

# Noah Levine

## Quotes

*Pain, Heart, Buddhist, Acceptance, Grief, Compassion, Letting Go, Mind, Contentment, Life Is, Confusion, Betrayed, Attachment, Deep Understanding, Two, Hate, Hurt, Suffering, Way, Wise*

Our future experiences will be colored by the choices we make in the present.

~Noah Levine

Pain and suffering are two completely different experiences. Pain is unavoidable. Suffering is self-created.

~Noah Levine

Happiness is closer to the experience of acceptance and contentment than it is to pleasure. True happiness exists as the spacious and compassionate heart's willingness to feel whatever is present.

~Noah Levine

It's easy to hate and point out everything that is wrong with the world; it is the hardest and most important work in one's life to free oneself from the bonds of fear and attachment.

~Noah Levine

Sitting still is a pain in the ass.

~Noah Levine

The truth is, going against the internal stream of ignorance is way more rebellious than trying to start some sort of cultural revolution.

~Noah Levine

The inner revolution will not be televised or sold on the Internet. It must take place within one's own mind and heart.

~Noah Levine

We mistakenly bind ourselves to be content only when life is feeling pleasurable.

~Noah Levine

The point of the spiritual revolution is not to become a good Buddhist,

but to become a wise and compassionate human being, to awaken from our life of complacency and ignorance and to be a buddha.

~Noah Levine

God has abandoned you. Fear does not serve you. Your heart has betrayed you. Only the music can guide you.

~Noah Levine

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- Pain Quotes
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- Grief Quotes
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