
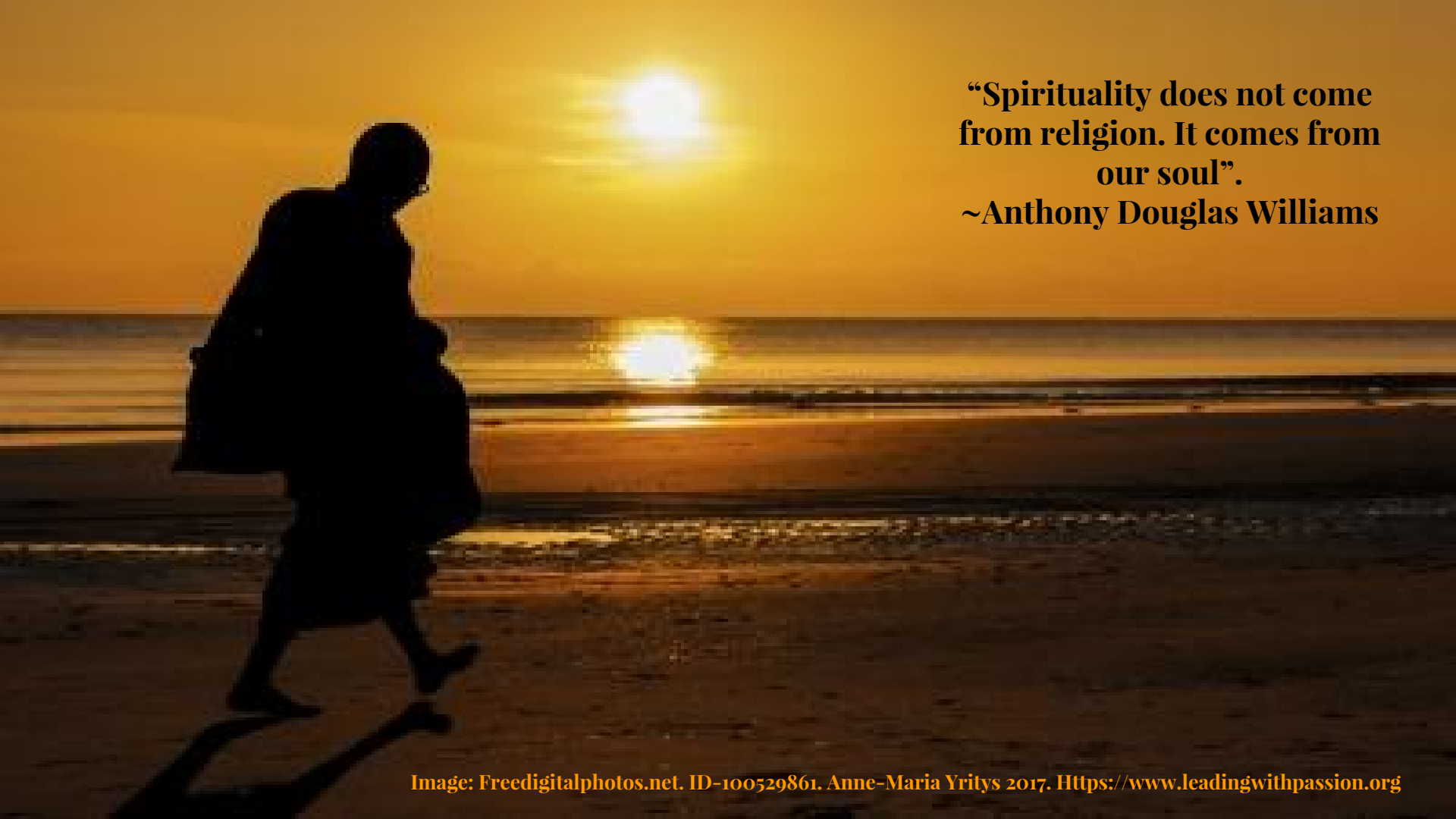
A silhouette of a person walking on a beach at sunset. The person is on the left side of the frame, walking towards the right. The sun is low on the horizon, creating a bright orange and yellow glow. The person's shadow is cast on the sand in front of them. The background shows the ocean and the horizon line.


**“Just as a candle cannot  
burn without fire, men  
cannot live without a  
spiritual life”. ~Buddha**

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**“Ego says, once everything  
falls into place, I will feel  
peace. Spirit says, find your  
peace & then everything will  
fall into place”.**  
**~Marianne Williamson**

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**“Spirituality does not come  
from religion. It comes from  
our soul”.**  
**~Anthony Douglas Williams**

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**“Being on a spiritual path does not prevent you from facing times of darkness. It teaches you how to use darkness as a tool to grow”.**

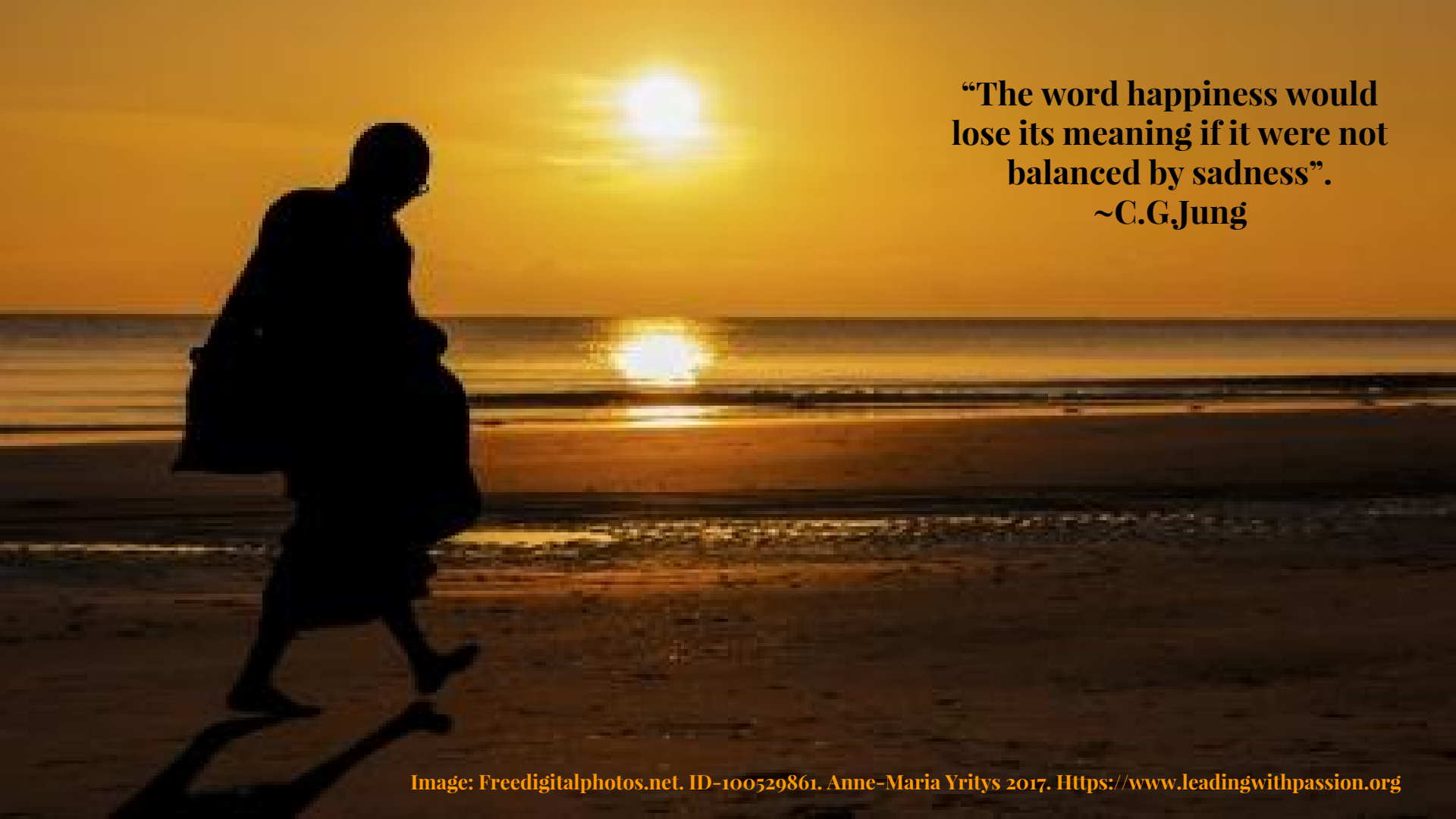
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**“Spirituality is a brave search  
for the truth about existence,  
fearlessly peering into the  
mysterious nature of life”.**  
~Elizabeth Lesser


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**“Spirituality is your original  
face; it is the discovery of your  
intrinsic nature”.**

**~Osho**

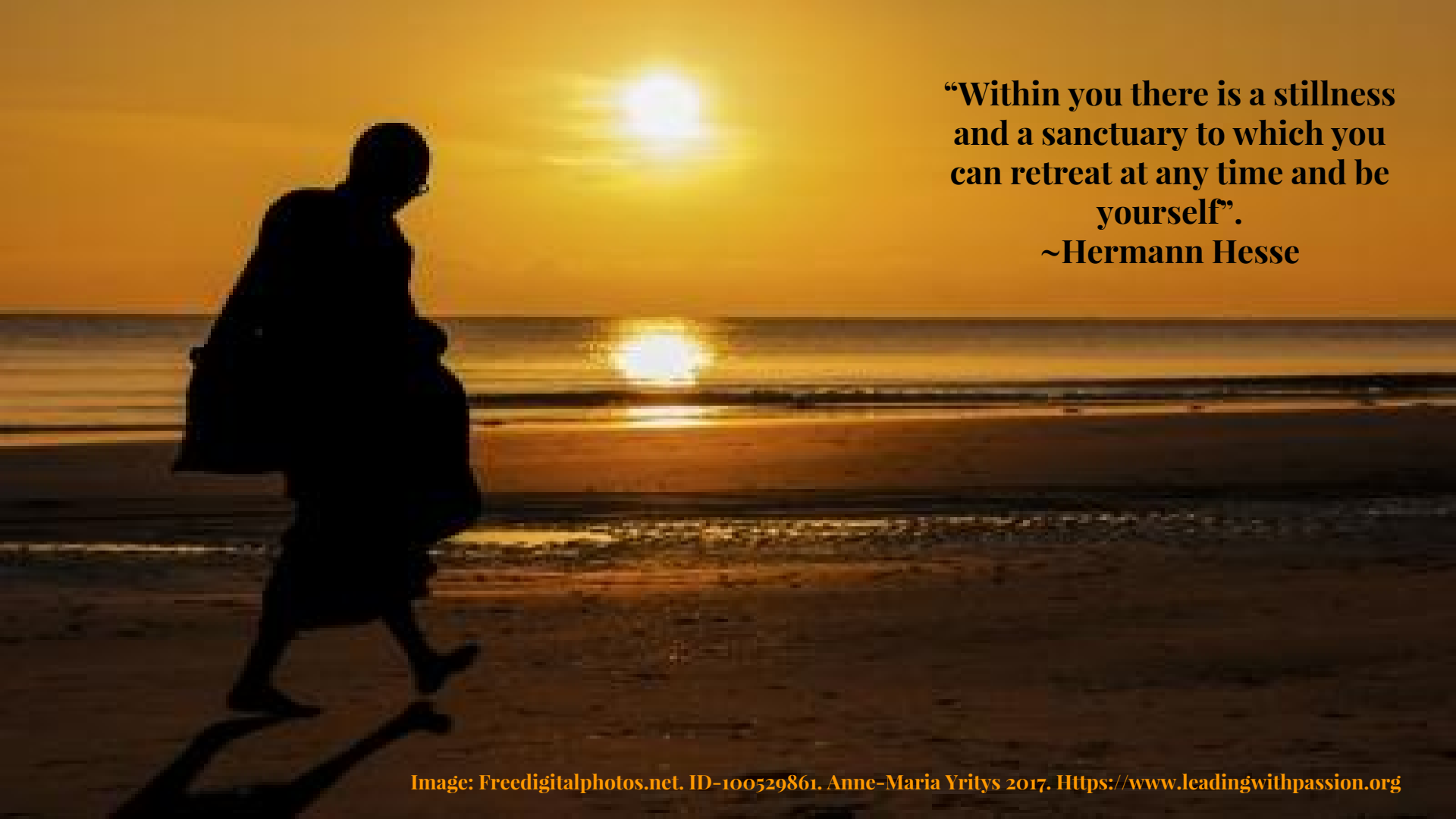


**“The word happiness would  
lose its meaning if it were not  
balanced by sadness”.**  
**~C.G.Jung**

A silhouette of a person running on a beach at sunset. The person is on the left side of the frame, moving towards the right. The background shows a bright sun low on the horizon, creating a golden glow over the ocean and sky. The sun's reflection is visible on the water's surface. The overall scene is peaceful and evocative.


**“Remember to take care of yourself. You cannot pour from an empty cup”.**




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**“Within you there is a stillness  
and a sanctuary to which you  
can retreat at any time and be  
yourself”.**


**~Hermann Hesse**

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**“You are a spiritual being  
having a human experience”.**  
**~Deepak Chopra**

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**“The inspiration you seek is  
already within you. Be silent  
and listen”.**  
**~Rumi**

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**“The spiritual life does not  
remove us from the world, but  
leads us deeper into it”.**  
~Henri J.M. Nouwen

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**“Water your roots so your  
soul can blossom”.**

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**“The space within your  
thoughts is the window to the  
cosmic mind”.**  
**~Deepak Chopra**


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**“Be mindful of your self-talk.  
It is a conversation with the  
Universe”.**


A silhouette of a person running on a beach at sunset. The person is on the left side of the frame, moving towards the right. The background shows a bright sun low on the horizon, casting a long shadow of the person on the sand. The sky is a warm orange and yellow color.

**“Sometimes you have to lose yourself to discover who you might yet be. Sometimes what feels like breaking down is actually just breaking free”.**  
**~Cristen Rodgers**




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**“Music is the mediator  
between the spiritual and the  
sensual life”.**  
**~Ludwig van Beethoven**

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**“Trust me, I know what I am  
doing”.**  
**~The Universe**

A silhouette of a monk walking on a beach at sunset. The monk is on the left, walking towards the right. The sun is low on the horizon, creating a bright orange and yellow glow. The ocean is visible in the background, and the beach is in the foreground. The overall mood is peaceful and contemplative.


**“My imagination is a  
monastery and I am its  
monk”.**  
**~John Keats**

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**“Spiritual awakening starts  
with a seed of thought, and  
grows into a revelation”.**

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**“You signed up to do this  
dance before you were born”.**

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**“Joy is a great teacher”.**  
**~Elizabeth Lesser**


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**“Knowing others is wisdom.  
Knowing yourself is  
enlightenment”.**  
~Lao Tzu

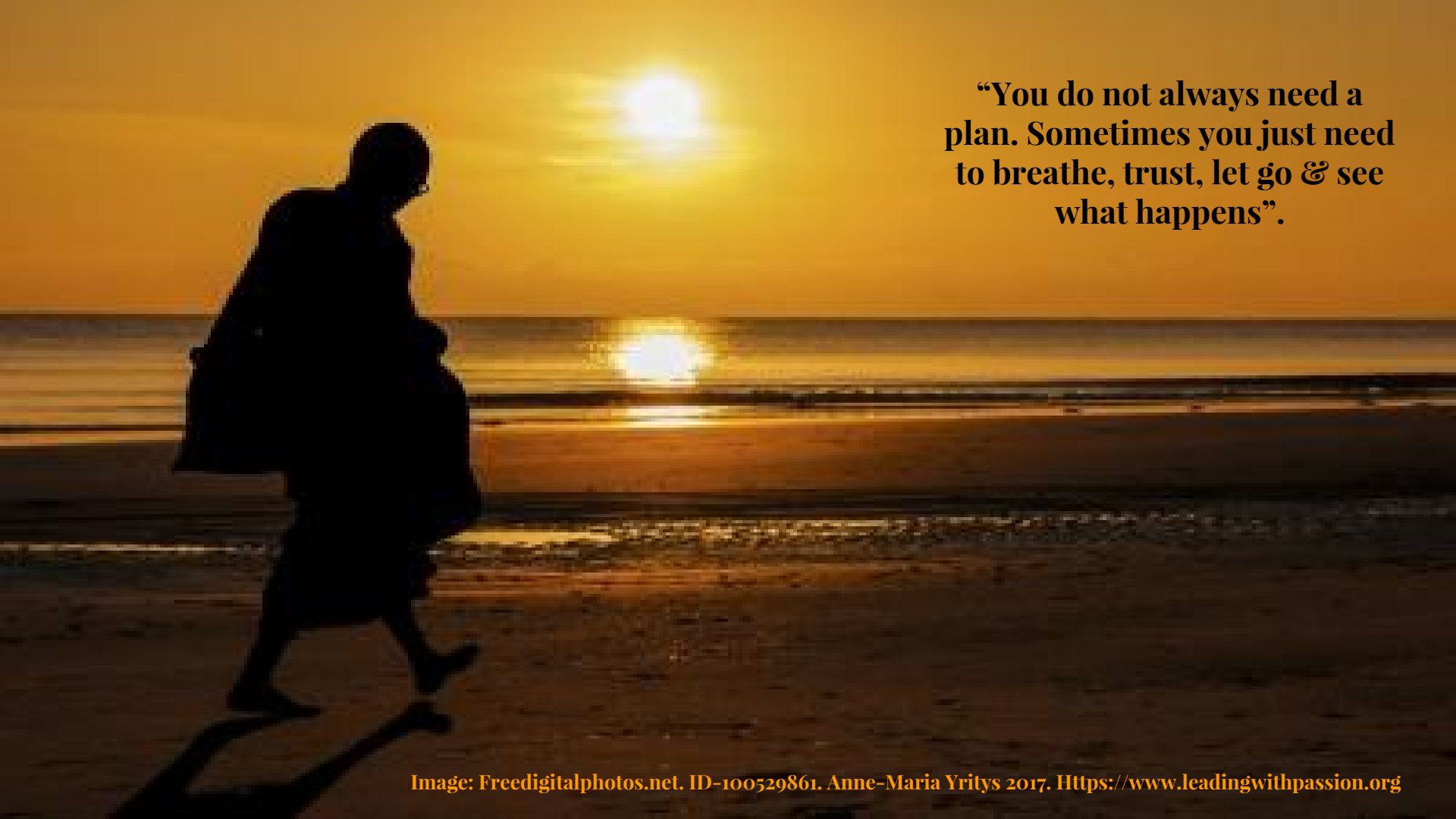
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**“When your vision is operating on a higher level than your surroundings, expect to be misunderstood and talked about”.**




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**“Detachment is not that you should own nothing. But that nothing should own you”.**

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**“You do not always need a plan. Sometimes you just need to breathe, trust, let go & see what happens”.**

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**“The journey is not about becoming a different person but loving who you are right now”.**

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**“When I started counting my  
blessings, my whole life  
turned around”.**  
**~Willie Nelson**

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**“Worrying does not take away  
tomorrow’s problems.  
It takes away today’s peace”.**


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**“Far better to live your own  
path imperfectly than living  
someone else’s path  
perfectly”.**  
**~Bhagavad Gita**

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**“Within your imagination lies  
the power and potential of all  
things”.**

**~Dr. Erica Middlemiss**

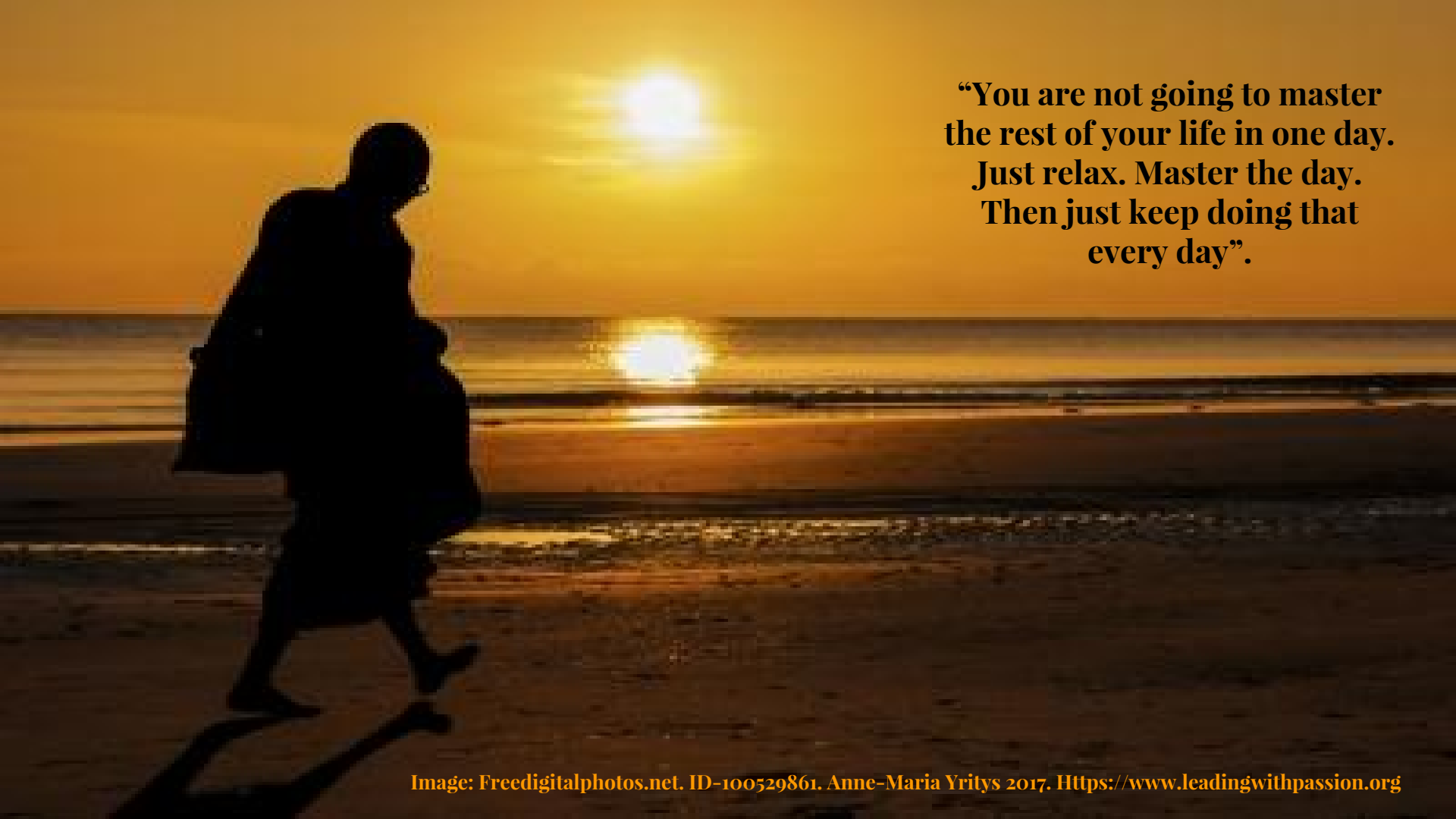
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**“No man is an island, entire of  
itself; every man is a piece of  
the continent”.**  
**~John Donne**

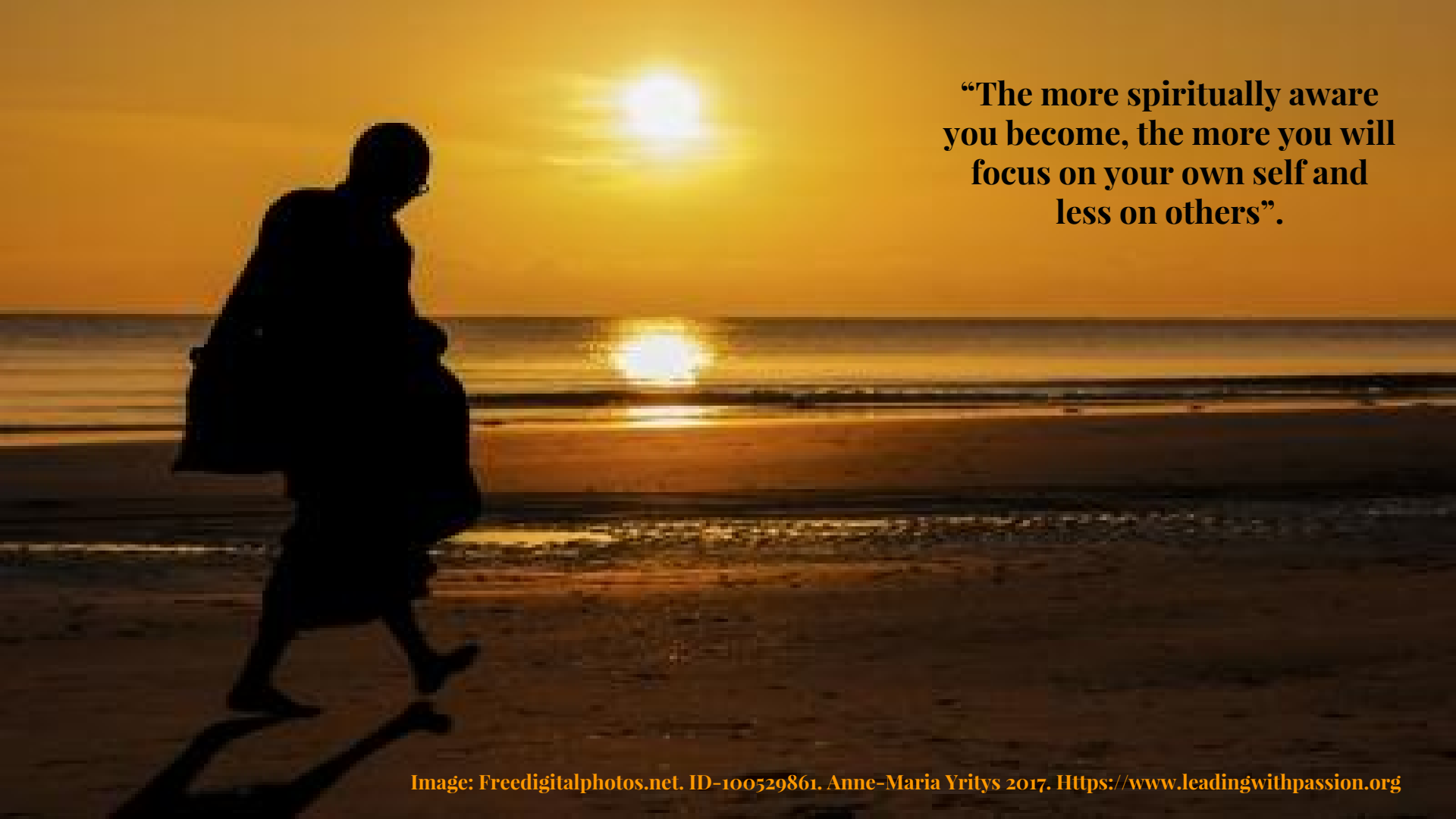


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**“The human spirit needs  
places where nature has not  
been rearranged by man”.**

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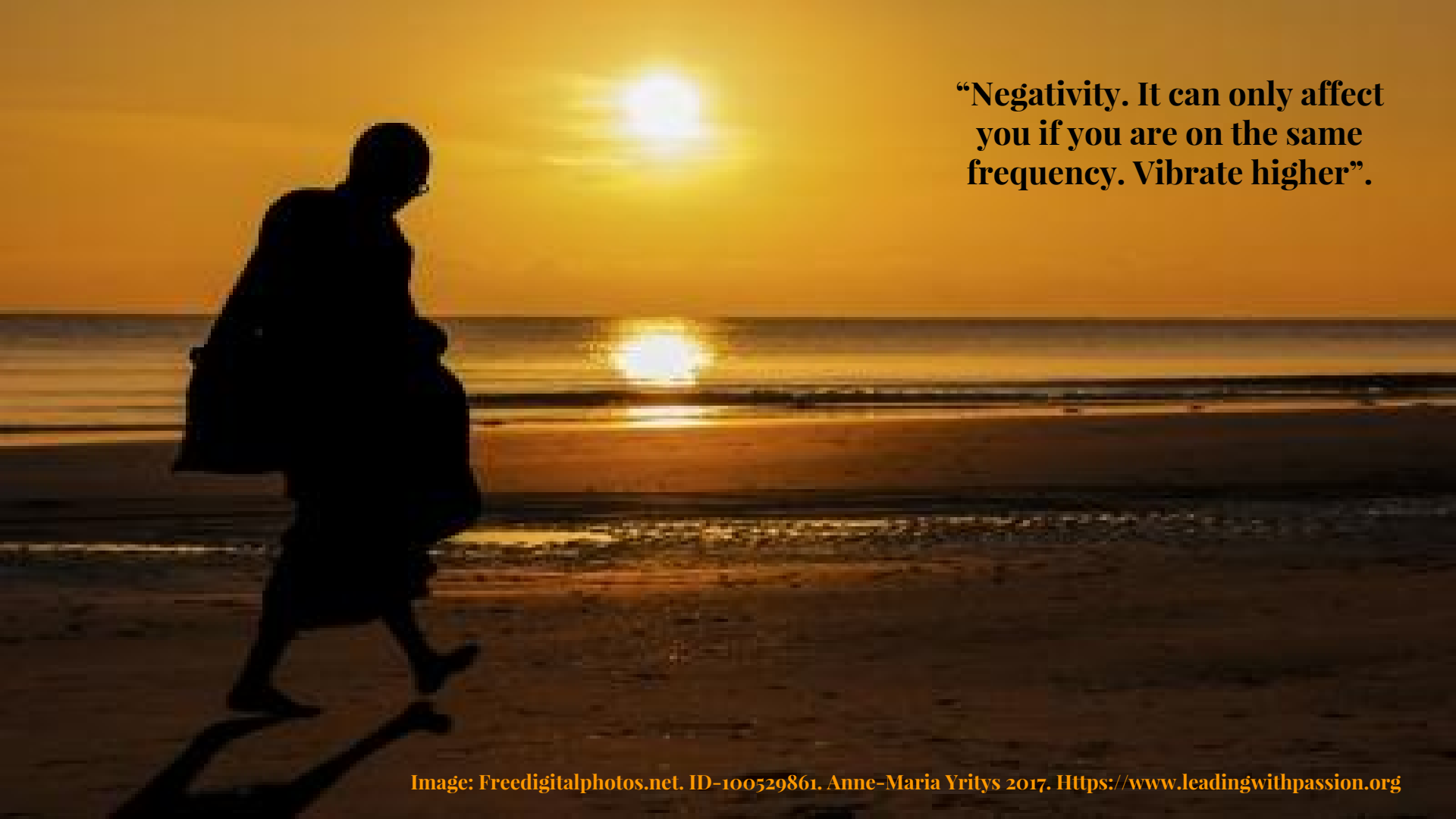
**“You are not going to master  
the rest of your life in one day.  
Just relax. Master the day.  
Then just keep doing that  
every day”.**

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**“The more spiritually aware  
you become, the more you will  
focus on your own self and  
less on others”.**

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**“Freedom lies beyond the  
field of consciousness”.**  
**~Jiddu Krishnamurti**

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**“Negativity. It can only affect  
you if you are on the same  
frequency. Vibrate higher”.**

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**“I am not what happened to  
me. I am what I choose to  
become”.**  
**~C.G.Jung**


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**“Nothing in this world is permanent. Not even your problems”.**


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**“With each breathe I take I let  
my spirit awake”.**




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**“The reason people awaken is because they have finally stopped agreeing to things that insult their soul”.**

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**“The hardest walk is walking alone. But it also makes you the strongest”.**

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**“Whatever opens us is never  
as important as what opens”.**  
~Mark Nepo

A silhouette of a person running on a beach at sunset. The sun is low on the horizon, creating a bright glow and reflecting on the water. The person is running from left to right, carrying a bag. The sky is a mix of orange and yellow, and the water is dark with a shimmering reflection of the sun.


**“There is a spark in you, so  
light it & let it shine”.**

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**“The door is wide and open.  
Do not go back and sleep”.**  
**~Rumi**

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**“Do not look for someone who  
will solve all your problems.  
Look for someone who will  
not let you face them alone”.**

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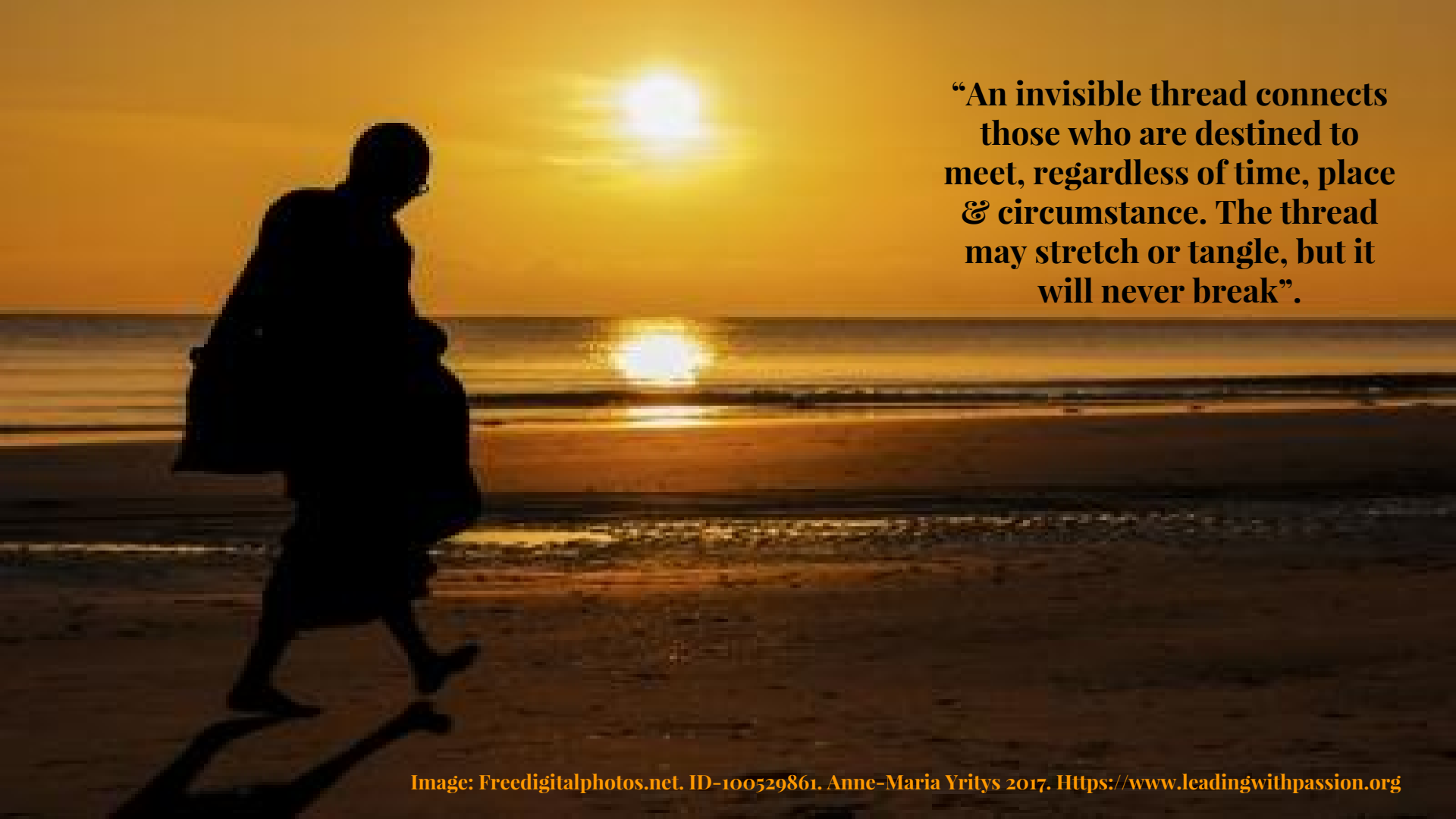
**“The less you open your heart  
to others, the more your heart  
suffers”.**

**~Deepak Chopra**


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**“Remember your  
magnificence”.**  
**~Anita Moorjani**



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**“An invisible thread connects those who are destined to meet, regardless of time, place & circumstance. The thread may stretch or tangle, but it will never break”.**

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**“Your true power is  
experienced only from inside  
the vortex”.**