

“There is a resting place, a starting place that you can always return to. You can always bring your mind back home and rest right here, right now, in present, unbiased awareness.”

Pema Chödrön

“There is a place in you where you have never been wounded, where there's still a sureness in you, where there's a seamlessness in you, and where there is a confidence and tranquility in you. And I think the intention of prayer and spirituality and love is now and again to visit that inner kind of sanctuary.”

Irish poet and philosopher John O'Donohue