

Brenda Shoshanna Quotes

*Suffering, Love, Pain, Relationship, Time, Self, Who We Are, Nature, Change,
Learning, House, Practice, Experience, Space, Feelings, Choices, Treasure,
Reality, Self Love, Want Something*

Fear of the future and longing for the past are major factors which impede appropriate action.

~Brenda Shoshanna

Unless we base our sense of identity upon the truth of who we are, it is impossible to attain true happiness.

~Brenda Shoshanna

Whatever we can't love or accept in another, is a mirror of something we can't love or accept in ourselves.

~Brenda Shoshanna

Relying on another is an expression of attachment, not love, a manifestation of insecurity and suffering, not understanding the true nature of our lives.

~Brenda Shoshanna

When we are willing to accept our experience, just as it is, a strange thing happens: it changes into something else. When we avoid pain, struggle not to feel it, pain turns into suffering.

~Brenda Shoshanna

The best defense against being hurt is to feel good about yourself and the way a person responds to you says more about them, than about you.

~Brenda Shoshanna

What seems good turns bad, what seems bad turns good. It is an endless cycle.

~Brenda Shoshanna

Change is the very basis of our life, not to be fought, to be welcomed and tasted, to be seen for the gift it truly is.

~Brenda Shoshanna

All conflict we experience in the world, is a conflict within our own selves.

~Brenda Shoshanna

When we are able to receive life's challenges as koans rather than problems, they become interesting and exciting, rather than ponderous and depressing.

~Brenda Shoshanna

A time of uncertainty, of not knowing exactly where we're headed, or what kind of choice to make is a Zen moment.

~Brenda Shoshanna

Do not make this practice a source of pressure, compulsion, anxiety or pride. It is none of these. Zazen is simply a way to find your true home.

~Brenda Shoshanna

From the Zen view all beings are in the grip of the three poisons, greed, anger and delusion (ignorance).

~Brenda Shoshanna

All the insight we will ever need to live well will come from fully being who and where we are.

~Brenda Shoshanna

In a relationship if you are giving and getting nothing back in return, stop giving so much, and spend time being. Give to yourself, be who you are.

~Brenda Shoshanna

The sense that my world is stable and stationary, that change will never come and that all will go on continuously as it is, is the nature of all delusion.

~Brenda Shoshanna

We create a mask to meet the masks of others. Then we wonder why we cannot love, and why we feel so alone.

~Brenda Shoshanna

What we pay attention to expands. What we pay attention to we become.

~Brenda Shoshanna

We turn pain into suffering by adding on all kinds of beliefs, interpretations and judgments to it.

~Brenda Shoshanna

If one's sense of self is obtained through the eyes of another it is always subject to being lost.

~Brenda Shoshanna

In the Zen Way we focus upon each breath, each day, each moment and experience it totally. One complete breath brings the next.

~Brenda Shoshanna

Zen practice asks you not to worry about who you 'should' become. Find out who you are right now.

~Brenda Shoshanna

we learn the process of emptying out, cleaning house, both within and without.

~Brenda Shoshanna

Who you are is always enough. If your partner wants something different, it does not reflect upon you, but upon their needs and fantasies.

~Brenda Shoshanna

When we do not reject our suffering, or add anything to it, pain is simply

pain. It is what we add to our pain that turns it into suffering.

~Brenda Shoshanna

All experiences are welcomed and fully digested, not judged good or bad.

~Brenda Shoshanna

Now today, moment by moment, realize that each person and event that happens is life for you. Life is not somewhere else. See how fully you can accept the life that presents itself to you now.

~Brenda Shoshanna

This is how we know we are in a loving relationship. We are blooming, and the one we love is blooming as well.

~Brenda Shoshanna

God's guiding hand, the guiding Voice, resting lightly upon us is best felt and heard when we are silent and still.

~Brenda Shoshanna

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