

Dzigar Kongtrul Rinpoche Quotes

*Mind, Ordinary, Karma, Inspirational, Looks, Facts, Yesterday, Meditation,
Bodhisattva, Letting Go, Attachment, Meetings, Powerful, Reality, Beauty,
World, Fearless, Thoughts And Emotions, Creativity, Challenges*

When we trust our creativity we encounter a supreme kind of enjoyment - an amazement at the natural unfolding of life beyond our ordinary way of looking at things.

~Dzigar Kongtrul Rinpoche

Melting our attachment to self is the most powerful medication for bringing mental and emotional imbalances in check.

~Dzigar Kongtrul Rinpoche

The experience of emptiness is not found outside the world of ordinary appearance, as many people mistakenly assume. In truth, we experience emptiness when the mind is free of grasping at appearance.

~Dzigar Kongtrul Rinpoche

Seeing that nothing is solid or permanent you begin to make yourself at home in the unknown.

~Dzigar Kongtrul Rinpoche

A mantra is like meeting the Buddha or Bodhisattva himself.

~Dzigar Kongtrul Rinpoche

The longing for happiness and freedom from suffering expresses the great natural potential of mind.

~Dzigar Kongtrul Rinpoche

You as a salt-being, made of salt, go to fathom the depth of the ocean, and in the process you yourself dissolve. A great maharishi once said that true meditation is like this.

~Dzigar Kongtrul Rinpoche

When we look in the mirror, the one thing we don't want to see is an ordinary human being.

~Dzigar Kongtrul Rinpoche

Thoughts and emotions will always arise.

~Dzigar Kongtrul Rinpoche

What good are thoughts and emotions-in fact all of our experiences-if not to increase our realization?

~Dzigar Kongtrul Rinpoche

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