



# What Lies Within You

Inspirational quotes to  
lift your spirits

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*I'm Molly Larkin,  
[writer, teacher and healing practitioner].*

*I've been collecting words to live by for many years, and  
they have added much inspiration to my life.*

*This is a collection of some of my favorites—I read a few any  
time I need a pick-me-up.*

*I hope they will inspire you as much as they have inspired me.*

*Blessings,  
Molly*

*"I want to know God's thoughts.  
The rest are details."*

— Albert Einstein



*"People often ask for my advice and  
counseling, but overall, the best  
advice I can give to anyone at any time is:  
Never complete a negative statement."*

— Bear Heart  
*The Wind is My Mother*



*"There is nothing either good or bad,  
but thinking makes it so."*

—William Shakespeare

*"Our life is what our thoughts make it."*

—Marcus Aurelius


*"Change your thoughts and you change  
your world."*

—Norman Vincent Peale



*“Do not follow where the path may lead.  
Go instead where there is no path and  
leave a trail.”*

—Robert Frost



*“Two roads diverged in a wood and I took the one less  
traveled by, and that has made all the difference.”*

—Robert Frost

*“When you come to a fork in the road, take it”.*

—Yogi Berra

*“Always do right. This will gratify  
some people, and astonish the rest.”*

—Mark Twain



*“Surround yourself  
with people who  
respect and treat  
you well.”*

—Claudia Black

*“There is no limit to what can be accomplished  
when no one cares who gets the credit.”*

—John Wooden

“Let the Great Spirit take care of acts against you. To turn it over to Him, saying, ‘You know better, please take care of this for me,’ is actually the greatest warfare we can engage in.”

— Bear Heart  
*The Wind is My Mother*



*“Treat people as if they were  
what they could be,  
and they will become what  
they are capable of being.”*

— Goethe



*“Use the talents you possess.  
For the woods would be a very  
silent place if no birds sang  
except the best.”*

*—Henry van Dyke*



*“Too often we define success as financial  
achievement. I view success as doing your  
very best at all costs.”*

*—Bear Heart  
The Wind is My Mother*



*"Luck is a matter of preparation meeting opportunity."*

—Oprah Winfrey



*"If we all did the things we are capable of doing,  
we would literally astound ourselves."*

—Thomas A. Edison

*"In order to succeed, you must  
know what you are doing,  
like what you are doing and  
believe in what  
you are doing."*

*—Will Rogers*

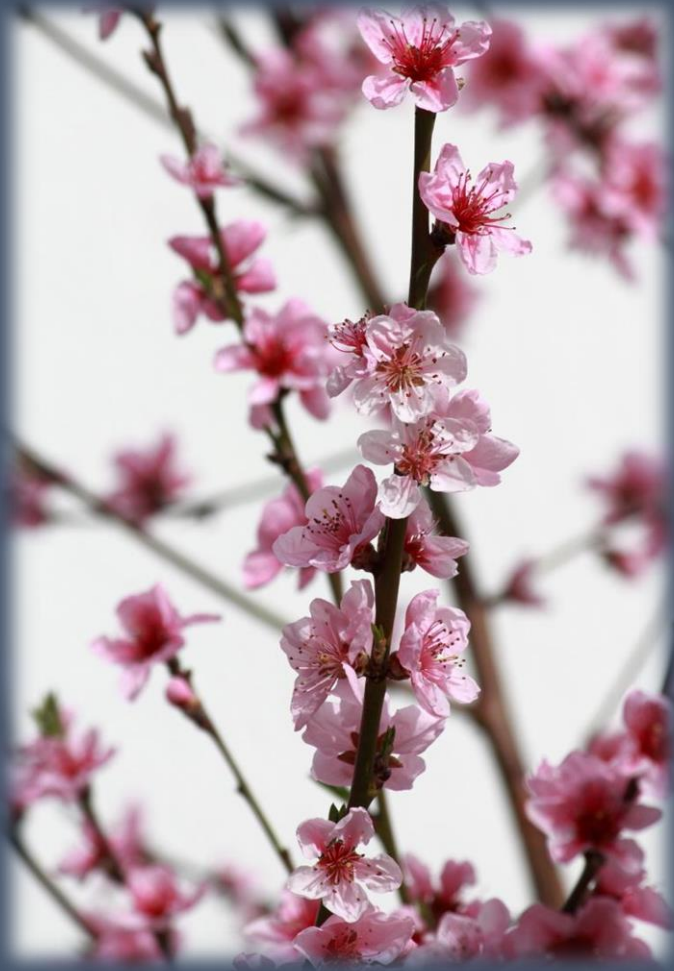


*"Always bear in mind that  
your own resolution to succeed  
is more important than any other thing."*

*—Abraham Lincoln*

*“Outstanding people have one thing  
in common: an absolute sense of mission.”*

*—Zig Ziglar.*



*“Great people are  
ordinary people with  
extraordinary goals.”*

*—Sportscaster  
covering the  
Olympics.*

*“One door never closes  
without another door  
opening.”*

*—Author unknown*



*"Give me a stock clerk with a goal,  
and I will give you a man  
who will make history.*

*Give me a man without a goal  
and I will give you a stock clerk."*

*—J.C. Penney*



*"The mark of your ignorance is the depth  
of your belief in injustice and tragedy...  
What the caterpillar calls the end of the world,  
the butterfly calls the beginning."*

*—Richard Bach, "Illusions"*



*"If you believe in your dreams, there's no limit  
to what you can do."*

*—Sam Walton*

*"We must be the change we seek."*

— Gandhi



*"Those who lose dreaming are lost."*

— Australian aboriginal proverb

*"Your only obligation in any lifetime  
is to be true to yourself."*

— Richard Bach, *"Illusions"*

*"The most important thing – don't sell yourself short."*

– Bruce Springsteen

*"Life moves pretty fast  
and if you don't stop  
and look around once  
in awhile, you're  
going to miss it."*

– Ferris Bueller



*"A man makes a living by what he gets.  
He makes a life by what he does."*

– Will Rogers

*"Live life as though you might die tomorrow.  
Do what you would like to be doing,  
and do your best each day."*

*— Bear Heart,  
The Wind is My Mother*



*"At the end of your  
life, you will never  
regret not having  
passed one more  
test, winning one  
more verdict  
or not closing one  
more deal.*

*You will regret time  
not spent with a  
spouse, a child, a  
friend or a parent."*

*— Barbara Bush*





*"Money isn't everything. I have never heard of a man who said on his deathbed, 'I wish I had spent more time at the office.'"*

*— Ann Landers*

*"Don't confuse what you do with who you are."*

*— Chippewa Cree Nation*

*"What power wouldn't I trade for a little more time with my family? What price wouldn't I pay for an evening with friends."*

*— Lee Atwater,  
George Bush campaign manager,  
as he lay dying from a brain tumor at age 40*



*"He who has health has hope.  
And he who has hope has everything."*

*— Arabian proverb*

*"All of the animals except man know that the principle business of life is to enjoy it."*

— Samuel Butler

*"Whether you are talking about education, career or service, you are talking about life, and life really must have joy."*

— Barbara Bush



*"Everything I do has to be a celebration of life."*

— Madonna

*"If you're not having fun you're not doing it right."*

— John F. Kennedy



*"The happiest people don't necessarily have the best of everything.*

*They just make the best of everything."*

— Author unknown



*"If you're not happy, don't bitch.  
Get off your butt and do something about it."*

— John Wayne



*"In the end we will conserve only what we love.  
We will love only what we understand.  
We will understand only what we are taught."*

*— African Chief, Baba Dioum*



*"Women are the answer.  
Only when the women  
have taken over  
the leadership  
will anything be solved."*

*— Dublin shopkeeper, in  
The Laugh of Lost Men:  
An Irish Journey*

*"My people believe that if you train a man,  
you train an individual;  
if you train a woman, you train a nation."*

*— African Chief, Baba Dioum*

*"When I was fourteen I thought my father was  
the most ignorant man in the world.  
When I was twenty-one I was amazed  
at how much he learned in seven years."*

*—Mark Twain*

*"I'd rather regret  
the things I did  
than the things  
I didn't do."*

*— Advice from a 93  
year old  
Chippewa-Cree  
grandmother  
to her  
granddaughter*



*"People don't grow old.  
When they stop growing, they become old."*

*— 80 year old patient of  
Deepak Chopra, M.D.*

*"I took pleasure when I could.  
I acted clearly and morally and without regret.  
I'm very lucky."*

— Jeanne Calment,  
on how she lived to be 120



*"We have a song we sing in the morning that says,  
'I thank You for another day.  
I ask that You give me the strength to walk  
worthily this day so that when I lay down at night  
I will not be ashamed.'"*

— Bear Heart  
*The Wind is My Mother*

*"Sometimes I go about  
pitying myself,  
and all the time  
I am being carried  
on great winds  
across the sky."*

— Chippewa Indian



*"I long to accomplish great and noble tasks,  
but it is my chief duty to accomplish small  
tasks as if they were great and noble."*

— Helen Keller



*"Imagination is  
more important  
than knowledge."*  
— Albert Einstein



*“Life  
shrinks  
or  
e x p a n d s*

*in proportion to  
one's courage.”*

—Anaís Nin

*“Courage is the  
willingness  
to be afraid  
and act anyway.”*

—A Course in Miracles



*"Come to the cliff,' he said.  
They said, 'We are afraid.'  
'Come to the cliff,' he said.*

*They came.  
He pushed them.  
And they flew."*

*—Old French poem*

*"The trouble is,  
if you don't risk  
you risk even more."*

*—Erica Jong*



*"Shoot for the moon.  
Even if you miss it you will land among the stars."*

*—Les Brown*

*"If you think you can, you can.  
If you think you can't, you can't.  
Either way, you're right."*

— Henry Ford

*"If you believe in  
something,  
it will happen.  
Period."*

— Arapaho elder



*"It is not because things are  
difficult that we do not dare;  
it is because we do not dare  
that things are difficult."*

— Seneca

*“Miracles are natural.  
It is when they do not  
occur that something  
has gone wrong.”*

*—A Course in Miracles*



*“Whatever you can do,  
or dream you can, begin it.  
Boldness has genius,  
power and magic in it.”*

*—Goethe*



*"The moment one  
definitely commits  
oneself, then  
Providence moves, too."*

— W.M. Murray, 1951  
Scottish Himalayan  
Expedition

*"Whatever we vividly imagine,  
ardently desire, sincerely  
believe and enthusiastically  
act upon must inevitably  
come to pass."*

— Paul Meyer

*"You are never  
given a wish without also  
being given the power to  
make it true. You may have  
to work for it, however."*

— Richard Bach  
"Illusions"



*“As to me,  
I know of nothing else  
but miracles.”*

— Walt Whitman



*“Whenever we pray for something  
and receive it, the thing that  
our people are taught to do is say  
‘Thank You.’ When you do that,  
many more blessings come.”*

— Bear Heart  
*The Wind is My Mother*



*“To receive everything,  
one must open ones  
hands and give.”*

— Taisen Deshimaru

*"Praying is not only following rituals and doing it just right. It's how we feel inside, how our heart connects, and how we live. That's called walking the spirit road."*

*— Bear Heart  
The Wind is My Mother*



*"Someday, after mastering the winds,  
the waves, the tides, and gravity,  
we will harness for God the energies of love.  
And then, for the second time  
in the history of the world,  
humankind will have discovered fire."*

*— Teilhard de Chardin*

*“Kindness is more important  
than wisdom, and the  
recognition of this is  
the beginning of wisdom.”*

— Theodore Isaac Rubin



*“My religion is very simple.  
My religion is kindness.”*

— The Dalai Lama



*"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart."*

— Helen Keller



*"Wherever there is a human being, there is an opportunity for kindness."*

— Seneca

*"As you travel along life's road, never harm anyone, nor cause anyone to feel sad. On the contrary, if at any time you can make a person happy, do so."*

— Winnebago Elder

*"When you give a lifting hand and make  
someone feel better for it,  
you've given that person medicine."*

*— Bear Heart,  
The Wind is My Mother*



*"It is in the shelter of  
each other that  
the people live."*

*— Irish proverb*

*"Do you know what I admire  
most about humans?  
When things are at their worst,  
you are at your best."*

*— Jeff Bridges, as "Starman"*



*"This we know;  
The Earth does not belong to us.  
We belong to the Earth."*

*— Chief Seattle, 1857*

*“One hundred years from now it will not matter  
what my bank account was, the sort of house I  
lived in, or the kind of car I drove . . .  
but the world may be different because I was  
important in the life of a child.”*

— Author unknown



*“The greatest use of life  
is to spend it for  
something that  
will outlast it.”*

— William James



*“Think not forever of yourselves,  
nor of your own generation.  
Think of continuing generations of our families.  
Think of our grandchildren, of those yet unborn,  
whose faces are coming from beneath the ground.”*

— Peacemaker, Founder of the Iroquois Confederacy, 1,000 A.D.,  
upon whose “Great Law of Peace” the United States Constitution  
was based.



*“Our people prayed one hundred years ago for the  
return of the buffalo and now they have returned.  
Are you patient enough to wait one hundred years for  
your prayers to be answered?  
We are.”*

— Rocky Afraid-of-Hawk,  
buffalo rancher, Lakota Nation

*“The kind of beauty I want most  
is the hard to get kind that comes from within  
—strength, courage, dignity.”*

*— Ruby Dee*



*“What lies before you and  
what lies behind you are  
tiny matters compared to  
what lies within you.”*

*— Ralph Waldo Emerson*



For more inspiration, follow my blog, Ancient Wisdom for  
Balanced Living at [www.MollyLarkin.com](http://www.MollyLarkin.com)

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My books are available on Amazon:

*[The Wind Is My Mother;](#)*  
*[The Life and Teachings of A Native American Shaman](#)*

*[The Fountain of Youth Is Just A Breath Away:](#)*  
*[Breathing Exercises for Relaxation, Health and Vitality](#)*

And check out my online meditation course here:  
[Meditations on the Natural World](#)