

# Best Caroline Myss Quotes

1. "The soul always knows what to do to heal itself. The challenge is to silence the mind" ~ Caroline Myss
2. "We are not meant to stay wounded. We are supposed to move through our tragedies and challenges and to help each other move through the many painful episodes of our lives. By remaining stuck in the power of our wounds, we block our own transformation. We overlook the greater gifts inherent in our wounds – the strength to overcome them and the lessons that we are meant to receive through them. Wounds are the means through which we enter the hearts of other people. They are meant to teach us to become compassionate and wise." ~ Caroline Myss Quotes
3. "Just let go. Let go of how you thought your life should be, and [embrace the life](#) that is trying to work its way into your consciousness." ~ Caroline Myss
4. "Always go with the choice that scares you the most, because that's the one that is going to require the most from you. Do you really want to look back on your life and see how wonderful it could have been had you not been afraid to live it?" ~ Caroline Myss

## **5. "When you do not seek or need approval, you are at your most powerful." ~ Caroline Myss**

6. "Every single choice we make is either going to enhance the spirit or drain it. Every day, we're either giving ourselves power or taking it away." ~ Caroline Myss
7. "The ability to know that your perceptions are accurate has to happen without others' validation. Intuition is not the result of diet, rituals, or wind chimes. It's the natural consequence of having self-esteem, the greatest power you can have. With self-esteem, your life can broaden into an adventure because you can know in your gut that you can handle the unknown. And you can handle helping others without fear, which is true liberation." ~ Caroline Myss

**8. “If anyone tries to complicate your life, turn and walk away from them.” ~ Caroline Myss**

9. “My prayer today is to become more mindful of my personal actions. What motivates me to do what I do and to say the things I do to others? I often dismiss my actions because of stress or anger but the people I hurt along the way do not dismiss what I’ve said or done. Every action and every word carries a consequence. Every person has stress and every person has anger. I would not like to be someone’s target and I ask for the grace to become more mindful not to harm others just because I am having a bad day.” ~ Caroline Myss

10. To love yourself, truly love yourself, is to finally discover the essence of personal courage, self-respect, integrity, and self-esteem. These are the qualities of grace that come directly from a soul with stamina.” ~ Caroline Myss

11. “Let me give up the need to know why things happen as they do. I will never know and constant wondering is constant suffering.” ~ Caroline Myss Quotes

**12. “Whatever is in me is stronger than what is out there to defeat me.” ~ Caroline Myss**

13. “When we harbor negative emotions toward others or toward ourselves, or when we intentionally create pain for others, we poison our own physical and spiritual systems. By far the strongest poison to the human spirit is the inability to forgive oneself or another person. It disables a person’s emotional resources. The challenge...is to refine our capacity to love others as well as ourselves and to develop the power of forgiveness.” ~ Caroline Myss

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~ Caroline Myss
15. "Self-love means caring for ourselves enough to forgive people in our past so that the wounds can no longer damage us – for our wounds do not hurt the people who hurt us, they hurt only us." ~ Caroline Myss
16. "There are no insignificant relationships. Every experience that we have contains purpose and meaning. Each event, each person in our lives embodies an energetic fragment of our own psyche and soul. Our individual spiritual task is to recognize and integrate all of them into our awareness so that the greater pattern of our mission can shine forth in its full dimensions." ~ Caroline Myss Quotes

## **17. "Get bored with your past, it's over!" ~ Caroline Myss**

18. "You are far more than your personality, more than your habits, more than your achievements. You are an infinitely complex human being with stories and myths and dreams- and ambitions of cosmic proportions. Don't waste time underestimating yourself. [Dream big](#)... Use the energy of your archetype to express the true reason you were born. Life was never meant to be safe. It was meant to be lived right to the end." ~ Caroline Myss
19. "Facing personal truths and purging yourself of addictions or manipulative habits require strength, courage, humility, faith, and other qualities of a soul with stamina because you are not just changing yourself; you are changing your universe. Your soul is a compass. Change one coordinate in your spiritual compass and you change your entire life's direction." ~ Caroline Myss
20. "Healing... is an active and internal process that includes investigating one's attitudes, memories, and beliefs with the desire to release all negative patterns that prevent one's full emotional and spiritual recovery. This internal review inevitably leads one to review one's external

circumstances in an effort to recreate one's life in a way that serves activation of will – the will to see and accept truths about one's life and how one has used one's energies; and the will to begin to use energy for the creation of love, self-esteem, and health." ~ Caroline Myss

**21. “Never, ever mistreat someone who loves you. Because you're not entitled to that love.” ~ Caroline Myss**

22. “The empowerment journey that is critical to your healing – and to your life – comes from progressing through the deep waters of your dark passions and continuing onward to discover not what has been taken from you, but what you have yet to give and who you have yet to become.” ~ Caroline Myss

23. “If you want to know for sure that you are on the right path, here's your clue: You're not put in a position where you feel like you have to negotiate your sense of integrity, which is an act of betrayal. You don't feel like you have to compromise who you are.” ~ Caroline Myss

24. “Our goal while on this earth is to transcend our illusions and discover the innate power of our spirit. We are responsible for what we create, and we must therefore learn to act and think with love and wisdom and live in service to others and all life.” ~ Caroline Myss

25. “The moment you come to trust chaos, you see God clearly. Chaos is divine order, versus human order. Change is divine order, versus human order. When the chaos becomes safety to you, then you know you're seeing God clearly.” ~ Caroline Myss

26. “You have resources yet to be unleashed. Make bold, courageous choices. Live as though you have the power to change the world – because you do.” ~ Caroline Myss Quotes

**27. “The dark night of the soul is a journey into light, a journey from your darkness into the strength and hidden resources of your soul.” ~ Caroline Myss**

28. "Think about the number of times someone will say to herself, "I want to get out of this circumstance, but I'm too afraid. I'll lie about how happy I am in this marriage, and I'll put up a front." But she's betraying everything that's in her heart. She's making choices that are harming her, and that's why she's hurting. Her intuition is trying to tell her that." ~ Caroline Myss
29. "I am convinced that the deepest desire within each of us is to be liberated from the controlling influences of our own psychic madness or patterns of fear. All other things—the disdain of ordinary life, the need to control others rather than be controlled, the craving for material goods as a means of security and protection against the winds of chaos—are external props that serve as substitutes for the real battle, which is the one waged within the individual soul." ~ Caroline Myss
30. "...our life crises tell us that we need to break free of beliefs that no longer serve our personal development.  
These points at which we must choose to change or to stagnate are our greatest challenges.  
Every new crossroads means we enter into a new cycle of change – whether it be adopting a new health regimen or a new spiritual practice. And change inevitably means letting go of familiar people and places and moving on to another stage of life." ~ Caroline Myss
31. "My prayer today is to not be negative about anything for one day. It is so easy to be disappointed, critical, cynical. Nothing is easier than to be a negative person. It takes effort to be hopeful and positive. People will say that you have to have a reason to be positive – what reason do the poor or lonely have to be positive? If we all waited for perfect conditions in our life before we felt hopeful, we would have very few days in life to celebrate. Perfection is rare. Hope means no matter how bleak, all things can and do change in the blink of an eye." ~ Caroline Myss
32. "People suffer when they pursue a life or chase a dream that doesn't belong to them." ~ Caroline Myss
33. "Choice is your greatest power. It is an even greater power than love, because you must first choose to be a loving person." ~ Caroline Myss
34. "Self-examination is the process of accountability to your soul...It is far better to "become" your truth than to speak your truth. Self-examination is the practice of becoming your truth." ~ Caroline Myss

35. "When your life begins to harm you, know that you have taken a detour from your true path." ~ Caroline Myss

## **36. "Our lives change externally as we change internally." ~ Caroline Myss**

37. "Grant me the grace to dissolve my negative thoughts about myself today. I breathe the grace of kindness into my heart. And may the grace of healing flow abundantly to everyone in need of help." ~ Caroline Myss

38. "Live one day at a time. Keep your attention in the present time. Have no expectations. Make no judgments. And give up the need to know why things happen as they do. Give it up!" ~ Caroline Myss

39. "There is no such thing as a simple act of compassion or an inconsequential act of service. Everything we do for another person has infinite consequences." ~ Caroline Myss

## **40. "Never blame another person for your personal choices – you are still the one who must live out the consequences of your choices." ~ Caroline Myss**

41. "You cannot change anything in your life with intention alone, which can become a watered-down, occasional hope that you'll get to tomorrow. Intention without action is useless." ~ Caroline Myss

42. "According to energy medicine, we are all living history books. Our bodies contain our histories- every chapter, line and verse of every event and relationship in our lives. As our lives unfold, our biological health becomes a living, breathing biographical statement that conveys our strengths, weaknesses, hopes, and fears." ~ Caroline Myss

43. "By far the strong" Follow your pain as if it were a candle in the night, leading you to a place of decision." ~ Caroline Myss

44. The worst poison to the human spirit is the inability to forgive oneself or another person. Forgiveness is no longer an option but a necessity for healing." ~ Caroline Myss
45. "I don't think most people know how to meditate – they fall asleep and they call it meditation. I prefer a kind of sweet, deep, rich prayer in which a person goes in and says, Take me down deep into the reason you gave me life. Take me down deep. It silences the chaos in me. Take me away from my sense. I need to go away now, because I'm in chaos – take me down deep. Hover over me, because I need grace. I say that a lot, many times a day. So that's my practice." ~ Caroline Myss
46. "Every choice we make contains the energy of either faith or fear, and the outcome of every decision reflects to some extent that faith or fear. This dynamic of choice guarantees that we cannot run away from ourselves or our decisions." ~ Caroline Myss

## **47. "This day of your life will never come again." ~ Caroline Myss**

48. "Whenever you become empowered, you will be tested." ~ Caroline Myss
49. "We are not carelessly designed, creatures. Everything about us has purpose, logic, and intelligence built into it, including how and why we become ill. The emotional, psychological, and spiritual stresses present in our minds travel, like oxygen, to every part of our bodies. When stress settles in a particular area of the body, it is because that part of the body corresponds to the type of stress we are experiencing." ~ Caroline Myss
50. "Belief in oneself is required for healing." ~ Caroline Myss
51. "Act on your inner guidance, and give up your need for 'proof' that your inner guidance is authentic. The more you ask for proof, the less likely you are to receive any." ~ Caroline Myss
52. "Your biography becomes your biology. This biography includes the totality of your choices, the things you feed your body – your thoughts, your actions, your food – the thing you feed your life." ~ Caroline Myss

**53. “Life was never meant to be safe. It was meant to be lived right to the end.” ~ Caroline Myss**

54. “Every life has a purpose. We need to let go of the past. Live in the present. Do not waste today worrying about what will happen tomorrow. Embrace your true spirit, embrace and listen to grace and you be transformed in the moment. Do not fixate on what you want but give thanks for what you have.” ~ Caroline Myss quotes

55. “It doesn’t matter what you choose, what matters is the energy with which you choose it.” ~ Caroline Myss

56. “The act of forgiveness is the act of returning to the present time. And that’s why when one has become a forgiving person and has managed to let go of the past, what they’ve really done is they’ve shifted their relationship with time.” ~ Caroline Myss