

Imagining a Sacred World Quotes

Talk #1

“The entire path is a change of perception”

Mingyur Rinpoche

“If you want to build a ship, don't drum up people to collect wood and don't assign them tasks and work, but rather teach them to long for the endless immensity of the sea.”

Antoine de Saint-Exupery

Talk #2

Mind is the source of the Dharma.
If you tame your mind, you are a practitioner.
If you are a real practitioner, your mind is tamed.
When your mind is tamed, this is liberation.

Dudjom Rinpoche

“What can we gain by sailing to the moon if we are not able to cross the abyss that separates us from ourselves? This is the most important of all voyages of discovery, and without it, all the rest are not only useless, but disastrous.”

Thomas Merton

“We shall not cease from exploration, and the end of all our exploring will be to arrive where we started and know the place for the first time.”

T.S. Eliot

“The value of a personal relationship to things is that it creates intimacy and intimacy creates understanding and understanding creates love.”

Anais Nin

“Fundamental richness is available in each moment. The key is to relax: relax to a cloud in the sky, relax to a tiny bird with gray wings, relax to the sound of the telephone ringing. We can see the simplicity in things as they are. We can smell things, taste things, feel emotions, and have memories. When we are able to be there without saying, “I certainly agree with this,” or “I definitely don't agree with that,” but just be here very directly, then we find fundamental richness everywhere. It is not ours or theirs but is available always to everyone. In raindrops, in blood drops, in heartache and delight, this wealth is the nature of everything. It is like the sun in that it shines on everyone without discrimination.”

Pema Chödrön

“There is a place in you where you have never been wounded, where there's still a sureness in you, where there's a seamlessness in you, and where there is a confidence and tranquility in you. And I think the intention of prayer and spirituality and love is now and again to visit that inner kind of sanctuary. ”

John O'Donohue

Talk #3

“There is a resting place, a starting place that you can always return to. You can always bring your mind back home and rest right here, right now, in present, unbiased awareness.”

Pema Chödrön

“The more that we’re at ease, the more we’re willing to open up a bit. When our attitude is not oriented exclusively around ‘me’ we experience a greater readiness to share. There is a sense of wanting all our friends to be at ease that gradually expands to encompass the whole population around us, the whole region.”

Tsoknyi Rinpoche

“Compassion becomes a bridge to the world outside. Trust and compassion for oneself bring inspiration to dance with life, to communicate with the energies of the world. Compassion automatically invites you to relate with people, because you no longer regard people as a drain on your energy.”

Chögyam Trungpa Rinpoche

“The only source of every kind of benefit for others is awareness of our own condition. When we know how to help ourselves, and how to work with our own situation...our feelings of compassion arise spontaneously, without the need to hold ourselves to the rules of behavior of any religious doctrine.”

Nyoshul Khenpo

“Even though beings wish to avoid suffering, they run straight towards suffering alone. Even though they desire happiness, they destroy happiness as if it were their enemy.

Shantideva – from the *Bodhisattva’s Way Of Life* by

All beings tremble before violence.
All fear death.
All love life.

See yourself in others.
Then whom can you hurt?
What harm can you do?

The Buddha

“At this moment my birth has become fruitful; I have realized my human life.
Today I am born into the family of the Buddha; now I am a child of the Buddhas.”

Shantideva – from the *Bodhisattva’s Way Of Life* by

“Space accommodates all perfections and imperfections. Likewise, the basis of loving kindness, compassion, equanimity, and joy arises when you can rest within an attitude that accommodates others as they are. Your cultivation of kindness is without demands and expectations; it is especially without strategies or plans for applying that loving kindness and compassion.”

What is that attitude, other than loving kindness? What is it, other than compassion? There is no need to go out and be compassionate; you are compassion. There is no need to remember to apply loving kindness; loving kindness is who you are. You are naturally a loving person because your attitude is much more accepting and accommodating of others.”

Khandro Rinpoche

“Beings by nature have always been Buddhas,
Yet not realizing this, they wander endlessly in samsara.
May unbearable compassion arise within us
For sentient beings whose suffering knows no bounds.”

Aspiration Prayer for Mahamudra, Third Karmapa Rangjung Dorje

“Just as a mother would protect with her life her own child, her only child,
So one should cultivate a boundless mind toward all beings
and friendliness toward the entire world.”

Buddha Shakyamuni

Talk #4

“In the practice of meditation, having developed a sense of trust in oneself, slowly that expands its expression outward, and the world becomes a friendly world rather than a hostile world. You could say that you have changed the world: you have become the king or queen of the universe. On the other hand, you can’t exactly say that, because the world has come toward you, to return your friendship.”

Trungpa Rinpoche

“The more deeply we examine our minds, the less possible it becomes to find a clear distinction between where our own mind ends and other’s begin. As this begins to happen, the sense of difference between “self” and “other” gives way to a gentler and more fluid sense of identification with other beings and with the world around us.”

Mingyur Rinpoche

“A rainbow is formed by the play of a shaft of sunlight falling on a cloud of raindrops. It appears, but it’s intangible. As soon as one of the factors contributing to it is missing, the phenomenon disappears. So, the ‘rainbow’ has no apparent nature of its own, and you can’t speak of the dissolution, or annihilation of something that didn’t exist in the first place. That ‘something’ only owed its illusory appearance to a transitory coming together of elements which aren’t intrinsically existing entities themselves, either... Therefore all phenomena are the result of a combination of transitory factors.

This is the way enlightened beings relate to everything. Their world is made of rainbows. Everything briefly appears, then gradually or suddenly disappears. Imagine how your relationship to the world would change if you realized it is all made of rainbows. You are sitting on a rainbow. You are holding a rainbow in your hands. You go to sleep on a rainbow bed, and cover yourself with a rainbow blanket. You eat and drink rainbows. You put rainbow clothes on a rainbow body, and you make love to a rainbow mate. When your rainbow house disappears it is no big deal, that's just what rainbows do."

Matthieu Ricard

"Out, out, brief candle! Life's but a walking shadow, a poor player that struts and frets his hour upon the stage and then is heard no more: it is a tale told by an idiot, full of sound and fury, signifying nothing."

Macbeth (Act V, Scene V)

Ho! Mesmerized by the sheer variety of perceptions, which are like the illusory reflections of the moon in water,
Beings wander endlessly astray in samsara's vicious cycle.
In order that they may find comfort and ease in the luminosity and all-pervading space of the true nature of their minds,
I generate the immeasurable love, compassion, joy and equanimity of the awakened mind, the heart of Bodhicitta.

Jikmé Lingpa 18th

"We are a gathering of the kindnesses of others."

Khandro Rinpoche

"And now as long as space endures,
As long as there are beings to be found,
May I continue likewise to remain
To drive away the sorrows of the world."

Shantideva – from the *Bodhisattva's Way Of Life* by

"The problem in the world is we have just forgotten that we belong to each another."

Mother Theresa

Talk #5

A human being is part of a whole, called by us, the "Universe", a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest - a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and the affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.

Albert Einstein

“In a real sense all life is inter-related. All men are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly. I can never be what I ought to be until you are what you ought to be, and you can never be what you ought to be until I am what I ought to be... This is the inter-related structure of reality.”

Martin Luther King

Look. This is your world! You can't not look. There is no other world. This is your world; it is your feast. You inherited this; you inherited these eyeballs; you inherited this world of color. Look at the greatness of the whole thing. Look! Don't hesitate – look! Open your eyes. Don't blink, and look, look – look further.

Chögyam Trungpa Rinpoche - Shambhala: The Sacred Path of the Warrior

“When our mind is open and fresh, we see beauty everywhere, including within ourselves. There's a sense of savoring the uniqueness of each moment. Things have never been just the way they are now. Nor will they ever be just this way again. We're in tune with the transience of the world, with its poignancy and its profound richness.”

Pema Chödrön

“Hope looks at all things the way a mother looks at her child, with a passion for the possible. That way of looking is creative. It creates the space in which perfection can unfold. More than that, the eyes of hope look through all imperfections to the heart of all things and find it perfect. The eyes of hope are grateful eyes. Before our eyes learned to look gratefully at the world, we expected to find beauty in good looking things. But grateful eyes expect the surprise of finding beauty in all things.”

Br. David Steindl-Rast

“The saints are what they are, not because their sanctity makes them admirable to others, but because the gift of sainthood makes it possible for them to admire everybody else.”

Thomas Merton

“As I was just beginning to discover, when you love the world, the world loves you back.”

Mingyur Rinpoche

“Arriving at a golden island, one cannot find ordinary earth or stones even if one searches for them.” In general, good and bad are your own perception, so you cannot possibly see faults in others when your own are purified.”

Tulku Urgyen Rinpoche

“Please keep this teaching at the very core of your heart; not to the edge or to the side of your heart, but at the very center. Please think “that old Tibetan man said that compassion is essential. I'll keep that right in the center of my heart” I've wanted to say this for a long time, but I feel

that now people are more willing to listen. It's because it's extremely important that I felt it should be said repeatedly.

I am telling you the truth here. I am being honest with you. I am not lying. If you practice the way I have described here, then each month and year will yield progress. Then in the end, no one will be able to be able to pull you back or prevent you from attaining enlightenment”

Tulku Ugyen Rinpoche