

Leonard Jacobson

Quotes

*Past, Life, Oneness, Silence, Awakening, Mind, Pain, Responsibility, Moments,
Ego, Acceptance, Dream, Believe, Home, Way, Real, Opportunity, Littles,
Running, Blessing*

We are on a journey of becoming that which we already are. That is the impossible paradox of our lives.

~Leonard Jacobson

You get lost because you think there is somewhere to go. If you give up believing in a goal or a destination, then you cannot get lost. In the present moment, there is no destination.

~Leonard Jacobson

Everything that happens is designed to awaken us. Everything.

~Leonard Jacobson

The past is gone. The future never arrives. In truth, there is no life outside of this moment!

~Leonard Jacobson

It disguises its thoughts as your thoughts, its feelings with your feelings, you think it's you.

~Leonard Jacobson

There is no greater power than the power of love, which arises from Presence. It overcomes all resistance.

~Leonard Jacobson

When you are present, you are transcendent of the mind and ego and so you can witness your mind and ego. You can be conscious of your thoughts without being lost in them when they arise.

~Leonard Jacobson

The underlying motivation that drives all addiction is our insistence on avoiding pain. However, the pain you are avoiding is based in the past, and has nothing to do with the present moment.

~Leonard Jacobson

As you awaken, the present moment becomes your home. You still play in the world of time, but you're not identified with the story unfolding there.

~Leonard Jacobson

Everything that occurs in your life is part of God's plan to wake you up.

~Leonard Jacobson

When you are truly present, you illuminate everything around you.

~Leonard Jacobson

You can live in a house, but your real home is inside you.

~Leonard Jacobson

In the awakened state of Presence, aloneness becomes all-oneness.

~Leonard Jacobson

Only when you can accept that you are alone, will you discover that you are not alone.

~Leonard Jacobson

The only moment ever available to you is the present moment. Everything else is memory or imagination.

~Leonard Jacobson

Awakening is about liberating yourself from the prison that is the world of the mind and daring to be here as all that you are.

~Leonard Jacobson

In the awakened state, the mind is either perfectly silent or it is a perfectly clear instrument of expression.

~Leonard Jacobson

In Presence, there is no outcome. It is our involvement in the outcome

that keeps us imprisoned in an imagined future. In Presence, there is only now.

~Leonard Jacobson

In presence, there is no right or wrong, because there is no duality. There is no judgment.

~Leonard Jacobson

Projecting into the future with hopes, dreams and desires can never fulfill you. Only the present moment can fulfill you.

~Leonard Jacobson

If you're truly present in this moment, then you are a Buddha. At least for this moment!

~Leonard Jacobson

Surrender the dream and the truth will be revealed.

~Leonard Jacobson

When you become present, your mind is silent. There is no agenda. You are not holding onto anything. You are not seeking anything. You are just here with what is, and it is enough.

~Leonard Jacobson

I cannot tell you anything that you don't already know, but it is known in silence.

~Leonard Jacobson

Waking up is not serious. It is a gentle remembering and an honoring of the present moment as the truth of life.

~Leonard Jacobson

The fact that we are aware of ourselves is both our greatest curse and also our greatest blessing.

~Leonard Jacobson

Your gift to God is honesty. God's gift to you is truth.

~Leonard Jacobson

You cannot be present in an abstract way. Presence is not about disappearing into nothingness. You can only be present with something that is actually here.

~Leonard Jacobson

If you can see it, hear it, feel it, taste it, touch it, or smell it, you can be present with it. It is of the present moment, and so it brings to you the opportunity to be present with it.

~Leonard Jacobson

When you awaken, you will see that this is Heaven on Earth, and everything in physical form is the body of God.

~Leonard Jacobson

People have no clue that they're in prison, they don't know that there is an ego, they don't know the distinction.

~Leonard Jacobson

Do not seek the answers. Let the answers find you.

~Leonard Jacobson

It's not them, it's you. It's not there, it's here. It's not then, it's now.

~Leonard Jacobson

True power arises in knowing what you want, knowing what you don't want, expressing it clearly and lovingly without attachment to the outcome.

~Leonard Jacobson

As each of us awakens, it impacts human consciousness at a collective level. It is like dropping a tiny pebble of light into a dark pool of unconsciousness . Ripples of light!

~Leonard Jacobson

You spend very little time in the present moment. Reality exists only in the present moment. Therefore you spend very little time in reality.

~Leonard Jacobson

"What do I want?" is your question. And what you want is always changing with the flow. So go with the flow.

~Leonard Jacobson

Awakening is not something you achieve. It is something you relax into.

~Leonard Jacobson

The price of freedom is to allow freedom. Very few people are willing to pay the price.

~Leonard Jacobson

If you accept full responsibility for yourself, you will be released forever from expectation, resentment, blame and guilt.

~Leonard Jacobson

It is far wiser to ask for a question than an answer. When you think you have all the answers, it simply means you have run out of questions.

~Leonard Jacobson

THE JOURNEY IS FROM HERE TO HERE. AND THE ONLY TIME YOU CAN ARRIVE IS NOW.

~Leonard Jacobson

Wanting others to love you, you give away your heart. Wanting others

to see you, you give away your eyes.

~Leonard Jacobson

The truth is uncompromising.

~Leonard Jacobson

The only thing I trust is silence. And I trust silence completely.

~Leonard Jacobson

The very essence of your Being is infinite, eternal silence. It is your true nature. It is the essence of all existence.

~Leonard Jacobson

Every moment you are present, there is a little less darkness in our world.

~Leonard Jacobson

You can be sad for others but you don't have to take on their pain.

~Leonard Jacobson

The more awake you are, the less there is of you here. At the very deepest level of Presence, you have disappeared and only God is.

~Leonard Jacobson

When you are caught in the mind, your past defines you. When you are present, you are beyond definition.

~Leonard Jacobson

Everything that occurs in your life is an opportunity for awakening. There are no exceptions!

~Leonard Jacobson

If you fully awaken, you will not know yourself. Understand this, and you will understand all.

~Leonard Jacobson

Don't diminish yourself in any way. Dare to be all that you are.

~Leonard Jacobson

Beyond all experience is the one who is experiencing. Beyond all change is the One who never changes.

~Leonard Jacobson

The truth is known in silence. Be still and know.

~Leonard Jacobson

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- Acceptance Quotes
- Dream Quotes
- Believe Quotes
- Home Quotes
- Way Quotes
- Real Quotes
- Opportunity Quotes
- Littles Quotes
- Running Quotes
- Blessing Quotes