

Sharon Salzberg

Quotes

*Meditation, Compassion, Kindness, Thinking, Pain, Heart, Letting Go,
Mindfulness, Practice, Mean, People, Spiritual, Meditation Practice, Needs,
Suffering, Buddhist, Effort, Way, Mind, Inspiration*

Life is like an ever-shifting kaleidoscope - a slight change, and all patterns alter.

~Sharon Salzberg

The difference between misery and happiness depends on what we do with our attention.

~Sharon Salzberg

We learn and grow and are transformed not so much by what we do but by why and how we do it.

~Sharon Salzberg

Mindfulness isn't difficult, we just need to remember to do it.

~Sharon Salzberg

We spend our lives searching for something we think we don't have, something that will make us happy. But the key to our deepest happiness lies in changing our vision of where to seek it.

~Sharon Salzberg

If you go deeper and deeper into your own heart, you'll be living in a world with less fear, isolation and loneliness.

~Sharon Salzberg

What comes up is not nearly as important as how you relate to what comes up.

~Sharon Salzberg

You are capable of so much more than we usually dare to imagine

~Sharon Salzberg

Mindfulness allows us to watch our thoughts, see how one thought leads to the next, decide if we're heading down an unhealthy path, and, if so, let go and change directions.

~Sharon Salzberg

All beings want to be happy, yet so very few know how. It is out of ignorance that any of us cause suffering, for ourselves or for others

~Sharon Salzberg

Meditation is the ultimate mobile device; you can use it anywhere, anytime, unobtrusively.

~Sharon Salzberg

We need the compassion and the courage to change the conditions that support our suffering. Those conditions are things like ignorance, bitterness, negligence, clinging, and holding on.

~Sharon Salzberg

To be truly happy in this world is a revolutionary act...It is a radical change of view that liberates us so that we know who we are most deeply and can acknowledge our enormous ability to love.

~Sharon Salzberg

If we fall, we don't need self-recrimination or blame or anger - we need a reawakening of our intention and a willingness to re-commit, to be whole-hearted once again.

~Sharon Salzberg

Meditation is a microcosm, a model, a mirror. The skills we practice when we sit are transferable to the rest of our lives.

~Sharon Salzberg

True happiness is born of letting go of what is unnecessary.

~Sharon Salzberg

Loving kindness is the spirit of friendship toward yourself and others.

~Sharon Salzberg

What unites us as human beings is an urge for happiness which at heart is a yearning for union.

~Sharon Salzberg

Mindfulness helps us to set boundaries by revealing what makes us unhappy & what brings us peace.

~Sharon Salzberg

Someone who has experienced trauma also has gifts to offer all of us - in their depth, their knowledge of our universal vulnerability, and their experience of the power of compassion.

~Sharon Salzberg

Detachment is not about refusing to feel or not caring or turning away from those you love. Detachment is profoundly honest, grounded firmly in the truth of what is.

~Sharon Salzberg

You might have extensive bouts of thinking exceedingly nasty thoughts, but because you are relating to those thoughts with mindfulness and compassion, that's considered good meditation.

~Sharon Salzberg

Faith is not a commodity we either have or don't have-it is an inner quality that unfolds as we learn to trust our own deepest experience.

~Sharon Salzberg

Each decision we make, each action we take, is born out of an intention.

~Sharon Salzberg

We are all too often told by someone that we are too old, too young, too different, too much the same, and those comments can be devastating.

~Sharon Salzberg

In those moments when we realize how much we cannot control, we can learn to let go.

~Sharon Salzberg

Restore your attention or bring it to a new level by dramatically slowing down whatever you're doing.

~Sharon Salzberg

To reteach a thing its loveliness is the nature of metta. Through lovingkindness, everyone & everything can flower again from within.

~Sharon Salzberg

Meditation may be done in silence & stillness, by using voice & sound, or by engaging the body in movement. All forms emphasize the training of attention.

~Sharon Salzberg

When we practice metta, we open continuously to the truth of our actual experience, changing our relationship to life.

~Sharon Salzberg

We need the courage to learn from our past and not live in it.

~Sharon Salzberg

Meditation isn't about what's happening; it's about how you relate to what's happening.

~Sharon Salzberg

Find a gap between a trigger event and our usual conditioned response to it and by using that pause to collect ourselves and shift our response

~Sharon Salzberg

Meditation clarifies our minds and opens our hearts, and brings us to unusual depth and stability of happiness, whatever life brings.

~Sharon Salzberg

Voting is the expression of our commitment to ourselves, one another, this country and this world.

~Sharon Salzberg

Mindfulness, also called wise attention, helps us see what we're adding to our experiences, not only during meditation sessions but also elsewhere.

~Sharon Salzberg

Resilience is based on compassion for ourselves as well as compassion for others

~Sharon Salzberg

Meditation is essentially training our attention so that we can be more awareâ€”not only of our own inner workings but also of what's happening around us in the here & now.

~Sharon Salzberg

Compassion isn't morose; it's something replenishing and opening; that's why it makes us happy.

~Sharon Salzberg

We often get caught up in our own reactions and forget the vulnerability of the person in front of us.

~Sharon Salzberg

There are many different ways to practice meditation; it's good to experiment until you find one that seems to suit you.

~Sharon Salzberg

Develop a mind so filled with love that it resembles space.

~Sharon Salzberg

To offer our hearts in faith means recognizing that our hearts are worth something, that we ourselves, in our deepest and truest nature, are of value.

~Sharon Salzberg

We long for permanence but everything in the known universe is transient. That's a fact but one we fight.

~Sharon Salzberg

By practicing meditation we establish love, compassion, sympathetic joy & equanimity as our home.

~Sharon Salzberg

Whatever life presents us, our response can be an expression of our compassion.

~Sharon Salzberg

As we work to reweave the strands of connection, we can be supported by the wisdom and lovingkindness of others.

~Sharon Salzberg

I call myself a meditation teacher rather than a spiritual teacher.

~Sharon Salzberg

As we practice meditation we are bringing forth ease, presence, compassion, wisdom & trust.

~Sharon Salzberg

Voting is like alchemy - taking an abstract value and breathing life into it.

~Sharon Salzberg

Training our mind through meditation does not mean forcibly subjugating it or beating it into shape.

~Sharon Salzberg

For all of us, love can be the natural state of our own being; naturally at peace, naturally connected, because this becomes the reflection of who we simply are.

~Sharon Salzberg

Meditation is a tool for helping us accept the profound fact that everything changes all the time.

~Sharon Salzberg

With the practice of meditation we can develop this ability to more fully love ourselves and to more consistently love others.

~Sharon Salzberg

Love as a power can go anywhere. It isn't sentimental. It doesn't have to be pretty, yet it doesn't deny pain.

~Sharon Salzberg

We use mindfulness to observe the way we cling to pleasant experiences & push away unpleasant ones.

~Sharon Salzberg

Loving-kindness and compassion are the basis for wise, powerful, sometimes gentle, and sometimes fierce actions that can really make a difference - in our own lives and those of others.

~Sharon Salzberg

You cannot fail at meditation.

~Sharon Salzberg

Its never too late to take a moment to look.

~Sharon Salzberg

I'm learning that to be at home everywhere, I have to be sure to include the place I actually live.

~Sharon Salzberg

Meditation teaches us to focus and to pay clear attention to our experiences and responses as they arise, and to observe them without judging them.

~Sharon Salzberg

In order to do anything about the suffering of the world we must have the strength to face it without turning away.

~Sharon Salzberg

Meditation trains the mind the way physical exercise strengthens the body.

~Sharon Salzberg

Our practice rather than being about killing the ego is about simply discovering our true nature.

~Sharon Salzberg

As we practice meditation, we get used to stillness and eventually are able to make friends with the quietness of our sensations.

~Sharon Salzberg

People turn to meditation because they want to make good decisions, break bad habits & bounce back better from disappointments.

~Sharon Salzberg

Fearful of wasting a second, we hoard time as if it were money.

~Sharon Salzberg

While you are meditating, if your mind wanders, gently bring it back to the present moment.

~Sharon Salzberg

We do good because it frees the heart. It opens us to a wellspring of happiness.

~Sharon Salzberg

We find greater lightness & ease in our lives as we increasingly care for ourselves & other beings.

~Sharon Salzberg

Some things hurt, you know, and there's pain. But we magnify the suffering of it often, I think, by our reactions.

~Sharon Salzberg

Let the power of intention lead the way.

~Sharon Salzberg

Effort is the unconstrained willingness to persevere through difficulty.

~Sharon Salzberg

Seeking is endless. It never comes to a state of rest; it never ceases.

~Sharon Salzberg

It's interesting that people bring different things to oppressive and difficult situations, when they're reduced to the barest terms of survival. That's what provides tension in a lot of films.

~Sharon Salzberg

The quality of mindfulness does not just know something is happening - e.g. there is an emotion, a sensation - but knows without clinging or condemning.

~Sharon Salzberg

In Buddhist teaching, ignorance is considered the fundamental cause of

violence - ignorance... about the separation of self and other... about the consequences of our actions.

~Sharon Salzberg

By prizing heartfulness above faultlessness, we may reap more from our effort because we're more likely to be changed by it.

~Sharon Salzberg

The Buddha said that no true spiritual life is possible without a generous heart. . . . Generosity allies itself with an inner feeling of abundance - the feeling that we have enough to share.

~Sharon Salzberg

Distraction wastes our energy, concentration restores it.

~Sharon Salzberg

Even in the midst of devastation, something within us always points the way to freedom.

~Sharon Salzberg

Faith is not a commodity that you either have or don't have enough of, or the right kind of. It's an ongoing process. The opposite of faith is despair.

~Sharon Salzberg

I've always said that lovingkindness and compassion are inevitably woven throughout meditation practice even if the words are never used or implied, no matter what technique or method we are using.

~Sharon Salzberg

We all want to be happy. We need to expand the notion of what that means, to make it bigger and wiser.

~Sharon Salzberg

Once someone appears to us primarily as an object, kindness has no place to root.

~Sharon Salzberg

Our path, our sense of spirituality demands great earnestness, dedication, sincerity & continuity.

~Sharon Salzberg

The embodiment of kindness is often made difficult by our long ingrained patterns of fear & jealousy.

~Sharon Salzberg

What you learn about pain in formal meditation can help you relate to it in your daily life.

~Sharon Salzberg

over time, offering loving kindness to all beings everywhere, including ourselves, unites us to one another so that we know that we can not go forward forgetting those left behind." Page 62

~Sharon Salzberg

At 9:10 I'm going to be filled with self-hatred.

~Sharon Salzberg

Meditation is a cyclical process that defies analysis, but demands acceptance.

~Sharon Salzberg

I will love myself as long as I never make a mistake.

~Sharon Salzberg

Rapture is the gateway to nirvana.

~Sharon Salzberg

In our own lives and in our communities, we need to find a way to include others rather than exclude them. We need to find a way to allow our pain and suffering, individually and collectively.

~Sharon Salzberg

I think what we (as a society) need from artists of all kinds is courage, a willingness to explore, and a really big sense of possibility.

~Sharon Salzberg

The meditation traditions I started and have continued practicing have all emphasized inclusivity: anyone can do this who is interested.

~Sharon Salzberg

I prefer to think of faith, as Coleridge says of poetry, not as the taking up of belief but as "the willing suspension of disbelief". . . a willingness to be open, to explore, to investigate.

~Sharon Salzberg

We don't need any sort of religious orientation to lead a life that is ethical, compassionate & kind.

~Sharon Salzberg

Compassion grows in us when we know how the energy of love is available all around us.

~Sharon Salzberg

Everyone loses touch with their aspiration, and we need the heart to return to what we really care about. All of this is based on developing greater lovingkindness and compassion.

~Sharon Salzberg

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