

25 DAILY QUOTES FOR A MINDFUL IVF CYCLE

**Knowledge is Powerful on the Path to Conception
More Knowledge. More Empowered. More Successful.**

Day 1: Let us not look back in anger, nor forward in fear, but around us in awareness. (James Thurber)

Day 2: He did each single thing as if he did nothing else. (Charles Dickens)

Day 3: We look backwards too much and we look forward too much; thus we miss the only eternity of which we can be absolutely sure – the eternal present, for it is always now. (William Phelps)

Day 4: Nothing is worth more than this day. (Johann Von Goethe)

Day 5: The mind is never right but when it is at peace within itself. (Seneca Younger)

Day 6: Do not dwell in the past, do not dream in the future, concentrate the mind on the present moment." (Buddha)

Day 7: No "What ifs," no "if only's," just LIVE....today. (Jane Drury)

Day 8: A wise person does not value a large jade but cherishes a moment of time for time is difficult to keep and very easy to lose. (Chinese saying)

Day 9: The one who has conquered himself is a far greater hero than he who has defeated a thousand men. (The Dhammapada)

Day 10: Don't seek, don't search, don't ask, don't knock, don't demand – relax. (Osho)

Day 11: An inch of time is an inch of gold, treasure it. Appreciate its fleeting nature; Misplaced gold is easily found, misspent time is lost forever. (Loy Ching-Yuen)



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Day 12: Look at everything as though you were seeing it either for the first or the last time. Then your time will be filled with glory. (Betty Smith)

Day 13: For a little while put down your ambitions, unburden yourself of your dreams. Be in the moment. Enjoy it for what it is. The future can wait – this is the time for now! (Stuart & Linda Macfarlane)

Day 14: The quieter you become the more you can hear. (Baba Ram Dass)

Day 15: Fear not for the future; weep not for the past. (Percy Shelly)

Day 16: The future is always beginning now. (Mark Strand)

Day 17: Happiness may only last a fraction of an hour. But it stays inside the heart beyond all time. (E.Wright)

Day 18: Silence desire, ambition and anxiety. Be still. (Pam Brown)

Day 19: In this moment there is plenty of time. In this moment you are precisely as you should be. In this moment there is infinite possibility. (Victoria Moran)

Day 20: Let go. Empty yourself. Become quiet, clear and calm. (Ying-An)

Day 21: We're so busy watching out for what's just ahead of us that we don't take time to enjoy where we are. (Bill Watterson)

Day 22: Flow with whatever may happen and let your mind be free. Stay centered by acceptance. This is the ultimate. (Lao Tzu)

Day 23: We are always getting ready to live, but never living. (Ralph Emerson)

Day 24: Each moment is magical, precious and complete and will never exist again. We forget that now is the moment we are in, that the next one isn't guaranteed. (Susan Taylor)

Day 25: None of us can ever go back in time and start anything again. What we can do, if we want to, is start again from now and make a brand new ending.

