

# Yongey Mingyur Rinpoche Quotes

*Mind, Heart, Compassion, Meditation, Buddhist, Opportunity, Pain, Meditation  
Practice, Quality, Want, Simple, Emotional, Thinking, Happiness, Hands, Keys,  
People, Practice, Real, Happy*

Ultimately, happiness comes down to choosing between the discomfort of becoming aware of your mental afflictions and the discomfort of being ruled by them.

~Yongey Mingyur Rinpoche

If we could see the whole truth of any situation, our only response would be one of compassion.

~Yongey Mingyur Rinpoche

All that we are looking for in life - all the happiness, contentment, and peace of mind - is right here in the present moment.

~Yongey Mingyur Rinpoche

Compassion is the spontaneous wisdom of the heart. It's always with us. It always has been, and always will be. When it arises in us, we've simply learned to see how strong and safe we really are.

~Yongey Mingyur Rinpoche

When you transform your mind, everything you experience is transformed.

~Yongey Mingyur Rinpoche

The opportunity to experience yourself differently is always available.

~Yongey Mingyur Rinpoche

Happiness and unhappiness are not primarily created by the material world or the physical body. First and foremost, they are decisions of the mind.

~Yongey Mingyur Rinpoche

The mind is the source of all experience, and by changing the direction of the mind, we can change the quality of everything we experience.

~Yongey Mingyur Rinpoche

When we become fixed in our perceptions we lose our ability to fly.

~Yongey Mingyur Rinpoche

There's no difference between what is seen and the mind that sees it.

~Yongey Mingyur Rinpoche

Within our perceived weaknesses and imperfections lies the key to realizing our true strength.

~Yongey Mingyur Rinpoche

Being human means having power; specifically, the power to accomplish whatever we want.

~Yongey Mingyur Rinpoche

Compassion is the spontaneous wisdom of the heart.

~Yongey Mingyur Rinpoche

The expectations you bring to meditation practice are often the greatest obstacles you will encounter.

~Yongey Mingyur Rinpoche

If everything were permanent, singular, or independent, nothing would change.

~Yongey Mingyur Rinpoche

Emotional states are fairly quick bursts of neuronal gossip. Traits, on the other hand, are more like the neuronal equivalent of committed relationships.

~Yongey Mingyur Rinpoche

When you see your own desire to be happy, you can't avoid seeing the same desire in others.

~Yongey Mingyur Rinpoche

The best part of all is that no matter how long you practice, or what method you use, every technique of Buddhist meditation ultimately generates compassion.

~Yongey Mingyur Rinpoche

TO CUT THROUGH problems, we need problems.

~Yongey Mingyur Rinpoche

We're all buddhas. We just don't recognize it.

~Yongey Mingyur Rinpoche

Practice is personal; no two people's experiences are alike.

~Yongey Mingyur Rinpoche

Any daily activity can be used as an opportunity for meditation.

~Yongey Mingyur Rinpoche

Not recognizing natural mind is simply an example of the mind's unlimited capacity to create whatever it wants.

~Yongey Mingyur Rinpoche

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