

Allan Lokos

Quotes

*Meditation, Practice, Patience, Thinking, Inspiration, Patient, Reality, Buddhist,
Peace, Yoga, Needs, Two, Results, Virtue, Uplifting, Fear, Issues, Support,
Senior, Vision*

Accepting the reality of change gives rise to equanimity.

~Allan Lokos

It is a powerful practice to be generous when you are the one feeling in need.

~Allan Lokos

You cannot control the results, only your actions.

~Allan Lokos

Patience is the direct antithesis of anger.

~Allan Lokos

Don't believe everything you think. Thoughts are just that - thoughts.

~Allan Lokos

We have no idea what tomorrow will bring, but today is overflowing with potential.

~Allan Lokos

We need never be bound by the limitations of our previous or current thinking, nor are we ever locked into being the person we used to be, or think we are.

~Allan Lokos

Patience has all the time it needs.

~Allan Lokos

Patience is supported & nurtured by a quality of forgiveness.

~Allan Lokos

Support the type of thinking that leads you to feeling good, peaceful & happy.

~Allan Lokos

The practice of lovingkindness can uplift us & relieve sorrow & unhappiness.

~Allan Lokos

While meditating we are simply seeing what the mind has been doing all along.

~Allan Lokos

That's why it's called a practice. We have to practice a practice if it is to be of value.

~Allan Lokos

One who is patient glows with an inner radiance.

~Allan Lokos

Suffering usually relates to wanting things to be different from the way they are.

~Allan Lokos

So what is a good meditator? The one who meditates.

~Allan Lokos

Praise & esteem can feel good, which is fine, but don't look to them for inner peace & lasting happiness.

~Allan Lokos

No one looks or feels attractive when angry.

~Allan Lokos

To forgive does not mean to forget.

~Allan Lokos

The more we genuinely care about others the greater our own happiness & inner peace.

~Allan Lokos

Do not speak about anyone who is not physically present.

~Allan Lokos

Patience lives in the gap between our experience of an event and our response to that experience.

~Allan Lokos

Any methodology for developing patience requires a multi-tiered approach.

~Allan Lokos

Observing your thoughts, feelings & sensations is the grist of the practice.

~Allan Lokos

We all have issues and we have usually come by them honestly.

~Allan Lokos

True patience is grounded in wisdom and compassion.

~Allan Lokos

There is no illness that is not exacerbated by stress.

~Allan Lokos

To advance spiritually requires a method of practice & determination to carry it out.

~Allan Lokos

We yearn for there to be meaning to our lives, balanced with a sense of inner peace & joy.

~Allan Lokos

Patience is both the tool for and the result of, our efforts.

~Allan Lokos

Being a senior doesn't automatically make one wise but the wise & foolish alike have things to teach us.

~Allan Lokos

Thoughts, words, emotions & deeds not coming from love are likely coming from fear.

~Allan Lokos

We must accept the reality that the causes of impatience travel a two-way street.

~Allan Lokos

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