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*"When you get to the end of the light you know and it's time to step into the darkness of the unknown, faith is knowing that one of two things shall happen: Either you will be given something solid to stand on, or you will be taught how to fly." ~ Physicist Edward Teller*

*"Your time is limited; don't waste it living someone else's life. Don't be trapped by dogma, which is the result of other people's thinking. Don't let the noise of other's opinions drown your own inner voice. And most important, have the courage to follow your heart and intuition, they already know what you truly want to become" ~ Steve Jobs*

*"Perhaps one of our most courageous acts is taking care of ourselves."*  
~ Barb O.

*"For every person in your past with whom you feel unhealed but unable to go back and resolve, there is someone standing before you offering you the opportunity to practice the healing you believe you missed." ~ Alan Cohen*

*"If we did all the things we are capable of, we would literally astound ourselves."*  
~ Thomas Edison

*"We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world." ~ Buddha*

*"If it makes you happy, it's what you're supposed to do." ~ Emmanuel*

*"Each time you remember the Truth of who you are, you bring more light into the world." ~ Anonymous*

*"All you have been waiting for is your own permission." ~ Emmanuel*

*"There is only one success -- to be able to spend your life in your own way."*  
~ Christopher Morley

*"Find the source of your strength inside you, and no one outside you will be able to usurp your power." ~ Alan Cohen*

*"The weak can never forgive. Forgiveness is the attribute of the strong." ~ Gandhi*

*"It's so hard when I have to, and so easy when I want to."*  
~ Annie Gottlier

*"There comes a time when you believe everything is finished. That will be the beginning" ~ Luis L'amur*



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*"It's not what you ask for that you receive.  
What you receive is what you believe." ~ Alan Cohen*

*"If you would just do it, it would be done." ~ Alan Cohen*

*"Serenity is not the absence of problems; it is the presence of God." ~ Anonymous*

*"Whether you think good of me, or bad, I'm honored to be in your thoughts." ~ Dayna Martin*

*"Mining the moment for something that feels good, something to appreciate, something to savor, something to take in, that's what your moments are about. They're not about justifying your existence. It's justified. You exist. It's not about proving your worthiness. It's done. You're worthy. It's not about achieving success. You never get it done. It's about "How much can this moment deliver to me?" And some of you like them fast, some of you like them slow. No one's taking score. You get to choose. The only measurement is between my desire and my allowing. And your emotions tell you everything about that." ~ Abraham*

*"If pleasing people were the key to happiness, you would be happy for doing that by now."  
~ Alan Cohen*

*"It is so profoundly important to understand the difference between Principles and Rules when striving to be a more Mindful parent. Principles are meaningful, kind, respectful and created in partnership. Principles have depth and reason. Rules are beliefs made by another then enforced with punishment. Which sounds more appealing to you on your parenting path?" ~ Dayna Martin*

*"You never have to force, coerce, punish or bribe your child to do anything. When you respect your kids, they naturally respect you in return and are receptive to your advice and desires. When there is no power struggle, there is partnership." ~ Dayna Martin*

*"Every relationship has a natural life cycle. Nothing in our physical world is permanent. When you allow relationships to wither away that have run their natural course, you are honoring the flow of life. When you stop resisting, you can finally let go, and open the space for new relationships to be born that will support and nurture the person that you are now."  
~ Dayna Martin*

*"Sometimes when life is not giving you what you think you want, it is helping you to not settle for less than what you really want." ~ Alan Cohen*

*"We have been conditioned to believe that the external world is more real than the internal world. Quantum Physics says just the opposite. It says that what's happening on the inside determines what's happening on the outside. It says that our world is shaped by our thoughts." ~ Kate Corbin*