

# Jack Kornfield

## Quotes

*Heart, Spiritual, Compassion, Letting Go, Pain, Practice, Suffering, Mind, World, Buddhism, Inspirational, Mean, Meditation, Buddhist, Way, Past, Understanding, Kindness, Self, Wise*

The heart is like a garden. It can grow compassion or fear, resentment or love. What seeds will you plant there?

~Jack Kornfield

If your compassion does not include yourself, it is incomplete.

~Jack Kornfield

The things that matter most in our lives are not fantastic or grand. They are the moments when we touch one another.

~Jack Kornfield

Most of us have spent our lives caught up in plans, expectations, ambitions for the future; in regrets, guilt or shame about the past. To come into the present is to stop the war.

~Jack Kornfield

We do not have to improve ourselves; we just have to let go of what blocks our heart.

~Jack Kornfield

Do not doubt your own basic goodness. In spite of all confusion and fear, you are born with a heart that knows what is just, loving, and beautiful.

~Jack Kornfield

In the end, just three things matter: How well we have lived  
How well we have loved  
How well we have learned to let go

~Jack Kornfield

Have respect for yourself, and patience and compassion. With these, you can handle anything.

~Jack Kornfield

Let go of the battle. Breathe quietly and let it be. Let your body relax

and your heart soften. Open to whatever you experience without fighting.

~Jack Kornfield

The basic principle of spiritual life is that our problems become the very place to discover wisdom and love.

~Jack Kornfield

To open deeply, as genuine spiritual life requires, we need tremendous courage and strength, a kind of warrior spirit.

~Jack Kornfield

The waves do keep coming, so learn to surf.

~Jack Kornfield

We as human beings have the amazing capacity to be reborn at breakfast everyday and say, "This is a new day."

~Jack Kornfield

Compassion for ourselves gives rise to the power to transform resentment into forgiveness, hatred into friendliness, and fear into respect for all beings.

~Jack Kornfield

Equanimity arises when we accept the way things are.

~Jack Kornfield

Live in joy, luminosity, and peace even among the troubles of the world. Remember who you are.

~Jack Kornfield

We have only now, only this single eternal moment opening and unfolding before us, day and night.

~Jack Kornfield

At the end of our life our questions are simple: Did I live fully? Did I love well?

~Jack Kornfield

In the end, forgiveness simply means never putting another person out of our heart.

~Jack Kornfield

Letting go does not mean not caring about things. It means caring about them in a flexible and wise way.

~Jack Kornfield

To undertake a genuine spiritual path is not to avoid difficulties but to learn the art of making mistakes wakefully, to bring them to the transformative power of our heart.

~Jack Kornfield

In deep self acceptance, grows a compassionate understanding.

~Jack Kornfield

The willingness to empty ourselves and then seek our true nature is an expression of great and courageous love.

~Jack Kornfield

Most people discover that when hate is gone, they will be forced to deal with their own pain.

~Jack Kornfield

May you know the beauty of your own true nature.

~Jack Kornfield

We must look at ourselves over and over again in order to learn to love, to discover what has kept our hearts closed, and what it means to allow our hearts to open.

~Jack Kornfield

We can bring a heart of understanding and compassion to a world that needs it so much.

~Jack Kornfield

Part of spiritual and emotional maturity is recognizing that it's not like you're going to try to fix yourself and become a different person. You remain the same person, but you become awakened.

~Jack Kornfield

Life is so hard, how can we be anything but kind?

~Jack Kornfield

Even Socrates, who lived a very frugal and simple life, loved to go to the market. When his students asked about this, he replied, "I love to go and see all the things I am happy without.

~Jack Kornfield

Every facet, every department of your mind, is to be programmed by you. And unless you assume your rightful responsibility, and begin to program your own mind, the world will program it for you.

~Jack Kornfield

May I be given the appropriate difficulties so that my heart can truly open with compassion. Imagine asking for that.

~Jack Kornfield

Those who are Awake live in a state of constant amazement.

~Jack Kornfield

There are no holy places and no holy people, only holy moments, only moments of wisdom.

~Jack Kornfield

When we get too caught up in the busyness of the world, we lose connection with one another - and ourselves.

~Jack Kornfield

When we have for so long been judged by everyone we meet, just to look into the eyes of another who does not judge us can be extraordinarily healing.

~Jack Kornfield

The Sufis have a saying: "Praise Allah, and tie your camel to a post." This brings together both parts of practice: pray, yes, but also make sure that you do what is necessary in the world.

~Jack Kornfield

But forgiveness is the act of not putting anyone out of your heart, even those who are acting out of deep ignorance or out of confusion and pain.

~Jack Kornfield

We need a repeated discipline, a genuine training, in order to let go of our old habits of mind and to find and sustain a new way of seeing.

~Jack Kornfield

Without being aware of it, you take many things as being your identity: your body, your race, your beliefs, your thoughts.

~Jack Kornfield

Attention to the human body brings healing and regeneration. Through awareness of the body we remember who we really are.

~Jack Kornfield

Within each of us there is a silence as vast as the universe. We long for it. We can return to it.

~Jack Kornfield

Wisdom says we are nothing. Love says we are everything. Between these two our life flows.

~Jack Kornfield

When we let go of our battles and open our hearts to things as they are, then we come to rest in the present moment. This is the beginning and the end of spiritual practice.

~Jack Kornfield

There is beauty to be found in the changing of the earth's seasons, and an inner grace in honouring the cycles of life.

~Jack Kornfield

Since death will take us anyway, why live our life in fear? Why not die in our old ways and be free to live?

~Jack Kornfield

Compassion is our deepest nature. It arises from our interconnection with all things.

~Jack Kornfield

The work of your heart, the work of taking time, to listen, to help, is also your gift to the whole of the world

~Jack Kornfield

The trouble is that you think you have time.

~Jack Kornfield

Peace requires us to surrender our illusions of control.

~Jack Kornfield

Your happiness and suffering depend on your actions and not on my wishes for you.

~Jack Kornfield

It does not matter whether you have religion or are an agnostic believe in nothing, You can only appreciate (without knowing or understanding) the mysteries of life.

~Jack Kornfield

Whatever we cultivate in times of ease, we gather as strength for times of change.

~Jack Kornfield

Everything that has a beginning has an ending. Make your peace with that and all will be well.

~Jack Kornfield

To live fully is to let go and die with each passing moment, and to be reborn in each new one.

~Jack Kornfield

Meditation practice is neither holding on nor avoiding; it is a settling back into the moment, opening to what is there.

~Jack Kornfield

According to Buddhist scriptures, compassion is the "quivering of the pure heart" when we have allowed ourselves to be touched by the pain of life.

~Jack Kornfield

Meet this transient world with neither grasping nor fear, trust the unfolding of life, and you will attain true serenity.

~Jack Kornfield

We can always begin again.

~Jack Kornfield

The knowledge of the past stays with us. To let go is to release the



images and emotions, the grudges and fears, the clingings and disappointments of the past that bind our spirit.

~Jack Kornfield

You awaken your True spirit by way of the broken heart: ragged, vulnerable, fierce and finally compassionate. Chris trod this rough way and shows honestly how it can be done.

~Jack Kornfield

This life is a test-it is only a test. If it had been an actual life, you would have received further instructions on where to go and what to do. Remember, this life is only a test.

~Jack Kornfield

The goal of practice is always to keep our beginner's mind.

~Jack Kornfield

Weigh the true advantages of forgiveness and resentment to the heart. Then choose.

~Jack Kornfield

Train your mind the same way you'd train a puppy: Be patient, be consistent, and have some fun along the way.

~Jack Kornfield

Refraining from false speech: speech from the heart. Undertake for one week not to gossip (positively or negatively) or speak about anyone you know who is not present with you (any third party).

~Jack Kornfield

Knowledge and achievements matter little if we do not yet know how to touch the heart of another and be touched.

~Jack Kornfield

To see the preciousness of all things, we must bring our full attention to life

~Jack Kornfield

The only way to live is by accepting each minute as an unrepeatable miracle.

~Jack Kornfield

No matter how difficult the past, you can always begin again today.

~Jack Kornfield

Buddhist teachings are not a religion, they are a science of mind.

~Jack Kornfield

To begin to meditate is to look into our lives with interest in kindness and discover how to be wakeful and free.

~Jack Kornfield

All of spiritual practice is a matter of relationship: to ourselves, to others, to life's situations.

~Jack Kornfield

Forgiveness is primarily for our own sake, so that we no longer carry the burden of resentment. But to forgive does not mean we will allow injustice again.

~Jack Kornfield

The quieting of our mind is a political act.

~Jack Kornfield

The person who betrayed you is sunning themselves on a beach in Hawaii and you're knotted up in hatred. Who is suffering?

~Jack Kornfield

Love is based on our capacity to trust in a reality beyond fear, to trust a timeless truth bigger than all our difficulties.

~Jack Kornfield

When we struggle to change ourselves we, in fact, only continue the patterns of self-judgement and aggression. We keep the war against ourselves alive.

~Jack Kornfield

Samadhi doesn't just come of itself; it takes practice.

~Jack Kornfield

To live life is to make a succession of errors. Understanding this can bring us great ease and forgiveness for ourselves and others.

~Jack Kornfield

Only in the reality of the present can we love, can we awaken, can we find peace and understanding and connection with ourselves and the world.

~Jack Kornfield

The words of the Buddha offer this truth:  $\hat{a}^{\frac{1}{4}}$  Hatred never ceases by hatred but by love alone is healed.

~Jack Kornfield

Meditation is a vehicle for opening to the truth of this impermanence on deeper and deeper levels.

~Jack Kornfield

Much of spiritual life is self-acceptance, maybe all of it.

~Jack Kornfield

What would we have to hold in compassion to be at peace right now?  
What would we have to let go of to be at peace right now?

~Jack Kornfield

You need a community. They remind you when you forget, and you remind them when they forget.

~Jack Kornfield

We are awakened to the profound realization that the true path to liberation is to let go of everything.

~Jack Kornfield

We don't know all the reasons that propel us on a spiritual journey, but somehow our life compels us to go.

~Jack Kornfield

As surely as there is a voyage away, there is a journey home.

~Jack Kornfield

Indifference is a misguided way of defending ourselves.

~Jack Kornfield

Everybody needs to take some time, in some way, to quiet themselves and really listen to their heart.

~Jack Kornfield

We each need to make our lion's roar - to persevere with unshakable courage when faced with all manner of doubts and sorrows and fears - to declare our right to awaken.

~Jack Kornfield

Buddhists were actually the first cognitive-behavioral therapists.

~Jack Kornfield

Beneath the sophistication of Buddhist psychology lies the simplicity of compassion. We can touch into this compassion whenever the mind is

quiet, whenever we allow the heart to open.

~Jack Kornfield

Our ideas of self are created by identification. The less we cling to ideas of self, the freer and happier we will be.

~Jack Kornfield

Live in joy, in love, even among those who hate.

~Jack Kornfield

Though outer events may be difficult, the key to our happiness is how our mind responds to them.

~Jack Kornfield

To live in this precious animal body on this earth is as great a part of spiritual life as anything else.

~Jack Kornfield

There is a web of life into which we are born, from which we can never fall.

~Jack Kornfield

Spiritual life doesn't make you a good person; you ARE a good person, you are a holy being when you are born. What spiritual life does is remind us that this is who we really are.

~Jack Kornfield

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