

# Matthieu Ricard

## Quotes

*Mind, Suffering, Buddhism, Way, Meditation, Compassion, Mean, Brain, Pain,  
Worry, World, Emotional, Giving, Past, Wisdom, Skills, Empathy, Tasks,  
Happiness, People*

Worries are pointless. If there's a solution, there's no need to worry. If no solution exists, there's no point to worry.

~Matthieu Ricard

Nothing goes right on the outside when nothing is going right on the inside.

~Matthieu Ricard

To love oneself is to love life. It is essential to understand that we make ourselves happy in making others happy.

~Matthieu Ricard

Happiness is a skill, emotional balance is a skill, compassion and altruism are skills, and like any skill they need to be developed. That's what education is about.

~Matthieu Ricard

The basic root of happiness lies in our minds; outer circumstances are nothing more than adverse or favourable.

~Matthieu Ricard

Let us live simply in the freshness of the present moment, in the clarity of pure awakened mind.

~Matthieu Ricard

We deal with our mind from morning till evening, and it can be our best friend or our worst enemy.

~Matthieu Ricard

We all have the ability to study the causes of suffering and gradually to free ourselves from them....it is not the magnitude of the task that matters, it's the magnitude of our courage.

~Matthieu Ricard

Authentic happiness is not linked to an activity, it is a state of being.

~Matthieu Ricard

Happiness is a state of inner fulfillment, not the gratification of inexhaustible desires for outward things.

~Matthieu Ricard

Transform our way of perceiving things, we transform the quality of our lives.

~Matthieu Ricard

Genuine fearlessness arises with the confidence that we will be able to gather the inner resources to deal with any situation that comes our way.

~Matthieu Ricard

Children, old people, vagabonds laugh easily and heartily: they have nothing to lose and hope for little. In renunciation lies a delicious taste of simplicity and deep peace.

~Matthieu Ricard

Meditation is not just blissing out under a mango tree. It completely changes your brain and therefore changes what you are.

~Matthieu Ricard

While it may be difficult to change the world, it is always possible to change the way we look at it.

~Matthieu Ricard

It's not the magnitude of the task that matters, it's the magnitude of our courage.

~Matthieu Ricard

Confidence is closely linked to how well our perceptions match reality

~Matthieu Ricard

Enlightenment is eliminating mental confusion, eliminating hatred, jealousy, mental toxins, cravings. That's very simple and straightforward. Whether you can do it or not is another matter.

~Matthieu Ricard

Envy and jealousy stem from the fundamental inability to rejoice at someone else's happiness or success

~Matthieu Ricard

To grant forgiveness to someone who has truly changed is not a way of condoning or forgetting his or her past crimes, but of acknowledging whom he or she has become.

~Matthieu Ricard

Anyone can be happy by simply training their brain.

~Matthieu Ricard

The ultimate reason for meditating is to transform ourselves in order to be better able to transform the world.

~Matthieu Ricard

Empathy is the faculty to resonate with the feelings of others. When we meet someone who is joyful, we smile. When we witness someone in pain, we suffer in resonance with his or her suffering.

~Matthieu Ricard

True freedom means freeing oneself from the dictates of the ego and its accompanying emotions.

~Matthieu Ricard

Wisdom and compassion should become the dominating influences that guide our thoughts , our words, and our actions.

~Matthieu Ricard

When hearing a door creak, the optimist thinks it's opening and the pessimist thinks it's closing.

~Matthieu Ricard

Whatever you train, you change your brain.

~Matthieu Ricard

Negative emotions like hatred destroy our peace of mind.

~Matthieu Ricard

Isn't it the mind that translates the outer condition into happiness and suffering?

~Matthieu Ricard

If you want to know the future, look at what is in your mind

~Matthieu Ricard

We do all kinds of things to remain beautiful. Yet, we spend surprisingly little time taking care of what matters most - the way our mind functions.

~Matthieu Ricard

Placebos are like the lollipop of optimism, but we can do much better by dealing directly with the mind... And it works!

~Matthieu Ricard

We must distinguish between spirituality in general terms, which aims to make us better people, and religion. Adopting a religion remains optional, but becoming a better human being is essential.

~Matthieu Ricard

There is no such thing as good and bad in an absolute sense. There is

only the good and bad- the harm in terms of happiness and suffering- that our thoughts and our actions do to ourselves and others.

~Matthieu Ricard

There is definitely openness to others' suffering that is dealt not with distress but with compassion.

~Matthieu Ricard

Authentic happiness is not linked to an activity; it is a state of being, a profound emotional balance struck by a subtle understanding of how the mind functions.

~Matthieu Ricard

Happiness is a state of inner fulfillment.

~Matthieu Ricard

We try to fix the outside so much, but our control of the outer world is limited, temporary, and often, illusory.

~Matthieu Ricard

Peace is not weak. Standing up to a tank is harder than dropping a suicide bomb

~Matthieu Ricard

There is a dilemma, to reconcile three time scales: in the short term, the economy; in the middle range, global well-being generally; and, in the long range, the environment.

~Matthieu Ricard

That's what Buddhism has been trying to unravel - the mechanism of happiness and suffering. It is a science of the mind.

~Matthieu Ricard

The way you experience [pain] can change so much depending on your

attitude.

~Matthieu Ricard

You should really stop worrying, develop the real wish to live and with a good motivation, [such as] "I have a better life and I can put that life at the benefit of others."

~Matthieu Ricard

Neuroscience has proven that similar areas of the brain are activated both in the person who suffers and in the one who feels empathy. Thus empathic suffering is a true experience of suffering.

~Matthieu Ricard

What counts is not the enormity of the task, but the size of the courage.

~Matthieu Ricard

I got really involved in science research and the science of meditation.

~Matthieu Ricard

Meditation is about cultivating constructive emotions, like altruism, compassion.

~Matthieu Ricard

Good and evil exist only in terms of the happiness or suffering they create in ourselves and others

~Matthieu Ricard

We cannot study everything at the same time.

~Matthieu Ricard

We vastly underestimate the power of transformation of mind.

~Matthieu Ricard

If you don't have altruism, inner strength, inner peace, attention, then it's a trauma. It makes a difficult life for you and for others.

~Matthieu Ricard

Just be free, and at least you will go through adversity with a stronger mind, and therefore, you'll be less affected, and pain will affect you less.

~Matthieu Ricard

You get [something] in your body that is the suffering or the problem, and then you [add] a second one, which is worry. In both cases, [it is] pointless.

~Matthieu Ricard

Too much involvement with one's feeling [is destructive]. If they have too much self-centered feelings, they get in trouble.

~Matthieu Ricard

I was born in France. My father was a renowned French philosopher and journalist, and my mother was a painter. So I grew up in Parisian intellectual circles.

~Matthieu Ricard

You can't be at the same time a spiritual master and someone who is always angry. It doesn't work.

~Matthieu Ricard

We have known about the placebo effect for many years. This is a remarkable effect - placebo can cure 30 percent in many cases.

~Matthieu Ricard

The Dalai Lama has been extremely interested in science since his childhood.

~Matthieu Ricard



It is in learning music that many youthful hearts learn to love.

~Matthieu Ricard

In a way, there's nothing wrong with playing the piano, but it's not a huge trauma if you don't.

~Matthieu Ricard

Changing your attitude has a curative effect... Maybe you can go directly to a change of mind, a change of attitude.

~Matthieu Ricard

If there is a remedy or a cure, a solution to a problem or difficulty, why worry?

~Matthieu Ricard

### **Related Links:**

- Mind Quotes
- Suffering Quotes
- Buddhism Quotes
- Way Quotes
- Meditation Quotes
- Compassion Quotes
- Mean Quotes
- Brain Quotes
- Pain Quotes
- Worry Quotes
- World Quotes
- Emotional Quotes
- Giving Quotes
- Past Quotes
- Wisdom Quotes
- Skills Quotes
- Empathy Quotes
- Tasks Quotes
- Happiness Quotes
- People Quotes