Swami Kripalu Quote . . .

My beloved child, break your heart no longer.

Each time you judge yourself, you break your own heart;

you stop feeding on the love which is the wellspring of your vitality.

The time has come. Your time to live, to celebrate.

And to see the goodness that you are.

You, my child, are Divine. You are pure. You are sublimely free.

You are God in disguise and you’re always perfectly safe.

Do not fight the dark, just turn on the light.

Let go and Breathe into the Goodness that you are.