Little Gems Of Wisdom

Aileen’s

Original
Quotes & Comments

For you with Love
Welcome

Dear Friend

May my quotes and comments stimulate the best in you and may they assist you and be of value to you going forward in your life.

Take the messages on board and enjoy!

Cheers and Smiles

Aileen
On Love

If you want your relationship to be perfect, live in the love of it.

Love is “the cordial in the water.”

It is ever present – in everything you say and in everything you do –

Love is the magical flow of purest energy between two people

Love doesn’t hurt.
On Dreams

Your Dream – the crux of it is to know what it is.

If you go to the bakery saturated in your love of cakes, you will want them all and potentially come home with none because you couldn’t decide.

If you know before you go that you want chocolate cake, you will come home with chocolate cake and be perfectly happy with that.
On Thought

Thoughts are energy generators.
Negative thoughts are energy stealers –
Why exhaust yourself “thinking” about people
who don’t deserve your precious life force – energy.

Don’t get “caught” in thought.
Monitor your thoughts.
Don’t let negative thoughts, the weeds that poison
the mind, take root.

Root them out and plant positive and happy
thoughts for a day you can enjoy.

If you get your thinking right,
you get everything right.

Get out of the way of your own way.
On Criticism

We are our own worst critic.
Treat yourself fairly and don’t sabotage
your destiny
with thoughts that bring you down.
Be true to your divine obligation to be your
best possible self.
On that journey, other peoples’ opinions of your
choices, are irrelevant.
On Choice

Make good choices, find your courage and remember –
We always have that choice –
but if we make that choice,
we give up the right to blame others for the outcome.

YOU ARE THE BOSS OF YOUR OWN LIFE!
On Change

To experience change is to DO what you need to do, not what you want to do.
Take charge of your life.
It’s nobody else’s life but yours.
Do what you need to do and get on with it.
It works if you work it.
Make your motto in life - Never give up!
NO EXCUSES!
On Need

Our needs make us weak but good choices make us strong.

“Needy” is a human “repellent.”

Take personal responsibility for your life and stop relying on others to live your life for you.

I can’t means, “I don’t want to.”

So be it – you reap what you sow.

If you don’t want to, then don’t.
On Experts

Talk to the “expert”, not the “eggspurt.”

Would you ask the postman to operate on your brain tumour in between his rounds?

No, you would go to the best neurosurgeon available.

Don’t seek advice from people who know less than you do.

Believe in humanity because you believe in yourself.
On Morals

Find your moral code for life and live by it – no exceptions.

If you stand for nothing – you’ll fall for anything.

Following your truth gives you definition.
Being a “reed” in life where “anything” goes scatters your energy to the prevailing winds as your “identity” disappears into the ethos.
On Decisions

Look at life through your “adult” eyes so that you may make your decisions with “mature” vision.

Life is a process of learning truths, otherwise, we soak up the myths.
On Truth

The truths of life are precious.

You can deal with the truth.

You can’t deal with lies.

Only when you acknowledge the Truth can you break free of the LIE!

There is only one real lie – the one we tell ourselves.

If we want to be truly happy in our lives we must stop lying to ourselves, face reality and deal with it.

Never betray yourself for love of another.

Be true to yourself and love another.

THE TRUTH WILL ALWAYS SET YOU FREE!
On Fun

Fun is better than best, most of the time.

If you have fun in your life you’ll be much happier
and you’ll look and feel younger
and stay well.

Simple as that.
On Honour

You must honour and respect yourself always, for always.

You must honour the beautiful talents and gifts you have been given out of respect for your own Divinity.

You have a divine obligation to live the Destiny you were born to live.

Embrace your own success.
On Communication

Let your communication be a point of “information”, not “inflammation”. Think of the outcome you want to achieve and respectfully pursue that goal.

It’s guaranteed you won’t get that outcome if you don’t approach the conversation from a “respectful” standpoint.
On Attitude

If I react to Life,
Life will react to me.
If I respond to life,
Life will respond to me.

Attitude is invisibly tangible.
Your attitude will either make you
or break you.

It is the one thing you have absolute
control over.

Check often to make sure it is wholesome and
appreciative.
On Power

You are the power in your world.

Never forget this.

No one can take your personal power away unless you let them.

You are the master of your own destiny

One day you will be accountable one way or the other for the choices you made.

Boss yourself for good in your life.

Refuse to allow anyone, especially yourself, to ruin your day.
On Friendship

Be your own best friend
Not your own worst enemy.
It is your Divine obligation to
befriend yourself
with love and respect.
Befriend only those who have
love in their heart.
On Dreaming

Dream the dream and make it your own.

Dreaming costs you nothing
but not dreaming will cost you everything.

Dare to dream – Dare to live!
On Control

The more you control
The less you control.
If someone begins to feel controlled
their natural instinct will be to
“move away” from the control source
towards their own freedom.
If you want to control someone –
control yourself!
On Help

You are helpless till you want to help yourself.

No one can help you till you want to be helped.

People who don’t want to be helped may “pretend” to accept help from well meaning others but they will continue to live in “lost” till they are ready to be “found.”

People will walk their journey of choice whether others like it or not.
On Destiny

Follow your Destiny.
Those who truly love you will applaud you
and the others will find fault.
The only person whose opinion of you
that truly matters
is your own.

You can’t escape yourself!
On Right

Always do the right thing by yourself - that is a Divine Obligation.

To betray yourself is to go against that.

If someone else does wrong by you,
you must make it right as soon as you can.
On Fear

When you face your fears, the fear disappears.
Fear generates rigormortis of the soul!
Fear is a paralyser – it blocks you from all good things
It steals away your precious moments and desired achievements through your own self sabotaging thoughts.
Fear is just a thought – think better thoughts that nurture and encourage you.
Be bold, be brazen and shout – “BRING IT ON!”

That’s how you can conquer fear.
On Death

Death has just spoken to me!
“Life is short and I’m coming soon.”
So, live your life and get on with it.
We only have today – that’s the bottom line.
This is not a cliché – it’s a reality.
Don’t waste your life thinking about the past.
You can’t change it – you don’t have a portal to return to the scene to “change” what happened.
We must learn from the past and that is the value gained from our experience.
Today is our only point of power –

Live in the NOW!
On Now

When it happens,
Then you’ll know.

Until it happens, let it go.

Yesterday is gone – learn the lessons.

Tomorrow is not guaranteed.

Let nothing steal your point of power
in the present moment
to live your life Consciously and Creatively
with Purposeful Joy.

There are two times in life
Now and too late (Anon)

Decisions are the lynchpins of life.
On You

Let yourself flow and grow.
You are unique.
No one else has your thoughts, sense of humour or gifts and talents.
No one else loves the way you do.
Embrace your “uniqueness”
and be the sunshine in your own life.
Enjoy every minute you share with yourself – you are with someone really special!
On You (cont.)

Live your life consciously and enjoy everything you do.

You must become the solution for you.

Never hurt yourself because of someone else’s bad behaviour.

Become a “reflector”, not a “sponge.”

Allow your light to be a beacon for others.

Love yourself – that’s not a crime.

It’s an achievement!

Thank you

If I can ever be of assistance to you, please visit my website


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