

Tenzin Palmo

Quotes

*Thinking, Practice, People, Mind, Buddhist, Buddhism, Heart, Teacher, Giving,
Important, Mean, Needs, Teaching, Way, World, Book, Opportunity, Mother,
Use, Spiritual*

The answer lies within ourselves. If we can't find peace and happiness there, it's not going to come from the outside.

~Tenzin Palmo

Meditation is for you to realise that the deepest nature of your existence is beyond thoughts and emotions, that it is incredibly vast and interconnected with all other beings.

~Tenzin Palmo

If we greet situations with a positive attitude, we will eventually create positive returns. If we respond with a negative attitude, negative things will eventually come our way.

~Tenzin Palmo

In the very deep darkness of this world, little pinpoints of light show up very brightly and can shine a long way.

~Tenzin Palmo

Our pure awareness is not male or female.

~Tenzin Palmo

The first thing is to learn how to quiet the mind, relax the mind, and bring the awareness to the front so that we are conscious of what we're doing when we're doing it without all the commentary.

~Tenzin Palmo

Develop confidence in your innate qualities and believe that these qualities will be brought to fruition.

~Tenzin Palmo

Even if one isn't a committed Buddhist, it just helps us become better human beings.

~Tenzin Palmo

The Buddha himself said, "I still use conceptual thinking, but I'm not formed by it." And that's the Buddha.

~Tenzin Palmo

We have produced many of our problems through our confused mental states.

~Tenzin Palmo

It's important to lighten up a bit!

~Tenzin Palmo

This is a time that calls for extreme restraint. In a world of outright aggression and violence there can be no winners. To respond to violence with counter-violence only throws oil on the fire.

~Tenzin Palmo

The purpose of dharma is to help your mind to expand, to grow, to clarify. It should uphold us and create an inner sense of peace, joy, and clarity.

~Tenzin Palmo

You see people swimming, and you think, oh, how wonderful to swim. But most people stand on the edge swaying back and forth, afraid to jump. They don't think they can swim.

~Tenzin Palmo

Buddhism helps us to overcome our endless ego grasping mind to open up to something so much more spacious and genuinely meaningful.

~Tenzin Palmo

For any practice to work, the mind which is meditating on the object must merge. Often they are facing each other. One has to become completely absorbed, then the transformation will occur.

~Tenzin Palmo

It's interesting to see people's projections because one lives very much in the world of projections.

~Tenzin Palmo

I sometimes feel tremendous compassion and helplessness.

~Tenzin Palmo

There are wars, there's pestilence, there are plagues, there is corruption in religious circles, corruption in the government, when was it not?

~Tenzin Palmo

From the point of view of emptiness, there is neither being nor non-being, but we're not on the point of view of emptiness, we're on the point of view of our relative being.

~Tenzin Palmo

The world is full of incredible people who are embodiments of compassion. Some of them have a spiritual path; some of them don't.

~Tenzin Palmo

My mother's love was really not based on attachment. Her love was genuine love. To make me happy, not how I will make her happy.

~Tenzin Palmo

I have made a vow to attain Enlightenment in the female form - no matter how many lifetimes it takes.

~Tenzin Palmo

The power of thought is extremely powerful.

~Tenzin Palmo

You can still practice to be a better and kinder and happier person. That's perfectly possible.

~Tenzin Palmo

Either we're aware and present, or we're not. There is no half way.

~Tenzin Palmo

There are wonderful beings in this world.

~Tenzin Palmo

Meditation is a way to take us to a deeper level of awareness.

~Tenzin Palmo

We need to be sincere in our practice, but at the same time we can't take ourselves too seriously.

~Tenzin Palmo

Some males are intelligent, some are dumb. Some females are intelligent, some are dumb. We're all human beings, no one is superior.

~Tenzin Palmo

If you take the time to study how to be a doctor and how to use your scalpel and your medicine, then there are endless beings out there to help.

~Tenzin Palmo

I've always loved the Sangha. I have the deepest, deepest respect for them. I'm very sorry that in the West people don't appreciate what the monastic order is about.

~Tenzin Palmo

If you're meeting with the dharma, you have probably been a human being before.

~Tenzin Palmo

The Tibetans are good at learning many skillful ways to show that everything we do becomes dharma practice, depending on which kind of approach we use.

~Tenzin Palmo

Just because someone is very charismatic, it doesn't mean that they're genuinely qualified.

~Tenzin Palmo

There are certain people who people think are enlightened. The problem with the word enlightenment is what you mean by it.

~Tenzin Palmo

I think the problem with Western students is they're very ambitious.

~Tenzin Palmo

We only think about the difficult people and the horrible things that happen. That's what gets all the media attention.

~Tenzin Palmo

Because we're trying, because we want, it's very hard to get.

~Tenzin Palmo

Joining the Sangha and renouncing worldly life is necessary in order to devote your whole life and all your energies toward the Dharma.

~Tenzin Palmo

My body is not good for prostrations.

~Tenzin Palmo

We don't want to go to heaven. We want to be reborn so that we can keep going and realize the dharma so we can benefit other beings,

endlessly. It's a very different thing.

~Tenzin Palmo

The Tibetans have many teachings on how to die, consciously, and how to remain in the clear light, and it works. You can see it working, and they can stay in that state for hours, days, or weeks.

~Tenzin Palmo

This precious life is our opportunity. We are not the millions and millions of other things that are not human.

~Tenzin Palmo

It's interesting that in those countries like Taiwan or Korea, where nuns are given equal opportunities for study and practice, they also develop great social awareness.

~Tenzin Palmo

To become effortless takes a lot of effort. It's good to compare it to learning an instrument or learning a sport.

~Tenzin Palmo

Our thinking can create liberation or it can create imprisonment. It depends on how we use our mind.

~Tenzin Palmo

The Dharma is a very, very special and precious thing. The more you practice it, the more you will realize this.

~Tenzin Palmo

We have to transform those ordinary actions of our day into dharma practice because otherwise nothing is going to move.

~Tenzin Palmo

When we read history we find that in all ages people have thought, this

is the dark age.

~Tenzin Palmo

First you have to help yourself.

~Tenzin Palmo

As a human being, we have everything we need. It's enough suffering to give us incentive to go on, but not so much that we don't know where to turn.

~Tenzin Palmo

Merit clears away obstacles.

~Tenzin Palmo

When I heard that our bodies change when we get a bit older, I thought, oh good, now I'll go back to being a boy again. But it didn't happen like that.

~Tenzin Palmo

We're reborn every second, every moment.

~Tenzin Palmo

One of the beauties of the Buddhadharma is there are so many approaches, and not everything is right for everybody.

~Tenzin Palmo

Why are we sitting? Why are we practicing? Why are we doing anything? It's not so I can be happy. It's so I can embody the dharma in order to benefit other beings.

~Tenzin Palmo

A realized being would not be making any fresh karma because karma is very much connected to the ego but would still be receiving the results of past karma.

~Tenzin Palmo

To be enlightened doesn't mean you end up stupefied and unable to function.

~Tenzin Palmo

From the point of view of the relative world, merit is very important.

~Tenzin Palmo

Since I was a small child, I'd believed we were inherently perfect, and that we had to keep coming back again and again until we recognized our innate perfection.

~Tenzin Palmo

Tibetans are great with meritorious practices.

~Tenzin Palmo

Our relative being is what rules our relative world.

~Tenzin Palmo

We don't always need to be sitting at the foot of the teacher, but from time to time we need someone who can overview us and give us direction.

~Tenzin Palmo

Why do some people, when they want to practice, keep coming against problems and difficulties, and obstacles - inner obstacles and outer obstacles? It's because of the lack of merit.

~Tenzin Palmo

There is a basic problem that a lot of Western monks and nuns become ordained without really understanding or appreciating what the monastic life is all about.

~Tenzin Palmo

The real spiritual power is enabling beings to realize the nature of the mind. That's the power of Buddha activity.

~Tenzin Palmo

To want not to want, you'll tie yourself in knots. So this is why the Tibetans always say, just relax the mind and open.

~Tenzin Palmo

I think if you really start practicing, the energy comes. I was always very happy and grateful for the opportunity to have the time, solitude and good health to be able to do it.

~Tenzin Palmo

When I was in retreat I just did my meditation sessions and, in-between, reading and things I had to do.

~Tenzin Palmo

People should find what approach really speaks to them, and then do it. Obviously, better with a good teacher, who can help you on the path. But in any case, basic principles.

~Tenzin Palmo

Learn not to be too ambitious; not to expect if you have a 9-to-5 job and three kids, that you're likely to get buddhahood in one lifetime.

~Tenzin Palmo

The very best players, when they are practicing, put everything they've got into it. But then they leave it for a while. And it's the same in dharma practice.

~Tenzin Palmo

Many people are benefiting beings, but from a dharma point of view, if you are a dharma practitioner, then the first priority is to get yourself together.

~Tenzin Palmo

I'm glad that I'm female.

~Tenzin Palmo

We have the pure nature of the mind.

~Tenzin Palmo

The nature of the mind is completely incredible.

~Tenzin Palmo

In our endless past lives, we've all done everything, you name it, we've done it. Good, bad, intermediate.

~Tenzin Palmo

If you lose interest in the dharma, then you might be reborn in a place where you are unlikely to meet with the dharma. And then you're completely off the path.

~Tenzin Palmo

Of course, now as a woman you can do so much, without being necessarily a rinpoche.

~Tenzin Palmo

If you're born in the higher realms, then it's too pleasant, and you don't have any incentive to practice. If you're born in the lower realms, you don't have any opportunity to practice.

~Tenzin Palmo

Still all the tulkus being born are men.

~Tenzin Palmo

A dog, however nice he is, and sweet-tempered, doesn't have much of a range of options. A human being does.

~Tenzin Palmo

For so many centuries women have been suppressed and regarded as inferior. And that of course is not right at all, that we all have buddha-nature - so what's the difference?

~Tenzin Palmo

Women are fully capable of doing everything.

~Tenzin Palmo

Western Tibetan Buddhists are always looking out there at the distant snow peaks and they lose the flowers along the path.

~Tenzin Palmo

Look at your own potential. Don't overestimate your capabilities and push too hard, or underestimate them and use that as an excuse to be lazy.

~Tenzin Palmo

The dharma is here. And the dharma is in your heart. Where else would it be?

~Tenzin Palmo

At one time I thought that if I could really understand renunciation and bodhichitta from the depths of my heart, then, for this lifetime that would be enough.

~Tenzin Palmo

There are certain teachers who shouldn't be teachers.

~Tenzin Palmo

You think you're enlightened. But as my lama said, when you realize the intrinsic nature of the mind, then you start to meditate. It's not the end, it's the beginning.

~Tenzin Palmo

We have met with the dharma. Many of us have met with teachers. We do have some idea of what to do and how to practice. And we should not be lazy.

~Tenzin Palmo

We are educated. We can think. We have the freedom to think.

~Tenzin Palmo

We do have the precious opportunity of this human life.

~Tenzin Palmo

It's unlikely that you were a frog in a past life.

~Tenzin Palmo

Obviously the dharma is every breath we take, every thought we think, every word we speak, if we do it with awareness and an open, caring heart.

~Tenzin Palmo

We've been human countless times and done everything you can imagine. So we've been planting all these negative seeds, and they're going to come up.

~Tenzin Palmo

If you've made a lot of negative seeds, and not a lot of positive seeds, even though you meet with the dharma, you're going to have problems.

~Tenzin Palmo

I don't think I've changed anything, but I hope that by my talks I have encouraged people in their practice. That's as much as any of us can do.

~Tenzin Palmo

When Tibetan lamas die they stay in a realization of clear light nature of the mind for several days or weeks.

~Tenzin Palmo

Related Links:

- Thinking Quotes
- Practice Quotes
- People Quotes
- Mind Quotes
- Buddhist Quotes
- Buddhism Quotes
- Heart Quotes
- Teacher Quotes
- Giving Quotes
- Important Quotes
- Mean Quotes
- Needs Quotes
- Teaching Quotes
- Way Quotes
- World Quotes
- Book Quotes
- Opportunity Quotes
- Mother Quotes
- Use Quotes
- Spiritual Quotes