

Bernie Glassman Quotes

*Book, Compassion, Order, Teacher, Looks, People, Comic, Left, Reading, Real,
Said, Pieces, Talking, Littles, Generosity, Laughing, Rest Of Life, Experience
Yourself, Giving, Offering*

Let me give you a wonderful Zen practice. Wake up in the morning...look in the mirror, and laugh at yourself.

~Bernie Glassman

Our tendency in life is to avoid things that frighten us. But in order to become whole, we need to go deeper and deeper into ourselves by reaching further and further into the things we fear.

~Bernie Glassman

When we don't ask, we don't let others give. When we fear rejection, we don't let generosity arise.

~Bernie Glassman

In every area, working with what you habitually reject is one of the best ways to facilitate growth and transformation.

~Bernie Glassman

Our work may be important, but we don't take it too seriously. Otherwise, we get attached to one relatively small thing and ignore the rest of life.

~Bernie Glassman

Take the selfishness out of anger and you're left with determination.

~Bernie Glassman

We're creating a little niche for ourselves instead of working the whole canvas.

~Bernie Glassman

The pursuit of enlightenment is for the purpose of the world, not merely for the purpose of the individual. Practices for enlightenment must lead to action in the world.

~Bernie Glassman

People get stuck a lot because they're afraid to act; in the worst case,...we get so attached to some end result that we can't function. We need help just to move on, only life doesn't wait.

~Bernie Glassman

The basic problem, actually, is how to get rid of the idea that we're going to get rid of our problems. Only then can we relate directly with the real issues of our life.

~Bernie Glassman

Look in the mirror, and laugh at yourself.

~Bernie Glassman

I always tell people that if you get upset over what someone says, imagine him or her with a clown's nose on and you won't get so angry.

~Bernie Glassman

An English philosopher said that whatever is cosmic is also comic. Do the best you can and don't take it so seriously.

~Bernie Glassman

Don't make a whole to-do about it. Don't get down on yourself because you're not an expert rower; don't start reading too many books in order to do it right.

~Bernie Glassman

whatever judgment we make is a subjective one we're making now, and that it could change.

~Bernie Glassman

When we go... to bear witness to life on the streets, we're offering ourselves. Not blankets, not food, not clothes, just ourselves.

~Bernie Glassman

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