

Seungsahn Quotes

*Thinking, Mean, Want, Ifs, Attachment, People, Mind, Truth Is, Likes, Dog,
Purpose, Long, Real, Humans, Crazy, Meditation, Moon, Dream, Eating,
Touching*

If you throw away all thoughts of attainment, you will then come to see the real purpose of your quest.

~Seungsahn

If you want something then you lose everything. If you don't want anything then you already have everything.

~Seungsahn

The one who praises you is a thief. The one who criticizes you is your true friend.

~Seungsahn

When reading, only read. When eating, only eat. When thinking, only think.

~Seungsahn

Zen is very easy! It's like touching your nose when you wash your face in the morning!

~Seungsahn

The Truth is realized in an instant; the Act is practiced step by step.

~Seungsahn

The Great Way has no gate. Clear water has no taste. The tongue has no bone. In complete stillness, a stone girl is dancing.

~Seungsahn

Don't want anything. Then you get everything.

~Seungsahn

Perceiving your own voice means perceiving your true self or nature. When you and the sound become one, you don't hear the sound; you are the sound.

~Seungsahn

In original nature There is no this and that. The Great Round Mirror Has no likes or dislikes.

~Seungsahn

I always try meditation. Meditation means always keeping one mind, not-moving mind.

~Seungsahn

A long time ago, Descartes said, "I think, therefore I am." But if you are not thinking, what?

~Seungsahn

Throwing away Zen mind is correct Zen mind. Only keep the question, 'What is the best way of helping other people?'

~Seungsahn

Just keep clear mind, go straight ahead, try, try, try for ten thousand years.

~Seungsahn

Human beings understand too much.

~Seungsahn

If you want to understand what a watermelon is, you take a watermelon, get a knife, and cut the watermelon. Then you put a slice in your mouth. Boom! YOUR experience!

~Seungsahn

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