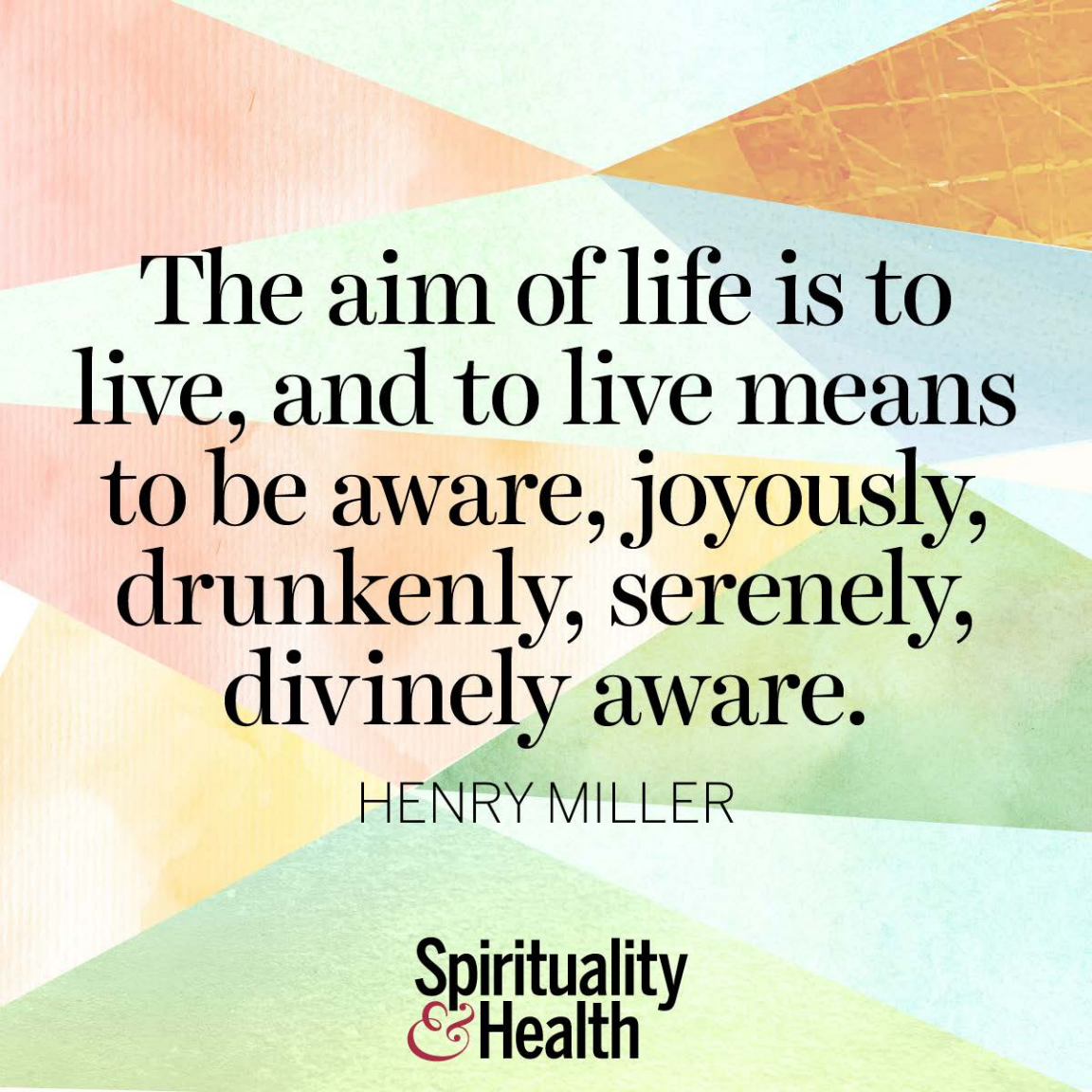
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A dark brown wooden door stands upright in a grassy field. The door has a glass pane in the upper half and a small white sign with the word "EXIT" in black letters on the lower half. The background shows a line of green trees under a bright sky.

The world is full
of magic things,
patiently waiting
for our senses to
grow sharper.

W.B. Yeats


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The aim of life is to
live, and to live means
to be aware, joyously,
drunkenly, serenely,
divinely aware.

HENRY MILLER


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Always be on the
lookout for the
presence of
wonder.

E.B. WHITE

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I cannot do all
the good that the
world needs,
but the world needs
all the good that
I can do.

JANA STANFIELD

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Plunge boldly into
the thick of life.

JOHANN WOLFGANG
VON GOETHE

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When shall we live
if not now?

M. F. K. Fisher

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I wish I could show
you when you are
lonely or in darkness
the astonishing light
of your own being.

HAFEZ



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Where there
is love there
is life.

Mahatma Gandhi

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At the center of your
being you have the
answer. You know who
you are and you know
what you want.

Lao Tzu


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Don't try
to be different.
Just be good.
To be good is
different enough.

Arthur Freed

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The background of the image is a piece of light-colored, textured paper, possibly handmade or recycled, with a slightly mottled appearance. Several dried, pressed leaves are scattered across the surface. One prominent leaf is on the right side, showing a reddish-brown hue with clear vein patterns. Other smaller, less distinct leaves are visible on the left and bottom edges. The overall aesthetic is natural and serene.

Do not dwell
in the past,
do not dream
of the future,
concentrate the
mind on the
present moment.

BUDDHA

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A close-up photograph of a dried dandelion seed head. The central stem is a light tan color and curves from the bottom left towards the center. From this stem, numerous thin, light brown stalks radiate outwards, each ending in a small, green, unopened flower bud. The background is a plain, light-colored surface.

Let go or
be dragged.

ZEN PROVERB

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

MARIANNE WILLIAMSON

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