



# Quotes to Push Your Boundaries

**Spirituality  
& Health**

There is no  
greater agony  
than bearing  
an untold story  
inside of you.

*Maya Angelou*

Spirituality  
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A scenic landscape featuring a paved road that curves into a dense forest. The sky is a clear, bright blue. The foreground shows a grassy field and a few bare trees. In the distance, a small white car is visible on the road.

There is a great  
deal of unmapped  
country within us.

*George Eliot*

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

**JAMES DILLET  
FREEMAN**



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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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Plunge boldly into  
the thick of life.

JOHANN WOLFGANG  
VON GOETHE

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Creativity  
requires the  
courage to let go  
of certainties.

*Erich Fromm*

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We are  
happy when  
we are  
growing.

W.B. YEATS


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

*Marianne Williamson*

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If you surrender  
to the wind,  
you can ride it.


*Toni Morrison*

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When shall we live  
if not now?

*M. F. K. Fisher*

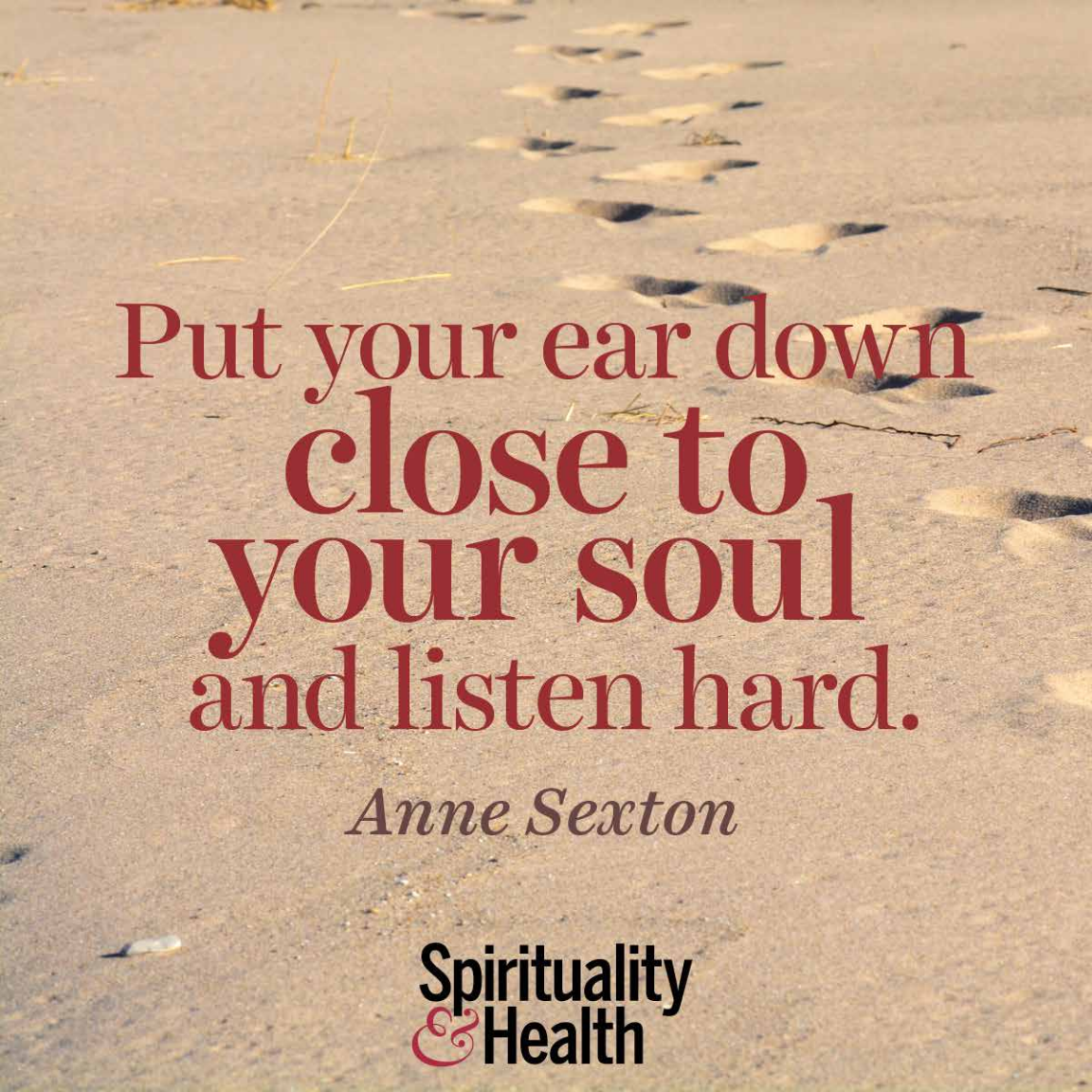
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I choose to  
make the  
rest of my  
life the best  
of my life.

LOUISE HAY

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A close-up, high-angle photograph of a sandy beach. The sand is light-colored and textured. In the upper right quadrant, a series of dark, irregular footprints leads away from the viewer towards the top right corner. The lighting is bright, creating soft shadows. The overall mood is contemplative and serene.

Put your ear down  
close to  
your soul  
and listen hard.

*Anne Sexton*

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Self-observation is  
the first step of  
*inner unfolding.*

AMIT RAY

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# What would you do if you weren't afraid?

SPENCER JOHNSON

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


*Rainer Maria Rilke*



The most  
enduring sort  
of power is  
realizing the  
power **within.**

*Sadhguru*

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The background is a soft, warm-toned watercolor wash in shades of orange, yellow, and light green. A faint, larger-scale watercolor shape in shades of green and teal is visible, resembling a dragonfly or a similar insect, positioned behind the text.

Stop wearing  
your wishbone  
where your  
backbone ought  
to be.

*Elizabeth Gilbert*

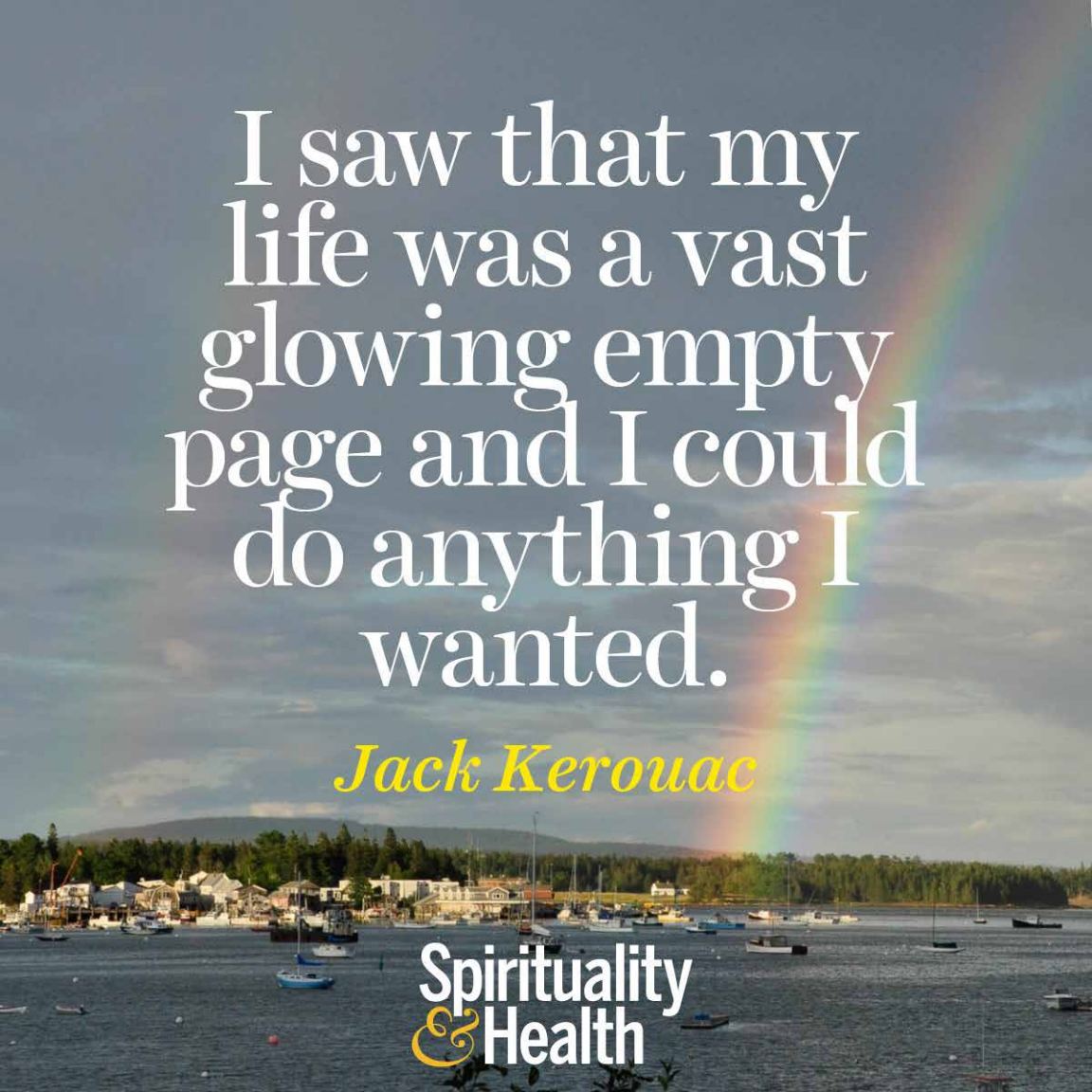
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A vintage bicycle with a large front wheel and a smaller rear wheel, painted in blue and red. It is leaning against a white brick wall. The bicycle has a large front wheel with many spokes, a smaller rear wheel, a blue frame, and a red seat. There are two small round lights, one red and one yellow, on the front fork. The background is a white brick wall.

Ride the  
energy of  
your own  
unique  
spirit.

GABRIELLE ROTH

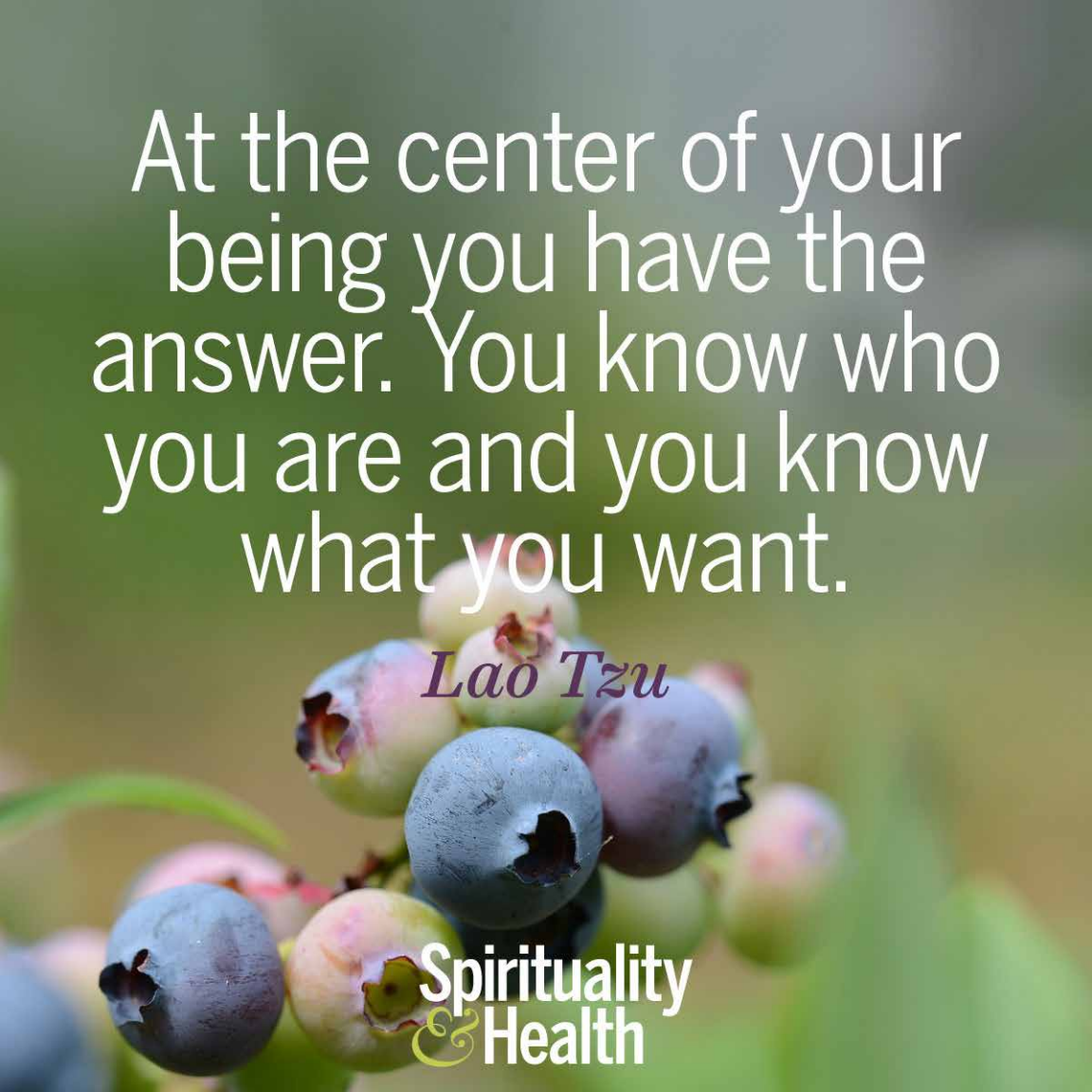
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A scenic view of a harbor with many sailboats and a rainbow in the sky. The background shows a town with houses and trees along the waterfront, with mountains in the distance. The sky is overcast with a vibrant rainbow arching across it.

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

*Jack Kerouac*

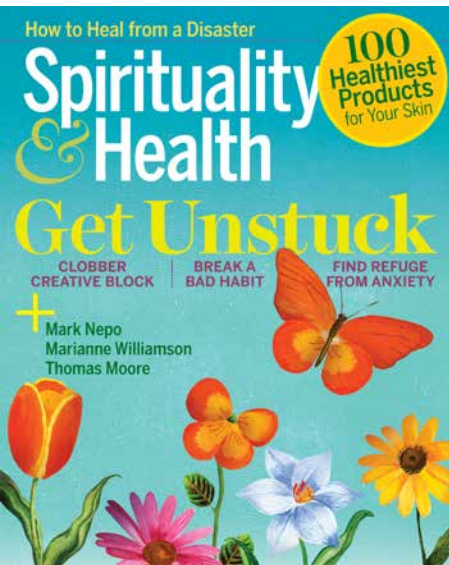
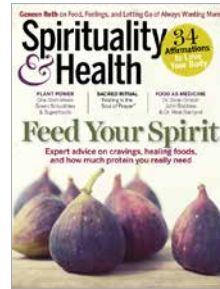
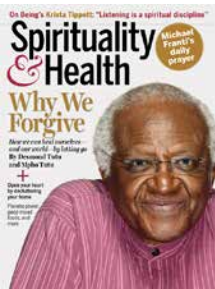
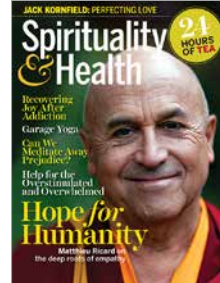
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At the center of your  
being you have the  
answer. You know who  
you are and you know  
what you want.

*Lao Tzu*

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