

A person with a backpack is walking away from the camera on a dirt path. The path is bordered by a rope railing. To the left is a large, dark, rocky cliff face. To the right is a view of the ocean under a cloudy sky at sunset or sunrise. The overall mood is contemplative and adventurous.

quotes

**for a conscious
development**

*Free
eBook*

René Roldão

QUOTES

FOR A CONSCIOUS DEVELOPMENT

by René Roldão

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I have been through some depths in life. But I have found ways to move through these depths and more than that, I have found ways to embrace this wonderful adventure called life again. I would like to share these experiences with you. This free eBook gives you a small excerpt of my findings. Some of them are very simple and short. In that case I just hope that you will look for your own answers and that you will put in your own story. Most of these quotes came into my mind the last two years while being at the sea or at a river. Nature is the best inspiration for me. If you find yourself here again and you like my work, you are welcome to read more about it in my book "125 Quotes for a conscious development". Further information can be found at www.theartofherat.de



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1 THE BEAUTY OF LIFE

'I still dream that there will be a place where everyone is treated with respect, with a smile and without prejudice.

Then it doesn't matter whether you are rich or poor, old or young, ordinary or beautiful, physically challenged or fit, black or white. No life should be better than another. Life shouldn't be measured by making tons of money, jumping to the next level in your career, driving a fancy car or conforming to the ideal of beauty.

All life should be valued because life is sacred.'

2 THE POWER OF LOVE

'Some of the ingredients for true love:

Recognizing what your partner is like. Have perseverance so as not to give up straight away. Have the courage to open your heart and look at the dark side. Always be open for something new. Create a greater common vision. Support each other to get the best out of each other.'

3 THE BIG QUESTIONS

'Sometimes I feel like I just don't belong here in this world.'

But what if we are here to build a new world?'

4 FACING THE CHALLENGES OF LIFE

'Sometimes life tears your heart into pieces.

Then look deep within yourself to find the glue and
use the pieces to create something even more
beautiful.'

5 COMMUNITY

'To all travellers out there on the way to freedom.

You carry the light within you to light the fire for
your neighbours. Maybe they just prayed for
someone like you. So let the fire burn wherever
you go.'

6 WOMAN AND MAN

'I didn't choose you because of your body; I chose you for loyalty, love, strength and respect.

The beauty you see with your heart is so much more beautiful than if you see it with just your eyes.'

7 HEAL YOURSELF

'When we were young, we thought we could change the whole world. Then society taught us something different.

As we grew older, we learned to look within ourselves first. And that changed everything.'

8 THE MEANING OF LIFE

'We are constantly looking for external validation.
But maybe that just fills our inner emptiness.

Try to fill that void with something meaningful.
Start small. For example, by making someone
happy. There is enough greed, envy and hatred out
there. Bring a little more kindness into this world
and see what it does to you and the world.'

9 THE CONSCIOUS PATH

'You just lost a battle? Even though you gave it your all? Maybe the path you took wasn't the one intended for you after all. It's okay to grieve for a while.

But then it also means shaking everything off and reorienting yourself. Think about who you are at your core, what you do best, and what you love doing most.

Take the first step in a different direction. The world is full of possibilities. Get a little better every day. And in a year you'll look back and be glad you didn't give up.'

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ABOUT THE AUTHOR



René Roldão

René is passionate about self-development and the secrets of the world. Every encounter and every challenge in his life is a chance for him to grow constantly. He is happy to share his findings so that people can live peacefully and can achieve success.