

# S. N. Goenka

## Quotes

*Vipassana, Mind, Real, Past, Goal, Art, Negativity, Two, Journey, Way, Mistake,  
Matter, Happy Life, Dying, Today, Trying, Madness, Bondage, Being  
Successful, Light*

Work diligently. Diligently. Work patiently and persistently. Patiently and persistently. And you're bound to be successful. Bound to be successful.

~S. N. Goenka

If there is no peace in the minds of individuals, how can there be peace in the world? Make peace in your own mind first.

~S. N. Goenka

When one experiences truth, the madness of finding fault with others disappears.

~S. N. Goenka

Discover real peace and harmony within yourself, and naturally this will overflow to benefit others.

~S. N. Goenka

The consequences of today are determined by the actions of the past. To change your future, alter your decisions today.

~S. N. Goenka

The Buddha never taught a sectarian religion; he taught Dhamma - the way to liberation - which is universal.

~S. N. Goenka

One learns the art of dying by learning the art of living: how to become master of the present moment.

~S. N. Goenka

Peace and negativity cannot coexist just as light and darkness cannot coexist.

~S. N. Goenka

The only conversion involved in Vipassana is from misery to happiness,

from bondage to liberation.

~S. N. Goenka

Removing old conditionings from the mind and training the mind to be more equanimous with every experience is the first step toward enabling one to experience true happiness.

~S. N. Goenka

Vipassana is the art of living. Not the art of escaping.

~S. N. Goenka

Grasping at things can only yield one of two results: Either the thing you are grasping at disappears, or you yourself disappear. It is only a matter of which occurs first.

~S. N. Goenka

Love with attachment consists of waves of emotion, usually creating invisible iron chains.

~S. N. Goenka

If we can develop the ability to be aware of the present moment, we can use the past as a guide for ordering our actions in the future, so that we may attain our goal.

~S. N. Goenka

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