

Geshe Kelsang Gyatso Quotes

*Mind, Practice, Problem, Compassion, People, Enemy, Way, Real, World,
Suffering, Happiness, Mean, Spiritual, Inner Peace, Lying, Ignorance, Kindness,
Opportunity, Meditation, Happy*

When the turbulence of distracting thoughts subside and our mind becomes still, a deep happiness and contentment naturally arises from within.

~Geshe Kelsang Gyatso

Love is the real nuclear bomb that destroys all our enemies, because when we love all living beings, we have no enemies.

~Geshe Kelsang Gyatso

We all wish for world peace, but world peace will never be achieved unless we first establish peace within our own minds.

~Geshe Kelsang Gyatso

Developing compassion and wisdom and helping those in need is the true meaning of life.

~Geshe Kelsang Gyatso

Everything we have and everything we enjoy, including our very life, is due to the kindness of others. In fact, every happiness there is in the world arises as a result of others' kindness.

~Geshe Kelsang Gyatso

All the happiness there is in the world arises from wishing others to be happy.

~Geshe Kelsang Gyatso

The moment we let go of our obsessive concern for our own welfare, our mind naturally relaxes and becomes lighter.

~Geshe Kelsang Gyatso

If everyone practiced cherishing others, many of the major problems of the world would be solved in a few years.

~Geshe Kelsang Gyatso

When we learn to accept difficult circumstances patiently, the real problem disappears.

~Geshe Kelsang Gyatso

We are all interconnected in a web of kindness from which it is impossible to separate ourself.

~Geshe Kelsang Gyatso

Only by creating peace within our own mind and helping others to do the same can we hope to achieve peace in this world.

~Geshe Kelsang Gyatso

We do not need to become unhappy just because things don't go our way.

~Geshe Kelsang Gyatso

Without inner peace, outer peace is impossible.

~Geshe Kelsang Gyatso

Happiness is a state of mind, so the real source of happiness must lie within the mind, not in external conditions.

~Geshe Kelsang Gyatso

The more we control our mind, the more our inner peace increases and the happier we become

~Geshe Kelsang Gyatso

In reality, our mind is the creator of all the things we experience.

~Geshe Kelsang Gyatso

Learning to cherish others is the best solution to our daily problems, and it is the source of all our future happiness and good fortune.

~Geshe Kelsang Gyatso

Whenever we practise meditation, whether or not our meditation is clear, we are performing a virtuous mental action that is a cause of our future happiness and peace of mind.

~Geshe Kelsang Gyatso

Patience is a strength, not a weakness; and if by practicing patience we stop retaliating to harm and criticism, people will gradually come to understand that our real nature is very special

~Geshe Kelsang Gyatso

If we transform our ordinary mind into love and compassion we will naturally act in a positive way.

~Geshe Kelsang Gyatso

Going for refuge to Buddha, Dharma, and Sangha means that we apply effort to receiving Buddha's blessings, to putting Dharma into practice, and to receiving help from Sangha.

~Geshe Kelsang Gyatso

Listening is a lamp that dispels the darkness of ignorance.

~Geshe Kelsang Gyatso

The solution to all the problems of daily life is to cherish others.

~Geshe Kelsang Gyatso

The path to enlightenment is really very simple - all we need to do is stop cherishing ourself and learn to cherish others. All other spiritual realisations will naturally follow from this.

~Geshe Kelsang Gyatso

We should understand that our problems do not exist outside of ourself, but are part of our mind that experiences unpleasant feelings.

~Geshe Kelsang Gyatso

We need modern ideas, but we also need ancient wisdom. If we deny ancient wisdom we are making a big mistake.

~Geshe Kelsang Gyatso

Pure happiness can only be attained through developing our mind.

~Geshe Kelsang Gyatso

When we look at external things, we can usually distinguish those that are useful and valuable from those that are not. We must learn to look at our mind in the same way.

~Geshe Kelsang Gyatso

Our mental attitude transforms a situation into either a problem or an opportunity.

~Geshe Kelsang Gyatso

Whenever we strive to make progress in our meditations, contemplations and so forth we are practicing effort.

~Geshe Kelsang Gyatso

There is no situation so bad that it cannot be accepted patiently, with an open, accommodating, and peaceful heart.

~Geshe Kelsang Gyatso

We need to keep a constant watch over our mind and learn to distinguish between the beneficial and harmful thoughts that are arising moment by moment. Those who are able to do this are truly wise.

~Geshe Kelsang Gyatso

One of the most common ways of not acknowledging our faults is to blame others.

~Geshe Kelsang Gyatso

Faith is like pure eyes that enable us to see a pure and perfect world

beyond the suffering world of samsara.

~Geshe Kelsang Gyatso

Love is the great protector, protecting us from anger and jealousy.

~Geshe Kelsang Gyatso

Practicing Dharma is the supreme method for improving the quality of our human life.

~Geshe Kelsang Gyatso

Our mind is like a field, and performing actions is like sowing seeds in that field.

~Geshe Kelsang Gyatso

Everything we now enjoy has been provided through the kindness of other beings, past or present.

~Geshe Kelsang Gyatso

All objects whether pleasant, unpleasant or neutral, are mere appearances to the mind just like things experienced in a dream

~Geshe Kelsang Gyatso

There is no greater method for experiencing peace of mind and happiness than to understand and meditate on Emptiness.

~Geshe Kelsang Gyatso

Enlightenment is the inner light of wisdom that is permanently free from all mistaken appearance, and whose function is to bestow mental peace upon each and every living being every day.

~Geshe Kelsang Gyatso

It is through our anger and hatred that we transform people into enemies.

~Geshe Kelsang Gyatso

Since inner peace is the source of all happiness, we can see how important meditation is.

~Geshe Kelsang Gyatso

Nothing can be accomplished just by reading words. A sick man will never be cured of his illness through merely reading medical instructions!

~Geshe Kelsang Gyatso

A Temple is one of the best ways of benefiting other living beings - it is the best form of public service.

~Geshe Kelsang Gyatso

Whenever anyone, Buddhist or not, sees a Temple or an image of Buddha they receive blessings.

~Geshe Kelsang Gyatso

We should realize that our deadliest enemies are anger and other delusions. Since these delusions are deeply ingrained mental habits, working to overcome them is not always easy.

~Geshe Kelsang Gyatso

Happiness and suffering are states of mind, and so their main causes cannot be found outside the mind.

~Geshe Kelsang Gyatso

The more we want certain situations, the more we find ourself stuck in situations we do not want.

~Geshe Kelsang Gyatso

Without improving our mind there is no way to solve our human problems.

~Geshe Kelsang Gyatso

By meditating on affectionate love and wishing love for just one moment we accumulate greater merit than we would by giving food three times every day to all those who are hungry in the world.

~Geshe Kelsang Gyatso

Buddha's teachings are scientific methods to solve the problems of all living beings permanently.

~Geshe Kelsang Gyatso

Compassion is a Shepherd, Always tending his herd.

~Geshe Kelsang Gyatso

This impure world that we presently experience exists only in relation to our impure mind.

~Geshe Kelsang Gyatso

Being patient means to welcome wholeheartedly whatever arises.

~Geshe Kelsang Gyatso

If everyone sincerely practices the path of compassion and wisdom, all their problems will be solved. I guarantee this.

~Geshe Kelsang Gyatso

I have not met one living being that has not been the mother of all the rest.

~Geshe Kelsang Gyatso

When a fully qualified Mahayana disciple relies completely upon a fully qualified Mahayana Spiritual Guide the attainment of enlightenment is easy.

~Geshe Kelsang Gyatso

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