

# Mark Nepo Quotes

*Heart, Way, Listening, Needs, Journey, Light, Waiting, What Matters, Hands,  
Broken, Believe, Thinking, Practice, Joy, World, Soul, Who We Are, Real, Want,  
Years*

The flower doesn't dream of the bee. It blossoms and the bee comes.

~Mark Nepo

Even when clouds grow thick, the sun still pours its light earthward.

~Mark Nepo

The key to knowing joy is being easily pleased.

~Mark Nepo

When we heal ourselves, we heal the world.

~Mark Nepo

The real & lasting practice for each of us is to remove what obstructs us so we can be who we are.

~Mark Nepo

To journey without being changed, is to be a nomad. To change without journeying is to be a chameleon. To journey and to be transformed by the journeying is to be a pilgrim.

~Mark Nepo

Tragedy stays alive by feeling what's been done to us, while peace comes alive by living with the results.

~Mark Nepo

â€œI keep looking for one more teacher, only to find that fish learn from the water and birds learn from the sky.â€• (p.275)

~Mark Nepo

Each of us carries some wisdom waiting to be discovered at the center of our experience. Everything we meet, if faced and held, reveals a part of that wisdom.

~Mark Nepo

â€there are no wrong turns, only unexpected paths.

~Mark Nepo

To listen is to lean in, softly, with a willingness to be changed by what we hear.

~Mark Nepo

All the buried seeds crack open in the dark the instant they surrender to a process they can't see.

~Mark Nepo

Part of the blessing and challenge of being human is that we must discover our own true nature.

~Mark Nepo

We think that accomplishing things will complete us, when it is experiencing life that will.

~Mark Nepo

The greedy one gathered all the cherries, while the simple one tasted all the cherries in one.

~Mark Nepo

Each of us is born with an incorruptible spot of grace.

~Mark Nepo

Those who truly love us will never knowingly ask us to be other than we are

~Mark Nepo

The sun doesn't stop shining because some people are blind.

~Mark Nepo

To walk quietly until the miracle in everything speaks is poetry, whether

we write it down or not.

~Mark Nepo

The mystery is that whoever shows up when we dare to give has exactly what we need hidden in their trouble.

~Mark Nepo

In the same way that we have to clean wax from our ears and dirt from our eyes, we're all asked to clean out our conclusions and judgments, which block our heart from meeting the world.

~Mark Nepo

We are born with only one obligation - to be completely who we are.

~Mark Nepo

Rather than finding heaven on earth, we are asked to release heaven by living on earth.

~Mark Nepo

Who's to say the effort to be real isn't the beginning of wings?

~Mark Nepo

Just opening quietly for moments everyday can create a path by which life can reach us, the way rain carves a little stream in the earth by which the smallest flowers are watered.

~Mark Nepo

Walk long enough and we all trade places.

~Mark Nepo

The life of expression is the tuning fork by which we find our way to the sacred.

~Mark Nepo

Like roots finding water, we always wind up moving towards what sustains us.

~Mark Nepo

Whatever opens us is not as important as what it opens.

~Mark Nepo

The world needs awakened souls the way a body needs healthy cells.

~Mark Nepo

Perhaps the noblest private act is the unheralded effort to ... open our hearts once they've closed, to open our souls once they've shied away.

~Mark Nepo

Our job is not to expose the mystery but to participate in it.

~Mark Nepo

I looked a hundred times and all I saw was dust. The sun broke through and flecks of gold filled the air.

~Mark Nepo

Intuitive listening requires us to still our minds until the beauty of things older than our minds can find us.

~Mark Nepo

It has always amazed and humbled me to how the risk to bloom can seem so insurmountable beforehand and so inevitably freeing once the threshold of suffering is crossed.

~Mark Nepo

Every human has an unfathomable gift that only meeting life head on will reveal.

~Mark Nepo

Wakefulness is not a destination but a song the human heart keeps singing, the way birds keep singing at the first sign of light.

~Mark Nepo

Meditation, in all its forms and traditions, is an invitation to listen, to open, to quietly enlist the courage to be touched and formed by life.

~Mark Nepo

Accepting what we're given is a practice in being present to everything beyond us that lets us become intimate with the nature of life.

~Mark Nepo

Pursue the obstacle It will set you free

~Mark Nepo

Let the miracles, even the ones we don't want or see, unfold.

~Mark Nepo

Repetition is not failure. Ask the waves, ask the leaves, ask the wind.

~Mark Nepo

The fully engaged heart is the antibody for the infection of violence.

~Mark Nepo

To be broken is no reason to see all things as broken.

~Mark Nepo

If I dare to hear you I will feel you like the sun And grow in your direction.

~Mark Nepo

We tend to make the thing in the way the way.

~Mark Nepo

The broken door lets in the light. The broken heart lets in the world.

~Mark Nepo

I've learned that loving your self requires a courage unlike any other. It requires us to believe in and stay loyal to something no one else can see that keeps us in the world - our own self worth.

~Mark Nepo

Anything or anyone that asks you to be other than yourself is not holy, but is trying only to fill its own need.

~Mark Nepo

Have the life you want by being fully present to the life you have.

~Mark Nepo

A love astounds us or a pain consumes us and we forget that we glow on our own.

~Mark Nepo

The humility of wonder opens everything.

~Mark Nepo

Live loud enough in your heart and there is no need to speak.

~Mark Nepo

Try as we do to resist what we're given, this is the only doorway to truth. We waste too much time and energy denying or fighting where we find ourselves.

~Mark Nepo

We are all continually asked to learn how to ask for what we need, only to practice accepting what we're given.

~Mark Nepo

For listening to the stories of others ... is a kind of water that breaks the fever of our isolation. If we listen closely enough, we are soothed into remembering our common name.

~Mark Nepo

When we keep choosing between right and wrong. We spend our energy sorting life rather than living it.

~Mark Nepo

When we deny what comes through us, it defines us. When we honestly face what comes through us, then who we are grows.

~Mark Nepo

In a world where the great technologies enable us to record, replay, cut and paste, zoom in, and delete, listening is the crucial commitment to keep the heart touchable.

~Mark Nepo

Light is in both the broken bottle and the diamond.

~Mark Nepo

We are broken open, or we willfully shed.

~Mark Nepo

Mysteriously, as elusive as it is, this moment--where the eye is what it sees, where the heart is what it feels--this moment shows us that what is real is sacred

~Mark Nepo

In truth, the more we lean into life, the more we authentically interact with the world, the brighter our flame.

~Mark Nepo

We need to meet, embrace and work with what we're given. For what

we want and what we're given often serve two different gods. And how we respond to their meeting determines our path.

~Mark Nepo

Whatever truth we feel compelled to withhold, no matter how unthinkable it is to imagine ourselves telling it, not to is a way of spiritually holding our breath. You can only do it for so long.

~Mark Nepo

Perhaps the hardest thing I've learned, and still struggle with, is that I don't have to be finished in order to be whole.

~Mark Nepo

The extraordinary is waiting quietly beneath the skin of all that is ordinary.

~Mark Nepo

Truth is a seed hidden in the days until watered by what life brings us.

~Mark Nepo

A successful creative expression is one in which the person who has expressed it was transformed for having encountered it

~Mark Nepo

I didn't know the language of my own wisdom. I wanted to be loved and after all the various relationships I went through, I finally realized I am love. I carry love.

~Mark Nepo

Joy in what we do is not an added feature; it is a sign of deep health.

~Mark Nepo

There is no getting around the fundamental fact that we need to interact with everything in order to manifest the wholeness we are born with.

~Mark Nepo

Let's be in awe which doesn't mean anything but the courage to gape like fish at the surface breaking around our mouths as we meet the air.

~Mark Nepo

What we reach for may be different, but what makes us reach is the same.

~Mark Nepo

I have found that life is alive and we are requested to have a friendship with it, to have a conversation with life and that conversation is restorative and healing and always nearby.

~Mark Nepo

If we devote ourselves to the life at hand, the rest will follow. For life, it seems, reveals itself through those willing to live. Anything else, no matter how beautiful, is just advertising.

~Mark Nepo

In daily terms, the work of listening is to be constantly worn free of our preconceptions and preferences so that nothing stands in the way of our direct experience of life.

~Mark Nepo

No amount of thinking can stop thinking.

~Mark Nepo

Birds learn how to fly, never knowing where flight will take them.

~Mark Nepo

We travel so far only to land where we are. We imagine other lives, only to meet who we are. We seek out love in special ways, only to find everyone is special. Humbly, we can't avoid this journey.

~Mark Nepo

No bird can fly without opening its wings, and no one can love without exposing their hearts.

~Mark Nepo

The greatest thing we can do to be closer to our own lives and to the freshness of living is to open up again.

~Mark Nepo

We are love. But in an everyday setting we have to make choices. We have limits. We can love everyone and we can't love everyone.

~Mark Nepo

To distance ourselves from our experience makes our feelings a liability, while staying in conversation with our experience makes our feelings a resource.

~Mark Nepo

Love and grief enable us to feel how we're all at heart the same. In love and grief, which is always very personal, the distinctions that separate us melt away.

~Mark Nepo

What is not expressed is de-pressed.

~Mark Nepo

Each soul on earth is complete unto itself.

~Mark Nepo

Living is the original art. As a young man I wanted to be a poet and I learned along the way that I already was a poet.

~Mark Nepo

I think happiness is overrated, but joy is the key to the thousands of possible moods we can feel. And when we can rest in that joy, then peace is the moment of openness that holds all feeling.

~Mark Nepo

The practice of listening is one of the most mysterious, luminous, and challenging art forms on Earth.

~Mark Nepo

I had over twenty years ago damaged the cilia in my ears. This has taught me many things. One thing I learned, paradoxically, is that there is much to be heard in silence.

~Mark Nepo

Listening reminds me how precious it is to be here at all. And so, listening is the first step to peace, both inner peace and the compassion that connects people.

~Mark Nepo

Keeping a commitment to listening has led me to my own growth, beyond any imagined dreams I may have had throughout the years.

~Mark Nepo

By our very nature, we are a human paradox. We are a human being. The being is infinite and the human is very finite. We walk around like lightening in a bottle.

~Mark Nepo

When wiggling through a hole the world looks different than when scrubbed clean by the wiggle and looking back.

~Mark Nepo

I was a very driven person, wanting to help and to do good, hopefully to write and teach in a meaningful way - wanting to make change. And I

discovered humbly that life was changing me.

~Mark Nepo

I would rather be fooled than not believe.

~Mark Nepo

The journey is made easier when we can accept that the process of living is designed for what matters to come through us tenderly.

~Mark Nepo

I started out wanting to write great poems, then wanting to discover true poems. Now, I want to be the poem.

~Mark Nepo

We're quietly aching for something to celebrate

~Mark Nepo

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