

The realization of impermanence is paradoxically the only thing we can hold on to, perhaps our only lasting possession. It is like the sky, or the earth. No matter how much everything around us may change or collapse, they endure.

Sogyal Rinpoche

There are signs of accomplishment, such as having good health and long life or becoming famous and influential, but these belong to the superficial type of accomplishment. The true, unmistakable signs of accomplishment as established by the masters of the lineage, are to possess compassion, devotion and an acute sense of impermanence.

Tulku Urgyen Rinpoche

In the midst of clouds of impermanence and illusion
dances the lightening of life.
Can you say you won't die tomorrow?
Practice the dharma.

Dilgo Khyentse Rinpoche

By understanding death and impermanence, the suffering of samsara and the karmic process, you spontaneously discover a commitment to pure Dharma practice.

Kalu Rinpoche

We should develop confidence that the nature of samsara is impermanent, and start practicing – right now. We might plan to live for fifty years and spend twenty-five years working and twenty-five years practicing dharma, but it is not even sure whether we will live for twenty-five years. Death is always waiting for you.

Dilgo Khyentse Rinpoche

As human beings we share a tendency to scramble for certainty whenever we realize that everything around us is in flux. In difficult times the stress of trying to find solid ground — something predictable to stand on — seems to intensify. But in truth, the very nature of our existence is forever in flux. Everything keeps changing, whether we're aware of it or not.

Pema Chödrön

If one knows that everything is impermanent, one does not grasp, and if one does not grasp, one will not think in terms of having or lacking, and therefore one lives fully.

Dzongsar Khyentse Rinpoche

Why would you invest all that energy on those plans for the future if you were not somehow blindly convinced that you are still sure to be here in this world for a long time to come? The great practitioners of the past described themselves as “yogis with the thought of impermanence implanted firmly in their hearts.” They saw clearly the futility of ordinary pursuits. Their minds were entirely turned toward the Dharma

Dilgo Khyentse Rinpoche

Life doesn't stay in place, even for just a moment.

Gampopa

Breathing gently, people enjoy their slumber. But between one breath and the next there is no guarantee that death will not slip in. To wake up in good health is an event which truly deserves to be considered miraculous, yet we take it completely for granted.

Patrul Rinpoche

Never forget how swiftly this life will be over,
like a flash of summer lightning or the wave of a hand.
Now that you have the opportunity to practice dharma,
do not waste a single moment on anything else.

Dilgo Khyentse Rinpoche

Whatever is born is impermanent and is bound to die.
Whatever is stored up is impermanent and is bound to run out.
Whatever comes together is impermanent and is bound to come apart.
Whatever is built is impermanent and is bound to collapse.
Whatever rises up is impermanent and is bound to fall down.
So also, friendship and enmity, fortune and sorrow, good and evil, all the thoughts that run through your mind – everything is always changing.

Patrul Rinpoche

All that I possess and use
Is like the fleeting vision of a dream.
It fades into the realms of memory;
And fading, will be seen no more.

Shantideva

In brief, without being mindful of death, whatever Dharma practices you take up will be merely superficial.

Milarepa

The three realms of existence are like a cloud in autumn:
The birth and the death of beings is like a dancer's movement;
A being's life is like a waterfall,
Like a flash of lightning in the sky;
It never stops even for a single moment and once it starts,
It goes inevitably to its conclusion.

The Buddha

Of all the footprints that the animals make, the elephant makes the deepest.
Of all contemplations, the thought of impermanence is the greatest.

The Buddha