When we become aware that we do not have to escape our pains, but that we can mobilize them into a common search for life, those very pains are transformed from expressions of despair into signs of hope. - Henri Nouwen

The intelligent psychotherapist has known for years that any complicated treatment is an individual, dialectical process, in which the doctor, as a person, participates just as much as the patient. . . . The patient . . . can win his own inner security only from the security of his relationship to the doctor as a human being. The doctor can put over his authority with fairly good results on people who are easily gulled. But for critical eyes it is apt to look a little too threadbare. . . . It is his own hurt that gives the measure of his power to heal. - Carl Jung

Healing comes not because one is whole, integrated, and all together, but from a consciousness breaking through dismemberment. - James Hillman

Your glory lies where you cease to exist. - Ramana Maharshi

Die before death and resurrect now. - Pir Vilayat Inayat Khan

Our brilliance, our juiciness, our spiciness, is all mixed up with our craziness and our confusion, and therefore it doesn’t do any good to try to get rid of our so-called negative aspects, because in that process we also get rid of our basic wonderfulness. - Pema Chodron

There’s a mystery here. And the mystery is that wounds do not have to take away from life; they can add to life. Wounds do not have to take away from who we are; they can add to whom we are. And wounds do not even have to take away from what we can do for others; they can add to what we do for others. – me

Life offers us innumerable opportunities. . . . The lesson we have to learn is not how we can get better opportunities, but how we may make the best use of those we have. - Swami Paramananda

Our life’s work is to use what we have been given to wake up. . . . It doesn’t matter what you’re given, whether it’s physical deformity or enormous wealth or poverty, beauty or ugliness, mental stability or mental instability, life in the middle of a madhouse or life in the middle of a peaceful, silent desert. Whatever you’re given can wake you up or put you to sleep. - Pema Chodron

The man who claims that he knows, knows nothing; but he who claims nothing, knows. - The Upanishads
What looks like weakness is actually where your strength lies. And what looks like strength is often weakness. - Jon Kabat-Zinn

Before honor comes humility. - The Book of Proverbs

Everyone who exalts himself shall be humbled, and he who humbles himself shall be exalted. - Jesus

Unfathom yourself if you can. If you find out your own limits, it will be the takeoff point to the limitless. - Jalal ud-Din Rumi

At the heart of any real intimacy is a certain vulnerability. It is hard to trust someone with your vulnerability unless you can see in them a matching vulnerability and know that you will not be judged. In some basic way it is our imperfections and even our pain that draws others close to us. - Rachel Naomi Remen

In our attempt to banish illnesses from the world, we banish the knowledge that can save us... We have to learn... from our illnesses and the sacred spaces we inhabit in pain. - Kat Duff