

# Nhat Hanh Quotes

*Practice, Buddhist, Compassion, Peace, Thinking, Inspirational, Life, Suffering,  
Heart, Order, People, Understanding, Mean, Happiness, Flower, Moments,  
Real, Joy, Change, Meditation*

The most precious gift we can offer anyone is our attention. When mindfulness embraces those we love, they will bloom like flowers.

~Nhat Hanh

Silence is essential. We need silence just as much as we need air, just as much as plants need light. If our minds are crowded with words and thoughts, there is no space for us.

~Nhat Hanh

Around us, life bursts with miracles, a glass of water, a ray of sunshine, a leaf, a caterpillar, a flower, laughter, raindrops.

~Nhat Hanh

To be beautiful means to be yourself. You don't need to be accepted by others. You need to accept yourself.

~Nhat Hanh

It is not impermanence that makes us suffer. What makes us suffer is wanting things to be permanent when they are not.

~Nhat Hanh

Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.

~Nhat Hanh

Thanks to impermanence, everything is possible.

~Nhat Hanh

The quality of our life depends on the quality of the seeds that lie deep in our consciousness.

~Nhat Hanh

Breathing in, I calm body and mind. Breathing out, I smile. Dwelling in the present moment I know this is the only moment.

~Nhat Hanh

A bodhisattva is someone who has compassion within himself or herself and who is able to make another person smile or help someone suffer less. Every one of us is capable of this.

~Nhat Hanh

People have a hard time letting go of their suffering. Out of a fear of the unknown, they prefer suffering that is familiar.

~Nhat Hanh

Because of your smile, you make life more beautiful.

~Nhat Hanh

Waking up this morning, I smile. Twenty-four brand new hours are before me. I vow to live fully in each moment and to look at all beings with eyes of compassion.

~Nhat Hanh

Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.

~Nhat Hanh

Because you are alive, everything is possible.

~Nhat Hanh

The mind can go in a thousand directions, but on this beautiful path, I walk in peace. With each step, the wind blows. With each step, a flower blooms.

~Nhat Hanh

Only the present moment contains life.

~Nhat Hanh

I have lost my smile, but don't worry. The dandelion has it.

~Nhat Hanh

We all have the seeds of love in us. We can develop this wonderful source of energy, nurturing the unconditional love that does not expect anything in return.

~Nhat Hanh

You must love in such a way that the person you love feels free.

~Nhat Hanh

Guarding knowledge is not a good way to understand. Understanding means to throw away your knowledge.

~Nhat Hanh

You do not suffer because things are impermanent. You suffer because things are impermanent and you think they are permanent.

~Nhat Hanh

Be Yourself. Life is precious as it is. All the elements for your happiness are already here. There is no need to run, strive, search, or struggle. Just Be.

~Nhat Hanh

If you think that peace and happiness are somewhere else and you run after them, you will never arrive.

~Nhat Hanh

In the Light of interbeing, peace and happiness in your daily life means peace and happiness in the world.

~Nhat Hanh

When you love someone, the best thing you can offer is your presence. How can you love if you are not there?

~Nhat Hanh

If you love someone but rarely make yourself available to him or her, that is not true love.

~Nhat Hanh

Take my hand. We will walk. We will only walk. We will enjoy our walk without thinking of arriving anywhere.

~Nhat Hanh

May our heart's garden of awakening bloom with hundreds of flowers.

~Nhat Hanh

Smile, breathe and go slowly." - Thich Nhat Hanh, Vietnamese Zen monk, author and peace activist.

~Nhat Hanh

There is no way to happiness - happiness is the way.

~Nhat Hanh

Today is the most important day of our lives.

~Nhat Hanh

Many people think excitement is happiness.... But when you are excited you are not peaceful. True happiness is based on peace.

~Nhat Hanh

We have more possibilities available in each moment than we realize.

~Nhat Hanh

If we believe that tomorrow will be better, we can bear a hardship today

~Nhat Hanh

In the moment when we are able to smile, to look at ourselves with compassion, our world begins to change.

~Nhat Hanh

Freedom is the basic condition for you to touch life, to touch the blue sky, the trees, the birds, the tea, and the other person.

~Nhat Hanh

People suffer because they are caught in their views. As soon as we release those views, we are free and we don't suffer anymore.

~Nhat Hanh

For things to reveal themselves to us, we need to be ready to abandon our views about them.

~Nhat Hanh

A bodhisattva doesn't have to be perfect. Anyone who is aware of what is happening and who tries to wake up other people is a bodhisattva. We are all bodhisattvas, doing our best.

~Nhat Hanh

Letting go gives us freedom and freedom is the only condition for happiness

~Nhat Hanh

Letting go gives us freedom, and freedom is the only condition for happiness. If, in our heart, we still cling to anything - anger, anxiety, or possessions - we cannot be free.

~Nhat Hanh

When we recognise the virtues, the talent, the beauty of Mother Earth, something is born in us, some kind of connection; love is born.

~Nhat Hanh

The past is gone, the future is not yet here, and if we do not go back to ourselves in the present moment, we cannot be in touch with life.

~Nhat Hanh

Seek peace. When you have peace within, real peace with others will be possible.

~Nhat Hanh

When another person makes you suffer, it is because he suffers deeply within himself, and his suffering is spilling over. He does not need punishment; he needs help. That's the message he is sending.

~Nhat Hanh

Each moment you are alive is a gem. It needs you to breathe gently for the miracles to be displayed.

~Nhat Hanh

I will practice coming back to the present moment...not letting regrets and sorrow drag me back into the past or letting anxieties, fears, or cravings pull me out.

~Nhat Hanh

The moment you understand the importance of loving yourself, you will stop hurting others.

~Nhat Hanh

At any moment, you have a choice, that either leads you closer to your spirit or further away from it.

~Nhat Hanh

The practice of peace and reconciliation is one of the most vital and artistic of human actions.

~Nhat Hanh

We are here to awaken from our illusion of separateness.

~Nhat Hanh

We can help many people suffer less and realize a lot of happiness without being rich or influential. If love and compassion are in our hearts, every thought, word, and deed can bring about a miracle

~Nhat Hanh

Anger is like a storm rising up from the bottom of your consciousness. When you feel it coming, turn your focus to your breath.

~Nhat Hanh

There is the mud, and there is the lotus that grows out of the mud. We need the mud in order to make the lotus.

~Nhat Hanh

Many people are alive but don't touch the miracle of being alive.

~Nhat Hanh

When you begin to see that your enemy is suffering, that is the beginning of insight.

~Nhat Hanh

The source of a true smile is an awakened mind. Smiling helps you approach the day with gentleness and understanding.

~Nhat Hanh

Only your compassion and your loving kindness are invincible, and without limit.

~Nhat Hanh

Every breath we take, every step we make, can be filled with peace, joy and serenity.

~Nhat Hanh



Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today.

~Nhat Hanh

Mindful time spent with the person we love is the fullest expression of true love and real generosity.

~Nhat Hanh

Smile, breathe and go slowly.

~Nhat Hanh

My actions are my only true belongings. I cannot escape the consequences of my actions. My actions are the ground on which I stand.

~Nhat Hanh

Meditation can help us embrace our worries, our fear, our anger; and that is very healing. We let our own natural capacity of healing do the work.

~Nhat Hanh

Go back and take care of yourself. Your body needs you, your feelings need you, your perceptions need you. Your suffering needs you to acknowledge it. Go home and be there for all these things.

~Nhat Hanh

Every word, every look, every action, and every smile can bring happiness to others.

~Nhat Hanh

The greatest of all miracles is to be alive.

~Nhat Hanh

They criticize the silent ones. They criticize the talkative ones. They criticize the moderate ones. There is no one in the world who escapes criticism.

~Nhat Hanh

Wisdom and joy arise when you learn to exist now rather than in the nonexistent past or future.

~Nhat Hanh

Without being peace, we cannot do anything for peace. If we cannot smile, we cannot help other people to smile. If we are not peaceful, then we cannot contribute to the peace movement.

~Nhat Hanh

It is my conviction that there is no way to peace - peace is the way.

~Nhat Hanh

The way you speak to others can offer them joy, happiness, self-confidence, hope, trust, and enlightenment. Mindful speaking is a deep practice.

~Nhat Hanh

Enlightenment, peace, and joy will not be granted by someone else. The well is within us, And if we dig deeply in the present moment, The water will spring forth.

~Nhat Hanh

To be loved means to be recognized as existing.

~Nhat Hanh

Anxiety, the illness of our time, comes primarily from our inability to dwell in the present moment.

~Nhat Hanh

Each thought, each action in the sunlight of awareness becomes sacred.

~Nhat Hanh

My actions are my only true belongings.

~Nhat Hanh

As we cultivate peace and happiness in ourselves, we also nourish peace and happiness in those we love.

~Nhat Hanh

Your presence is a miracle.

~Nhat Hanh

Breath is the bridge which connects life to consciousness, which unites your body to your thoughts. Whenever your mind becomes scattered, use your breath as the means to take hold of your mind again.

~Nhat Hanh

There is no enlightenment outside of daily life.

~Nhat Hanh

I have arrived. I am home. My destination is in each step.

~Nhat Hanh

To meditate means to go home to yourself. Then you know how to take care of the things that are happening inside you, and you know how to take care of the things that happen around you.

~Nhat Hanh

When we change our daily lives - the way we think, speak and act - we change the world.

~Nhat Hanh

Meditation is not passive sitting in silence. It is sitting in awareness, free from distraction, and realizing the clear understanding that arises from concentration.

~Nhat Hanh

Every thought you produce, anything you say, any action you do, it bears your signature.

~Nhat Hanh

If you abandon the present moment, you cannot live the moments of your daily life deeply.

~Nhat Hanh

In true love, you attain freedom.

~Nhat Hanh

If we are not fully ourselves, truly in the present moment, we miss everything.

~Nhat Hanh

Compassionate listening is to help the other side suffer less. If we realize that other people are the same people as we are, we are no longer angry at them.

~Nhat Hanh

Understanding means throwing away your knowledge.

~Nhat Hanh

To abandon the present in order to look for things in the future is to throw away the substance and hold onto the shadow.

~Nhat Hanh

When we are mindful, deeply in touch with the present moment, our understanding of what is going on deepens, and we begin to be filled

with acceptance, joy, peace and love.

~Nhat Hanh

It is possible to live twenty-four hours a day in a state of love. Every movement, every glance, every thought, and every word can be infused with love.

~Nhat Hanh

You have an appointment with life, an appointment that is in the here and now.

~Nhat Hanh

If you touch one thing with deep awareness, you touch everything.

~Nhat Hanh

Forgiveness will not be possible until compassion is born in your heart.

~Nhat Hanh

The buddha called suffering a holy truth, because our suffering has the capacity of showing us the path to liberation. Embrace your suffering and let it reveal to you the way to peace.

~Nhat Hanh

Attachment to views is the greatest impediment to the spiritual path.

~Nhat Hanh

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