

## EMOTIONAL QUOTES

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“The energy that actually shapes the world springs from emotions.”

–**George Orwell**

“Those who don’t know how to weep with their whole heart  
don’t know how to laugh either.”

–**Golda Meir**

“It is the emotion which drives the intelligence forward in spite of obstacles.”

–**Henri Bergson**

“In the small matters, trust the mind.  
In the large ones, trust the heart.”

–**Sigmund Freud**

“Most folks are about as happy as they make up their minds to be.”

–**Abraham Lincoln**

“Managing our emotions increases intuition and clarity.  
It helps us self-regulate our brain chemicals and internal hormones.  
It gives us natural highs, the real fountain of youth we've been searching for.  
It enables us to drink from elixirs locked within our cells,  
just waiting for us to discover them.”

–**Doc Childre**

“Following your feelings will lead you to their source.  
Only through emotions can you encounter the force field of your own soul.”

– **Gary Zukav**

***The Seat of the Soul***

“Whether we're aware of it or not,



an emotional energy economy game  
is going on inside of us throughout life.

Our inner experience over the course of each day  
includes thousands of thoughts, emotions, and impressions  
that directly impact our energy level.”

**- Doc Childre and Howard Martin**  
***The HeartMath Solution***

“There can be no knowledge without emotion.  
We may be aware of a truth, yet until we have felt its force, it is not ours.  
To the cognition of the brain must be added the experience of the soul.”

**- Arnold Bennett**

“In the last decade or so, science has discovered  
a tremendous amount about the role emotions play in our lives.

Researchers have found that even more than IQ,  
your emotional awareness and abilities to handle feelings will determine  
your success and happiness in all walks of life, including family relationships.”

**- John Gottman, Ph.D.**

“Nothing which life has to offer is worth the price of worry.”

**-Napoleon Hill**

“Breakdowns enable breakthroughs!”

**-Unknown**

“Often intuition will direct your behavior. If it feels right, it’s probably right.”

**-Oprah Winfrey**

“Some pursue happiness- others create it.”

**-Anonymous**

“You have to leave the city of your comfort  
and go into the wilderness of your intuition.

What you’ll discover will be wonderful.

What you’ll discover will be yourself.”



**Alan Alda**

“Difficult times have helped me to understand better than before,  
how infinitely rich and beautiful life is in every way,  
and that so many things that one goes worrying about  
are of no importance whatsoever.”

**-Isak Dinesen**

“Most people are about as happy as they make up their minds to be.”

**-Abraham Lincoln**

“The grand essentials to happiness in this life are something to do,  
something to love, and something to hope for.”

**-Joseph Addison**

“If you can allow yourself to trust those little movements around your gut  
that tell you when something is interesting or exciting,  
they will tell you where to go.”

**-John Cleese**

“No matter how much pressure you feel at work,  
if you could find ways to relax for at last five minutes every hour,  
you’d be more productive.”

**-Dr. Joyce Brothers**

“Happiness is when what you think, what you say, and what you do are in harmony.”

**-Mahatma Gandhi**

“Happiness is to be found along the way, not at the end of the road,  
for then the journey is over and it is too late.

Today, this hour, this minute is the day, the hour, the minute  
for each of us to sense the fact that life is good, with all of its trials and troubles,  
and perhaps more interesting because of them.”

**-Robert R. Updegraff**



