

Joan Halifax

Quotes

*Compassion, Heart, Buddhism, People, World, Years, Mind, Practice,
Motivation, May, Suffering, Thinking, Inspiration, Rights, Way, Spiritual, Mean,
Our World, Teaching, Offering*

Many of us think that compassion drains us, but I promise you it is something that truly enlivens us.

~Joan Halifax

May I see my own limits with compassion, just as I view the limits of others.

~Joan Halifax

Compassion may be defined as the capacity to be attentive to the experience of others, to wish the best for others, and to sense what will truly serve others.

~Joan Halifax

Compassionate action emerges from the sense of openness, connectedness, and discernment you have created.

~Joan Halifax

Don't ever think compassion is weak. Compassion is about strength.

~Joan Halifax

In being with dying, we arrive at a natural crucible of what it means to love and be loved. And we can ask ourselves this: Knowing that death is inevitable, what is most precious today?

~Joan Halifax

We live in a time when science is validating what humans have known throughout the ages: that compassion is not a luxury; it is a necessity for our well-being, resilience, and survival.

~Joan Halifax

Catastrophe is the essence of the spiritual path, a series of breakdowns allowing us to discover the threads that weave all of life into a whole cloth.

~Joan Halifax

We believe that it takes a strong back and a soft front to face the world.

~Joan Halifax

All beings, including each one of us, enemy and friend alike, exist in patterns of mutuality, interconnectedness, co-responsibility and ultimately in unity.

~Joan Halifax

Most of us are shrinking in the face of psycho-social and physical poisons, of the toxins of our world. But compassion, the generation of compassion, actually mobilizes our immunity.

~Joan Halifax

In accepting death as inevitable, we don't label it as a good thing or a bad thing. As one of my teachers once said to me, "Death happens. It is just death, and how we meet it is up to us.

~Joan Halifax

No single answer can hold the truth of a good heart.

~Joan Halifax

For me, Buddhism is a psychology and a philosophy that provides a means, upayas, for working with the mind.

~Joan Halifax

Yes, creation is moving toward us; life is moving toward us all the time. We back away, but it keeps pushing toward us. Why not step forward and greet it.

~Joan Halifax

Developing our capacity for compassion makes it possible for us to help others in a more skillful and effective way.

~Joan Halifax

Cease consuming, practice generosity.

~Joan Halifax

When we have disorderly lives, it makes it difficult for our minds to be orderly and for us to be at ease with disorder.

~Joan Halifax

If compassion is so good for us, why don't we train our health care providers in compassion so that they can do what they're supposed to do, which is to transform suffering?

~Joan Halifax

Compassion has enemies, and those enemies are things like pity, moral outrage, fear.

~Joan Halifax

Since we are already Buddhas, happy and suffering Buddhas, wise and confused Buddhas, we are already Buddha.

~Joan Halifax

When I first was exposed to Buddhism in the mid-1960s, I said it was so practical and utterly pragmatic. That's what attracted me to Buddhism.

~Joan Halifax

There is the in-breath and there is the out-breath, and too often we feel like we have to exhale all the time. The inhale is absolutely essential - and then you can exhale.

~Joan Halifax

I am always cautious about naming the known, as we often forget to hold in regard those whose names will never be known to anyone outside of their close circle.

~Joan Halifax

My work has been in the field of engaged Buddhism. That is my own practice, which began in 1965 that formed the base for the work I was doing in the civil rights and anti-war movement.

~Joan Halifax

Whether or not enlightenment is possible at the moment of death, the practices that prepare one for this possibility also bring one closer to the bone of life.

~Joan Halifax

My test for veracity has always been: How this will settle with a person who is dying? Boundlessness seemed to me to open the door to the true nature of mind that is pointed to in the Heart Sutra.

~Joan Halifax

The Shobogenzo is an enormous work that captures the vastness of Dogen's realization. Kaz, over many years, threaded the beads of these many fascicles into a great mala of wisdom.

~Joan Halifax

We have even done a weekend on Japanese grammar! Not that I know anything about Japanese grammar, but it was Kaz's idea, and it was a bit of an adventure, to say the least.

~Joan Halifax

Buddhist practice is the grounding for this work, this life, this way.

~Joan Halifax

How about Burma, Somalia, Afghanistan, Libya, our streets, our neighborhoods, our own minds. We don't have to look far - and we should look far as well.

~Joan Halifax

Kaz's wilder work captures the great beauty of the human heart and the

natural world.

~Joan Halifax

[Kaz] is a great scholar, very funny - a true man of no rank!

~Joan Halifax

Kaz's art is a powerful example of discipline and freedom. His classical calligraphy captures the inner movement and stillness of the brush and mind.

~Joan Halifax

I am working on a technical paper on compassion. So I am reading everything I can on the subject, including my own mind and heart.

~Joan Halifax

To work with Kaz on this kind of project is a fascinating process...He seems to be Dogen himself when offering the translations that we Western collaborators then refine with him.

~Joan Halifax

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