

Shunryu Suzuki

Quotes

Practice, Mind, Way, Thinking, Ideas, Teaching, Mean, Self, Trying, Meditation, Enlightenment, Perfect, Effort, Moments, People, Two, Believe, Reality, Giving, Understanding

Leave your front door and your back door open. Allow your thoughts to come and go. Just don't serve them tea.

~Shunryu Suzuki

When you do something, you should burn yourself up completely, like a good bonfire, leaving no trace of yourself.

~Shunryu Suzuki

Nothing outside yourself can cause any trouble. You yourself make the waves in your mind. If you leave your mind as it is, it will become calm. This mind is called big mind.

~Shunryu Suzuki

Treat every moment as your last. It is not preparation for something else.

~Shunryu Suzuki

If you can just appreciate each thing, one by one, then you will have pure gratitude. Even though you observe just one flower, that one flower includes everything

~Shunryu Suzuki

The most important point is to accept yourself and stand on your two feet.

~Shunryu Suzuki

Wherever you go you will find your teacher, as long as you have the eyes to see and the ears to hear.

~Shunryu Suzuki

As soon as you see something, you already start to intellectualize it. As soon as you intellectualize something, it is no longer what you saw.

~Shunryu Suzuki

It must be obvious...that there is a contradiction in wanting to be perfectly secure in a universe whose very nature is momentariness and fluidity.

~Shunryu Suzuki

When my master and I were walking in the rain, he would say, 'Do not walk so fast, the rain is everywhere.'

~Shunryu Suzuki

Instead of criticizing, find out how to help.

~Shunryu Suzuki

How much 'ego' do you need? Just enough so that you don't step in front of a bus.

~Shunryu Suzuki

Everything is perfect, but there is a lot of room for improvement.

~Shunryu Suzuki

A flower falls, even though we love it; and a weed grows, even though we do not love it....In this way our life should be understood. Then there is no problem.

~Shunryu Suzuki

It is easy to have calmness in inactivity, it is hard to have calmness in activity, but calmness in activity is true calmness.

~Shunryu Suzuki

Whereever you are, you are one with the clouds and one with the sun and the stars you see. You are one with everything. That is more true than I can say, and more true than you can hear.

~Shunryu Suzuki

Things are always changing, so nothing can be yours.

~Shunryu Suzuki

When we do not expect anything we can be ourselves. That is our way, to live fully in each moment of time.

~Shunryu Suzuki

The true purpose of Zen is to see things as they are, to observe things as they are, and to let everything go as it goes. Zen practice is to open up our small mind.

~Shunryu Suzuki

Moment after moment everything comes out of nothingness. This is the true joy of life.

~Shunryu Suzuki

If your mind is empty, it is always ready for anything; it is open to everything.

~Shunryu Suzuki

Strictly speaking, there is no such thing as an enlightened person. There is only enlightened activity.

~Shunryu Suzuki

To renounce things is not to give them up. It is to acknowledge that all things go away.

~Shunryu Suzuki

Moment after moment, completely devote yourself to listening to your inner voice.

~Shunryu Suzuki

In the beginner's mind there are many possibilities, in the expert's mind there are few.

~Shunryu Suzuki

Take care of things, and they will take care of you.

~Shunryu Suzuki

When you sit, everything sits with you.

~Shunryu Suzuki

Nothing we see or hear is perfect. But right there in the imperfection is perfect reality.

~Shunryu Suzuki

If it is raining out, do not walk fast, because it is raining everywhere.

~Shunryu Suzuki

So the secret is just to say 'Yes!' and jump off from here. Then there is no problem. It means to be yourself, always yourself, without sticking to an old self.

~Shunryu Suzuki

When you are fooled by something else, the damage will not be so big. But when you are fooled by yourself, it is fatal. No more medicine.

~Shunryu Suzuki

Hell is not punishment, it's training.

~Shunryu Suzuki

You will always exist in the universe in one form or another.

~Shunryu Suzuki

What we call "I" is just a swinging door which moves when we inhale and when we exhale.

~Shunryu Suzuki

The purpose of studying Buddhism is not to study Buddhism, but to study ourselves.

~Shunryu Suzuki

A Master who cannot bow to a disciple cannot bow to Buddha.

~Shunryu Suzuki

Discipline is creating the situation.

~Shunryu Suzuki

The person who can freely acknowledge that life is full of difficulties can be free, because they are acknowledging the nature of life - that it can't be much else.

~Shunryu Suzuki

The true practice to meditation is to sit as if you were drinking water when you are thirsty.

~Shunryu Suzuki

Life and death are the same thing. When we realize this fact, we have no fear of death anymore, nor actual difficulty in our life.

~Shunryu Suzuki

When you try to understand everything, you will not understand anything. The best way is to understand yourself, and then you will understand everything.

~Shunryu Suzuki

Because we cannot accept the truth of transience, we suffer.

~Shunryu Suzuki

Everything you do is right, nothing you do is wrong, yet you must still make ceaseless effort.

~Shunryu Suzuki

In the Lotus Sutra, Buddha says to light up one corner - not the whole

world. Just make it clear where you are.

~Shunryu Suzuki

Zen is not some fancy, special art of living. Our teaching is just to live, always in reality, in its exact sense. To make our effort, moment after moment, is our way.

~Shunryu Suzuki

We try, and we try, and we fail; and then we go deeper.

~Shunryu Suzuki

Zen is not some kind of excitement, but concentration on our usual everyday routine.

~Shunryu Suzuki

When you are just you, without thinking or trying to say something special, just saying what is on your mind and how you feel, then there is naturally self-respect.

~Shunryu Suzuki

Ego is a social institution with no physical reality. The ego is simply your symbol of yourself.

~Shunryu Suzuki

You are perfect as you are and there is always room for improvement.

~Shunryu Suzuki

For Zen students a weed is a treasure. With this attitude, whatever you do, life becomes an art.

~Shunryu Suzuki

After you have practiced for a while, you will realize that it is not possible to make rapid, extraordinary progress. Even though you try very hard, the progress you make is always little by little.

~Shunryu Suzuki

There is no connection between I myself yesterday and I myself in this moment

~Shunryu Suzuki

Our way is to practice one step at a time, one breath at a time, with no gaining idea.

~Shunryu Suzuki

As long as we have some definite idea about or some hope in the future, we cannot really be serious with the moment that exists right now.

~Shunryu Suzuki

Even though you have pain in your legs, you can do it. Even though your practice is not good enough, you can do it.

~Shunryu Suzuki

Concentration comes not from trying hard to focus on something, but from keeping your mind open and directing it at nothing.

~Shunryu Suzuki

The beginner's mind is the mind of compassion. When our mind is compassionate, it is boundless.

~Shunryu Suzuki

Tai Shimano visited Shunryu Suzuki. "How are you feeling these days?" Suzuki replied, "They have a new name for me: Cancer!"

~Shunryu Suzuki

When you understand one thing through and through, you understand everything.

~Shunryu Suzuki

Preparing food is not just about yourself and others. It is about everything!

~Shunryu Suzuki

Life is like stepping onto a boat which is about to sail out to sea and sink.

~Shunryu Suzuki

All descriptions of reality are limited expressions of the world of emptiness. Yet we attach to the descriptions and think they are reality. That is a mistake.

~Shunryu Suzuki

When the restrictions you have do not limit you, this is what we mean by practice.

~Shunryu Suzuki

We must exist right here, right now!

~Shunryu Suzuki

We have to study with our warm heart, not just with our brain.

~Shunryu Suzuki

Life without zazen is like winding your clock without setting it. It runs perfectly well, but it doesn't tell time.

~Shunryu Suzuki

A student, filled with emotion and crying, implored, "Why is there so much suffering?" Suzuki Roshi replied, "No reason.

~Shunryu Suzuki

People who know the state of emptiness will always be able to dissolve their problems by constancy.

~Shunryu Suzuki

Zazen practice and everyday activity are one thing. We call zazen everyday life, and everyday life zazen.

~Shunryu Suzuki

When you say, "Wait a moment," you are bound by your karma; when you say "Yes I will," you are free.

~Shunryu Suzuki

You should rather be grateful for the weeds you have in your mind, because eventually they will enrich your practice.

~Shunryu Suzuki

You may say that things happen just by chance, but I don't feel that way.

~Shunryu Suzuki

The goal of our life's effort is to reach the other shore, Nirvana. Prajna paramita, the true wisdom of life, is that in each step of the way, the other shore is actually reached.

~Shunryu Suzuki

If you were not born in this world, there would be no need to die. To be born in this world is to die, to disappear [laughing].

~Shunryu Suzuki

No teaching could be more direct than just to sit down.

~Shunryu Suzuki

If you cannot bow to Buddha, you cannot be a Buddha. It is arrogance.

~Shunryu Suzuki

True communication depends upon our being straightforward with one another... But the best way to communicate may be just to sit without saying anything.

~Shunryu Suzuki

The world is its own magic.

~Shunryu Suzuki

The best way to control cow and sheep is to give them a big grazing field.

~Shunryu Suzuki

To give your sheep or cow a large, spacious meadow is the way to control him.

~Shunryu Suzuki

You can't make a date with enlightenment.

~Shunryu Suzuki

Usually when someone believes in a particular religion, his attitude becomes more and more a sharp angle pointing away from himself. In our way the point of the angle is always toward ourselves.

~Shunryu Suzuki

If your practice is good, you may become proud of it. What you do is good, but something more is added to it. Pride is extra. Right effort is to get rid of something extra.

~Shunryu Suzuki

I think you're all enlightened, until you open your mouths.

~Shunryu Suzuki

If you want to enjoy the movie, you should know that it is the combination of film and light and white screen, and that the most important thing is to have a plain, white screen.

~Shunryu Suzuki

If you try to observe the precepts, that is not true observation of precepts. When you observe the precepts without trying to observe the precepts, that is true observation of the precepts.

~Shunryu Suzuki

We ourselves cannot put any magic spells on this world. The world is its own magic.

~Shunryu Suzuki

The way that helps will not be the same; it changes according to the situation.

~Shunryu Suzuki

Zazen practice is the direct expression of our true nature. Strictly speaking, for a human being, there is no other practice than this practice; there is no other way of life than this way of life.

~Shunryu Suzuki

A tiger does not ignore or slight any small animal. The way he catches a mouse and catches and devours a cow are the same.

~Shunryu Suzuki

Zen is everywhere.... But for you, Zen is right here.

~Shunryu Suzuki

To accept some idea of truth without experiencing it is like a painting of a cake on paper which you cannot eat.

~Shunryu Suzuki

To express yourself as you are, without any intentional, fancy way of adjusting yourself, is the most important thing.

~Shunryu Suzuki

You must be true to your own way until at last you actually come to the

point where you see it is necessary to forget all about yourself.

~Shunryu Suzuki

To have some deep feeling about Buddhism is not the point; we just do what we should do, like eating supper and going to bed. This is Buddhism.

~Shunryu Suzuki

An enlightened person does not ignore things and does not stick to things, not even to the truth.

~Shunryu Suzuki

As long as you seek for something, you will get the shadow of reality and not reality itself.

~Shunryu Suzuki

For Zen students, a weed is a treasure.

~Shunryu Suzuki

Time goes from present to past.

~Shunryu Suzuki

Related Links:

- Practice Quotes
- Mind Quotes
- Way Quotes
- Thinking Quotes
- Ideas Quotes
- Teaching Quotes
- Mean Quotes
- Self Quotes
- Trying Quotes
- Meditation Quotes
- Enlightenment Quotes
- Perfect Quotes
- Effort Quotes
- Moments Quotes
- People Quotes
- Two Quotes
- Believe Quotes
- Reality Quotes
- Giving Quotes
- Understanding Quotes