

George Leonard Quotes

*Mastery, Journey, Heart, Men, Practice, Real, Lying, Powerful, Creativity,
Inspirational, Roots, Essence, Firsts, Order, Rhythm, Brother, Moving,
Humanity, Path, Reality*

The real juice of life, whether it be sweet or bitter, is to be found not nearly so much in the products of our efforts as in the process of living itself, in how it feels to be alive.

~George Leonard

How do you best move toward mastery? To put it simply, you practice diligently, but you practice primarily for the sake of the practice itself.

~George Leonard

It's easy to get on the path of mastery. The real challenge lies in staying on it.

~George Leonard

The essence of boredom is to be found in the obsessive search for novelty. Satisfaction lies in mindful repetition, the discovery of endless richness in subtle variations on familiar themes.

~George Leonard

How to begin the journey? You need only to take the first step. When? There is always now.

~George Leonard

Keep practicing, even when you seem to be getting nowhere.

~George Leonard

Mastery is the art of setting your foot on the path.

~George Leonard

At the heart of it, mastery is practice. Mastery is staying on the path.

~George Leonard

Not to dream more boldly may turn out to be, in view of present realities, simply irresponsible.

~George Leonard

If you intend to take the journey of mastery, the best thing you can do is to arrange for first-rate instruction.

~George Leonard

The more you move in rhythm with someone, the closer you become with that person.

~George Leonard

Of what is the body made? It is made of emptiness and rhythm. At the ultimate heart of the body, at the heart of the world, there is no solidity. Once again, there is only the dance.

~George Leonard

Mastery is a journey, and that the master must have the courage to risk failure.

~George Leonard

Education is... doing anything that changes you.

~George Leonard

Perhaps we'll never know how far the path can go, how much a human being can truly achieve, until we realize that the ultimate reward is not a gold medal but the path itself.

~George Leonard

Practice is the path of mastery.

~George Leonard

Everything was God, holy; as God is total, so the driftwood branch was holy. This must be the stuff religion is made of.

~George Leonard

To love the plateau is to love what is most essential and enduring in your life.

~George Leonard

What if you're practicing wrong? Then you get very good at doing something wrong.

~George Leonard

At the root of all power and motion, at the burning center of existence itself, there is music and rhythm.

~George Leonard

At the root of all power and motion, there is music and rhythm, the play of patterned frequencies against the matrix of time, Before we make music, music makes us.

~George Leonard

To learn is to change.

~George Leonard

Perhaps the safest prediction we can make about the future is that it will surprise us.

~George Leonard

Only the schools' inefficiency can account for creativity surviving after age 25.

~George Leonard

Preventing the new generation from changing in any deep way is what most societies require of their educators.

~George Leonard

The subtle dance of the body joins us to the world.

~George Leonard

For the atom's soul is nothing but energy. Spirit blazes in the dullest of

clay. The life of every woman or man - the heart of it - is pure and holy joy.

~George Leonard

The essence of boredom is to be found in the obsessive search for novelty.

~George Leonard

Ultimately, human intentionality is the most powerful evolutionary force on this planet.

~George Leonard

At the heart of each of us, whatever our imperfections, there exists a silence pulse of perfect rhythm which is absolutely individual and unique, and yet which connects us to everything else.

~George Leonard

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