

Gil Fronsdal

Quotes

*Opportunity, Heart, Spiritual, Believe, People, Giving, Challenges, Intention,
Simple, Buddhist, Silence Is, Cost, Garden, Real Freedom, Clinging,
Inspirational, Real, Aspect, Body, Buddhism*

Once you know your deepest wish you can base your life on intention rather than craving

~Gil Fronsdal

Mindfulness, by helping us notice our impulses before we act, gives us the opportunity to decide whether to act and how to act

~Gil Fronsdal

You don't have to be equal, you don't have to be better, you don't have to be worse. You can just be at peace.

~Gil Fronsdal

If you want to attain peace, live peacefully

~Gil Fronsdal

Who are you in the silence between your thoughts?

~Gil Fronsdal

One of the things that kills Buddhist spiritual life is excessive seriousness.

~Gil Fronsdal

People who do not see their choices do not believe they have choices.

~Gil Fronsdal

To be 'free' only when things are pleasant is not real freedom.

~Gil Fronsdal

It can be easy to love all beings from a distance; it can be a great challenge when we have to live with them.

~Gil Fronsdal

Nothing whatsoever is worth the cost of a contracted heart.

~Gil Fronsdal

Freedom from clinging gives room in our hearts to grow.

~Gil Fronsdal

Buddhism's cardinal ethical principle is to avoid causing harm.

~Gil Fronsdal

Freedom from clinging allows us bring love into all aspects of our life.

~Gil Fronsdal

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