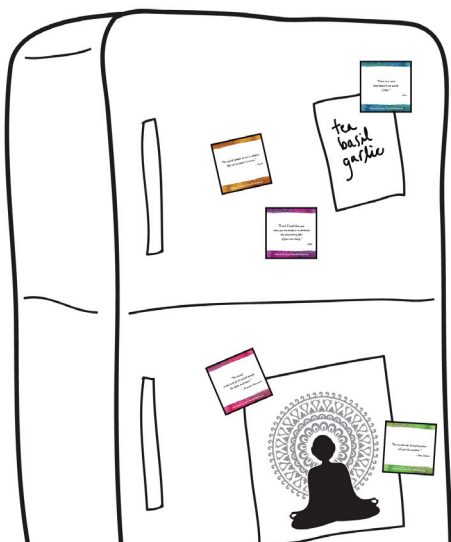
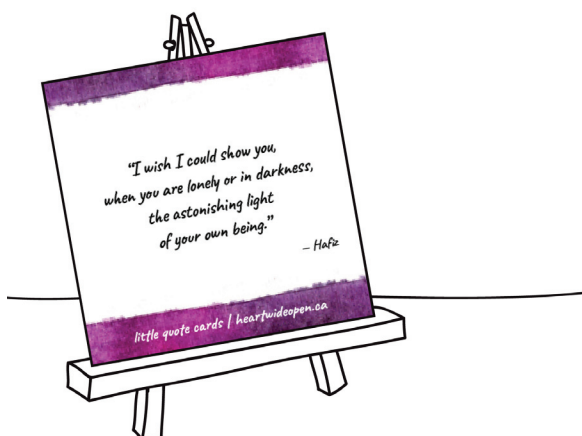




little quote cards

designed by Heidi Kalyani





little quote cards

Print, cut, enjoy!

Display on the stand below, on a business card holder,
in a bowl, or with magnets on the fridge!

Include them with gifts, use them to open meetings,
or let them be inspiration for journaling or creative writing.

designed by Heidi Kalyani

www.heartwideopen.ca

IDEAS FOR PRINTING AND CUTTING:

CARDS:

Print the cards on medium or heavy weight 8.5"x11" card stock.

Depending on your printer settings, you may want to ask for "borderless" printing, or turn off the "shrink to fit" setting, so that the grey cutting lines run as close as possible to the edge of each sheet.

Cut with scissors, or with a craft knife and ruler on a cutting surface.

I love collecting quotes that warm, uplift and inspire me! I am delighted to be sharing these cards with you, hoping that they inspire you too.

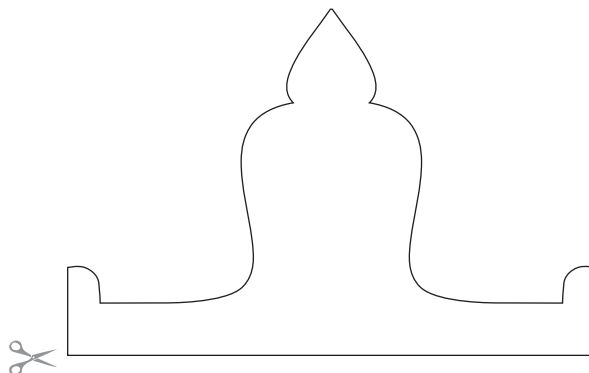
Thank you to all of the beautiful authors for sharing their wisdom, passion, insights and ideas!

Heidi

STAND:

Print the stand on a heavy weight card stock, cut it out and fold it in half so that it stands up in a "V".

Depending on the paper weight of your cards, the stand will hold approx. 15 - 20 cards.





*"Stop asking: am I good enough?
Ask only:
am I showing up with love?"*

— Julia Fehrenbacher

little quote cards / heartwiden.ca

*"When we learn how to listen
more deeply to others, we can listen
more deeply to ourselves."*

— Parker J. Palmer

little quote cards / heartwiden.ca

*"When we protect ourselves so we
won't feel pain, that protection
becomes like armor...that imprisons
the softness of the heart."*

— Pema Chödrön

little quote cards / heartwiden.ca

*"And the day came when the risk
to remain in a tight bud
was more painful than the risk
it took to blossom."*

— Anaïs Nin

little quote cards / heartwiden.ca

*"Darkness cannot drive out
darkness; only light can do that.
Hate cannot drive out hate;
only love can do that."*

— Martin Luther King Jr.

little quote cards / heartwiden.ca

*"You were wild once,
don't let them tame you."*

— Isadora Duncan

little quote cards / heartwiden.ca

*"There is no passion to be found
in playing small—in settling
for a life that is less than the one
you are capable of living."*

— Nelson Mandela

little quote cards / heartwiden.ca

*"How do we change the world?
Change the story."*

— Charles Eisenstein

little quote cards / heartwiden.ca

*"The heart
is the smaller cousin of the sun.
It sees and knows everything."*

— Joy Harjo

little quote cards / heartwiden.ca

*"The best and most beautiful things
in this world cannot be seen
or even heard,
but must be felt with the heart."*

— Helen Keller

little quote cards / heartwiden.ca

*"There is a crack in everything.
That's how
the light gets in."*

— Leonard Cohen

little quote cards / heartwiden.ca

*"There is a voice
that doesn't use words.
Listen."*

— Rumi

little quote cards / heartwiden.ca



*"Let the water settle.
You will see the moon and stars
reflected in your being."*

— Rumi

little quote cards / heartwideoopen.ca

*"They always say time changes
things, but you actually
have to change them yourself."*

— Andy Warhol

little quote cards / heartwideoopen.ca

*"Search your heart.
Find what brings you joy,
in whose company you are most
serene. Be there, be fully there."*

— Omid Safi

little quote cards / heartwideoopen.ca

*"Be messy and complicated and
afraid, and show up anyways."*

— Glennon Doyle Melton

little quote cards / heartwideoopen.ca

*"When we answer the call
of our own heart,
we help awaken
the heart of the world."*

— Marianne Williamson

little quote cards / heartwideoopen.ca

*"Keep some room in your heart
for the unimaginable."*

— Mary Oliver

little quote cards / heartwideoopen.ca

*"Be still. The quieter you become,
the more you can hear."*

— Ram Dass

little quote cards / heartwideoopen.ca

*"The world speaks to me in colours.
My soul answers in music."*

— Tagore

little quote cards / heartwideoopen.ca

*"Surround yourself with loving noise.
Give voice to your soul.
Live bravely."*

— Nathan Rogers

little quote cards / heartwideoopen.ca

*"Listening is about being present,
not just about being quiet."*

— Krista Tippett

little quote cards / heartwideoopen.ca

*"The thing that is really hard,
and really amazing, is giving up on
being perfect and beginning the
work of becoming yourself."*

— Anna Quindlen

little quote cards / heartwideoopen.ca

*"What breaks our heart
is also what connects us."*

— Mirabai Starr

little quote cards / heartwideoopen.ca



*"Courage doesn't always roar.
Sometimes courage is the quiet voice
at the end of the day saying,
'I'll try again tomorrow.'"*

— Mary Anne Radmacher

little quote cards / heartwideopen.ca

*"Fear is not your enemy.
It is a powerful source of energy
that can be harnessed and used
for your benefit."*

— Russ Harris

little quote cards / heartwideopen.ca

*"Courage is a heart word...
In one of its earliest forms, the word
courage meant 'To speak one's mind
by telling all one's heart'"*

— Brené Brown

little quote cards / heartwideopen.ca

*"The heart
is the hub of all sacred places.
Go there and roam."*

— Bhagawan Nityananda

little quote cards / heartwideopen.ca

*"Transformation is an ongoing
process that tends to appear
ordinary, when, in fact, something
extraordinary is taking place."*

— Suzy Ross

little quote cards / heartwideopen.ca

*"When we love even in the face
of fear and rage, we can transform
a relationship, a culture, and a
country. Love becomes revolutionary."*

— Valarie Kaur

little quote cards / heartwideopen.ca

*"Love is the door.
Chanting is the key."*

— Bhagavan Das

little quote cards / heartwideopen.ca

*"Even after all this time the sun
never says to the earth, 'You owe me.'
Look what happens with a love like
that. It lights the whole sky."*

— Hafiz

little quote cards / heartwideopen.ca

*"Living together
with others begins with living
together with oneself."*

— Hannah Arendt

little quote cards / heartwideopen.ca

*"Between stimulus and response
there is a space.
In that space is our power to choose
our response. In our response lies our
growth and our freedom."*

— Viktor E. Frankl

little quote cards / heartwideopen.ca

*"The real meditation
is how you live your life."*

— Jon Kabat-Zinn

little quote cards / heartwideopen.ca

*"Chanting breaks down the
difference between
the inside and the outside.
It's about having a heart that
nothing can shut down."*

— Krishna Das

little quote cards / heartwideopen.ca



*"'i love myself.'
the quietest. simplest. most powerful.
revolution. ever."*

– Nayyirah Waheed

little quote cards / heartwideopen.ca

*"Within you there is a stillness
and a sanctuary to which you can
retreat at any time and be yourself."*

– Hermann Hesse

little quote cards / heartwideopen.ca

*"Once we believe in ourselves,
we can risk curiosity, wonder,
spontaneous delight, or any experience
that reveals the human spirit."*

– e.e. cummings

little quote cards / heartwideopen.ca

*"An awake heart
is like a sky that pours light."*

– Hafiz

little quote cards / heartwideopen.ca

*"If you go deeper and deeper
into your own heart, you'll be living
in a world with less fear,
isolation and loneliness."*

– Sharon Salzberg

little quote cards / heartwideopen.ca

*"The most important decision
we make is whether we believe we live in
a friendly or hostile universe."*

– Albert Einstein

little quote cards / heartwideopen.ca

*"Imperfections are not inadequacies;
they are reminders that
we're all in this together."*

– Brené Brown

little quote cards / heartwideopen.ca

*"You are beautiful
because you let yourself feel,
and that is a brave thing indeed."*

– Shinji Moon

little quote cards / heartwideopen.ca

*"If you love someone,
the greatest gift you can give them
is your presence."*

– Thich Nhat Hanh

little quote cards / heartwideopen.ca

*"The best way to restore a broken
system is not to fight against it, but to
embody an alternative vision."*

– Laura Ward

little quote cards / heartwideopen.ca

*"As human beings, our greatness lies
not so much in being able
to remake the world as in being able
to remake ourselves."*

– Mahatma Gandhi

little quote cards / heartwideopen.ca

*"You are the sky. Everything else –
it's just the weather."*

– Pema Chödrön

little quote cards / heartwideopen.ca



*"I wish I could show you,
when you are lonely or in darkness,
the astonishing light
of your own being."*

– Hafiz

little quote cards / heartwideopen.ca

*"The world is full of magic things,
patiently waiting
for our senses to grow sharper."*

– W.B. Yeats

little quote cards / heartwideopen.ca

*"I felt in need of a great pilgrimage,
so I sat still for three days."*

– Kabir

little quote cards / heartwideopen.ca

*"Great courage is not demonstrated
by aggression or ambition...
The courageous heart is the one that
is not afraid to open to the world."*

– Jack Kornfield

little quote cards / heartwideopen.ca

*"Transformation begins with heart.
Messy, soft, broken open heart."*

– Danielle Doby

little quote cards / heartwideopen.ca

"No mud. No lotus."

– Thich Nhat Hanh

little quote cards / heartwideopen.ca

*"Narrow it down.
Stay on the path where
your heart is on fire.
Trust it, that is the door."*

– Chameli Ardagh

little quote cards / heartwideopen.ca

*"Belonging to oneself –
the whole essence of life lies in that."*

– Ivan Turgenev

little quote cards / heartwideopen.ca

*"It takes courage to say yes
to rest and play in a culture where
exhaustion is seen as a status symbol."*

– Brené Brown

little quote cards / heartwideopen.ca

*"You must go on adventures to find out
where you belong."*

– Sue Fitzmaurice

little quote cards / heartwideopen.ca

*"I have been bent and broken,
but – I hope – into a better shape."*

– Charles Dickens

little quote cards / heartwideopen.ca

*"How you love yourself
is how you teach others to love you."*

– Rupi Kaur

little quote cards / heartwideopen.ca