

Sylvia Boorstein

Quotes

Compassion, Pain, Mind, Thinking, Heart, Mean, Mindfulness, Practice, Suffering, Appreciation, Dedication, Life Is, Kindness, Moments, Struggle, Hurt, Buddhist, Acceptance, Spiritual, People

Mindfulness meditation doesn't change life. Life remains as fragile and unpredictable as ever. Meditation changes the heart's capacity to accept life as it is.

~Sylvia Boorstein

Surrender means wisely accommodating ourselves to what is beyond our control.

~Sylvia Boorstein

The mind is like tofu. It tastes like whatever you marinate it in.

~Sylvia Boorstein

Spirituality doesn't look like sitting down and meditating. Spirituality looks like folding the towels in a sweet way and talking kindly to the people in the family even though you've had a rough day.

~Sylvia Boorstein

Life is painful, suffering is optional.

~Sylvia Boorstein

May I meet each moment fully and meet it as a friend.

~Sylvia Boorstein

Ultimately ... it's not the stories that determine our choices, but the stories that we continue to choose.

~Sylvia Boorstein

If we can keep at least a bit of the mind clear about temporality, we can manage complicated, even difficult, times with grace.

~Sylvia Boorstein

Mindfulness is the aware, balanced acceptance of present experience. It isn't more complicated than that.

~Sylvia Boorstein

People are realizing that what seemed important to them in their lives-materialism and consumerism-doesn't work at all to make a happy heart. It actually makes an unhappy heart. And an unhappy world.

~Sylvia Boorstein

When the mind is clear, behavior is always impeccable.

~Sylvia Boorstein

Steadfast benevolence, sustained by the wisdom that anything other than benevolence is painful, protects the mind from all afflictions.

~Sylvia Boorstein

If you take a deep breath and look around, 'Look what's happening to me!' can become 'Look what's happening!' And what's happening? The incredible drama of life is happening. And we're in it!

~Sylvia Boorstein

I want to feel deeply, and whenever I am brokenhearted I emerge more compassionate. I think I allow myself to be brokenhearted more easily, knowing I won't be irrevocably shattered [p. 59]

~Sylvia Boorstein

Suffering is the demand that experience be different from what it is.

~Sylvia Boorstein

The Buddha taught complete honesty, with the extra instruction that everything a person says should be truthful and helpful.

~Sylvia Boorstein

Buddha also said that the Dharma, like a bird, needs two wings to fly, and that the wing that balances Wisdom is compassion.

~Sylvia Boorstein

Dedication to goodness-dedication in response to an inner moral

mandate rather than external restraint-was both the antidote to the pain and the source of great happiness.

~Sylvia Boorstein

My redeemer is always the person next to me.

~Sylvia Boorstein

The prohibition of L'shon Hara is the Jewish equivalent of the Buddhist practice of Right Speech.

~Sylvia Boorstein

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- Dedication Quotes
- Life Is Quotes
- Kindness Quotes
- Moments Quotes
- Struggle Quotes
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