

# Jon Kabat-Zinn Quotes

*Life, Meditation, Mindfulness, Mean, Mind, Thinking, People, Letting Go,  
Spiritual, Attention, Moments, Practice, Stress, Knowing, Children, Self,  
Awareness, Meditation Practice, Heart, Journey*

You can't stop the waves, but you can learn to surf.

~Jon Kabat-Zinn

It is indeed a radical act of love just to sit down and be quiet for a time by yourself.

~Jon Kabat-Zinn

Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.

~Jon Kabat-Zinn

The little things? The little moments? They aren't little.

~Jon Kabat-Zinn

Patience is a form of wisdom. It demonstrates that we understand and accept the fact that sometimes things must unfold in their own time.

~Jon Kabat-Zinn

Meditation is the only intentional, systematic human activity which at bottom is about not trying to improve yourself or get anywhere else, but simply to realize where you already are.

~Jon Kabat-Zinn

If we are honest with ourselves, most of us will have to admit that we live out our lives in an ocean of fear.

~Jon Kabat-Zinn

Just watch this moment, without trying to change it at all. What is happening? What do you feel? What do you see? What do you hear?

~Jon Kabat-Zinn

All the suffering, stress, and addiction comes from not realizing you already are what you are looking for.

~Jon Kabat-Zinn

We take care of the future best by taking care of the present now.

~Jon Kabat-Zinn

Arriving someplace more desirable at some future time is an illusion.  
This is it.

~Jon Kabat-Zinn

No one can listen to your body for you... To grow and heal, you have to take responsibility for listening to it yourself.

~Jon Kabat-Zinn

Practice moment to moment non-judgemental awareness.

~Jon Kabat-Zinn

But you cannot have harmony without a commitment to ethical behavior. It's the fence that keeps out the goats that will eat all the young shoots in your garden.

~Jon Kabat-Zinn

Voluntary simplicity means going fewer places in one day rather than more, seeing less so I can see more, doing less so I can do more, acquiring less so I can have more.

~Jon Kabat-Zinn

Perhaps we just need little reminders from time to time that we are already dignified, deserving, worthy.

~Jon Kabat-Zinn

Mindfulness is about love and loving life. When you cultivate this love, it gives you clarity and compassion for life, and your actions happen in accordance with that.

~Jon Kabat-Zinn

When you pay attention to boredom it gets unbelievably interesting.

~Jon Kabat-Zinn

The awareness is not part of the darkness or the pain; it holds the pain, and knows it, so it has to be more fundamental, and closer to what is healthy and strong and golden within you.

~Jon Kabat-Zinn

Mindfulness means being awake. It means knowing what you are doing.

~Jon Kabat-Zinn

Dying without actually fully living, without waking up to our lives while we have the chance, is an ongoing and significant risk.

~Jon Kabat-Zinn

You are only here now; you're only alive in this moment.

~Jon Kabat-Zinn

One way to look at meditation is as a kind of intrapsychic technology that's been developed over thousands of years by traditions that know a lot about the mind/body connection.

~Jon Kabat-Zinn

Maybe the fear is that we are less than we think we are, when the actuality of it is that we are much much more.

~Jon Kabat-Zinn

Just stopping, is a radical act of sanity and love.

~Jon Kabat-Zinn

Mindfulness meditation is the embrace of any and all mind states in awareness, without preferring one to another.

~Jon Kabat-Zinn

Intelligence is the door to freedom and alert attention is the mother of intelligence.

~Jon Kabat-Zinn

Too much of the education system orients students toward becoming better thinkers, but there is almost no focus on our capacity to pay attention and cultivate awareness.

~Jon Kabat-Zinn

Writing can be an incredible mindfulness practice.

~Jon Kabat-Zinn

Meditation is really a non-doing. It is the only human endeavor I know of being where you already are.

~Jon Kabat-Zinn

See for yourself whether letting go when a part of you really wants to hold on doesn't bring a deeper satisfaction than clinging.

~Jon Kabat-Zinn

Perhaps the most "spiritual" thing any of us can do is simply to look through our own eyes, see with eyes of wholeness, and act with integrity and kindness.

~Jon Kabat-Zinn

Meditation is simply about being yourself and know about who that is.

~Jon Kabat-Zinn

There are a lot of different ways to talk about mindfulness, but what it really means is awareness.

~Jon Kabat-Zinn

He who dies before he dies does not die when he dies.

~Jon Kabat-Zinn

Breathing is central to every aspect of meditation training. It's a wonderful place to focus in training the mind to be calm and concentrated.

~Jon Kabat-Zinn

When awareness embraces the senses, it enlivens them.

~Jon Kabat-Zinn

The best way to capture moments is to pay attention. This is how we cultivate mindfulness. Mindfulness means being awake. It means knowing what you are doing.

~Jon Kabat-Zinn

Stillness, insight, and wisdom arise only when we can settle into being complete in this moment, without having to seek or hold on to or reject anything.

~Jon Kabat-Zinn

Meditation is like farming... the right soil is required to grow anything, nothing will grow if the soil is polluted by striving or pushing too hard.

~Jon Kabat-Zinn

For men and women alike, this journey is a the trajectory between birth and death, a human life lived. No one escapes the adventure. We only work with it differently.

~Jon Kabat-Zinn

Mindfulness is a way of paying attention, on purpose and non-judgmentally, to what goes on in the present moment in your body, mind and the world around you.

~Jon Kabat-Zinn

Living in a chronic state of unawareness can cause us to miss much of what is most beautiful and meaningful in our lives.

~Jon Kabat-Zinn

Make a list of what is really important to you. Embody it.

~Jon Kabat-Zinn

In Asian languages, the word for mind and the word for heart are the same word.

~Jon Kabat-Zinn

Discipline provides a constancy which is independent of what kind of day you had yesterday and what kind of day you anticipate today.

~Jon Kabat-Zinn

There is just this moment. We are not trying to improve or to get anywhere else.

~Jon Kabat-Zinn

See If You Can Give Yourself Gifts That May Be True Blessings, Such As Self-Acceptance

~Jon Kabat-Zinn

Generosity is another quality which, like patience, letting go, non-judging, and trust, provides a solid foundation for mindfulness practice.

~Jon Kabat-Zinn

The real meditation practice is how we live our lives from moment to moment to moment.

~Jon Kabat-Zinn

So, in meditation practice, the best way to get somewhere is to let go of trying to get anywhere at all.

~Jon Kabat-Zinn

When experience is viewed in a certain way, it presents nothing but doorways into the soul.

~Jon Kabat-Zinn

Mindfulness is so powerful that the fact that it comes out of Buddhism is irrelevant.

~Jon Kabat-Zinn

From the perspective of meditation, every state is a special state, every moment a special moment.

~Jon Kabat-Zinn

The only time that any of us have to grow or change or feel or learn anything is in the present moment. But we're continually missing our present moments, almost willfully, by not paying attention.

~Jon Kabat-Zinn

You could think of mindfulness as wise and affectionate attention.

~Jon Kabat-Zinn

In any given moment we are either practicing mindfulness, or defacto, we are practicing mindlessness.

~Jon Kabat-Zinn

From the point of view of the meditative traditions the entire society is suffering from attention deficit hyperactivity disorder.

~Jon Kabat-Zinn

This is something called "walking meditation." The goal is to learn to be aware of each and every movement and feeling. I know it seems ridiculous, but it does change the way you experience walking.

~Jon Kabat-Zinn

Meditation means learning how to get out of this current, sit by its bank



and listen to it, learn from it, and then use its energies to guide us.

~Jon Kabat-Zinn

If we hope to go anywhere or develop ourselves in any way, we can only step from where we are standing. If we don't really know where we are standing... We may only go in circles.

~Jon Kabat-Zinn

Mindfulness is not about getting anywhere else.

~Jon Kabat-Zinn

We call the effort to cultivate our ability to be in the present moment 'practice' or 'meditation practice.'

~Jon Kabat-Zinn

Meditation is not about feeling a certain way. It's about feeling the way you feel.

~Jon Kabat-Zinn

Simply put, mindfulness is moment-to-moment non-judgmental awareness.

~Jon Kabat-Zinn

Even before smart phones and the Internet, we had many ways to distract our selves. Now that's compounded by a factor of trillions.

~Jon Kabat-Zinn

Most people don't realize that the mind constantly chatters. And yet, that chatter winds up being the force that drives us much of the day in terms of what we do, what we react to, and how we feel.

~Jon Kabat-Zinn

Can you question who you are? And are you comfortable with not knowing?

~Jon Kabat-Zinn

When you're walking, just walk. When you're eating, just eat. Not in front of the TV, not with the newspaper. It turns out, that's huge.

~Jon Kabat-Zinn

The real meditation is how you live your life.

~Jon Kabat-Zinn

You make problem, you have problem

~Jon Kabat-Zinn

The funny thing about stopping is that as soon as you do it, here you are.

~Jon Kabat-Zinn

A lot of harm has come in all eras from people attached to one view of spiritual "truth."

~Jon Kabat-Zinn

The Zen people from Ancient China, "When you're walking, just walk." It turns out to be the hardest thing.

~Jon Kabat-Zinn

You can bring together the body's various systems to fine tune the body and mind in order to navigate life's ups and downs in a way that minimizes stress and maximizes well-being and satisfaction.

~Jon Kabat-Zinn

I was very much a tough New York street kid. I went to a school where you had to learn how to get along with everybody or fight with everybody, and I did my fair share of both.

~Jon Kabat-Zinn

The mind that has not been developed or trained is very scattered. That's the normal state of affairs, but it leaves us out of touch with a great deal in life, including our bodies.

~Jon Kabat-Zinn

Most people think that to meditate, I should feel a particular special something, and if I don't, then I must be doing something wrong.

~Jon Kabat-Zinn

Look at other people and ask yourself if you are really seeing them or just your thoughts about them.... Without knowing it, we are coloring everything, putting our spin on it all.

~Jon Kabat-Zinn

Awareness Is Not The Same As Thought  
More Like A Vessel Which Can Hold And Contain Our Thinking

~Jon Kabat-Zinn

To drop into being means to recognize your interconnectedness with all life, and with being itself. Your very nature is being part of larger and larger spheres of wholeness.

~Jon Kabat-Zinn

Nourishing the soul is the process of drinking at the life stream, coming back to one's true self, embracing the whole of one's experience - good, bad, or ugly; painful or exalted; dull or boring.

~Jon Kabat-Zinn

It's okay that the mind drifts away but you just bring it back.

~Jon Kabat-Zinn

Paying attention and awareness are universal capacities of human beings.

~Jon Kabat-Zinn

In letting go of wanting something special to occur, maybe we can realize that something special is already occurring.

~Jon Kabat-Zinn

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