

Robert Thurman

Quotes

*Self, Thinking, Mean, Spiritual, People, Buddhism, Suffering, Helping Others,
Important, Buddhist, Love You, Ego, Enemy, Practice, Hate, Letting Go, Desire,
Meditation, Teacher, Ideas*

When all is lost, when all is let go of, when all is abandoned, what you are left with is an ocean of bliss.

~Robert Thurman

Wisdom is tolerance of cognitive dissonance.

~Robert Thurman

You should never be ashamed of the suffering you've been through.

~Robert Thurman

Buddhism is all about science. If science is the systematic pursuit of the accurate knowledge of reality, then science is Buddhism, Buddhism is science.

~Robert Thurman

Live fully each day to the full . . .

~Robert Thurman

Hate poisons your life.

~Robert Thurman

It took me forty years of dealing with buddhism to finally realize that actually Buddha's discovery was happiness and bliss.

~Robert Thurman

Everyone has the same life purpose, which is the quest of happiness for oneself and for others.

~Robert Thurman

A possession can't make you happy.

~Robert Thurman

I am daily making myself what I am.

~Robert Thurman

The worldly person is insane from the point of view of the spiritual person.

~Robert Thurman

Thich Nhat Hanh is one of the greatest teachers of our time. He reaches from the heights of insight down to the deepest places of the absolutely ordinary.

~Robert Thurman

If you love your enemy, that means you want your enemy to be happy.

~Robert Thurman

I think humans will find their humanity sometime, somehow.

~Robert Thurman

Enlightenment is not meant to be an object of religious faith. It is an evolutionary goal, something we want to become.

~Robert Thurman

Nonviolence against humans cannot take firm hold in society as long as brutality and violence are practiced toward other animals.

~Robert Thurman

It isn't the meaning of love where you somehow desire that one or you want them or want them to love you.

~Robert Thurman

Actually there's a very bad trend in some cults about how Guru's are supposed to be mean to their students, and there are some who revel in this and are abusive.

~Robert Thurman

Struggling with the world and having the problem of you vs. the world is a really big problem. You're going to lose because the world is so much

bigger than you, and longer lasting.

~Robert Thurman

That love, in the sense of wishing their happiness, will cause your actions to be effective in relation to that person.

~Robert Thurman

The problem in our society is the ego psychology and conventional wisdom about "look out for #1." That conventional wisdom thinks that "love your enemy" is to some a principle no one can ever live by.

~Robert Thurman

More than whether you live or die, it's how you are living or dying that is important.

~Robert Thurman

You have to be responsible for yourself, refer to yourself, develop yourself, help others, whatever it may be. So we shouldn't have an idea that the whole thing is to shatter ones ego.

~Robert Thurman

Greed, the desire to incorporate, is magnified and fed back to produce the pretan realms, just as hate creates the hells.

~Robert Thurman

The person who is tormenting the Tibetans feels they have to get rid of the Tibetans in order to be happy.

~Robert Thurman

You take up energy towards someone because you think loving your enemy doesn't just mean caving into your enemy. It means first of all liberating yourself.

~Robert Thurman

In the practice of exchanging self & other, paradoxes abound.

~Robert Thurman

Those caught in the cycle of self-concern suffer helplessly, while the compassionate are more free and, implicitly, more happy.

~Robert Thurman

If someone gets a bigger house, does that automatically make them happy? Maybe for a second. But then they worry about the bigger house and how to take care of it.

~Robert Thurman

If your enemy is happy, then why would they be bothered to be your enemy? Being someone's enemy is no fun. It does not add to happiness.

~Robert Thurman

What makes me fully alive is anything. Really just being alive is enough.

~Robert Thurman

Human beings are such social animals. We're very connected with the feelings of those we're close to, so we can't really be happy when the ones we are close to are unhappy.

~Robert Thurman

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