

Taisen Deshimaru

Quotes

*Thinking, Inspirational, Buddhist, Life, Glasses, Hands, Moving, Practice,
Running, Warrior, Opposites, Attitude, Art, Mind, Hypocrisy, Silence, Fighting,
Imagination, Fingers, Helping Others*

Think with your whole body.

~Taisen Deshimaru

If you are not happy here and now, you never will be.

~Taisen Deshimaru

Human beings are afraid of dying. They are always running after something: money, honor, and pleasure. But if you had to die now, what would you want?

~Taisen Deshimaru

To practice Zen or the Martial Arts, you must live intensely, wholeheartedly, without reserve - as if you might die in the next instant

~Taisen Deshimaru

To receive everything, one must open one's hands and give.

~Taisen Deshimaru

You have to practice until you die.

~Taisen Deshimaru

You must concentrate upon and consecrate yourself wholly to each day, as though a fire were raging in your hair.

~Taisen Deshimaru

The body moves naturally, automatically, without any personal intervention or awareness. If we think too much, our actions become slow and hesitant.

~Taisen Deshimaru

In a fight between a strong technique and a strong body, technique will prevail. In a fight between a strong mind and a strong technique, mind will prevail, because it will find the weak point.

~Taisen Deshimaru

You cannot separate any part from the whole: interdependence rules the cosmic order.

~Taisen Deshimaru

Time is not a line, but a series of now-points.

~Taisen Deshimaru

Descartes said, "I think, therefore I am." I say, "I do not think, that is why I exist."

~Taisen Deshimaru

We feel our shell keeps us safe, but it crushes us and others, and keeps out light and sun.

~Taisen Deshimaru

Keep your hands open, and all the sands of the desert can pass through them. Close them, and all you can feel is a bit of grit.

~Taisen Deshimaru

During zazen, brain and consciousness become pure. It's exactly like muddy water left to stand in a glass. Little by little, the sediment sinks to the bottom and the water becomes pure.

~Taisen Deshimaru

Harmonizing opposites by going back to their source is the distinctive quality of the Zen attitude, the Middle Way: embracing contradictions, making a synthesis of them, achieving balance.

~Taisen Deshimaru

Think with the whole body.

~Taisen Deshimaru

The silence of the mountain is even more beautiful once the birds are quiet.

~Taisen Deshimaru

If we achieve satori and the satori shows, like a bit of dogshit stuck to the top of our nose, that is not so good.

~Taisen Deshimaru

We should learn to think with our fingers.

~Taisen Deshimaru

From your first day at school you are cut off from life to make theories.

~Taisen Deshimaru

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