

# Sogyal Rinpoche Quotes

*Death, Spiritual, Meditation, Mind, Real, Compassion, Heart, Letting Go,  
Believe, Dying, Buddhist, Teaching, Buddhism, Hands, Water, Mean, Fall,  
Healing, Essence, Karma*

Light must come from inside. You cannot ask the darkness to leave; you must turn on the light.

~Sogyal Rinpoche

We must never forget that it is through our actions, words, and thoughts that we have a choice.

~Sogyal Rinpoche

The most essential thing in life is to establish an unafraid, heartfelt communication with others.

~Sogyal Rinpoche

Although we have been made to believe that if we let go we will end up with nothing, life reveals just the opposite: that letting go is the real path to freedom.

~Sogyal Rinpoche

Western laziness consists of cramming our lives with compulsive activity, so that there is no time at all to confront the real issues.

~Sogyal Rinpoche

The key to finding a happy balance in modern lives is simplicity.

~Sogyal Rinpoche

Speak or act with a pure mind and happiness will follow.

~Sogyal Rinpoche

Just as the ocean has waves or the sun has rays, so the mind's own radiance is its thoughts and emotions.

~Sogyal Rinpoche

What we have to learn, in both meditation and in life, is to be free of attachment to the good experiences, and free of aversion to the negative ones.

~Sogyal Rinpoche

It is compassion, then, that is the best protection; it is also, as the great masters of the past have always known, the source of all healing.

~Sogyal Rinpoche

The spiritual journey is one of continuous learning and purification. When you know this, you become humble.

~Sogyal Rinpoche

The whole of meditation practice can be essentialized into these 3 crucial points: Bring your mind home. Release. And relax!

~Sogyal Rinpoche

Death is like a mirror in which the true meaning of life is reflected.

~Sogyal Rinpoche

Generally we waste our lives, distracted from our true selves, in endless activity. Meditation is the way to bring us back to ourselves, where we can really experience and taste our full being.

~Sogyal Rinpoche

Samsara is the mind turned outwardly, lost in its projections. Nirvana is the mind turned inwardly, recognizing its true nature.

~Sogyal Rinpoche

There is no armor like perseverance.

~Sogyal Rinpoche

Meditation is bringing the mind home.

~Sogyal Rinpoche

Learning to live is learning to let go.

~Sogyal Rinpoche

We may idealize freedom, but when it comes to our habits, we are completely enslaved.

~Sogyal Rinpoche

The gift of learning to meditate is the greatest gift you can give yourself in this lifetime.

~Sogyal Rinpoche

In this complex world, the best way to survive is to be genuine.

~Sogyal Rinpoche

The masters say if you create an auspicious condition in your body and your environment then meditation and realization will automatically arise.

~Sogyal Rinpoche

The purpose of meditation is to awaken in us the sky-like nature of mind, and to introduce us to that which we really are, our unchanging pure awareness, which underlies the whole of life and death

~Sogyal Rinpoche

Just because we go through a difficult situation, it doesn't mean that the future is predetermined. The future is very much in our hands, in our actions.

~Sogyal Rinpoche

Let your heart go out in spontaneous and immeasurable compassion.

~Sogyal Rinpoche

I can't say it strongly enough; to integrate meditation in action is the whole ground and point and purpose of meditation

~Sogyal Rinpoche

Whatever we have done with our lives makes us what we are when we

die. And everything, absolutely everything, counts.

~Sogyal Rinpoche

Our problems, all come from nothing; they are all based on a misunderstanding that does not even exist.

~Sogyal Rinpoche

There is only one way of attaining liberation and of obtaining the omniscience of enlightenment: following an authentic spiritual master.

~Sogyal Rinpoche

More important than finding the teacher is finding and following the truth of the teaching.

~Sogyal Rinpoche

What the world needs more than anything are Bodhisattvas of peace, lawyers, politicians, teachers working tirelessly for the enlightenment of themselves and others.

~Sogyal Rinpoche

Let the sky outside awake a sky inside your mind.

~Sogyal Rinpoche

Real devotion is an unbroken receptivity to the truth

~Sogyal Rinpoche

Real devotion is an unbroken receptivity to the truth. Real devotion is rooted in an awed and reverent gratitude, but one that is lucid, grounded, and intelligent.

~Sogyal Rinpoche

Above all, be at ease, be as natural and spacious as possible. Slip quietly out of the noose of your habitual anxious self, release all grasping, and relax into your true nature.

~Sogyal Rinpoche

The act of meditation is being spacious.

~Sogyal Rinpoche

The absolute truth cannot be realized within the domain of the ordinary mind, and the path beyond the ordinary mind is the path of the heart.

~Sogyal Rinpoche

Sitting like a mountain let your mind rise and fly and soar.

~Sogyal Rinpoche

Living with the immediacy of death helps you sort out your priorities in life. It helps you to live a less trivial life.

~Sogyal Rinpoche

Even though the meditator may leave the meditation, the meditation will not leave the meditator.

~Sogyal Rinpoche

...we and all sentient beings fundamentally have the buddha nature as our innermost essence. . . .

~Sogyal Rinpoche

If the mind is not contrived, it is spontaneously blissful, just as water, when not agitated, is by nature transparent and clear.

~Sogyal Rinpoche

Everything can be used as an invitation to meditation

~Sogyal Rinpoche

The definition of mantra is "that which protects the mind." That which protects the mind from negativity, or that which protects you from your own mind, is called mantra.

~Sogyal Rinpoche

What is born will die, What has been gathered will be dispersed, What has been accumulated will be exhausted, What has been built up will collapse, And what has been high will be brought low.

~Sogyal Rinpoche

And when you talk about realization, accomplishment for that matter enlightenment is that when you realize the fundamental essence of your mind.

~Sogyal Rinpoche

What should we "do" with the mind in meditation? Nothing. Just leave it, simply, as it is.

~Sogyal Rinpoche

The future is very much in our hands--in our actions.

~Sogyal Rinpoche

Thich Nhat Hanh writes with the voice of the Buddha.

~Sogyal Rinpoche

Our buddha nature is as good as any buddha's buddha nature.

~Sogyal Rinpoche

There would be no chance to get to know death at all ...if it happened only once.

~Sogyal Rinpoche

Tomorrow or the next life - which comes first, we never know.

~Sogyal Rinpoche

Theories are like patches on a coat, one day they just wear off.

~Sogyal Rinpoche

Yet is our deepest desire is truly to live and go on living, why do we blindly insist that death is the end? Why not at least try and explore the possibility that there may be a life after?

~Sogyal Rinpoche

This world can seem marvellously convincing until death collapses the illusion and evicts us from our hiding place. What will happen to us then if we have no clue of any deeper reality?

~Sogyal Rinpoche

This dying forces you to look into yourself. And in this, compassion is the only way. Love is the only way.

~Sogyal Rinpoche

In the Buddhist approach, life and death are seen as one whole, where death is the beginning of another chapter of life. Death is the mirror in which the entire meaning of life is reflected.

~Sogyal Rinpoche

Why, if we are as pragmatic as we claim, don't we begin to ask ourselves seriously: Where does our real future lie?

~Sogyal Rinpoche

When I came to the West, I realized there was much hunger for spiritual teachings, but no environment for spirituality.

~Sogyal Rinpoche



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