

## Sterling Quotes *by topics*

*Arranged by Jean Moss*

from “How I got this way and what to do about it”

Pages 157 to 167

### ***Spiritual truths***

There is nothing quite so powerful as real gentleness and nothing quite so gentle as genuine power.  
(McKay)

Strait is the gate and narrow the way, and few there be that enter. (Jesus Christ)

Know the truth and the truth will make you free, but it may make you miserable first.

He who will save his life shall lose it, and he who would lose his life (lets go) will save it.  
(Jesus Christ)

Things excellent are difficult as they are rare.  
(Spinoza)

Feed a man a fish and you feed him for a day:  
teach him to fish and you feed him for a lifetime.

Great spirits have always encountered violent opposition from mediocre minds. (Einstein)

Hope springs eternal in the human breast.

This above all, to thine own self be true.

Perfection is heading in the right direction.

Givers always end up with the most.

Look for fun in each thing you do. (Kimball)

It is only with the heart that one can see rightly;  
what is essential is invisible to the eye.  
(St Exupery)

“And what is as important as knowledge:” asked the mind. “Caring and seeing with the heart, answered the soul.” (Flavia)

Knowledge is power, and ignorance is helplessness.

Our body is an intimate expression of your eternal spirit. (Chopra)

Man is that he might have joy.

Still waters run deep.

God binds us temporarily to free us permanently.  
Satan “frees” us temporarily to bind us permanently.

### ***Children***

He who cannot see God in the face of a little child is blind.

Love is to a child like sunshine is to a flower (snarl and they wilt.

If you can possibly say “yes” to a child, do it.  
(Emma McKay)

Children need no discipline but the discipline of love.  
(Montague)

Good people, especially children, love to be with us when we love and live in the present, not in the past or the future. This is the greatest present of all.

Li'l kids run completely on love supplies; they are li'l radar love machines.

### ***Inner child***

My wonderchild was in a feeling prison.

If the past can rule the present, as if there were no time, then the present can go back and heal the past, as if there were no time.

Real forgiveness must be preceded by in depth reexperiencing of childhood fears, anger, and pain which turn into pity, then forgiveness of our abusers.

Some forms of ‘therapy’ are great cognitive mazes that keep people away from their feelings; true psychotherapy is re-experiencing childhood and adult pain, anger, and fear with a safe, supportive person.

Emotional independence often comes from adult real self giving and rescuing the wounded child within.

Whenever you are mostly in your false self, go back to your inner child and look for repeats, and let your real self give the child love...now.

When you are in your false self it is a childhood repeat.

Identifying with our abusers gives us fake power to escape from childhood helplessness.

***Human identity seed, real self***

True therapy is love given and love received.

The Human feeling identity seed can only be nourished by real love.

True humanness is an intimate blend of tenderness and power.

When in doubt as to what to say, do empathy.

Honor (understand) all feeling...negative and positive, false and real...and soon the real self Will emerge triumphant.

Mistakes are learning devices. You have the right to fail and to succeed.

I might have made a mistake. but I'm still a good person.

Your adversity is not your identity

The self actualizing person, in the midst of intense emotion, weeps.

Crying works wonders.

Crying is strength; hiding and denying are weak.

Tears from real feelings release us from our armor.

Most Problems are not caused or solved by what we do but by what we feel.

Know, feel, and understand all your feelings, but obey only real-self feelings.

Feelings are the engine to life's train, and performances are the caboose. Don't pull your train backwards.

Becoming is letting go of what you are not (your false self).

Being well is more than the absence of a cold.

We must know our past and prepare for our future but live in our present.

Time, as we know it here on earth, is a learning device.

The true self is much more real than the one we have been calling "I" all these years.

Ambition from the heart (real self) is pure. It competes with no one and harms no one. (It is win-win)

No one has anything I want: everything I need is in my heart.

She was born good, kind, and loving; therefore she didn't have to fear or doubt.

Pain is the difference between what is and what I want it to be. (Spencer Johnson)

It is an honor to be the enemy of all negative selves.

I don't know really means "Let me see."

What others think of me is none of my business.

You're in charge of your mouth: I'm in charge of my ears.

If we truly accept what and who we are, it doesn't matter what other people say.

Thank you for the feedback. I'll take it under advisement with my beautiful self.

Spouses and children are giving places; self, God, and real friends are taking places!

Healthy people *play* at life; sick people *work* at life.

How would you be better than others when they were born as beautiful, innocent, and perfect as you were.

Give your real self equal time on the TV of your mind; never let the false self have the last word.

The way out is in or through.

It takes more strength to honestly feel your feelings than to hide them.

Don't confuse me with my body suit.

Healthy people put feelings first, and sick people put performances first.

Sick people see things the way they *need* them to be, And well people see things the way they *are*.

## ***Earth School***

Earth birth equals worth.

Performances do not equal your worth.

Don't die dumb.

Time and bodies are learning devices.

This above all, the greatest treason: to do the right thing, but for the wrong reason.

The things you crave will come to you when you don't crave them anymore.

You won't get an "A in the Earth School of hard knocks by going to your grave repeating childhood survival styles of your false self.

"One never knows, be it days, weeks, or years; when the student is ready, the teacher appears." (Fisher)

Your life is a school from birth to death. If you're alive, you still need to be here in Earth School.

It is just as important to die as it is to be born.

You must taste the bitter to prize the sweet.

You cannot heal what you cannot feel.

You cannot fix internals with externals.

If success equals our worth, failure equals no worth.

When the armor's stripped from you, you'll feel the pain of others, too.

I cannot know the unknown if to the known I cling. (Fisher)

God makes no junk people: they do it themselves.

Blame is shame; mistakes are learning devices: learning is often unlearning.

Are you a human being or a human doing?

Don't seek storms: they will come to you all by themselves.

Winning over our negative self is our greatest learning device.

Negative thought and feeling detection leads to positive thought and feeling selection.

Finishing sentences is a love supply from your real self, if you go far enough.

It takes more strength to honestly feel your feelings than to hide them.

Impatience comes from doubt and patience comes from certainty.

As we do therapy, we lose old "friends."

Healthy people have a few deep friends. Sick people have a lot of superficial friends or none. (Maslow)

I can tell where I am by the kind of people that turn on to me.

Set the mark upon the path (your vision) and you're halfway there.

Float like a butterfly and sting like a bee. (Mohammed Ali)

Live and learn, crash and burn, get up and take another turn.

Emptiness blurs our vision; fullness clears it.

Beauty is in the eye of the beholder (and so is ugly).

The self your body obeys the most becomes the largest.

I ain't well, but I sure am better. (Lair)

If you have blue glasses on, everything you see turns blue.

Caretaker versus caregivers.

Care takers care in order to take.

We can't take care of others if we can't take care of ourselves.

Rescuers" usually give in order to get.

.By the inch it's a cinch: by the yard it's too hard.

There is a good and bad kind of everything, except in extremes.

.No one can run and learn; he must stay in one place for a while.

A gift to be a gift must be accepted; otherwise, it is a burden to the other person.

Stuff and be tough versus feel and be real.

Most people are unaware of the path they are on.

Flexible expectations decrease anger and pain.

When we learn to *accept* instead of *expect*, we have fewer disappointments.

Trials and tribulations are mandatory, but misery is optional.

True forgiveness is always preceded by strong desire, complete purging of pain and anger, then pity and sorrow for the "scorpion" which we forgive, but never put down our neck.

Sterling Quotes *by topics*

***NEGATIVES, False self***

SOS...Shrink or split

Good dependencies lead to good independence; bad dependencies lead to fake independence or chronic dependence.

No (mom, dad, friend, man, woman) is better than a bad one.

People who keep you in your head or away from feelings are terrified of their own deep feelings.

Superficial forgiveness is a feeling stopper.

“Feeling stoppers” keep the negative self in power and prostitute our feeling identity seed.

The good or bad you do comes back to you.

Many things (food, sex, money, success, failure) can be a wonderful servant or a horrible master.

To deny is to lie.

You can't fight an enemy you can't see.

Weak people lie about feelings and hide: strong people face them honestly.

If we honestly face our false self, there is a little chance it may destroy us temporarily; but if we do not face it, it will *certainly destroy* us eventually.

The angry person is a suffering person. (Fromm)

Rebels and Pleasers are false selves.

Rebels always have a place where they please, and pleasers a place where they rebel.

Over-reacting and underacting are the false self.

Procrastination comes from fear of failure and/or rebellion.

Too much external orderliness compensates for and covers up too much internal (feeling) disorderliness.

Neither a scrooge nor a patsy be.

It takes one to know one.

No one can upset us unless they have something we want.

Nothing can drain you unless it has something you need.

Strive and strain and ruin your brain.

Strive and strain takers are always tired; givers are calmer and have lots of energy.

Negative selves compare and compete for love substitutes.

A person in a hurry is usually in a negative.

I'd rather be in neutral than reverse.

Don't squirt perfume over garbage.

No pain no gain, or some pain some gain.

Our pain and anger come from frustrated expectations.

Pain is the difference between what is and what I want it to be. (Spencer Johnson)

Often the thing we hate we cause.

The parent the client first brings up (in therapy is often not the worst one.

You can never get enough of what you don't need.

Have we mistaken need for love? Need takes to fill our emptiness, and love shares from our fullness.

It is necessary to separate need from greed.

Stand still more often and appreciate, rather than run around and grab.

Most of us are trapped in our own armor.

Being quiet is more than not talking.

He who lives by the flesh will die by the flesh.

Within our body is a great pharmacy at the beck and call of our genuine feelings and thought. (Chopra)

“Chemical imbalance” is caused by our thoughts and feelings—conscious and subconscious. Medication can mask our feelings but never “cure” them.

“Chemical imbalance” is not the cause of anything, it is the effect.

If the masses are asses, who wants to be popular?

Do not burn a cathedral to fry an egg.

I built a whole city where I didn't even need a fence post.

Sick people are afraid to be alone or to have “nothing to do.” They live in the past and the future never the present.

Different Strokes for different folks

Birds of a feather flock together.

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### ***Relationships***

Love has no fruits but love itself.

True love is wanting the highest form of development and greatest happiness for the loved person.

True love is the discovery of yourself in others, and the delight in that recognition. (Alex Smith)

Since I know myself, I can know you. We are all part of each other in our real selves.

True love is purposeless and useless.

Love has no purpose but itself. When you love in order to get, the love light goes out and the *need* light goes on.

To *need* is to take: to want is to share.

Soul mates come in real-self (not perfect) packages.

Need mates are not soulmates.

I *need* you because I love you, or I love you because I need you?

Feel your own feelings and not always someone else's.

You're one in a million (and I'm the other one).

Real love begins where dependency ends.

Full togetherness comes from full aloneness and vice versa.

True love conquers all things.

False love ruins all things.

Males and females internally are very much alike.

Healthy people ask that their needs be met.

True romance is two mostly full people (full love buckets) sharing from their fullness, never two empty people desperately taking to fill their emptiness.

On the outside opposites attract;  
on the inside likes attract.

We often think we have married the parent we didn't have, and after the honeymoon they later become the one we did have.

If you need to marry to fill your emptiness,  
you will marry trouble.

True marriage increases your personal freedom:  
sick marriage decreases freedom.

The spirit self is the primary love target in all healthy relationships: the body is a minor part only.

True sexual expression must be preceded by emotional, verbal, and non-sexual physical union, which are constant and permanent.

I want a person who "sees" my body the same way he thinks about his own body—not as a sex object.

Choosing friends and mates by externals only is "going after the lust of your eyes."

Sex is a minor part of a healthy, romantic relationship.

Sex without love estranges two people. (Fromm)

Sex arousal is done by externals in sick people;  
by internals in well people.

Don't divorce to escape your own vulnerability to your partner; get invulnerable first, then decide.