

Chogyam Trungpa Quotes

*Practice, Mean, Spiritual, Warrior, Heart, World, Real, Meditation, Eye, Ego,
Buddhist, Trying, Thinking, People, Views, Attitude, Mind, Light, Beautiful, Life*

The bad news is you're falling through the air, nothing to hang on to, no parachute. The good news is, there's no ground.

~Chogyam Trungpa

To be a spiritual warrior, one must have a broken heart; without a broken heart and the sense of tenderness and vulnerability, your warriorship is untrustworthy.

~Chogyam Trungpa

In the garden of gentle sanity, May you be bombarded by coconuts of wakefulness.

~Chogyam Trungpa

We are always in transition. If you can just relax with that, you'll have no problem.

~Chogyam Trungpa

We cannot change the way the world is, but by opening ourselves to the world as it is, we may find that gentleness, decency and bravery are available - not only to us, but to all human beings.

~Chogyam Trungpa

You are sitting on the earth and you realize that this earth deserves you and you deserve this earth. You are there - fully, personally, genuinely.

~Chogyam Trungpa

A great deal of the chaos in the world occurs because people don't appreciate themselves.

~Chogyam Trungpa

The emphasis on practice is because it is the only time in your life you can steer your karmic situation.

~Chogyam Trungpa

Gentle day's flower - The hummingbird competes With the stillness of the air.

~Chogyam Trungpa

We are threatened by the now so we jump to the past or the future.

~Chogyam Trungpa

The problem is that ego can convert anything to its own use, even spirituality.

~Chogyam Trungpa

Sanity lies somewhere between the inhibitions of conventional morality and the looseness of extreme impulse, but the area in-between is very fuzzy.

~Chogyam Trungpa

Ultimately, that is the definition of bravery: not being afraid of yourself.

~Chogyam Trungpa

If you are telling the truth, then you can speak gently, and your words will have power.

~Chogyam Trungpa

The point is not to convert anyone to our view, but rather to help people wake to their own view, their own sanity.

~Chogyam Trungpa

Fearlessness comes from working with the softness of the human heart.

~Chogyam Trungpa

To be a warrior is to learn to be genuine in every moment of your life.

~Chogyam Trungpa

Even fear itself is frightened by the bodhisattva's fearlessness.

~Chogyam Trungpa

The trouble with Westerners is that they want to witness their own enlightenment.

~Chogyam Trungpa

When we talk about compassion we talk in terms of being kind. But compassion is not so much being kind; it is being creative [enough] to wake a person up

~Chogyam Trungpa

Hold the sadness and pain of samsara in your heart and at the same time the power and vision of the Great Eastern Sun. Then the warrior can make a proper cup of tea.

~Chogyam Trungpa

Compassion automatically invites you to relate with people because you no longer regard people as a drain on your energy.

~Chogyam Trungpa

Becoming "awake" involves seeing our confusion more clearly.

~Chogyam Trungpa

There is no need to struggle to be free; the absence of struggle is in itself freedom.

~Chogyam Trungpa

There is no such thing as talent, only awareness.

~Chogyam Trungpa

Enlightenment is ego's ultimate disappointment.

~Chogyam Trungpa

Ego is constantly attempting to acquire and apply the teachings of spirituality for its own benefit.

~Chogyam Trungpa

Helping others is a question of being genuine and projecting that genuineness to others. This way of being doesn't have to have a title or a name particularly. It is just being ultimately decent.

~Chogyam Trungpa

Good and bad, happy and sad, all thoughts vanish into emptiness like the imprint of a bird in the sky.

~Chogyam Trungpa

Anything that is created must sooner or later die. Enlightenment is permanent because we have not produced it; we have merely discovered it.

~Chogyam Trungpa

It's possible to be completely enlightened... except with your family.

~Chogyam Trungpa

Too often, people think that solving the world's problems is based on conquering the earth, rather than touching the earth, touching ground.

~Chogyam Trungpa

Life is a straight drink - straight pleasure, straight pain, straightforward, one hundred percent.

~Chogyam Trungpa

Elegance means appreciating things as they are. There is a sense of delight and of fearlessness. You are not fearful of dark corners.

~Chogyam Trungpa

When one is able to overcome the romantic and emotional attitude, one

discovers truth even in the kitchen sink.

~Chogyam Trungpa

Chaos should be regarded as extremely good news!

~Chogyam Trungpa

You must personally accept the responsibility of improving your own life.

~Chogyam Trungpa

For the warrior, every moment is a challenge to be genuine, and each challenge is delightful. When you let go properly, you can relax and enjoy the challenge.

~Chogyam Trungpa

Things get very clear when you're cornered.

~Chogyam Trungpa

We are caught in a traffic jam of discursive thought.

~Chogyam Trungpa

Artistic vision is having the clarity to fall in love with what you see.

~Chogyam Trungpa

The epitome of the human realm is to be stuck in a huge traffic jam of discursive thought.

~Chogyam Trungpa

The ideal of warriorship is that the warrior should be sad and tender, and because of that, the warrior can be very brave as well.

~Chogyam Trungpa

meditation is a way of developing clarity, which allows us to see the precision of daily life situations as well as our thought process so that

we can relate with both of them fully and completely.

~Chogyam Trungpa

The basic wisdom of Shambhala is that in this world, as it is, we can find a good and meaningful human life that will also serve others. That is our true richness.

~Chogyam Trungpa

The essence of warriorship, or the essence of human bravery, is refusing to give up on anyone or anything.

~Chogyam Trungpa

Developing confidence is like watching the sun rise. First it seems very feeble and one wonders whether it will make it. Then it shines and shines.

~Chogyam Trungpa

Sanity is permanent, neurosis is temporary.

~Chogyam Trungpa

Synchronizing mind and body is not a concept or a random technique someone thought up for self-improvement. Rather, it is a basic principle of how to be a human being.

~Chogyam Trungpa

we must continue to be open in the face of great opposition. No one is encouraging us to be open and still we must peel away the layers of the heart.

~Chogyam Trungpa

It's easier to put on a pair of shoes than to wrap the earth in leather.

~Chogyam Trungpa

Sit and do nothing. Every once in a while a golden fish swims by and

lays her golden eggs. You'll know.

~Chogyam Trungpa

We must begin our practice by walking the narrow path of simplicity, the hinayana path, before we can walk upon the open highway of compassionate action, the mahayana path.

~Chogyam Trungpa

Compassion is not having any hesitation to reflect your light on things

~Chogyam Trungpa

As in music, when we hear the crescendo building, suddenly if the music stops, we begin to hear the silence as part of the music.

~Chogyam Trungpa

As long as a person is involved with warfare, trying to defend or attack, then his action is not sacred; it is mundane, dualistic, a battlefield situation.

~Chogyam Trungpa

If we really prefer basic sanity or enlightenment, it's irritatingly possible to get into it.

~Chogyam Trungpa

The attainment of enlightenment from ego's point of view is extreme death.

~Chogyam Trungpa

What is needed is the constant unmasking of ego's strategy.

~Chogyam Trungpa

Buddhism doesn't tell you what is false and what is true but it encourages you to find out for yourself.

~Chogyam Trungpa

The ideal of helping is to make others independent of you. You help them to become more independent rather than making them addicted to you.

~Chogyam Trungpa

If kindness doesn't work, try more kindness.

~Chogyam Trungpa

Language should fulfill your individual existence as a wholesome human being... Language should be more than just getting by.

~Chogyam Trungpa

Fearlessness is extending ourselves beyond our limited view.

~Chogyam Trungpa

Our bodies demand our attention; our bodies demand that we actually pay attention to what is going on with our lives.

~Chogyam Trungpa

The strongest of us are those that are spiritually strong, and a spiritual warrior is one of vulnerability.

~Chogyam Trungpa

What the warrior renounces is anything in his experience that is a barrier between himself and others. In other words, renunciation is making yourself more available, more gentle and open to others.

~Chogyam Trungpa

You can't feel the earth if you can't feel the space.

~Chogyam Trungpa

The challenge of warriorship is to step out of the cocoon, to step out into space, by being brave and at the same time gentle

~Chogyam Trungpa

Hope and fear cannot alter the seasons

~Chogyam Trungpa

It's no use trying to be different than you are.

~Chogyam Trungpa

Watchfulness is experiencing a sudden glimpse of something without any qualifications - just the sudden glimpse itself.

~Chogyam Trungpa

We can deceive ourselves into thinking we are developing spirituality when instead we are strengthening our egocentricity through spiritual techniques.

~Chogyam Trungpa

Opening to oneself fully is opening to the world.

~Chogyam Trungpa

Luxury is experiencing reality

~Chogyam Trungpa

Because there is something difficult and destructive involved, there must be something creative involved as well. Relating to that creative aspect is the point.

~Chogyam Trungpa

Spirituality doesn't exist on another level different from ordinary life.

~Chogyam Trungpa

One has to taste an experience for oneself and find out if the thing is genuine or helpful. Then, before discarding something, one has to go further, so that one gets firsthand experience.

~Chogyam Trungpa

Meditation practice is regarded as a good and in fact excellent way to overcome warfare in the world; our own warfare as well as greater warfare.

~Chogyam Trungpa

We should see money in terms of the expenditure of energy and how we are going to transmute that energy into a proper use.

~Chogyam Trungpa

As long as we relate with our underlying primordial intelligence and as long as we push ourselves a little, by jumping into the middle of situations, then intelligence arises automatically.

~Chogyam Trungpa

We must see with our own eyes and not accept any laid-down tradition as if it had some magical power in it.

~Chogyam Trungpa

If we go somewhere on foot, we know the way perfectly, whereas if we go by car or airplane, we are hardly there at all. It becomes merely a dream.

~Chogyam Trungpa

If there is some profound method that offers a quick way, we would rather follow that than undertake arduous journeys and difficult practices. But some manual work and physical effort is necessary.

~Chogyam Trungpa

The courage to work with ourselves comes as basic trust in ourselves, as a sort of fundamental optimism.

~Chogyam Trungpa

There seems to be a hypnotic quality to ambition and speed, so that you feel that you are standing still just because you want to go so fast.

You might actually be getting close to your goal.

~Chogyam Trungpa

The practice of meditation is a way of continuing one's confusion, chaos, aggression, and passion—but working with it, seeing it from the enlightened point of view.

~Chogyam Trungpa

When we speak of God or achieving union with God, we are often merely trying to put that great thing into a small container. One cannot drive a camel through the eye of a needle.

~Chogyam Trungpa

The artist has tremendous power to change the world.

~Chogyam Trungpa

Magic is the total delight (appreciation) of chance

~Chogyam Trungpa

Artistic vision comes from a mind clear enough to fall in love with what we see.

~Chogyam Trungpa

This whole world is mind's world, the product of the mind.

~Chogyam Trungpa

For the very reason that we expect things to be good and beautiful, they won't be. In genuine spirituality, we don't look for bliss.

~Chogyam Trungpa

Nowness or the magic of the present moment is what joins the wisdom of the past with the present

~Chogyam Trungpa

There is something suspect about our inability to enjoy anything.

~Chogyam Trungpa

Disappointment results from the removal of illusion.

~Chogyam Trungpa

The complexities of life situations are really not as complicated as we tend to experience them.

~Chogyam Trungpa

Warriorship does not refer to making war on others. Aggression is the source of our problems, not the solution. Warriorship is the tradition of human bravery, or the tradition of fearlessness.

~Chogyam Trungpa

Whatever shakes you should without delay, right away, be incorporated into the path.

~Chogyam Trungpa

Delight in itself is the approach of sanity. Delight is to open our eyes to the reality of the situation rather than siding with this or that point of view.

~Chogyam Trungpa

Related Links:

- Practice Quotes
- Mean Quotes
- Spiritual Quotes
- Warrior Quotes
- Heart Quotes
- World Quotes
- Real Quotes
- Meditation Quotes
- Eye Quotes
- Ego Quotes
- Buddhist Quotes
- Trying Quotes
- Thinking Quotes
- People Quotes
- Views Quotes
- Attitude Quotes
- Mind Quotes
- Light Quotes
- Beautiful Quotes
- Life Quotes