

Sakyong Mipham Quotes

*People, Mind, Thinking, Spiritual, Buddhist, Want, World, Buddhism, Book,
Meditation, Attitude, Principles, Teaching, Trying, Practice, Heart, Ideas,
Compassion, Goodness, Kindness*

We suffer because we want life to be different from what it is. We suffer because we try to make pleasurable what is painful, to make solid what is fluid, to make permanent what is always changing.

~Sakyong Mipham

Our power comes not from suppressing others but from uplifting them.

~Sakyong Mipham

This is bravery: using the challenge of daily life to sharpen our mind and open our heart.

~Sakyong Mipham

Whatever we do lays a seed in our deepest consciousness, and one day that seed will grow.

~Sakyong Mipham

Movement is good for the body. Stillness is good for the mind.

~Sakyong Mipham

If we do not appreciate the sensitivity and subtlety of the human heart, how can we appreciate the sensitivity and subtlety of the natural world?

~Sakyong Mipham

The self-assured strength that grows from knowing that we already have what we need makes us gentle, because we are no longer desperate.

~Sakyong Mipham

Like gravity, karma is so basic we often don't even notice it.

~Sakyong Mipham

We humans have come to a crossroads in our history: we can either destroy the world or create a good future.

~Sakyong Mipham

The most outrageous thing we can do in this world is to accept what happens and fly with it.

~Sakyong Mipham

Even when we speak of selflessness, the mind goes to "me." We think, "I'm selfless," but everything is selfless.

~Sakyong Mipham

Our only reliable source of strength is the goodness of our hearts. Our only foundation for coming to terms with the suffering of the times is our innate need to be decent human beings.

~Sakyong Mipham

If the mind is flexible, the world is flexible.

~Sakyong Mipham

True happiness is always available to us, but first we have to create the environment for it to flourish.

~Sakyong Mipham

If you want to be miserable, think of yourself. If you want to be happy, think of others.

~Sakyong Mipham

Karma moves in two directions. If we act virtuously, the seed we plant will result in happiness. If we act non-virtuously, suffering results.

~Sakyong Mipham

In meditation we are continuously discovering who and what we are.

~Sakyong Mipham

Meditation practice is relevant because in meditation our conceptual

mind relaxes and we can feel who we are at heart.

~Sakyong Mipham

Our root fantasy is that "I" am real and that it's possible for "me" to be happy.

~Sakyong Mipham

We want to infuse our day with good habits so that we can turn seemingly mundane situations into a ceremony of goodness.

~Sakyong Mipham

If we can feel confident in our goodness, it will illuminate our life and society

~Sakyong Mipham

Being fooled into trying to make things work out for 'me' is called samsara.

~Sakyong Mipham

It seems we all agree that training the body through exercise, diet, and relaxation is a good idea, but why don't we think about training our mind?

~Sakyong Mipham

It doesn't matter if you're rich or poor-the determining factor of success and happiness is contentment.

~Sakyong Mipham

Our mind is always subject to being distracted by thoughts of what happened in the past and ideas of what could happen in the future, but the living experience is what is happening NOW.

~Sakyong Mipham

When people say that meditation makes them calm, they are often

referring to this stability of the mind. A stable mind creates the foundation for a happier and more contented person.

~Sakyong Mipham

When we have gone beyond the boundaries of hope and fear, we are able to work with whatever comes our way.

~Sakyong Mipham

Being human is a precious situation, and we shouldn't waste time in useless activities.

~Sakyong Mipham

There are no boundaries-only possibilities

~Sakyong Mipham

Shambhala teachings say we all have the potential to accomplish our enlightened nature - our basic goodness.

~Sakyong Mipham

If we cut speed and relax with what's going on in our life right now, kindness and patience will naturally come about.

~Sakyong Mipham

When we appreciate something, that means we have allowed ourselves to relax and take it in.

~Sakyong Mipham

Enlightened Society is all about nurturing the human spirit - waking up to the goodness, kindness and strength that we already have.

~Sakyong Mipham

What distinguishes Shambhala is its intention of trying to create a society based upon certain principles. So, Shambhala's focus is not just on the individual, but on society as a whole.

~Sakyong Mipham

Running and meditation are very personal activities. Therefore they are lonely. This loneliness is one of their best qualities because it strengthens our incentive to motivate ourselves.

~Sakyong Mipham

The first thing you have to do is acknowledge the basic and fundamental goodness of all beings. If you don't, then you are going to have conflict. That's at the core of Shambhala.

~Sakyong Mipham

When stress is the basic state of mind, even good things stress us out. We have to learn to let go.

~Sakyong Mipham

If you rise with a positive attitude - because everything is possible, everything is doable - if you have that level of confidence, you exude it. It actually inspires the people around you.

~Sakyong Mipham

Changing our decision sets up a bad habit. It reinforces decision-making as an expression of bewilderment and ignorance, instead of wisdom and freedom.

~Sakyong Mipham

Caring for others is the basis of worldly success.

~Sakyong Mipham

You need to eat well, sleep well, and have a roof over your head, but don't go much further than that before extending yourself to others.

~Sakyong Mipham

To shift the direction of our planet, we must now be willing to

experiment with the theory that within the speed and stress, we are good.

~Sakyong Mipham

If you see life as an opportunity, or if you see helping others as an opportunity, then all of a sudden you become joyous. You want to go forward.

~Sakyong Mipham

Sometimes it seems like most people are being pulled into a negative energy, but then you meet strong individuals or strong leaders and they are free from it.

~Sakyong Mipham

It's one thing to have the attitude of enlightenment and another thing to act in an enlightened way, which is conduct or activity.

~Sakyong Mipham

What is really happening in meditation is that we are developing the ability to think when we want to, and to not think when we don't want to.

~Sakyong Mipham

I want people to know you can live a life that is less aggressive and still have success.

~Sakyong Mipham

Every moment of our life is important.

~Sakyong Mipham

What is my great wish and intention, is to make a base of compassion and to encourage people to work to shift the energy.

~Sakyong Mipham

What is amazing is how stuck people are in their own habits. It is really hard to get people out of their habits. But once they shift, it also is amazing how rapid the progress can be.

~Sakyong Mipham

The body benefits from movement, and the mind benefits from stillness.

~Sakyong Mipham

You have people who are good at English but don't have the training in Buddhism or Shambhala, or they have the training but are not good in English. Getting that mixture is really rare.

~Sakyong Mipham

Shambhala is a tradition where there were rulers, kings, and powerful people who actually were very benevolent and kind. They got things done, and they didn't abandon their tradition.

~Sakyong Mipham

Your life and your practice should not be separate. You bring your practice into experience. You bring it about.

~Sakyong Mipham

Each of us holds human destiny in our hands. It will be completely determined by how the mind feels about itself.

~Sakyong Mipham

When we are using this term 'basic goodness,' we are talking about our inherent completeness.

~Sakyong Mipham

It is said that if our intention is to help others-even if we are unable to follow it through-we will never have any regret. Regret is a result of trying to make "me" happy.

~Sakyong Mipham

We can't hire out our own inner work, but we can do the manual labor with delight and decency.

~Sakyong Mipham

In Tibetan, we say people who have good windhorse have the sense they can accomplish what they want to do.

~Sakyong Mipham

The wise are balanced, and the foolish are extreme.

~Sakyong Mipham

To protect this earth is to protect the very spirit of life

~Sakyong Mipham

Shambhala is a Buddhist tradition with its own unique view and approach.

~Sakyong Mipham

If ruling our world stems from developing certainty in our sanity, how do we discover it? The Shambhala teachings instruct us to "put our mind of fearfulness in the cradle of loving-kindness."

~Sakyong Mipham

People sometimes don't like organized situations. Sometimes people need to be left alone more. Sometimes people need environmental support.

~Sakyong Mipham

The principles of Buddhism and Shambhala can be effective in helping the course of what is happening in the world.

~Sakyong Mipham

I think Shambhala can be a very strong force as a social example of how you can try to live a life balanced in terms of both the spiritual and the secular.

~Sakyong Mipham

If we are going to live in a society, there has to be an attitude where people really do care for others.

~Sakyong Mipham

Poetry is a language for when you can't quite write prose about something, you can't quite say it, but if you do a poem, it kind of gets to the point.

~Sakyong Mipham

After you run, there's a sense of accomplishment; you feel like your life is meaningful. It's a moment of clarity.

~Sakyong Mipham

Part of the notion in Shambhala teachings is that everybody can live their lives so they get weaker and more stressed out as they go along, or so they get more fortitude and strength.

~Sakyong Mipham

A lot of people talk about the spirituality of Buddhism, and it is a spiritual discipline. But in Shambhala there also is a notion that you have to be synchronized with both heaven and earth.

~Sakyong Mipham

The most important thing is having the right mind - a mind that can see it. Once you have an open mind, you see a lot of auspicious coincidence taking place.

~Sakyong Mipham

Auspicious coincidence is the right thing happening at the right time.

~Sakyong Mipham

The principles of Buddhism have become more commonplace, which is a good thing.

~Sakyong Mipham

Shambhala existed in Tibet and has been continued over the years, and now it is in the West. At its core, it is very much dedicated to the basic theme of benefiting others.

~Sakyong Mipham

A lot of people dabbling means Buddhism has come into the mainstream, where people begin to use these terms and ideas, and they become less foreign.

~Sakyong Mipham

Shambhala can be relevant in terms of what is going on in the world.

~Sakyong Mipham

Fundamentally, Buddhism is for the awakening and benefit of beings. So, you can't say, "Oh, you can't have it because you're not ready for it." That goes against the fundamental principle.

~Sakyong Mipham

The notion of auspiciousness is something positive, something with forward momentum, coming out of our actions.

~Sakyong Mipham

For a lot of us, the opposite of auspicious coincidence is obstacles. Life usually is a mixture of both, but as we begin to exhibit exertion, more and more auspiciousness happens.

~Sakyong Mipham

I write about whatever is timely - whatever is happening at the time for

me - with what the expressive feeling is.

~Sakyong Mipham

I hope you will attain enlightenment. I am here to tell you that you already have! But you don't know... The difference between the Buddha and us is the confidence in knowing that he was enlightened.

~Sakyong Mipham

For me, language and how I use it are very important. I held back on doing a poetry book, walking the fine line between trying to be helpful and just putting more junk out there.

~Sakyong Mipham

The nature of our mind may be displayed in many ways, but Ashe is the fundamental basis.

~Sakyong Mipham

Ultimately, as individuals we each have to ask ourselves to be courageous and apply certain principles.

~Sakyong Mipham

Certain teachers have tremendous amounts of experience. They are articulate, and they give wonderful discourse. But at some point along the road, they themselves learned from and studied a book.

~Sakyong Mipham

I think we are very environmental people. We need to be supported environmentally. Books very much have that imprint on the mind.

~Sakyong Mipham

A book very much is the center of the road, so people always can refer back to it.

~Sakyong Mipham

You need to become more genuine to who you are. So, people pushing you can help take you to the level where you really understand the principles and enter them into action.

~Sakyong Mipham

Many people think spirituality has nothing to do with success or accomplishing - that it's something you do with removal, with leaving the world.

~Sakyong Mipham

My books definitely are ambassadors, as you called them. They express what the vision is, what the purpose is.

~Sakyong Mipham

People can be trained in certain principles, but then they actually have to apply them and try them out.

~Sakyong Mipham

As a leader, people push you. They really want to keep pushing you until you get aggressive. Then they say, "Oh, see, it doesn't work."

~Sakyong Mipham

When we are certain that the way to accomplish our own wishes is to help others, we have no regrets.

~Sakyong Mipham

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