

Henepola Gunaratana

Quotes

*Pain, Real, Self, Meditation, Mind, Desire, Patterns, Discipline, Spiritual,
Ignorance, Simple, Doe, Past, Running, Suffering, Giving, Long, Philosophy,
Brain, Radical Change*

The process of becoming who you will be begins first with the total acceptance of who you are.

~Henepola Gunaratana

Whatever attitudes we habitually use toward ourselves, we will use on others, and whatever attitudes we habitually use toward others, we will use on ourselves.

~Henepola Gunaratana

The brain does not manufacture thoughts unless we stimulate it with habitual verbalizing. When we train ourselves by constant practice to stop verbalizing, the brain can experience things as they are.

~Henepola Gunaratana

No matter how hard you pursue pleasure and success, there are times when you fail. No matter how fast you flee, there are times when pain catches up with you.

~Henepola Gunaratana

You can learn not to want what you want, to recognize desires but not be controlled by them.

~Henepola Gunaratana

When you have learned compassion for yourself, compassion for others is automatic.

~Henepola Gunaratana

Watch the functioning of your own mind in a calm and detached manner so you can gain insight into your own behavior.

~Henepola Gunaratana

The you that goes in one side of the meditation experience is not the same you that comes out the other side.

~Henepola Gunaratana

The purpose of meditation is personal transformation.

~Henepola Gunaratana

Meditation changes your character.

~Henepola Gunaratana

We have to learn to be kind to ourselves. In the long run avoiding unpleasantness is a very unkind thing to do to yourself.

~Henepola Gunaratana

Ignorance may be bliss, but it does not lead to liberation.

~Henepola Gunaratana

By silencing the mind, we can experience real peace. As long as various kinds of thoughts agitate the brain, we don't experience 100 percent peace.

~Henepola Gunaratana

Pain is inevitable, suffering is not.

~Henepola Gunaratana

You can't ever get everything you want. It is impossible. Luckily, there is another option: You can learn to control your mind, to step outside of the endless cycle of desire and aversion.

~Henepola Gunaratana

Peace is not a thought, not a concept; it is a nonverbal experience.

~Henepola Gunaratana

Vipassana: looking into something with clarity and precision, seeing each component as distinct, piercing all the way through so as to perceive the most fundamental reality of that thing.

~Henepola Gunaratana

You can only have bliss if you don't chase it.

~Henepola Gunaratana

You can't make radical changes in the pattern of your life until you see yourself exactly as you are now. As soon as you do that changes will flow naturally.

~Henepola Gunaratana

Civilization changes man on the outside. Meditation softens him within, through and through.

~Henepola Gunaratana

Don't cling to anything and don't reject anything.

~Henepola Gunaratana

No problem. You are not crazier than you were yesterday. It has always been this way, and you just never noticed.

~Henepola Gunaratana

Each step along the Buddha's path to happiness requires practising mindfulness until it becomes part of your daily life.

~Henepola Gunaratana

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