

Mark Coleman Quotes

*Thinking, Children, Judging, Mindfulness, Compassion, Giving, Different,
Philosophy, Lenses, Important, Way, Pain, Space, Fire, Negativity, Happy,
Meditation, Painful, Nature, Spiritual*

Nature teaches us simplicity and contentment, because in its presence we realize we need very little to be happy.

~Mark Coleman

It's important that we see clearly with wisdom and awareness, but also take action.

~Mark Coleman

The essence of forgiveness is seeing our humanness and seeing that we all have our limitations and follies.

~Mark Coleman

We're not as different as we think we are.

~Mark Coleman

We live with that sense of not being enough, and it causes a very painful state.

~Mark Coleman

I started meditating and as soon as I turned that lens of attention inwards, it was like, okay, game over. This is what I'd been looking for to resolve some of these inner conflicts and pains.

~Mark Coleman

We need to forgive - but mindfully. We need compassion that powered by wisdom. That's the way to address our bullies.

~Mark Coleman

A baroque art-rock bubblegum broadcast on a frequency understood only by female teenagers and bred field mice.

~Mark Coleman

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