



## My Favorite Quotes

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- This month's quotes are about "Healing." I hope you will find them inspirational and helpful!

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"Moving on, it may not be an overnight process, but it always starts with acceptance, time will heal you."

—Unknown

"Some people find that healing is one of the hardest emotions for processing. Healing just needs time and a lot of little steps before it can reach its comfort zone again."

—Chee Vai Tang

"In life, no matter what you are going through, have faith, and believe your sorrows won't last forever because what time does not heal God will."

—Rashida Rowe



"Forgiveness is the economy of the heart. Forgiveness saves the expense of anger, the cost of hatred, the waste of spirits."

—Hannah More

"There is something beautiful about all scars of whatever nature. A scar means the hurt is over, the wound is closed and healed, done with."

—Harry Crews

"The greatest healing therapy is friendship and love."

—Hubert H. Humphrey

“The practice of forgiveness is our most important contribution to the healing of the world.”

—Marianne Williamson



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.

“I have to have a daily, vibrant relationship with Jesus in order to survive that process toward healing.”

—Beth Moore



“Healing does not mean going back to the way things were before, but rather allowing what is now to move us closer to God.”

—Ram Dass

“Healing takes courage, and we all have courage, even if we have to dig a little to find it.”

—Tori Amos

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

—David Richo



“A lot of people say they want to get out of pain, and I’m sure that’s true, but they aren’t willing to make healing a priority. They aren’t willing to look inside to see the source of their pain in order to deal with it.”

—Lindsay Wagner

“In the midst of the sense of tragedy or loss, sometimes laughter is not only healing, it’s a way of experiencing the person that you’ve lost again.”

—Alan Alda

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