

Thubten Yeshe Quotes

*Mind, Nature, Life, Confused, Spiritual, Strong, Buddhist, Kindness, Mean,
Problem, Wisdom, Knowing, Simple, Karma, Self, Powerful, Learning,
Inspirational, Reality, Benefits*

Be blissful and enjoy your life; do not let yourself become obsessed with anything. Determine to use the rest of your life to benefit others as much as possible.

~Thubten Yeshe

When you check your own mind properly, you stop blaming others for your problems.

~Thubten Yeshe

The mind is very powerful. Therefore, it requires firm guidance. A powerful jet plane needs a good pilot; the pilot of your mind should be the wisdom that understands its nature.

~Thubten Yeshe

Examine your own mental attitudes. Become your own therapist.

~Thubten Yeshe

Just the idea that you are religious doesn't help at all. It does not help you; it does not help others. In order to really help others, you need to gain knowledge-wisdom.

~Thubten Yeshe

First of all, merely by living a simple life with a heart dedicated to overcoming self-cherishing, we automatically benefit others.

~Thubten Yeshe

No matter how confused or deluded we may be at the moment, the underlying and essential nature of our being is clear and pure

~Thubten Yeshe

There's a big difference between being able to explain religion intellectually and transforming that knowledge into spiritual experience.

~Thubten Yeshe

Be wise. Treat yourself, your mind, sympathetically, with loving kindness. If you are gentle with yourself, you will become gentle with others.

~Thubten Yeshe

Knowing your own mind is the solution to all our problems.

~Thubten Yeshe

It is precisely because our present life is so inseparably linked with desire that we must make use of desire's tremendous energy if we wish to transform our life into something transcendental.

~Thubten Yeshe

When a strong wind blows, the clouds vanish and blue sky appears. Similarly, when the powerful wisdom that understand the nature of the mind arises, the dark clouds of ego disappear.

~Thubten Yeshe

It's not just philosophy, not just words; it's knowing how the mind functions; only then can you develop loving-kindness; only then can you become a spiritual person.

~Thubten Yeshe

At certain times, a silent mind is very important, but 'silent' does not mean closed. The silent mind is an alert, awakened mind; a mind seeking the nature of reality.

~Thubten Yeshe

Don't think that examining and knowing the nature of your mind is just an Eastern trip. That's a wrong conception. It's your trip.

~Thubten Yeshe

If you expect your life to be full of ups and downs, then your mind will be much more peaceful.

~Thubten Yeshe

We completely deny the existence of a self-existent I, or a permanent, independent soul. Every aspect of your body and mind is impermanent: changing, changing, changing.

~Thubten Yeshe

Your mind is your religion.

~Thubten Yeshe

One action produces a reaction; that is karma.

~Thubten Yeshe

The narrow mind rejects; wisdom accepts.

~Thubten Yeshe

Some children are wiser than adults.

~Thubten Yeshe

Meditation is the way we realize the nature of the mind.

~Thubten Yeshe

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