

Stephen Batchelor

Quotes

*Self, Buddhism, World, Mind, Risk, Commitment, Reality, Heart, Practice,
Empathy, Integrity, Believe, Buddhist, Perception, Names, Karma, Embrace,
Teaching, Compassion, Civilization*

The origin of the conflict, frustration, and anxiety we experience does not lie in the nature of the world itself but in our distorted conceptions of the world.

~Stephen Batchelor

Buddhism, I think, is probably facing the single most difficult transition from one historical epoch to another, which is really the transition to modernity.

~Stephen Batchelor

Consciousness is an emergent, contingent, and impermanent phenomenon. It has no magical capacity to break free from the field of events out of which it springs.

~Stephen Batchelor

While 'Buddhism' suggests another belief system, 'dharma practice' suggests a course of action. The four ennobling truths are not propositions to believe; they are challenges to act.

~Stephen Batchelor

What is it that makes a person insist passionately on the existence of metaphysical realities that can be neither demonstrated nor refuted?
(176)

~Stephen Batchelor

In taking life for granted, we fail to notice it.

~Stephen Batchelor

The problem with certainty is that it is static; it can do little but endlessly reassert itself. Uncertainty, by contrast, is full of unknowns, possibilities, and risks.

~Stephen Batchelor

The greatest threat to compassion is the temptation to succumb to

fantasies of moral superiority.

~Stephen Batchelor

To embrace suffering culminates in greater empathy, the capacity to feel what it is like for the other to suffer, which is the ground for un sentimental compassion and love.

~Stephen Batchelor

This body is fragile. It is just flesh. Listen to the heartbeat. Life depends on the pumping of a muscle.

~Stephen Batchelor

We cannot choose whether to engage with the world, only how to.

~Stephen Batchelor

It has taken four billion years of evolution to generate this kind of organism with this kind of brain, and yet we wake up in the morning and feel bored.

~Stephen Batchelor

Without a rigorous, self-critical discourse, one risks lapsing into pious platitudes and unexamined generalizations.

~Stephen Batchelor

Living from our deepest understanding requires an enormous effort, especially when it goes against the stream of our instinctually programmed perceptions of the world.

~Stephen Batchelor

Erotic names, robes, insignia of office, titles- the trappings of religion- confuse as much as they help.

~Stephen Batchelor

In taking the everyday details of life for granted, we fail to appreciate

the extraordinary fact that we are conscious at all.

~Stephen Batchelor

The first step in this process of mindfulness is radical self-acceptance .

~Stephen Batchelor

Our conceptions of the world affect our perceptions of the world which, in turn, condition the way we subsequently conceive the world.

~Stephen Batchelor

In varying degrees, the authority of the dharma was replaced by the authority of the guru, who came, in some traditions, to assume the role of the Buddha himself.

~Stephen Batchelor

Awakening is the purpose that enfolds all purposes.

~Stephen Batchelor

As for the law of moral causation ('karma'): this is human justice dressed up as cosmic justice and then imputed to the impersonal workings of the natural world.

~Stephen Batchelor

The idea that there will be something spiritual or subtle, some sort of consciousness that can escape the collapse of the body and brain, is not very credible in the modern scientific worldview.

~Stephen Batchelor

...inner spiritual transformation is just as dependent upon the effect of our economic life upon the world as transformations in the world are dependent upon spiritual re-orientation.

~Stephen Batchelor

[Mindfulness] is not concerned with anything transcendent or divine. It

serves as an antidote to theism, a cure for sentimental piety, a scalpel for excising the tumor of metaphysical belief. (130)

~Stephen Batchelor

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