

# Ayya Khema Quotes

*Spiritual, Suffering, People, Support Systems, Trying, Mind, Energy, Buddhist,  
Mean, Long, Gratitude, Letting Go, Giving, Class, Unhappy, Knows, Truly  
Happy, Desire, Meaningful, Happy Person*

The heart is always the place to go. Go home into your heart, where there is warmth, appreciation, gratitude and contentment

~Ayya Khema

If we want to be loved, we are looking for a support system. If we want to love, we are looking for spiritual growth.

~Ayya Khema

Eventually we will find (mostly in retrospect, of course) that we can be very grateful to those people who have made life most difficult for us.

~Ayya Khema

A truly happy person is someone who is joyfully independent of outer conditions.

~Ayya Khema

The Buddha compared anger with picking up hot coals with one's bare hands and trying to throw them at the person with whom one is angry. Who gets burned first? The one who is angry of course.

~Ayya Khema

"Wholeheartedly" means that we give our time, love, and energy unstintingly.

~Ayya Khema

From contact comes feeling. From feeling comes reaction. This is what keeps us in the cycle of birth and death. Our reactions to our feelings are our passport to rebirth.

~Ayya Khema

As long as we have practiced neither concentration nor mindfulness, the ego takes itself for granted and remains its usual normal size, as big as the people around one will allow.

~Ayya Khema

If we do not try, we will not know.

~Ayya Khema

Mindfulness is a mental activity that in due course eliminates all suffering.

~Ayya Khema

Half the spiritual life consists of remembering what we are up against and where we are going.

~Ayya Khema

the more we abandon ill-will and hatred, the easier it will be to meditate.

~Ayya Khema

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