

Tsoknyi Rinpoche Quotes

*Compassion, Mean, Essence, Heart, Space, Life, Practice, People, Realizing,
Love, Inspirational, Simple, Suffering, Lost, Training, Security And Freedom,
Finding Yourself, Crazy, Want, May*

Be kind to yourself as you proceed along this journey. This kindness, in itself, is a means of awakening the spark of love within you and helping others to discover that spark within themselves.

~Tsoknyi Rinpoche

Let yourself become that space that welcomes any experience without judgement.

~Tsoknyi Rinpoche

We believe deep down that we've lost something precious and are seeking it outside ourselves, never realizing that we are carrying it within us wherever we go.

~Tsoknyi Rinpoche

The point is to be free, not to be crazy.

~Tsoknyi Rinpoche

True compassion is undirected & holds no conceptual focus. That kind of genuine, true compassion is only possible after realizing emptiness.

~Tsoknyi Rinpoche

Instead of focusing on some thoughts and feelings and pushing away others, just look at them as feathers flying in the wind. The wind is your awareness, your inborn openness and clarity.

~Tsoknyi Rinpoche

Through recognizing and realizing the empty essence, instead of being selfish and self-centered, one feels very open and free

~Tsoknyi Rinpoche

True freedom comes about through confidence in liberating any and all thought states.

~Tsoknyi Rinpoche

Our top priority is to relieve suffering of human beings.

~Tsoknyi Rinpoche

Your emotional understanding about the preciousness of your human birth comes through conscious, repetitive mind training.

~Tsoknyi Rinpoche

Simply let experience take place very freely, so that your open heart is suffused with the tenderness of true compassion.

~Tsoknyi Rinpoche

Whenever ego suffers from fear of death & your practice turns to seeing impermanence, ego settles down.

~Tsoknyi Rinpoche

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