

# 20

20 OF THE  
MOST  
BEAUTIFUL  
QUOTES  
THAT WILL  
HEAL YOUR  
LIFE .



by Sez @the\_daily\_heal\_journal

ORIGINAL & INSPIRING  
QUOTES BY POET, AUTHOR  
& MEDITATION GUIDE,  
SEZ



#1 "Let butterflies escape your lips, one transformative spell at a time."

#2 "In order to know what is true and most sacred in life, you must know yourself first. Otherwise every search will lead you to another substitute, another placebo, another watered down experience that leaves with an insatiable thirst."

#3 "Words are seeds. We are their earth. Blossom in truth."

#4 "Come undone, unpurl every stitch of yourself only to see that there are an infinite amount of variations to the pattern you keep yourself to."

#5 "As nature achieves miracles through patience, so too will mastery be made of your dreams with a little time."

#6 "You were gifted an aqualung that knows life was not meant for shallow dwelling, but deep excavations into the very mystery of your medicine."

#7 "Go into the wild dear child, and remember the unmapped path is the one that leads you home. Go into the wild dear child, and know this before you go; that the fear you fear is not out there but within you alone."

#8 "For hurt lies in the holding; in holding on, in holding back, in holding on to that fight that never won a war."



#9 "Our search is not to replace what we lost, but to reunite with what never went missing."

#10 "If you insist on taming what has an instinct to be free you will wonder your life upon the leash you gave it."

#11 "If your life were a person, of flesh and blood, bones and bruises, of salt and finely threaded hair; a wild creature as alive as life can be. How would you describe your relationship with her?"

#12 "The sun dapples the floor ahead in light & and shadow. Tell me friend, do you notice how it takes more than just light to create this masterpiece upon the floor? So too do the shadows and light play a part in the beauty of who you are."

#13 "Open palms, open heart, open up to the possibility of becoming a passage for hurt not to find its way home but a halfway house; a place in-between arrival and renewal."

#14 "You too have sacred grounding systems that call to be dug down deep into the very core of you, so that they may hold you in those heavy winds, those eradicating fires and those floods of hurt."

#15 "Lie your earthly body down against the warm ground, and curl your knees up against beating heart. Let the weft and warp of you be spun and earth's curved and flexing loom."

#16 "Plant many dreams. Tend to them lightly with a feather-like touch. Sing to them softly whenever soul calls and give them space...fields & fields of space to grow in their own time."



#17 "Soften, to what makes you feel most fractured."

#18 "Let go of your endeavours of growing outward. And allow what has fallen to rest, knowing that it nourishes what will become new again."

#19 "There is a stockpile of firewood within you, ready for the long nights...tend to this fire of self-care as if it were the hearth of your own home. Leave roots and seeds in the homes and hearts of those who have long suffered from the famine of kindness."

#20 "And in the end, your evolution is defined by a single choice; are you in this purely for where you think you want to be? Or are you invested in surrendering to the divination of the journey itself?"

*Love. Gez*

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