

Quotes from Elisabeth Kübler-Ross

“The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen.”

“Should you shield the canyons from the windstorms you would never see the true beauty of their carvings.”

“People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within.”

“The reality is that you will grieve forever. You will not ‘get over’ the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again but you will never be the same. Nor should you be the same nor would you want to.”

“There is within each one of us a potential for goodness beyond our imagining; for giving which seeks no reward; for listening without judgment; for loving unconditionally.”

“We think sometimes we're only drawn to the good, but we're actually drawn to the authentic. We like people who are real more than those who hide their true selves under layers of artificial niceties.”

“I've told my children that when I die, to release balloons in the sky to celebrate that I graduated. For me, death is a graduation.”

“Today, in our “shut up, get over it, and move on” mentality, our society misses so much, it's no wonder we are a generation that longs to tell our stories.”

“The more you learn, the harder the lessons get.”

“When someone is telling you their story over and over, they are trying to figure something out.”

“We often tend to ignore how much of a child is still in all of us.”

“I think it is cruel to expect the constant presence of any one family member (to tend to the ill). Just as we have to breathe in and breathe out, people have to “recharge their batteries” outside the sickroom at times, live a normal life from time to time; we cannot function efficiently in the constant awareness of illness.”

“And death has a cruel way of giving regrets more attention than they deserve.”