

Mark Epstein

Quotes

*Thinking, Real, Self, Anxiety, Teacher, Healing, Buddhist, Ego, People, Mean,
Letting Go, Feelings, Desire, Meditation, Buddhism, Happiness, Cutting, Love,
Confusion, Two*

It's one of my theories that when people give you advice, they're really just talking to themselves in the past.

~Mark Epstein

Depressed people think they know themselves, but maybe they only know depression.

~Mark Epstein

Uncovering your real desires can be terrifying. It can also set you spectacularly free.

~Mark Epstein

Meditation is not a means of forgetting the ego; it is a method of using the ego to observe and tame its own manifestations.

~Mark Epstein

Desire is a teacher: When we immerse ourselves in it without guilt, shame, or clinging, it can show us something special about our own minds that allows us to embrace life fully.

~Mark Epstein

Trauma never goes away completely, it changes perhaps, softens some with time, but never completely goes away.

~Mark Epstein

We are what we think, having become what we thought.

~Mark Epstein

We are looking for a way to feel more real, but we do not realize that to feel more real we have to push ourselves further into the unknown.

~Mark Epstein

To be free, to come to terms with our lives, we have to have a direct experience of ourselves as we really are, warts and all.

~Mark Epstein

Anger is sign that something needs to change.

~Mark Epstein

The picture we present to ourselves of who we think we ought to be obscures who we really are.

~Mark Epstein

As my Buddhist teachers have shown me, wisdom emerges in the space around words as much as from language itself.

~Mark Epstein

The central premise of this book is that the Western psychological notion of what it means to have a self is flawed.

~Mark Epstein

It is exceedingly difficult to maintain a sense of absence without turning that absence into some kind of presence

~Mark Epstein

To free desire from the tendency to cling, we have to be willing to stumble over ourselves.

~Mark Epstein

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