

# Roger Housden

## Quotes

*Moments, World, Thinking, Struggle, Heart, Self, Purpose, Meaningful, Special,  
Dimensions, Fall, Knowledge And Wisdom, Silence, People, Years, Knowing,  
Needs, Forget, Light, Way*

The heart, like the grape, is prone to delivering its harvest in the same moment it appears to be crushed.

~Roger Housden

The body is the doorway to the timeless, because the body is always where we are and always in the present moment.

~Roger Housden

Be willing to be where you actually are. In my experience, that is the most inherently meaningful experience you can have.

~Roger Housden

If you allow yourself to fully feel the life you're in - not conceptually, but viscerally in the present moment - then that is inherently meaningful.

~Roger Housden

We have all had serendipitous moments - the most unlikely meetings out of nowhere - that can happen when we have this quality of deep acceptance towards ourselves.

~Roger Housden

Day by day, tiny specks of us float away.

~Roger Housden

To keep faith with life is to experience that everything- everything that comes to us whatever it is- has its place in the puzzle of our existence.

~Roger Housden

I had a classic case of what people call "seeker's disease." That was part of my journey, but now, meaning is like a secret that's revealing itself moment by moment, day by day.

~Roger Housden

Love, like everything else, exists in a spectrum. Love of another, love of

the world, love of God, all these loves are really one love in different degrees of light and density.

~Roger Housden

When the heart opens, we forget ourselves and the world pours in.

~Roger Housden

When you die, God and the Angels will hold you accountable for all the pleasures you were allowed in life that you denied yourself.

~Roger Housden

I certainly spent many years in my early life chasing all over the globe for meaning and purpose. I'd feel like I'd found it, then it would fade away again.

~Roger Housden

When the heart opens, we forget ourselves and the world pours in: this world, and also the invisible world of meaning that sustains everything that was and ever shall be.

~Roger Housden

It's the bringing together of knowledge and wisdom that is a great part - perhaps the greatest part - of our life's journey.

~Roger Housden

Practice remembrance of the present moment, again and again.

~Roger Housden

The love of someone else is more accessible or more possible if one lives with a sense of loving embrace towards oneself because that extends out into the world.

~Roger Housden

A knowing of what needs to be done or what needs to be said or what

needs to happen at any given time. That is wisdom and wisdom does not come from the accumulation of knowledge.

~Roger Housden

Wisdom and knowledge are two different things.

~Roger Housden

Knowledge is immensely powerful and immensely useful.

~Roger Housden

I don't think one can run out and try and chase love.

~Roger Housden

I belong on this earth in the way that an oak tree does.

~Roger Housden

We live in an age of knowledge, with the great god Google, that we can refer to at any time on any subject.

~Roger Housden

We can acquire as much knowledge as we would like with a few taps on our keyboard. That's extremely valuable, but wisdom comes again from some different dimension.

~Roger Housden

The everyday, familiar sense of self who lives in time, and that dimension which we've called presence, that is always here, that is still and quiet.

~Roger Housden

It is from that region of silence, that wordless knowing comes.

~Roger Housden

I've come to see that the way my life shows up is actually my purpose.

~Roger Housden

When we're fully engaged in the present moment, no matter what we're doing, the question of meaning never seems to arise. It's because we feel fulfilled and that is inherently meaningful.

~Roger Housden

The more we enter our own gifts, the more we feel that sense of proportion. In that sense, I think our life lies in the fulfillment of those potentialities, whatever they may be.

~Roger Housden

Some of us have the good fortune of some type of natural gift, whether it's playing tennis or painting or writing.

~Roger Housden

Each of us is already special in the sense that nobody has the unique pattern of potentialities that anyone else has.

~Roger Housden

Everything constantly changes.

~Roger Housden

When we turn our gaze to the inside, it becomes difficult to locate this familiar sense of self. To overcome that fear we need to feel special in some way.

~Roger Housden

The American culture especially, and Western culture in general, urges us to not only become the best that we can be, but also win against the competition.

~Roger Housden

The natural wish and impetus to feel oneself to be an individual, to be

special, includes standing out more than anyone else.

~Roger Housden

People around us change and circumstances change. We can often find ourselves struggling against those things.

~Roger Housden

The capacity to become aware of the givens of our existence - such as change - and to actually welcome those as just part of our human experience releases the struggle.

~Roger Housden

Most of us make an effort to do and be the best we can be, which leads to a distinction we need to make between the notion of struggle and the notion of effort.

~Roger Housden

What's not often in the present moment is the thinking mind.

~Roger Housden

We have to be on time every day for one thing or another, so how can we be on time and yet not in time at the same time?

~Roger Housden

Time and the timeless dimension co-exist here, now in this very moment that we're living, this very moment that we're speaking.

~Roger Housden

When we are open to ourselves and our own experience, and therefore, open to the world, then the world can respond.

~Roger Housden

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