

10 Quotes about Emotional Healing

"Often it's the deepest pain which empowers you to grow into your highest self."

—Karen Salmansohn



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"Out of suffering have emerged the strongest souls; the most massive characters are seared with scars."

—Kahlil Gibran

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"Emotional pain of any kind is a reminder to stop and look inside."

—Gary Zukav



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"Of one thing I am certain, the body is not the measure of healing, peace is the measure."

—Phyllis McGinley

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"You have the power to heal your life, and you need to know that. We think so often that we are helpless, but we're not. We always have the power of our minds... Claim and consciously use your power."

—Louise Hay

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"Healing may not be so much about getting better, as about letting go of everything that isn't you - all of the expectations, all of the beliefs - and becoming who you are."

—Rachel Naomi Remen

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"Although the world is full of suffering, it is also full of the overcoming of it."

—Helen Keller

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"Give yourself time to heal from a challenge you've been dealt. Letting go of hurt doesn't happen overnight. It happens in slow, small steps forward. Plus a few steps backwards at times. Be gentle and patient with yourself."

—Karen Salmansohn

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"As my sufferings mounted I soon realized that there were two ways in which I could respond to my situation—either to react with bitterness or seek to transform the suffering into a creative force. I decided to follow the latter course."

—Martin Luther King Jr.

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"Our wounds are often the openings into the best and most beautiful part of us."

—David Richo

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