

Write to the Heart of Motherhood
connecting to our true voice in the middle of our messy lives

Week 4. QUOTES



~ TO NURTURE & INSPIRE ~

“Still, what I want in my life
is to be willing
to be dazzled—
to cast aside the weight of facts

and maybe even
to float a little
above this difficult world.”

– Mary Oliver

"I really differentiate between being a poet and being a motivational speaker... so often students of mine will apologize for being 'depressing'... they'll write about the death of a dear friend and say, 'sorry to be so depressing.' And I'll say, 'No, no, you're not a motivational speaker; your job is not to uplift me. It's to remind me of my humanness by talking about yours... What we want to feel, is all the things. We want to feel all the things.'"

– Danusha Lameris

"The creative adult is the child who has survived."

– Julian F. Fleron

"A word after a word after a word is power."

– Margaret Atwood

"The path of motherhood has a beginning, but no end. It's constantly changing and constantly challenging. Along the way, we encounter our personal limits over and over. We fall in love over and over. We ride the sharp edge of hope and fear. On this path of discovery, as on any spiritual path, our pretensions are shattered, our minds are blown, and our hearts are opened. We cry, we laugh, we bumble around and make countless mistakes. Through it all, we are gently—or abruptly—poked into greater honesty, lovingkindness, and understanding. It is a truly joyful path.

The memory of [my child's] birth has become a talisman that I hold in my heart as I journey deeper and deeper into motherhood. For these moments come again in every mother's life—the times when we are asked to walk straight into our pain and fear, and in doing so, open up to a love that is greater than anything we ever could have imagined: all life's beauty and wonder, as well as all the ways that things can break and go wrong...Again and again, motherhood demands that we break through our limitations, that we split our hearts open to make room for something that may be more than we thought we could bear. In that sense, the labor with which we give birth is simply a rehearsal for something we mothers must do over and over: turn ourselves inside out, and then let go."

– Susan Piver

"Once upon a time, when women were birds, there was the simple understanding that to sing at dawn and to sing at dusk was to heal the world through joy. The birds still remember what we have forgotten, that the world is meant to be celebrated."

– Terry Tempest Williams