

Brad Warner Quotes

*People, Thinking, Real, Sex, Buddhist, Ideas, Buddhism, Talking, Mean, Jesus,
Philosophy, Believe, Book, Understanding, Land, Writing, Enlightenment,
Teacher, Reality, Character*

Disappointment is just the action of your brain readjusting itself to reality after discovering things are not the way you thought they were.

~Brad Warner

How many Zen masters does it take to screw in a light bulb? The plum tree in the garden!

~Brad Warner

You can always improve your situation. But you do so by facing it, not by running away.

~Brad Warner

Compassion is the ability to see what needs doing right now and the willingness to do it right now.

~Brad Warner

You can't function in society if you don't involve yourself in the fictions society accepts about time. But you do so with the understanding that you're playing a game.

~Brad Warner

The truth comes when you can see that your self-image is just a convenient reference point and nothing more, and that you as you had imagined yourself do not exist.

~Brad Warner

Do what you do as well as you possibly can. That's Buddhist morality.

~Brad Warner

Truly compassionate action arises spontaneously without thought and is carried out in real action with no anticipation of reward and, indeed, no concept of a doer of that action.

~Brad Warner

Your role is to do and say the things that need to be done and said from your unique perspective.

~Brad Warner

Reality's all you've got. But here's the real secret, the real miracle: it's enough.

~Brad Warner

The real goal of Zen is to find a way of life that's easy and undramatic. Strong attachments lead to upset and drama.

~Brad Warner

You won't understand life and death until you're ready to set aside any hope of understanding life and death and just live your life until you die.

~Brad Warner

Buddha might be the one thing that could settle Godzilla down. He might say, "Listen Godzilla, you don't have to do all this. Just chill out a little bit and everything will be fine".

~Brad Warner

The problem is the way we let our desires stand in the way of our enjoyment of what we already have.

~Brad Warner

People imagine enlightenment will make them incredibly powerful. And it does. It makes you the most powerful being in all the universe- but usually no one else notices.

~Brad Warner

Leaving home' to me means adopting the attitude that the pursuit of the truth is more vital than the pursuit of what society "your home" tells you is important.

~Brad Warner

Faith keeps you going, but doubt keeps you from going off the deep end.

~Brad Warner

Just know that your expectations are only thoughts in your head, and keep on doing what you do.

~Brad Warner

You can't live in paradiseâ€”but you are living right here. Make this your paradise or make this your hell. The choice is entirely yours. Really.

~Brad Warner

we ourselves are not something apart from our circumstances. What we are and where we are are one and the same.

~Brad Warner

The state of ambiguity - that messy, greasy, mixed-up, confused, and awful situation you're living through right now - is enlightenment itself.

~Brad Warner

It's crazy to me how concerned people get with what it looks like and what you can do there. People may as well be talking about JRR Tolkien or Star Trek or something.

~Brad Warner

I was very attracted to the way that Zen did not go into the imagination land. And now I've forgotten what your first question was and how we were going to tie this together.

~Brad Warner

But people do the same thing with the Bible. They memorize all the fictional characters, the parameters and the rules of the game and think it's important, but I can't get excited about that myself.

~Brad Warner

I really thought Reagan was going to push the button and blow us all up. It was scary. So when they did the 1998 American Godzilla film, Hollywood didn't understand what Godzilla was.

~Brad Warner

Suffering occurs when your ideas about how things ought to be don't match how they really are.

~Brad Warner

What attracted me to Zen was my first teacher, Tim McCarthy. He was extremely genuine. It wasn't even really a Zen thing, that sort of came along later.

~Brad Warner

I used to worry when I was a teenager, even into my twenties, after I'd heard something about schizophrenia and how people just suddenly become schizophrenic that I was insane.

~Brad Warner

Buddhism is all about finding your own way, not imitating the ways of others or even the ways of Buddha himself.

~Brad Warner

It may look like we're doing nothing when we sit zazen. But actually we are exposing ourselves to ourselves.

~Brad Warner

True mindfulness is the awareness that everything you encounter is a vigorous expression of the same living universe as you.

~Brad Warner

Real morality is based on a single criterion: right action, appropriate action, in the present moment and present situation.

~Brad Warner

If a tree falls in the forest and it hits a mime, would he make a noise?

~Brad Warner

I remember writing the post but not what I said specifically, so I'll either repeat myself or say something completely different and baffle everybody.

~Brad Warner

The thinking brain influences the body's responses and it makes a neat little loop.

~Brad Warner

As for enlightenment, that's just for people who can't face reality.

~Brad Warner

No matter what we predict for our futures, we're always wrong anyway. The only sensible thing to do is to live this life as it is right now. Leave what happens after you die till after you die.

~Brad Warner

Morality is a personal matter.

~Brad Warner

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