

Hakuin Ekaku

Quotes

*Meditation, Eye, Sound, Ice, Hands, Awakening, Ifs, Water, Doubt, Self, Sweat,
Forget, Clapping, Art, Moonlight, Honesty, Dancing, Evil, Practice, Law*

All beings are by nature are Buddhas, as ice by nature is water. Apart from water there is no ice; apart from beings, no Buddhas.

~Hakuin Ekaku

If you forget yourself, you become the universe.

~Hakuin Ekaku

Meditation in the midst of activity is a thousand times superior to meditation in stillness.

~Hakuin Ekaku

At the bottom of great doubt lies great awakening. If you doubt fully, you will awaken fully.

~Hakuin Ekaku

Not knowing how near the truth is, we seek it far away.

~Hakuin Ekaku

You know the sound of two hands clapping; tell me, what is the sound of one hand?

~Hakuin Ekaku

If only you could hear the sound of snow

~Hakuin Ekaku

At this moment, is there anything lacking? Nirvana is right here now before our eyes. This place is the lotus land. This body now is the Buddha.

~Hakuin Ekaku

Should you desire the great tranquility prepare to sweat white beads.

~Hakuin Ekaku

Meditation in action is endlessly more important than meditation in

stillness.

~Hakuin Ekaku

I encourage all you superior seekers in the secret depths to devote yourselves to penetrating and clarifying the self, as earnestly as you would put out a fire on the top of your head.

~Hakuin Ekaku

From the sea of effortlessness, let your great uncaused compassion shine forth.

~Hakuin Ekaku

The spirit of meditation is the combating of self-willed thinking-it is a combat against the weight of one's feelings.

~Hakuin Ekaku

Contemplation within activity is a million times better than contemplation within stillness.

~Hakuin Ekaku

Underlying great doubt there is great satori, where there is thorough questioning there will be thoroughgoing experience of awakening.

~Hakuin Ekaku

From the very beginning all beings are Buddha. Like water and ice, without water no ice, outside us no Buddhas.

~Hakuin Ekaku

In singing and dancing is the voice of the Law.

~Hakuin Ekaku

How bright and transparent the moonlight of wisdom.

~Hakuin Ekaku

What is the sound of one hand?

~Hakuin Ekaku

Nirvana is right here, before our eyes.

~Hakuin Ekaku

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