

# Milarepa Quotes

*Buddhist, Compassion, Practice, Mind, Dog, Suffering, Wind, Mountain,  
Running, Desire, Determination, Temples, Happiness, Life Is Short, Haste,  
Highest, Evil, Regret, Sticks, Shining*

Deep in the wild mountains, is a strange marketplace, where you can trade the hassle and noise of everyday life, for eternal Light.

~Milarepa

My religion is to live and die without regret.

~Milarepa

In the gap between thoughts nonconceptual wisdom shines continuously.

~Milarepa

In the monastery of your heart, you have a temple where all Buddhas unite.

~Milarepa

All meditation must begin with arousing deep compassion. Whatever one does must emerge from an attitude of love and benefitting others.

~Milarepa

My religion is not deceiving myself.

~Milarepa

Accustomed long to contemplating love and compassion I have forgotten all difference between myself and others

~Milarepa

Do not entertain hopes for realization, but practice all your life.

~Milarepa

Strong and healthy, who thinks of sickness until it strikes like lightning?  
Preoccupied with the world, who thinks of death, until it arrives like thunder?

~Milarepa

You menace others with your deadly fangs. But in tormenting them, you are only tormenting yourselves.

~Milarepa

He who knows that all things are his mind, That all with which he meets are friendly, Is ever joyful.

~Milarepa

I need nothing. I seek nothing. I desire nothing.

~Milarepa

Hasten slowly and ye shall soon arrive.

~Milarepa

To attain Buddhahood ... we must scatter this life's aims and objects to the wind.

~Milarepa

One should see that all appearance is like mist and fog.

~Milarepa

Take the lowest place, and you shall reach the highest.

~Milarepa

When you run after your thoughts, you are like a dog chasing a stick

~Milarepa

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