

# Ajahn Brahm Quotes

*Findings, Life, Letting Go, Life Is, Faults, Powerful, Love, Secret Life, Past,  
Teacher, Heart, Secret, Calm, Buddhist, Karma, Learning, Commodity, Country,  
Inspiration, Mother*

Love is not liking somebody. Anyone can do that. Love is loving things that sometimes you don't like.

~Ajahn Brahm

Everyone makes mistakes. The wise are not people who never make mistakes, but those who forgive themselves and learn from their mistakes.

~Ajahn Brahm

If you know how to let go and be at peace, you know everything you need to know about living in the world.

~Ajahn Brahm

Complaining is finding faults, wisdom is finding solutions

~Ajahn Brahm

Why seek revenge? Karma is going to get the bastards anyway

~Ajahn Brahm

The secret of life is... everything is out of control.

~Ajahn Brahm

Understand the place of love in a spiritual life. A powerful and blissful type of love has no conditions, no ownership and no people involved. Be free from fear. Be who you are. That is love.

~Ajahn Brahm

When the weather is hot, keep a cool mind. When the weather is cold, keep a warm heart.

~Ajahn Brahm

Peace is the most valuable commodity. And it's free!

~Ajahn Brahm

Meditation is like a gym in which you develop the powerful mental muscles of calm and insight.

~Ajahn Brahm

Life is what's happening while you're worrying.

~Ajahn Brahm

The selfless giving, the service, the kindness which you give out into this world that is the currency of (the) meaning (of life).

~Ajahn Brahm

Fear is finding fault with the future.

~Ajahn Brahm

Love, oneness, is no separation between you and life. It is a progressive letting go, a progressive not fault finding. Just do nothing and love this moment. Its very beautiful and very deep.

~Ajahn Brahm

Silence is so much more productive of wisdom and clarity in thinking.

~Ajahn Brahm

When you have abandoned all past and future, it is as if you have come alive. You are here, mindful...the nature of all types of consciousness reveals itself.

~Ajahn Brahm

My first meditation teacher told me that there is no such thing as a bad meditation. He was right. During the difficult meditations you build up your strength, which creates meditation for peace.

~Ajahn Brahm

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