

Ajahn Chah Quotes

*Mind, Suffering, Heart, Letting Go, Practice, Meditation, Ifs, Running, Lying,
Thinking, Teacher, Doe, Book, Inspirational, Views, Fall, Eye, Understanding,
Sweet, Teaching*

If you let go a little you will have a little happiness. If you let go a lot you will have a lot of happiness. If you let go completely you will be free.

~Ajahn Chah

Anything which is troubling you, anything which is irritating you, THAT is your teacher.

~Ajahn Chah

Happiness and suffering do not depend on being poor or rich, they depend on having the right or wrong understanding in our mind.

~Ajahn Chah

If you want a chicken to be a duck, and a duck to be a chicken, you will suffer.

~Ajahn Chah

All religions are like different cars all moving in the same direction. People who don't see it have no light in their hearts.

~Ajahn Chah

There are people who are born and die and never once are aware of their breath going in and out of their body. That's how far away they live from themselves

~Ajahn Chah

There are two kinds of suffering. There is the suffering you run away from, which follows you everywhere. And there is the suffering you face directly, and so become free.

~Ajahn Chah

Letting go a little brings a little peace. Letting go a lot brings a lot of peace. Letting go completely brings complete peace.

~Ajahn Chah

Looking for peace is like looking for a turtle with a mustache: You won't be able to find it. But when your heart is ready, peace will come looking for you.

~Ajahn Chah

We practice to learn how to let go, not how to increase our holding on to things. Enlightenment appears when you stop wanting anything.

~Ajahn Chah

When sitting in meditation, say, "That's not my business!" with every thought that comes by.

~Ajahn Chah

Remember you don't meditate to get anything, but to get rid of things. We do it, not with desire, but with letting go. If you want anything, you won't find it.

~Ajahn Chah

To define Buddhism without a lot of words and phrases, we can simply say, 'Don't cling or hold on to anything. Harmonize with actuality, with things as they are.'

~Ajahn Chah

Read yourself, not books. Truth isn't outside, that's only memory, not wisdom. Memory without wisdom is like an empty thermos bottle - if you don't fill it, it's useless.

~Ajahn Chah

When the heart truly understands, it lets go of everything.

~Ajahn Chah

Where does peace arise? Peace arises whenever we let something go.

~Ajahn Chah

You are your own teacher. Looking for teachers can't solve your own doubts. Investigate yourself to find the truth - inside, not outside. Knowing yourself is most important.

~Ajahn Chah

If we see suffering then we don't have suffering.

~Ajahn Chah

If you see certainty in that which is uncertain, you are bound to suffer

~Ajahn Chah

Mental activity is like a deadly poisonous cobra. If we don't interfere with a cobra, how poisonous it may be, it simply goes its own way.

~Ajahn Chah

Of course there are dozens of meditation techniques, but it all comes down to this - just let it all be. Step over here where it is cool, out of the battle. Why not give it a try?

~Ajahn Chah

The serene and peaceful mind is the true epitome of human achievement.

~Ajahn Chah

You should think about your own death 3 times per day at the very least.

~Ajahn Chah

Wisdom is in yourself, just like a sweet ripe mango is already in a young green one.

~Ajahn Chah

The Dhamma is revealing itself in every moment, but only when the mind is quiet can we understand what it is saying, for the Dhamma

teaches without words.

~Ajahn Chah

If you haven't wept deeply, you haven't begun to meditate.

~Ajahn Chah

Only one book is worth reading: the heart.

~Ajahn Chah

A good practice is to ask yourself very sincerely, 'Why was I born?' Ask yourself this question in the morning, in the afternoon, and at nightâ€¦every day.

~Ajahn Chah

When one does not understand death, life can be very confusing.

~Ajahn Chah

Do everything with a mind that lets go. Do not expect praise or reward.

~Ajahn Chah

Know and watch your heart. It's pure but emotions come to colour it. So let your mind be like a tightly woven net to catch emotions and feelings that come, and investigate them before you react.

~Ajahn Chah

Sati is life. Whenever we don't have sati, when we are heedless, it's as if we are dead.

~Ajahn Chah

When we see beyond self, we no longer cling to happiness. And when we stop clinging, we can begin to be happy.

~Ajahn Chah

If it isn't good, let it die. If it doesn't die, make it good.

~Ajahn Chah

But when I know that the glass is already broken, every minute with it is precious.

~Ajahn Chah

To give up doing evil is more important than making merit.

~Ajahn Chah

If you let go completely you will have complete peace.

~Ajahn Chah

If it shouldn't happen, it wouldn't happen.

~Ajahn Chah

Why are we born? We are born so that we will not have to be born again.

~Ajahn Chah

The heart of the path is quite easy. There's no need to explain anything at length. Let go of love and hate and let things be. That's all that I do in my own practice.

~Ajahn Chah

Look at your own mind. The one who carries things thinks he's got things, but the one who looks on sees only the heaviness. Throw away things, lose them, and find lightness.

~Ajahn Chah

The heart is just the heart; thoughts and feelings are just thoughts and feelings. Let things be just as they are.

~Ajahn Chah

The Dhamma has to be found by looking into your own heart and

seeing that which is true and that which is not, that which is balanced and that which is not balanced.

~Ajahn Chah

With even a little intuitive wisdom we will be able to see clearly the ways of the world. We will come to understand that everything in the world is our teacher.

~Ajahn Chah

Time is our present breath.

~Ajahn Chah

The one who recognizes the uncertainty of phenomena is the Dharma within you.

~Ajahn Chah

We don't meditate to see heaven, but to end suffering.

~Ajahn Chah

A madman and an arahant both smile, but the arahant knows why while the madman doesn't.

~Ajahn Chah

Don't be attached to visions or lights in meditation, don't rise or fall with them. What's so great about brightness? My flashlight has it. It can't help us rid ourselves of our suffering.

~Ajahn Chah

The heart is the only book worth reading.

~Ajahn Chah

We protect virtue so that virtue will protect us.

~Ajahn Chah

Know and watch your heart. It's pure but emotions come to colour it.

~Ajahn Chah

If you have time to be mindful, you have time to meditate.

~Ajahn Chah

If you are still following your likes and dislikes, you have not even begun to practise Dhamma.

~Ajahn Chah

At some point your heart will tell itself what to do.

~Ajahn Chah

To practice Dhamma means to observe and examine oneself.

~Ajahn Chah

The mind is intrinsically tranquil. Out of this tranquility, anxiety and confusion are born. If one sees and knows this confusion, then the mind is tranquil once more.

~Ajahn Chah

If you haven't cried deeply a number of times, your meditation hasn't really begun.

~Ajahn Chah

The Dharma Path is to keep walking forward. But the true Dharma has no going forward, no going backward, and no standing still.

~Ajahn Chah

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