

A person with a backpack is walking away from the camera on a dirt path that leads towards a steep, dark cliff on the left and the ocean on the right. The sky is filled with soft, colorful clouds from a sunset or sunrise. The path is bordered by a rope and wooden posts. 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 of a place where every human being is treated with respect, a smile, and without prejudice.

Where it doesn't matter whether someone is rich or poor, young or old, ordinary or beautiful, disabled or fit, Black or white.

No life should be considered more valuable than another.

Our worth should not be measured by how much money we make, how high we climb the career ladder, what car we drive, or how well we fit society's beauty standards.

Every life deserves to be cherished—because life is sacred.'

2 THE POWER OF LOVE

'Some ingredients for true love:
Seeing and accepting each other as you are.
Having the endurance not to give up too quickly.
The courage to open your heart — even to the
shadows.
Being willing to grow and explore together.
Creating a shared vision that's greater than
yourselves.
And supporting each other to bring out the very
best in one another.'

3 THE BIG QUESTIONS

'Sometimes I feel like I don't belong in this world –
like it's too loud, too distant, too unfamiliar.
But what if we're here for a reason?
Maybe we came to build a new world – one with
more compassion, more awareness, more love.'

4 FACING THE CHALLENGES OF LIFE

'Sometimes life breaks your heart into pieces.
But in those moments—when everything falls
apart—look deep within.
There you'll find the glue: your strength, your love,
your courage.
And from those pieces, you can create something
even more beautiful than before.'

5 COMMUNITY

'To all the travelers out there – on the path to
freedom:

You carry the light to spark a fire in others.
Perhaps someone has been praying for someone
just like you.

Maybe you are the answer to a silent prayer.
So keep walking – and let your fire burn wherever
you go.'

6 WOMAN AND MAN

'I didn't choose you for your body.
I chose you for your loyalty, your love, your inner
strength, and your respect.
True beauty isn't seen with the eyes –
it's felt with the heart.
And what the heart sees is deeper, purer, and
made to last forever.'

7 HEAL YOURSELF

'When we were young, we wanted to change the world.

Then the world changed us.

Only as we grew older,
we learned to look within –
and that changed everything.'

8 THE MEANING OF LIFE

'We're always seeking validation from the outside
—
perhaps only to fill a quiet emptiness within.
But what if that emptiness longs not for praise,
but for purpose?
Start small.
Bring a little joy to someone.
A kind word. A genuine smile.
There's enough greed, envy, and hate in the world.
Be the spark of kindness.
And watch what it does —
to the world,
and to you.'

9 THE CONSCIOUS PATH

'You've just lost a battle—
even though you gave it your all?
Maybe the path you chose
wasn't the one your soul was meant to follow.
It's okay to grieve for a while.
Then brush off the dust.
Ask yourself: Who am I at my core?
What do I love? What am I truly good at?
Take the first step—in a new direction.
The world is full of open doors,
waiting for you to knock.
Become a little more of yourself every day.
And in a year, you'll look back and say:
I'm so glad I 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.