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# Quotes by Breathnach, Sarah Ban

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Let's choose today to quench our thirst for the good life we think others lead by acknowledging the good that already exists in our lives. We can then offer the universe the gift of our grateful hearts.

- Breathnach, Sarah Ban

Grace is available for each of us every day -- our spiritual daily bread -- but we've got to remember to ask for it with a grateful heart and not worry about whether there will be enough for tomorrow.

- Breathnach, Sarah Ban

Whatever we are waiting for -- peace of mind, contentment, grace, the inner awareness of simple abundance -- it will surely come to us, but only when we are ready to receive it with an open and grateful heart.

- Breathnach, Sarah Ban

Both abundance and lack exist simultaneously in our lives, as parallel realities. It is always our conscious choice which secret garden we will tend... when we choose not to focus on what is missing from our lives but are grateful for the abundance that's present -- love, health, family, friends, work, the joys of nature and personal pursuits that bring us

pleasure -- the wasteland of illusion falls away and we experience Heaven on earth.

- Breathnach, Sarah Ban

Be grateful for the home you have, knowing that at this moment, all you have is all you need.

- Breathnach, Sarah Ban

As we become curators of our own contentment on the Simple Abundance path... we learn to savor the small with a grateful heart.

- Breathnach, Sarah Ban





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