

Dainin Katagiri

Quotes

*Spiritual, Time, Mean, Real, Destiny, Knowing, Past, Opportunity, Usual, Pain,
Realizing, Understanding, Moments, Water, Ignorance, Practice, Spring,
Delusion, Important, Mind*

If you want to take care of tomorrow, take better care of today. We always live now. All we have to do is entrust ourselves to the life we now live.

~Dainin Katagiri

The important point of spiritual practice is not to try to escape your life, but to face it - exactly and completely.

~Dainin Katagiri

You cannot find any peace by escaping from human pain and suffering; you have to find peace and harmony right in the midst of human pain. That is the purpose of spiritual life

~Dainin Katagiri

If you want to find Buddha nature, love someone and care for them.

~Dainin Katagiri

The moment between before and after is called Truth.

~Dainin Katagiri

All of us experience a gap between our minds and the reality of timeâ€”that's why we suffer.

~Dainin Katagiri

Spiritual security means you are fully alive and comfortable in your life as it is, without expecting anything.

~Dainin Katagiri

The point of the spiritual life is to realize Truth. But you will never understand the spiritual life, or realize Truth, if you measure it by your own yardstick.

~Dainin Katagiri

Whatever you think is delusion.

~Dainin Katagiri

Accept that your life is going on beyond your usual understanding.

~Dainin Katagiri

Make positive effort for the good.

~Dainin Katagiri

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