

Philip Toshio Sudo

Quotes

*Time, Thinking, Self, Love, Mean, Guitar, Play, May, Mind, Nature, Moments,
Twenties, Checks, People, Gratitude, Years, Path, Teach, Joining In, Hard*

If you find your feet dragging, check your path. You are probably on the wrong one.

~Philip Toshio Sudo

A student might ask, how long will it take to learn guitar..., the answer is, as long as you live - that short.

~Philip Toshio Sudo

The only time and place to find enlightenment is in this moment. No need to check your watch. The time is now.

~Philip Toshio Sudo

When in doubt, initiate. Say yesâ€”to love, to life, to joining in with others. That is how we stay on the right path and, at the same time, elevate humanity.

~Philip Toshio Sudo

Do not analyze things to death. Sometimes the best strategy is, "Ready, fire, aim." Do it first, then make adjustments. The answer lies in action-not in words.

~Philip Toshio Sudo

All things reflect the divine energy of natureâ€”every flower, every rock, every sound, every sight. Once we realize that truth, we cannot help but smile.

~Philip Toshio Sudo

Return to the beginning. Enter by form. Clean your dojo. As you have every day, tie on the white belt and empty your cup. Pick up your guitar, tune, then play.

~Philip Toshio Sudo

Each moment is new. We have never lived it before and will never live it again. It is familiar and unfamiliar at the same time.

~Philip Toshio Sudo

A final word on self-criticism: Do not beat up on yourself. Even if you think you know your flaws, there is no need to advertise them. Most people won't have noticed.

~Philip Toshio Sudo

When we put our keys down, we should be conscious of putting them down. When we pick them up, we should be conscious of picking them up. That's all there is to zen.

~Philip Toshio Sudo

Maturity means learning the value of that which is hard-earned.

~Philip Toshio Sudo

there is no yesterday or tomorrow; there is only this moment. Twenty-four hours a day. Seven days a week. Three hundred sixty-five days a year.

~Philip Toshio Sudo

When mind and action are separate, zen is lost. We keep the two in sync by paying attention.

~Philip Toshio Sudo

Put in an honest day's work. It is the building block of a spiritual life.

~Philip Toshio Sudo

You can't be more alive than you areâ€”but you can awaken to what living is.

~Philip Toshio Sudo

In zen, it is a cardinal sin to waste time. To waste time is to squander the here and now, which, if you think about it, is all that we have.

~Philip Toshio Sudo

Zen teaches that our approach to today determines our whole approach to life.

~Philip Toshio Sudo

Stop thinking about the audience and what they may be thinking of your music. Just play the music.

~Philip Toshio Sudo

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