

Anthony de Mello

Quotes

*Spiritual, People, Reality, Thinking, Eye, Life, Heart, Mean, World, Children,
Ideas, Light, Masters, Lying, Giving, Love You, Looks, Mind, Ego, Love*

There is only one cause of unhappiness: the false beliefs you have in your head, beliefs so widespread, so commonly held, that it never occurs to you to question them.

~Anthony de Mello

If it is peace you want, seek to change yourself, not other people. It is easier to protect your feet with slippers than to carpet the whole of the earth.

~Anthony de Mello

Wisdom tends to grow in proportion to one's awareness of one's ignorance.

~Anthony de Mello

Extend your arms in welcome to the future. The best is yet to come!

~Anthony de Mello

Another illusion is that external events have the power to hurt you, that other people have the power to hurt you. They don't. It's you who give this power to them.

~Anthony de Mello

When you fight something, you're tied to it forever. As long as you're fighting it, you're giving it power.

~Anthony de Mello

You don't have to add anything in order to be happy; you've got to drop something.

~Anthony de Mello

One year of life is worth more than twenty years of hibernation.

~Anthony de Mello

"What is love?"; "The total absence of fear," said the Master; "What is it we fear?"; "Love," said the Master.

~Anthony de Mello

A nice definition of an awakened person: a person who no longer marches to the drums of society, a person who dances to the tune of the music that springs up from within.

~Anthony de Mello

Because everyone is the same distance from the sun. Does it really lessen the distance if you live on top of a skyscraper?

~Anthony de Mello

The butterfly in a caterpillar: the eagle in an egg; the saint in a selfish human being.

~Anthony de Mello

Life is easy, life is delightful. It's only hard on your illusions, your ambitions, your greed, your cravings.

~Anthony de Mello

When you come to see you are not as wise today as you thought you were yesterday, you are wiser today.

~Anthony de Mello

What you are aware of you are in control of; what you are not aware of is in control of you.

~Anthony de Mello

If what you seek is Truth, there is one thing you must have above all else.â€• â€œI know. An overwhelming passion for it.â€• â€œNo. An unremitting readiness to admit you may be wrong.

~Anthony de Mello

Both what you run from- and what you yearn for - are within you.

~Anthony de Mello

If what you said was true, where was the need to shout?

~Anthony de Mello

We do not have a fear of the unknown. What we fear is giving up the known.

~Anthony de Mello

You see persons and things not as they are but as you are.

~Anthony de Mello

Happiness is not something you acquire; love is not something you produce; love is not something you have; love is something that has you.

~Anthony de Mello

You are never in love with anyone. You're only in love with your prejudiced and hopeful idea of that person.

~Anthony de Mello

It is a great mystery that though the human heart longs for Truth, in which alone it finds liberation and delight, the first reaction of human beings to Truth is one of hostility and fear!

~Anthony de Mello

Step by step, let whatever happens happen. Real change will come when it is brought about, not by your ego, but by reality. Awareness releases reality to change you.

~Anthony de Mello

Live your life as you see fit. That's not selfish. Selfish is to demand that others live their lives as you see fit.

~Anthony de Mello

You only change what you understand. What you do not understand and are not aware of, you repress. You dont change. But when you understand it, it changes.

~Anthony de Mello

You can never be free as long as you have an ego to defend.

~Anthony de Mello

You have to understand, my dears, that the shortest distance between truth and a human being is a story.

~Anthony de Mello

When God means you to be a healer he sends you patients; when he makes you a teacher he sends you pupils; when he destines you to be a Master he sends you stories.

~Anthony de Mello

You're so ashamed of your past; drop it! You're so proud of your past; drop it!

~Anthony de Mello

All conflict comes from attachment.

~Anthony de Mello

Behold God beholding you...and smiling.

~Anthony de Mello

What is my identity ?" "Nothing," said the Master. "You mean that I am an emptiness and a void?" said the incredulous disciple. "Nothing that can be labeled." said the Master.

~Anthony de Mello

You do not have to change for God to love you.

~Anthony de Mello

Enlightenment is: absolute cooperation with the inevitable.

~Anthony de Mello

Say goodbye to golden yesterdays: or your heart will never learn to love the present.

~Anthony de Mello

May the peace of God disturb you always.

~Anthony de Mello

Loneliness is not cured by human company. Loneliness is cured by contact with reality.

~Anthony de Mello

Suffering is given to you that you might open your eyes to the truth.

~Anthony de Mello

All suffering comes from a person's inability to sit still and be alone.

~Anthony de Mello

A good teacher offers practice, a bad one offers theories.

~Anthony de Mello

Religion is the finger pointing to God. People are too busy licking the finger to notice where it's pointing.

~Anthony de Mello

Silence is not the absence of sound, but the absence of self.

~Anthony de Mello

The Master would insist that the final barrier to our attaining God was

the word and concept God.

~Anthony de Mello

Concepts are always frozen. Reality flows.

~Anthony de Mello

What is a loving heart? A loving heart is sensitive to the whole of life, to all persons; a loving heart doesn't harden itself to any persons or things.

~Anthony de Mello

When you get rid of your fear of failure, your tensions about succeeding... you can be yourself. Relaxed. You'll no longer be driving with your brakes on.

~Anthony de Mello

The present moment is never intolerable. What's intolerable is what's going to happen in the next four hours. To have your body here at 8 pm and your mind at 10:30 pm, that's what causes us suffering.

~Anthony de Mello

Whatever is truly alive must die. Look at the flowers; only plastic flowers never die.

~Anthony de Mello

You are only a disciple because your eyes are closed. The day you open them you will see there is nothing you can learn from me or anyone.

~Anthony de Mello

Problems only exist in the human mind.

~Anthony de Mello

All that you give to others you are giving to yourself.

~Anthony de Mello

How sad if we pass through life and never see it with the eyes of a child.

~Anthony de Mello

The day you are happy for no reason whatsoever, the day you find yourself taking delight in everything and in nothing, you will know that you have found the land of unending joy called the kingdom.

~Anthony de Mello

Are you your clothes? Are you your name? Are you your profession? Stop identifying with them. They come and go

~Anthony de Mello

The poor think they will be happy when they become rich. The rich think they will be happy when they are rid of their ulcers.

~Anthony de Mello

Every word, every image used for God is a distortion more than a description.

~Anthony de Mello

Said the monk: "All these mountains and rivers and the earth and stars - where do they come from?" Said the master: "Where does your question come from?"

~Anthony de Mello

Love springs from awareness.

~Anthony de Mello

Wisdom can be learned. But it cannot be taught.

~Anthony de Mello

"What is the secret of your serenity?" Said the master: "Wholehearted cooperation with the inevitable."

~Anthony de Mello

You keep insisting, I feel good because the world is right! Wrong! The world is right because I feel good. That's what all the mystics are saying.

~Anthony de Mello

Wisdom comes to those who learn nothing, unlearn everything.

~Anthony de Mello

People kill for money or for power. But the most ruthless murderers are those who kill for their ideas.

~Anthony de Mello

If I haven't received any grace today, then I was not at home. This is because God is sending deliveries constantly.

~Anthony de Mello

When you cling, life is destroyed; when you hold on to anything, you cease to live.

~Anthony de Mello

"My former master taught me to accept birth and death." "Then what have you come to me for?" asked the master. "To learn to accept what lies in between."

~Anthony de Mello

Don't ask the world to change....you change first.

~Anthony de Mello

You sanctify whatever you are grateful for.

~Anthony de Mello

Because you cannot see outside of you what you fail to see inside.

~Anthony de Mello

Pleasant experiences make life delightful. Painful experiences lead to growth.

~Anthony de Mello

Isn't there such a thing as social liberation?" "Of course there is," said the Master. "How would you describe it?" "Liberation from the need to belong to the herd.

~Anthony de Mello

All is well, all is well. Though everything is a mess, all is well.

~Anthony de Mello

A thought is a screen, not a mirror; that is why you live in a thought envelope, untouched by Reality.

~Anthony de Mello

As the Japanese Zen masters say, "Don't seek the truth; just drop your opinions." Drop your theories; don't seek the truth.

~Anthony de Mello

Problems exist only in the human mind.

~Anthony de Mello

The Rose does not preen herself to catch my eye. She blooms because she blooms. A saint is a saint until he knows he is one.

~Anthony de Mello

To fight evil with activity is like fighting darkness with one's hands. So what you need is light, not fit.

~Anthony de Mello

Nobody is afraid of the unknown, what you really fear is the loss of the known.

~Anthony de Mello

As soon as you look at the world through an ideology, you are finished. No reality fits ideology.

~Anthony de Mello

Rare indeed, is the relationship in which the other is not cultivated for what one can get for oneself.

~Anthony de Mello

Thought can organize the world so well that you are no longer able to see it.

~Anthony de Mello

Sin is a refusal to grow, a refusal to love, a refusal to get committed, to be concerned, and to take risks.

~Anthony de Mello

Happiness is our natural state. Happiness is the natural state of little children, to whom the kingdom belongs until they have been polluted and contaminated by the stupidity of society and culture.

~Anthony de Mello

If you don't look at things through your concepts, you'll never be bored. Every single thing is unique.

~Anthony de Mello

Those who make no mistakes are making the biggest mistakes of all - they are attempting nothing new.

~Anthony de Mello

Nothing has changed but my attitude, therefore, everything has

changed.

~Anthony de Mello

People who want a cure, provided they can have it without pain, are like those who favour progress, provided they can have it without change.

~Anthony de Mello

We're crazy, We're living on crazy ideas about love, about relationships, about happiness, about joy, about everything.

~Anthony de Mello

Before enlightenment, I used to be depressed; after enlightenment, I continue to be depressed.

~Anthony de Mello

Doesn't everyone see Reality as it is?

~Anthony de Mello

The master never seemed to have his fill of gazing at his firstborn child. "What do you want him to be when he grows up?" someone asked. "Outrageously happy," said the master.

~Anthony de Mello

Can one talk about the ocean to a frog in a well or about the divine to people who are restricted by their concepts?

~Anthony de Mello

Obedience keeps the rules. Love knows when to break them.

~Anthony de Mello

You are so proud of your intelligence," said the master. "You are like a like a condemned man, proud of the vastness of his prison cell.

~Anthony de Mello

The human mind makes foolish divisions in what love sees as one.

~Anthony de Mello

When someone offends you, you can raise your spirits to heights where offenses cannot reach.

~Anthony de Mello

Can one be fully human without experiencing tragedy? The only tragedy there is in the world is ignorance; all evil comes from that.

~Anthony de Mello

Most people don't live aware lives. They live mechanical lives, mechanical thoughts - generally somebody else's - mechanical emotions, mechanical actions, mechanical reactions.

~Anthony de Mello

If you make me your authority, you harm yourself because you will not see things for yourself, and you harm me too because you refuse to see me as I am.

~Anthony de Mello

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