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People may not like what you do, people may not like how you do it, but these people are not living your life. You are! -- Iyanla Vanzant #Running #People #Mad I am not seeking anything but service to my creator. I do not need a house, I do not need a car, I do not need any of that, but to present with each guest that sits across from me, and I am committed to a bigger thing than me, which is the vision of own, because even is going to outlive all of us. -- Iyanla Vanzant #Car #House #Vision If someone has offended you, insulted you, or disappointed you, let it go! If you are remembering all the ways you have been hurt or forgotten, let it go! Ask yourself, what good does it do for me to hold on to this? -- Iyanla Vanzant #Letting Go #Hurt #Let It Go I pray because I am real clear that what I am doing and how I am doing it is my service, is my ministry, and so I want to be in perfect alignment with my creator. I do not care who you are. If I do not get the okay on the inside, you will not be showing up on the outside. -- Iyanla Vanzant #Real #Perfect #Ministry You cannot make your life move faster than it's moving. No matter how urgent your situation may seem to be, things are going to happen when they happen, not in a minute sooner. Be patient with yourself. Be patient with others. Be patient with life. Patience always pays off. -- Iyanla Vanzant #Moving #May #Pay You can't look outside of yourself. You must look within yourself, and address all of the things that are going on within you, and clear out the things that are not useful. Whether it's fear or anger or shame or guilt or whatever it is -- clear that stuff up. -- Iyanla Vanzant #Guilt #Looks #Addresses Gratitude is like a magnet; the more grateful you are, the more you will receive to be grateful for. -- Iyanla Vanzant #Gratitude #Grateful #Be Grateful Tell the truth about who you are, what you feel, what you want, what you're up to. Tell the truth about that first to yourself and then to anybody else that'll listen. -- Iyanla Vanzant #Want #Firsts #Telling The Truth You can direct the outcome of any situation you face through the power of thought. Keep your thoughts focused on the best possible outcome for everyone involved and never allow yourself to be pushed where you don't choose to be. -- Iyanla Vanzant #Outcomes #Faces #Situation Everything that's happening in our world is a function of what is going on inside of people. We are violent in our minds. We are violent with one another. We walk past one another on the street and don't even look nor make eye contact -- don't speak. We can be outraged about the missiles and the planes. I'm more outraged that somebody will walk past me in the street and not look me in the face and say good morning. -- Iyanla Vanzant #Morning #Eye #Past Your willingness to look at your darkness is what empowers you to change -- Iyanla Vanzant #Inspiring #Empowering #Darkness Thinking is the problem. Thinking is hazardous to your progress in life. Don't think - feel. -- Iyanla Vanzant #Thinking #Progress #Problem Challenges come so we can grow and be prepared for things we are not equipped to handle now. -- Iyanla Vanzant #Challenges #Be Prepared #Grows The event is not what you should be working on. You should be working on your response or reaction to an event. You either react to it - that means you become victimized, and you say this thing is happening to you - or you respond to it and say the solution must come through you - that's where you stay focused, not on the rightness, wrongness, fairness of the event, but on the appropriateness of your response. -- Iyanla Vanzant #Mean #Events #Fairness You have to love to meet people where they are, and sometimes you have to leave them there. -- Iyanla Vanzant #People #Sometimes Anything that threatens, hinders, obstructs, denies, delays your capacity to stand fully up for yourself, within yourself, take it down. -- Iyanla Vanzant #Delay #Deny #Capacity Are you aware that your spirit needs to be fed? Did you know that your spirit would be delighted to partake in a feast of spiritual food? How about a plate full of prayer? Or maybe a few hours of succulent self-reflection. Perhaps a piping-hot selection of spiritual literature, served by the side of a lake or under a tree, would satisfy your spiritual hunger. Can you imagine feeling for a few hours on spiritually uplifting music? What about some forgiveness la mode, topped with compassion? You cannot imagine how much your spirit would enjoy it. -- Iyanla Vanzant #Uplifting #Spiritual #Prayer Many self-employed people provide services that are nonessential. So whether you get your hair done less or your nails done less, as a writer and a speaker I was very clear that corporations weren't being as open and as generous and I wasn't getting the kind of work that I usually got. -- Iyanla Vanzant #Cutting #Hair #Self Criticism does not make you smarter or better than the one you are criticizing. In fact, the stuff you are critical of in others is the same stuff you don't like about yourself. -- Iyanla Vanzant #Criticism #Doe #Stuff Stuff your feelings because feelings buried alive don't die. And that fear or that upset or that anger or that whatever it is, it'll turn into something inside of you. So you want to get it out. -- Iyanla Vanzant #Upset #Feelings #Alive Anger simply means that your personal power - your personal space, your personal sense of being - has been violated -- Iyanla Vanzant #Mean #Space #Be True To Yourself The way you get more is by having a daily spiritual practice. -- Iyanla Vanzant #Inspiring #Spiritual #Practice Forgiveness is a process of giving up the old for something new. Old experiences and memories that we hold on to in anger, resentment, shame, or guilt cloud our spirit mind. The truth is, everything that has happened had to happen. It was a growth experience. There was something you needed to know or learn. If you stay angry, hurt, afraid, ashamed, or guilty, you miss the lesson. You will be stuck in a cloud of pain. -- Iyanla Vanzant #Hurt #Giving Up #Pain Changing your life does not always mean that you stop doing certain things. It may mean that you start doing certain other things. What you really want to do is nurture the attitude that you are open to learning more about yourself, achieving more about yourself. This is what will inspire you to do something new. -- Iyanla Vanzant #Attitude #Mean #Inspire My vision to elevate the consciousness of humanity one mind, one heart, one life, one spirit at a time. They are married. -- Iyanla Vanzant #Hears #Humanity #Mind Staying focused on a project or plan is one of the most difficult challenges we face. There is always the house to clean, calls to make, laundry to fold, deadlines to meet. Actually, there is only one thing that keeps us from our goals - lack of focus. And very often, lack of focus is caused by fear. -- Iyanla Vanzant #Goal #Focus #House As people, we have forgotten to be people. We know how to be doctors, lawyers, nurses, teachers, we know what to do, we know what to buy, but how do I just sit with you in your pain? How do I sit with you in your vulnerability and not betray you, not abuse you? We do not know how to do that, even in our homes. -- Iyanla Vanzant #Teacher #Pain #Home Crying purifies and cleanses. I once read about a scientific experiment which demonstrated that there are 38 toxic chemicals in a tear of sadness, while only one toxin exists in a tear of joy. As you cry in sadness, fear, or confusion, you cleanse the body and spirit of toxins which cloud the mind and prevent it from accepting the truth. -- Iyanla Vanzant #Sadness #Clouds #Confusion The ego does not want to be wrong, ever. -- Iyanla Vanzant #Ego #Doe #Want Nothing destroys self-worth, self-acceptance and self-love faster than denying what you feel. Without feelings, you would not know where you are in life. Nor would you know what areas you need to work on. Honor your feelings. Allow yourself to feel them. -- Iyanla Vanzant #Acceptance #Self Worth #Self Love It takes a lot more courage to let something go than it does to hang on to it, trying to make it better. Letting go doesn't mean ignoring a situation. Letting go means accepting what is, exactly as it is, without fear, resistance, or a struggle for control. -- Iyanla Vanzant #Letting Go #Struggle #Mean No storm can last forever. It will never rain 365 days consecutively. Keep in mind that trouble comes to pass, not to stay. Don't worry! No storm, not even the one in your life, can last forever. -- Iyanla Vanzant #Rain #Worry #Forever Everything happens when it needs to happen, everyone is always where they need to be. You will never miss out on what is learning for you, even if it has to come to you in a roundabout way. -- Iyanla Vanzant #Missing #Needs #Way Have the courage to be exactly who you are without apology. Admit your mistakes without beating yourself up. Release all shame! You can't have if you are hiding behind what you feel. Focus on what is, right now, and that is you! -- Iyanla Vanzant #Mistake #Apology #Focus People have a right to change their minds and it has absolutely nothing to do with you. People change, as people change, their needs change. When people have a need, it is their responsibility to themselves to see their needs are met. And it has absolutely nothing to do with you. -- Iyanla Vanzant #Responsibility #People #Mind Loving yourself has nothing to do with being selfish, self-centered or self-egocentric. It means that you accept yourself for what you are. Loving yourself means that you accept responsibility for your own development, growth and happiness. -- Iyanla Vanzant #Selfish #Mean #Responsibility You set the standards for how you will be treated. People will treat you the exact way you treat yourself. So be good to you. Take time for yourself. Rest. Play. Shower yourself with affection, support, and gifts. -- Iyanla Vanzant #Play #People #Support Be patient when it seems things are not going right and may never be right again. Accept that what is yours will come to you in the right way at just the right moment. -- Iyanla Vanzant #May #Way #Patient Change doesn't have to be hard, and healing doesn't have to hurt. Surely by now you know that every thing happens for a reason! There is something better awaiting you on the other side of this. -- Iyanla Vanzant #Letting Go #Hurt #Healing It's important that we share our experiences with other people. Your story will heal you and your story will heal somebody else. When you tell your story, you free yourself and give other people permission to acknowledge their own story -- Iyanla Vanzant #People #Giving #Important Acceptance means that you know, regardless of what happened, that there is something bigger than you at work. It also means you know that you are okay and that you will continue to be okay. -- Iyanla Vanzant #Mean #Acceptance #Bigger One of the greatest challenges in creating a joyful, peaceful and abundant life is taking responsibility for what you do and how you do it. As long as you can blame someone else, be angry with someone else, point the finger at someone else, you are not taking responsibility for your life. -- Iyanla Vanzant #Responsibility #Creating #Long Affirm: I now willingly release all negative beliefs about myself, my life and all other people. I now forgive myself for thinking I ever did anything wrong. I am now filled with the love and the Power that I am. For this I am so grateful! And so it is! -- Iyanla Vanzant #Grateful #Thinking #People THE KEY TO SUCCESS is not what you do, it is how you feel about what you are doing. Success begins with a positive attitude, it is the most valuable asset we may own. Success begins with a good feeling about where we are and a positive attitude about where we want to be. -- Iyanla Vanzant #Attitude #Keys #Feelings When there is breakdown in a relationship, you must have the hard conversation. It may not be pretty and it may not feel good. But if you are willing to listen and tell the truth, it will open up. -- Iyanla Vanzant #Feel Good #May #Telling The Truth Each day, focus your attention on what you want. Each day, take one step that will bring you closer to it. ALL THINGS ARE POSSIBLE! The key is to identify it, claim it for yourself, and believe that you are worthy to have it. -- Iyanla Vanzant #Believe #Keys #Focus Have you doubted your progress, regretted your choices, put yourself down? Remember that you are doing just fine. Remind yourself right now that no matter what it looks like, you are doing the best you can. And getting better. Encourage yourself, support yourself, and celebrate every little thing about yourself. -- Iyanla Vanzant #Choices #Support #Get Better You must be willing to examine and explore your dark side. You must acknowledge how bad you can be and how horribly unloving you can behave. When you know how deep and dark your dark side is, it helps you stand a little taller in the light. -- Iyanla Vanzant #Dark #Light #Loving You Release and detach from every person, every circumstance, every condition, and every situation that no longer serves a divine purpose in your life. All things have a season, and all seasons must come to an end. Choose a new season, filled with purposeful thoughts and activities. -- Iyanla Vanzant #Purpose #Divine #Release You have a right to your thoughts and feelings. Your feelings are always valid. -- Iyanla Vanzant #Inspiring #Feelings #Thoughts And Feelings Every day is your day if you claim it. If you wait for somebody else to make it for you, you're going to be disappointed. -- Iyanla Vanzant #Waiting #Claims #Disappointed Just for today, allow yourself to embrace all that you are every moment. Know that you are a vessel of light. Allow yourself to release all doubts about your ability, the mistakes of the past, the fear of the future. -- Iyanla Vanzant #Letting Go #Mistake #Past Family is supposed to be our safe haven. Very often, it's the place where we find the deepest heartache. -- Iyanla Vanzant #Safe Haven #Family Love #Heartache To honor life, we must be willing to grow through what we don't know yet, and outgrow what we know no longer fits us. We must be willing to give in to the process, moment by moment, realizing a new plot may be unfolding. -- Iyanla Vanzant #Giving #Honor #Plot Comparison is an act of violence against the self. -- Iyanla Vanzant #Positive Thinking #Self #Violence Do not be afraid to experience your emotions; they are the path to your soul. Emotions erupt to remind us we are alive, that we are human. And to let us know we are growing. Trust yourself enough to feel what you feel. -- Iyanla Vanzant #Soul #Alive #Growing What do you do when it seems as if people want to stay in their pain. They have a story to tell and they tell you every chance they get. Well, believe it or not, they may like where they are. Our job is to leave them there. You can point the way out of pain, but you cannot force them to get out. You can support the move beyond their limitations, but you cannot make the move for them. -- Iyanla Vanzant #Jobs #Pain #Get Well The goal of life is not to win. It is to play the game with love. The rules of the game are: we have a strong desire to win, believe that you are worthy of winning, have faith that you will win, and, as long as you are alive, never believe that the game is over. -- Iyanla Vanzant #Strong #Believe #Winning When you are open to receive what God is able to do for you, you stop doing. You learn how to "Be still and know." You know that your good is on the way, according to God's nature and willingness to give. You also put your faith in the fact that God is always on time. -- Iyanla Vanzant #Faith #Giving #Doing You You are the love you seek. You are the companionship you desire. You are your own completion, your own wholeness. You are your best friend, your confidant. You are, as poetess Audre Lorde wrote, "the one that you are looking for." You are the only one who can do what you are looking for someone else to do. -- Iyanla Vanzant #Love You #Desire #Companionship Rather than beating yourself up for what you are not doing, appreciate and celebrate the things you are doing. When you shift your focus away from what you do not want, you can create a vision for what you do. Don't fight with yourself - focus on what you do can, do, choose to do, are ready to do. -- Iyanla Vanzant #Fighting #Appreciate #Focus When you need to be loved, you take love wherever you can find it. When you are desperate to be loved, feel love, know love, you seek out what you think love should look like. When you find love, or what you think love is, you will lie, kill, and steal to keep it. But learning about real love comes from within. It cannot be given. It cannot be taken away. It grows from your ability to re-create within yourself, the essence of loving experiences you have had in your life. -- Iyanla Vanzant #Lying #Real #Love You One of the ways that people avoid taking responsibility for their role in their own pain is what I call the BPs - blame and projection. -- Iyanla Vanzant #Pain #Responsibility #People When you can tell the story and it doesn't bring up any pain, you know it is healed. -- Iyanla Vanzant #Pain #Fear #Stories When we have peace in our hearts and minds, we draw peace into our lives. -- Iyanla Vanzant #Heart #Mind #Heart And Mind We're all in prison. All of us are in prison, but some of us have a key. -- Iyanla Vanzant #Keys #Prison We all want to be liked, loved, or needed. That is fine. What is not fine is what we are willing to do to make sure we are liked, loved or needed. When we make the needs and wants of others a priority in our lives, we devalue ourselves. -- Iyanla Vanzant #Priorities #Needs #Want Set an intention to heal any unexpressed anger that may be present in your life. Go to a quiet place with pen and paper. Take a few deep breaths. Ask your anger to speak to you. Write down the thoughts and feelings. When you are finished, forgive yourself for holding on to the anger for so long. -- Iyanla Vanzant #Writing #Long #Feelings Until you heal the wounds of your past, you will continue to bleed. -- Iyanla Vanzant #Past #Heal #Wounds You can't do anything as long as you are afraid of what might happen. Fear clouds opportunities, erases possibilities, and limits the ability to move beyond the place in which the mind is stuck. No matter how difficult we think the problem is, we must muster up the courage to face it. -- Iyanla Vanzant #Moving #Opportunity #Thinking Many of us have a need to be right. We then set out to make ourselves right by making someone else wrong. We must get right with ourselves. Once we do, we will have so much to do, we will not have time to keep track of who is wrong. -- Iyanla Vanzant #Track #Needs Spirituality is not about what you know. It is about growing, deepening, evolving and becoming a living reflection of your spiritual identity. -- Iyanla Vanzant #Spiritual #Reflection #Identity We set the standard of how we want to be treated. Our relationships are reflections of the relationships we have with ourselves. -- Iyanla Vanzant #Positive Thinking #Reflection #Want Lives fall apart when they need to be rebuilt. -- Iyanla Vanzant #Fall #Needs #Falling Apart Until you are willing to accept total and complete responsibility for every aspect of your life, your life will keep sending you experiences designed to get your attention. -- Iyanla Vanzant #Responsibility #Attention #Accepting No matter what is going on in your life today, remember, it is only preparation. People come and go; situations rise and fall; it's all preparation for better things. You must stretch, reach, grow into your goodness. Without the preparation we receive through adversity, disappointment, confusion, or pain, we could not appreciate the goodness when it arrives. -- Iyanla Vanzant #Pain #Disappointment #Fall Your greatest adversary is also your greatest teacher. Like it or not, it is the job of certain people to bring out the worst in you. They are here to reveal the sore, tender wounded places in your heart and mind, and they are providing you with a wonderful and divine opportunity for healing. -- Iyanla Vanzant #Teacher #Jobs #Healing Be willing to share all of who you are. So many of us want a partner, but we're not willing to show all of us. That's why we have a weaver, we're wearing Spanx and everything is "fine." If you're not willing to let your partner see your cellulite or know your biggest fears, then you aren't really ready to share yourself. -- Iyanla Vanzant #Want #Share #Partners You must earn what you have. Life does not give you anything. You must give in order to get. You must stand up to the very thing that challenges you, look it in the face, get clear about your intention, order your thoughts and your life, and proceed without fear or hesitation. Life is not unfair. Along the way, you will always find bits of information and support to guide you to purpose. -- Iyanla Vanzant #Order #Giving #Support From where you sit, it may seem that certain people should know better. People are who they are and do what they do whether or not you like it or agree with them. We each have different lessons to learn. We each take a different path to our lessons. -- Iyanla Vanzant #People #Different #Lessons There comes a point in time when you must know that everything you have already given or done is enough. This is not something anyone else can tell you. You must know. Giving without receiving doesn't prove anything except that you know how to be taken advantage of. -- Iyanla Vanzant #Taken #Giving #Receiving Joy is what we are, not what we must get. Joy is the realization that all we want or need in life has been etched into our souls. Joy helps us see not what we are "going through," but what we are "growing to" - a greater sense of understanding, accomplishment, and enlightenment. Joy reveals to us the calm at the end of the storm, the peace that surpasses the momentary happiness of pleasure. If we keep our minds centered on joy, joy becomes a state of mind. -- Iyanla Vanzant #Accomplishment #Joy #Understanding Everything that happens to you is a reflection of what you believe about yourself. We cannot outperform our level of self-esteem. We cannot draw to ourselves more than we think we are worth. -- Iyanla Vanzant #Self Esteem #Believe #Thinking Parents are teachers, guides, leaders, protectors and providers for their children. -- Iyanla Vanzant #Teacher #Children #Parenting In silence, we have an opportunity to reflect, listen, and gain new insights about ourselves. In silence, we can think, feel, and most important of all, breathe. When you seek guidance, understanding, clarity, or peace of mind, the first step is to master the art of silence and to rethink the "blue of solitude. -- Iyanla Vanzant #Art #Opportunity #Thinking The rules of the game of life are quite simple. Always tell the truth. Never live in fear of anything or anyone. -- Iyanla Vanzant #Always Tell The Truth #Never Live In Fear #Be Conscious of what you are thinking so you can always think positively. Do everything that you do for the love of doing it. If you devote yourself, your time and your energy to following these rules, you have no doubt - you cannot lose! -- Iyanla Vanzant #Simple #Thinking #Games, and important to acknowledge all your feelings and not beat yourself up for having them. Your feelings are not good or bad, they just are. -- Iyanla Vanzant #Feelings #Important #Beats So many of us invest a fortune making ourselves look good to the world, yet inside we are falling apart. It's time to invest on the inside. -- Iyanla Vanzant #Fall #Looks #World In the process of planning and having a wedding, I forgot there would actually be a marriage, a union of minds, bodies, souls, and issues that would come together as soon as the ceremony was over. -- Iyanla Vanzant #Issues #Soul #Mind The way to achieve your own success is to be willing to let somebody else get it first. -- Iyanla Vanzant #Way #Firsts #Helping Education does not take place when you learn something you did not know before. Education is your ability to use what you have learned to be better today than you were yesterday. -- Iyanla Vanzant #Yesterday #Doe #Use Comparing yourself to others is an act of violence against your authentic self. -- Iyanla Vanzant #Self #Violence #Compare Listen for the instruction, instead of begging for the direction. -- Iyanla Vanzant #Instruction #Begging The only way to get what you really want is to let go of what you don't want. -- Iyanla Vanzant #Letting Go #Want #Way You have set standards for how you want to be treated and what you expect from yourself and for yourself. -- Iyanla Vanzant #Want #Standards #Treated Remain open. There is something bigger than you know going on here. -- Iyanla Vanzant #Bigger You have a right to say no. Most of us have very weak and flaccid 'no' muscles. We feel guilty for saying no. We get ostracized and challenged for saying no, so we forget it's our choice. Your 'no' muscle has to be built up to get to a place where you can say, "I don't care if that's what you want. I don't care if that's what you want. No." -- Iyanla Vanzant #Choices #Want #Saying No It is not your duty or responsibility to change the minds of other people. The nature of their thinking is advanced or limited by their experience. In your presence, they have an opportunity to learn about you and, perhaps, to grow. -- Iyanla Vanzant #Responsibility #Opportunity #Thinking You can accept or reject the way you are treated by other people, but until you heal the wounds of your past, you will continue to bleed. You can bandage the bleeding with food, with alcohol, with drugs, with work, with cigarettes, with sex, but eventually, it will all ooze through and stain your life. You must find the strength to open the wounds, stick your hands inside, pull out the core of the pain that is holding you in your past, the memories, and make peace with them. -- Iyanla Vanzant #Yesterd, I Cried Rev. Dr. Iyanla (pronounced E-Yan-La) Vanzant's story reads like an epic adventure filled with near misses, struggle, strength, courage and triumph! From her life's experiences she has uncovered her life's purpose, discovered the power that lies within and recovered her authentic self Iyanla Vanzant has emerged as a living testament to the value in life's valleys and the power of acting on faith. The best part is, she teaches what she has learned.Born in Brooklyn, New York in the back of a taxi cab to an alcoholic mother, Iyanla was a child of an extra marital affair. When Iyanla was two-years-old her mother succumbed to breast cancer. This left Iyanla and her older brother to be raised by father, who left his children in the care of a series of relatives, including an uncle who raped her at the tender age of nine. Although Iyanla knew her father, he was often not present physically and emotionally unavailable. By age 16, she was a teenage mother. By age 21 she had three children and a physically abusive husband. 9 years, two suicide attempts and many beatings later, Iyanla and her three children made their early morning escape into an unknown future; a future where she would raise her three children alone. Being a single mother, she sustained her family for several years on public assistance. Iyanla was inspired by a sign on the bus to change her life by attending Medgar Evers College in Brooklyn, New York. Three years later she graduated Summa Cum Laude and entered the City University of New York Law School at Queens College. Her brilliant oratory skills caught the attention of the Philadelphia Public Defender's office who offered her a job without a formal interview. Three years into the practice, Iyanla knew she had made the wrong choice for her life and left her position. Like everyone else, Iyanla readily admits that she too has had long periods of confusion. Unlike many, however, she uses her difficult times to usher her into a new state of being. After leaving her prominent position as an attorney, Iyanla eventually found herself unemployed, sleeping on a sofa in a friend's basement with her pregnant 16 year-old daughter. A friend invited her to teach a class for women who were being trained to transition from welfare to work. Understanding their predicament very well, Iyanla took her new job seriously. She produced a workbook for the class. In 1988, that workbook became her first published work, Tapping The Power Within: A Path To Self Empowerment For Black Women. The 20th. Anniversary edition of this book was published in 2008. (Smiley Books/Hay House). Her second work, Acts of Faith: Daily Meditations For People of Color, crossed the racial divide to become a favorite companion for Tipper Gore, wife of then Vice President Al Gore. 13 publications and 5 New York Times Best Sellers were not a part of Iyanla's plans. Then again, the best laid plan tend to go awry.Iyanla has received numerous awards and accolades for the power and impact of her work. She received She is hailed as one of Halle Berry's five "Sheros" (Glamour Magazine 2006); one of the country's most influential African Americans (Ebony Magazine 2004); among the country's most 100 Influential Women (Women's Day Magazine 2003); one of the "most dynamic speakers in the United States" (Emerge Magazine 2000). She is a woman of passion, clear vision and purpose.Dr. Vanzant travels globally delivering her teachings and message of hope to thousands. A much sought after guest for prime time radio shows, her voice is a staple on The Tom Joyner Morning Show (Radio One); the Travis Smiley Show (NPR); The Michael Baisden Show (ABC); and Tell Me More with Michel Martin (NPR). She has appeared as a host Life Coach on the NBC Daytime Drama, Starting Over (2004-2006). Iyanla, her own daytime talk show (2001-2002) produced by Barbara Walters and Billy Getty. She was also a recurring guest on Oprah (1998-1999) as part of the Change Your Life Faculty.As Founder and Director of Inner Visions Institute of Spiritual Development, Iyanla shares her knowledge of Universal Principle and Law, Eastern and Western spiritual/religious traditions/teachings, and the truth of Unconditional Love to motivate others to create a better life, a better community and a better world! She spends most of her time now training Life Coaches and Ministers and conducting a series of community forums through Inner Visions. You have no recently viewed pages A Thought & Expression Co. Experiment. Terms of Use Meta Privacy Statement 2025 The Thought & Expression Company, LLC. All rights reserved. If you believe that any Site Content infringes upon your copyright, please notify us by email support@quotecatalog.com. Your notice should include (a) a description of the copyrighted work that you claim has been infringed; (b) the URL where the allegedly infringing Site Content is located; (c) your full name, postal address, telephone number, and email address; (d) a statement that you have a good faith belief that the use of the allegedly infringing material on our Sites is not authorized; (e) your physical or electronic signature; and (f) a statement that you are the copyright owner or an authorized agent of the copyright owner. You can accept or reject the way you are treated by other people, but until you heal the wounds of your past, you will continue to bleed. You can bandage the bleeding with food, with alcohol, with drugs, with work, with cigarettes, with sex, but eventually, it will all ooze through and stain your life. You must find the strength to open the wounds, stick your hands inside, pull out the core of the pain that is holding you in your past, the memories, and make peace with them. No matter what is going on in your life today, remember, it is only preparation. People come and go; situations rise and fall; it's all preparation for better things. You must stretch, reach, grow into your goodness. Without the preparation we receive through adversity, disappointment, confusion, or pain, we could not appreciate the goodness when it arrives. Forgiveness is a process of giving up the old for something new. Old experiences and memories that we hold on to in anger, resentment, shame, or guilt cloud our spirit mind. The truth is, everything that has happened had to happen. It was a growth experience. There was something you needed to know or learn. If you stay angry, hurt, afraid, ashamed, or guilty, you miss the lesson. You will be stuck in a cloud of pain. Page 2 In silence, we have an opportunity to reflect, listen, and gain new insights about ourselves. In silence, we can think, feel, and most important of all, breathe. When you seek guidance, understanding, clarity, or peace of mind, the first step is to master the art of silence and to rethink the value of solitude. Page 3 People you do not love can't hurt you. You can accept or reject the way you are treated by other people, but until you heal the wounds of your past, you will continue to bleed. You can bandage the bleeding with food, with alcohol, with drugs, with work, with cigarettes, with sex, but eventually, it will all ooze through and stain your life. You must find the strength to open the wounds, stick your hands inside, pull out the core of the pain that is holding you in your past, the memories, and make peace with them. Page 4 Anything that threatens, hinders, obstructs, denies, delays your capacity to stand fully up for yourself, within yourself, take it down. "Iyanla Vanzant: Clarity, Forgiveness Key To Tackling Big Transitions." "Tell Me More" with Michel Martin, www.npr.org, July 28, 2014. Page 5 Page 6 Page 7 Page 8 Their issues are not your issues. When you need to be loved, you take love wherever you can find it. When you are desperate to be loved, feel love, know love, you seek out what you think love should look like. When you find love, or what you think love is, you will lie, kill, and steal to keep it. But learning about real love comes from within. It cannot be given. It cannot be taken away. It grows from your ability to re-create within yourself, the essence of loving experiences you have had in your life. The process of life is ever unfolding, guiding you, pushing you, preparing you for the next part of the process. Difficult challenges, bad days, upset feelings, moments of confusion are part of life's process. Perhaps these things are there to keep us alert, to make us stronger, or to test our resolve to keep moving forward. Page 9 Step into this moment, because it is the only one you have right now. It is not wasted or thrown away. The divine opportunity could be stolen unless you tell yourself it is here right now; available to you this moment, to make of it anything you choose. Why not choose this moment, right now, to be available to yourself by declaring, I AM GOOD! . . . The richness of the present is here. The fullness of now is present. If you are not here now, it means you could be missing the love, joy, peace and brand-new ideas that are here right now. As people, we have forgotten to be people. We know how to be doctors, lawyers, nurses, teachers, we know what to do, we know what to buy, but how do I just sit with you in your pain? How do I sit with you in your vulnerability and not betray you, not abuse you? We do not know how to do that, even in our homes. Page 10 Page 11 Faith without challenge is nothing. Page 12 Page 13 Page 14 The ego does not want to be wrong, ever. Every day is your day if you claim it. Choice is our point of power. Page 15 When you are not happy where you are, and you are not quite sure if you want to leave or how to leave, you are in the meantime. Its a state of limbo. You are hanging on, ready to let go, afraid to fall, not wanting to hurt yourself, afraid you will hurt someone else. In the meantime, you pray the other person will let go first so that you will not feel guilty. Iyanla Vanzant (2012). In The Meantime: Finding Yourself And The Love You Want, p.23. Simon and Schuster Page 16 You've got to know what your 'thing' is, and you've got to call it a 'thing,' whether it's meanness, nastiness, un-forgiveness, arrogance, ego, resistance, rebelliousness or defiance. Everybody's got a 'thing,' and once you call your 'thing' a 'thing,' we can give it a place to be or dismiss it. I'm really not that fierce. Page 17 Page 18 Share copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution You must give appropriate credit - provide a link to the license, and indicate if changes were made. You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation. No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. I hope that the following powerful collection of Iyanla Vanzant Quotes will both inspire and empower you.Iyanla Vanzant is an inspirational speaker, lawyer, author, life coach, and television personality.Iyanla went from being a mother of three on welfare to achieving a law degree, wrote 15 books (six New York Times best-sellers), became a regular guest on Oprah, win an Emmy award and host her own talk show.Iyanla Vanzant is an inspiration to millions of people from all over the world. Newsweek magazine featured her as one of the Women of the New Century and Vibe magazine named her as one of 100 Leaders of the New Millennium. Iyanla Vanzant Motivational Quotes1. So many of us invest a fortune making ourselves look good to the world, yet inside we are falling apart. Its time to invest on the inside. Iyanla Vanzant 2. Your willingness to look at your darkness is what empowers you to change. Iyanla Vanzant 3. Right where you are is where you need to be. Don't fight it! Iyanla Vanzant 4. The strength you need, the answer you want, the solution you seek is around you. Turn to the infinite power within yourself. Iyanla Vanzant 5. There is absolutely no reason to ever settle for less than the best. Iyanla Vanzant 6. Rather than beating yourself up for what you are not doing, appreciate and celebrate the things you are doing. Iyanla Vanzant 7. Have the courage to be exactly who you are without apology. Iyanla Vanzant 8. Instead of running from what you dont want walk with commitment toward what you desire. Focus on where you are going rather than being obsessed with where you have been. The difference between the two is energy. Iyanla Vanzant 9. I now know that nothing in my life will change until I change the way I see my life and myself. Iyanla Vanzant Iyanla Vanzant Quotes10. We must inspire ourselves by believing we have the power to accomplish everything we set out to do. Iyanla Vanzant 11. Trust that something good in you, will bring something good through you! Iyanla Vanzant 12. Loving yourself has nothing to do with being selfish. It means that you accept yourself for what you are. Iyanla Vanzant 13. What you tell yourself about yourself, about your life, about your limitations, you will believe. Iyanla Vanzant 14. The only way to let go what you really want is to let go of what you dont want. Iyanla Vanzant 15. If you dont allow yourself to dream, to dare, to move up, out, forward; how will you ever know what you are really capable of? Iyanla Vanzant 16. Move toward your wildest dreams, take the labels off your mind and step boldly into your greatness. Iyanla Vanzant 17. No matter whats going on in your life today, remember, its only preparation. Its preparation for better things. Iyanla Vanzant 18. You must create what you want inside of your heart and mind before you can hope to see it in your world. Iyanla Vanzant 19. You have set standards for how you want to be treated and what you expect from yourself and for yourself. Iyanla Vanzant Iyanla Vanzant Inspirational Quotes20. If we celebrate, support, and nurture ourselves, we will not need anyone else to do it for us. Iyanla Vanzant 21. When you start a new trail equipped with courage, strength, and conviction, the only thing that can stop you is you. Iyanla Vanzant 22. Gratitude is like a magnet; the more grateful you are, the more you will receive to be grateful for. Iyanla Vanzant 23. There comes a moment when you must decide that you are going to believe in yourself. If you believe you have the power, the power is yours. Iyanla Vanzant 24. Wherever you are, use your time, energy and talents to do the best you can right now. Iyanla Vanzant 25. Let go and open your heart to the possibility that there is something great waiting for you. Iyanla Vanzant These Iyanla Vanzant Quotes are a profound source of insight, healing, and empowerment. Iyanlas wisdom and compassion shine through every quote, offering guidance for anyone seeking inner peace, personal growth, and spiritual transformation.The above collection of Iyanla Vanzant quotes serve as a powerful reminder that in the middle of lifes challenges and trials, we possess the power to heal, grow, and create a life of purpose and authenticity.I hope that these Iyanla Vanzant quotes will inspire and uplift you, guiding you on your journey towards a more fulfilling and enlightened life.

Iyanla vanzant you matter. Iyanla vanzant best advice. Iyanla vanzant quotes. Iyanla vanzant quotes about self love.