

"We come to love not by finding a perfect person, but by learning to see an imperfect person perfectly." - Sam Keen, from To Love and Be Loved

"If we could look into each others hearts, and understand the unique challenges each of us faces, I think we would treat each other more gently, with more love, patience, tolerance, and care." ~Martin Ashton

"Remember, we all stumble, every one of us. That's why it is a comfort to go hand in hand." ~Emily Kimbrough

"Life experiences do not create scars. Disconnection does. Life experiences do not create lasting trauma. Disconnection does because it results in an undigested life experience. Undigested life experiences are the traumas that keep re-traumatizing." ~ David Gruder, Ph.D

"We do not believe in ourselves until someone reveals that deep inside us something is valuable, worth listening to, worthy of our trust, sacred to our touch. Once we believe in ourselves we can risk curiosity, wonder, spontaneous delight or any experience that reveals the human spirit. " -e. e. cummings"

"I feel so special when you take time from your busy day to message me a sweet little note, then I know I am on your mind. I feel so safe when you hold me in your arms and tell me you love me and I am your world, I know you will protect me until the end of time. I feel so Blessed to have you in my life, being loved by you makes my world a more beautiful place."  
~Karen Kostyla

"Love is cure..  
Love is power..  
Love is the magic of changes..  
Love is the mirror of divine beauty..." ~Rumi

"The most basic and powerful way to connect to another person is to listen. Just listen. Perhaps the most important thing we ever give each other is our attention . . . A loving silence often has far more power to heal and to connect than the most well-intentioned words."~ Rachel Naomi Remen

"Oh, the comfort - the inexpressible comfort of feeling safe with a person - having neither to weigh thoughts nor measure words, but pouring them all right out, just as they are, chaff and grain together; certain that a faithful hand will take and sift them, keep what is worth keeping, and then with the breath of kindness blow the rest away. ~Dinah Craik, A Life for a Life, 1859

"Inside the heart of each and every one of us there is a longing to be understood by someone who really cares. When a person is understood, he or she can put up with almost anything in the world."

~ Ed Hird, minister, author & speaker

"From every human being there rises a light that reaches straight to heaven. And when two souls that are destined to be together find each other, their streams of light flow together, and a single brighter light goes forth from their united being."

~ Baal Shem Tov (1698-1760), Jewish mystical rabbi [Yisroel ben Eliezer]

"For a relationship between any two individuals to proceed harmoniously each must be aware of the other's point-of-view, his goals, feelings, and intentions, and each must so adjust his behaviour that some alignment of goals is negotiated. This requires that each should have reasonably accurate models of self and other which are updated by free communication between them." ~John Bowlby, 1988

"There are, in fact, no more important communications between one human being and another than those expressed emotionally, and no information more vital for construction and reconstructing working models of self and other than information about how one feels toward the other." John Bowlby, 1988

"Do not fight against pain; do not fight against irritation or jealousy. Embrace them with great tenderness, as though you were embracing a little baby. Your anger is yourself, and you should not be violent toward it. The same thing goes for all your emotions." - Thich Naht Hanh

"Although the nature of love is hard to define, it has an intrinsic order, an architecture that can be detected, excavated, and explored. Emotional experience, in all its resplendent complexity, cannot emerge ex vacuo: it must originate in dynamic neural systems humming with physiologic machinations as specific and patterned as they are intricate." ~ From A General Theory of Love by T. Lewis, F. Amini, and R. Lennon, page 5.

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