"Silence is the great teacher, and to learn its lessons you must pay attention to it. There is no substitute for the creative inspiration, knowledge, and stability that come from knowing how to contact your core of inner silence. The great Sufi poet Rumi wrote, ‘Only let the moving waters calm down, and the sun and moon will be reflected on the surface of your being’…” ~ Deepak Chopra

"Make a commitment to follow the path of no resistance. This is the path through which nature's intelligence unfolds spontaneously, without friction or effort. When you have the exquisite combination of acceptance, responsibility and defenselessness, you will experience life flowing with effortless ease." ~ Dr. Deepak Chopra

“Weeds are flowers, too, once you get to know them.” ~A.A. Milne

“The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen.” ~Elizabeth Kubler Ross

“Always be on the lookout for the presence of wonder.” ~E.B. White

“Every artist dips his brush in his own soul, and paints his own nature into his pictures.” ~Henry Ward Beecher

“The best and most beautiful things in the world cannot be seen or even touched, but must be felt with the heart.” ~Helen Keller

When are you happiest? When do you feel the most like yourself?
(For me, I’m the happiest when I’m lost in doing something I love, or lost in the moment, not constantly overthinking, but just BEING. that is my definition of “losing myself”.)

And the wonderful thing about that is that’s who we ARE – we are that “wordless” feeling we have when we are “in the moment”, lost in ourselves. When you start questioning who you are, what you’ve “become”, or where your going, try to think of those moments where…you’re not thinking at all!