

# Zhuangzi Quotes

*Men, Mind, Heart, Dream, Wisdom, Taoism, Life, Heaven, Knowledge, Spiritual,  
Eye, Doe, Nature, Understanding, Tao, Water, Mirrors, World, Happiness,  
People*

The effect of life in society is to complicate and confuse our existence, making us forget who we really are by causing us to become obsessed with what we are not.

~Zhuangzi

Perfect happiness is the absence of striving for happiness.

~Zhuangzi

A petty thief is put in jail. A great brigand becomes a ruler of a Nation.

~Zhuangzi

The perfect man uses his mind as a mirror. It grasps nothing. It regrets nothing. It receives but does not keep.

~Zhuangzi

Do not struggle. Go with the flow of things, and you will find yourself at one with the mysterious unity of the Universe.

~Zhuangzi

If you have insight, you use your inner eye, your inner ear, to pierce to the heart of things, and have no need of intellectual knowledge.

~Zhuangzi

Flow with whatever may happen and let your mind be free. Stay centered by accepting whatever you are doing. This is the ultimate.

~Zhuangzi

Let your mind wander in the pure and simple. Be one with the infinite. Let all things take their course.

~Zhuangzi

The torch of doubt and chaos, this is what the sage steers by.

~Zhuangzi

When an archer shoots for enjoyment, he has all his skill; when he shoots for a brass buckle, he gets nervous; when he shoots for a prize of gold, he begins to see two targets.

~Zhuangzi

We cling to our own point of view, as though everything depended on it. Yet our opinions have no permanence; like autumn and winter, they gradually pass away.

~Zhuangzi

Never admire a man by his strength; judge him in how he uses it- A way is made by walking it

~Zhuangzi

Your mind must become one, do not try to understand with your ears but with your heart. Indeed, not with your heart but with your soul.

~Zhuangzi

A path is made by walking on it.

~Zhuangzi

Rewards and punishments are the lowest form of education.

~Zhuangzi

My opinion is that you never find happiness until you stop looking for it.

~Zhuangzi

Great wisdom is generous; petty wisdom is contentious. Great speech is impassioned, small speech cantankerous.

~Zhuangzi

Flow with whatever may happen and let your mind be free.

~Zhuangzi

Great knowledge is universal. Small knowledge is limited. Great words are inspiring; small words are chatter.

~Zhuangzi

Birth is not a beginning; death is not an end. There is existence without limitation; there is continuity without a starting point.

~Zhuangzi

The wise man knows that it is better to sit on the banks of a remote mountain stream than to be emperor of the whole world.

~Zhuangzi

Silence, and non action are the root of all things.

~Zhuangzi

A frog in a well cannot conceive of the ocean.

~Zhuangzi

Your preciousness lies in your essence; it cannot be lost by anything that happens.

~Zhuangzi

All men know the use of the useful, but nobody knows the use of the useless. Where can I find a man who has forgotten words so that I can have a word with him?

~Zhuangzi

Forget the years, forget distinctions. Leap into the boundless and make it your home!

~Zhuangzi

When people do not ignore what they should ignore, but ignore what they should not ignore, this is known as ignorance.

~Zhuangzi

All the fish needs is to get lost in the water. All man needs is to get lost in Tao.

~Zhuangzi

And how do I know that the hate of death is not like a man who has lost his home when young and does not know where his home is to return to?

~Zhuangzi

Those who follow the Tao are of clear mind. They do not load their mind with anxieties and are flexible in their adjustment to external conditions.

~Zhuangzi

The sound of water says what I think.

~Zhuangzi

Good fortune is as light as a feather, but nobody knows how to pick it up. Misfortune is as heavy as earth, but nobody knows how to stay out of it's way.

~Zhuangzi

To be constant is to be useful. To be useful is to realize one's true nature. Realization of one's true nature is happiness. When one reaches happiness, one is close to perfection.

~Zhuangzi

A battering ram can knock down a city wall, but it cannot stop a hole. Different things have different uses.

~Zhuangzi

To be truly ignorant, be content with your own knowledge.

~Zhuangzi

Look at this window: it is nothing but a hole in the wall, but because of it the whole room is full of light. So when the faculties are empty, the heart is full of light.

~Zhuangzi

The enlightened attention rejects nothing nor welcomes anything-like a mirror it responds equally to all.

~Zhuangzi

The eyes envy the mind.

~Zhuangzi

Where can I find a man who has forgotten words, so I can have a few words with him?

~Zhuangzi

You cannot speak of ocean to a well-frog, the creature of a narrower sphere. You cannot speak of ice to a summer insect, the creature of a season.

~Zhuangzi

To exercise no-thought and rest in nothing is the first step toward resting in Tao. To start from nowhere and follow no road is the first step toward attaining Tao.

~Zhuangzi

Take care of your body, then the rest will automatically become stronger.

~Zhuangzi

The right way to go easy is to forget the right way.

~Zhuangzi

Life comes from the earth and life returns to the earth.

~Zhuangzi

When affirmation and negation came into being, Tao faded. After Tao faded, then came one-sided attachments.

~Zhuangzi

Cherish that which is in you and shut out that which is without, for much knowledge is a curse.

~Zhuangzi

Men of this world all rejoice in others being like themselves, and object to others not being like themselves.

~Zhuangzi

Great knowledge sees all in one. Small knowledge breaks down into the many.

~Zhuangzi

Let everything be allowed to do what it naturally does, so that its nature will be satisfied.

~Zhuangzi

The living all find death unpleasant; men mourn over it. And yet, what is death, but the unbending of the bow and its return to its case?

~Zhuangzi

The greatest tragedy that can befall a person is the atrophy of his mind.

~Zhuangzi

For we can only know that we know nothing, and a little knowledge is a dangerous thing.

~Zhuangzi

Only the intelligent knows how to identify all things as one. . . . When one is at ease with himself, one is near Tao. This is to let Nature take its own course.

~Zhuangzi

Birth is not the beginning, Death is not the end.

~Zhuangzi

Men honor what lies within the sphere of their knowledge, but do not realize how dependent they are on what lies beyond it.

~Zhuangzi

Luck implies an absolute absence of any principle.

~Zhuangzi

Easy is right. Begin right and you are easy. Continue easy and you are right. The right way to go easy is to forget the right way, and forget that the going is easy.

~Zhuangzi

When you are identified with the One, all things will be complete to you.

~Zhuangzi

The one-legged creature is envious of the millipede; the millipede is envious of the snake; the snake is envious of the wind; the wind is envious of the eye; the eye is envious of the heart.

~Zhuangzi

The Way is to man as rivers and lakes are to fish, the natural condition of life.

~Zhuangzi

Men do not mirror themselves in running water - they mirror themselves



in still water. Only what is still can still the stillness of other things.

~Zhuangzi

He who regards all things as one is a companion of Nature.

~Zhuangzi

The sage embraces things. Ordinary men discriminate amongst them and parade their discriminations before others. So I say; those who discriminate, fail to see.

~Zhuangzi

The World is Large - Its beauty indescribable.

~Zhuangzi

The ultimate happiness is doing nothing.

~Zhuangzi

Once Zhuangzi dreamt he was a butterfly...

~Zhuangzi

I do not know whether I was then a man dreaming I was a butterfly, or whether I am now a butterfly dreaming I am a man.

~Zhuangzi

If water derives lucidity from stillness, how much more the faculties of the mind! The mind of the sage, being in repose, becomes the mirror of the universe, the speculum of all creation.

~Zhuangzi

Those who seek to satisfy the mind of man by hampering it with ceremonies and music and affecting charity and devotion have lost their original nature.

~Zhuangzi

Human life is limited, but knowledge is limitless. To drive the limited in pursuit of the limitless is fatal; and to presume that one really knows is fatal indeed!

~Zhuangzi

The perfect man employs his mind as a mirror.

~Zhuangzi

Either in conflict with others or in harmony with them, we go through life like a runaway horse, unable to stop.

~Zhuangzi

You are still guided by your expectations.

~Zhuangzi

Those who realise their folly are not true fools.

~Zhuangzi

Listening stops with the ears, the mind stops with recognition, but spirit is empty and waits on all things.

~Zhuangzi

The creature born is the creature dying.

~Zhuangzi

Life is finite, While knowledge is infinite.

~Zhuangzi

Heaven does without doing through its purity, Earth does without doing through its calmness.

~Zhuangzi

Good order results spontaneously when things are let alone

~Zhuangzi

If one is true to one's inner self, and follows its wisdom, who is without a teacher?

~Zhuangzi

When the heart is right, "for" and "against" are forgotten.

~Zhuangzi

If water derives lucidity from stillness, how much more the faculties of the mind.

~Zhuangzi

To have a human form is a joyful thing.

~Zhuangzi

Let your mind wander in simplicity, blend your spirit with the vastness, follow along with things the way they are, and make no room for personal views-then the world will be governed.

~Zhuangzi

The little child learns to speak, though it has no learned teachers - because it lives with those who know how to speak.

~Zhuangzi

If the Way is made clear, it is not the Way.

~Zhuangzi

Words exist because of meaning; once you've gotten the meaning, you can forget the words.

~Zhuangzi

Am I a human dreaming I am a butterfly or a butterfly dreaming I am a human?

~Zhuangzi

The fish trap exists because of the fish: once you have gotten the meanings, you can forget the words.

~Zhuangzi

He who pursues fame at the risk of losing his self is not a scholar.

~Zhuangzi

How do I know that loving life is not a delusion? How do I know that in hating death I am not like a man who, having left home in his youth, has forgotten the way back?

~Zhuangzi

It is only when the formed learns from the unformed that there is understanding.

~Zhuangzi

Tao is the source of both fullness and emptiness. But it is itself neither fullness nor emptiness.

~Zhuangzi

Sound intelligence promises victory in every battle.

~Zhuangzi

Running around accusing others is not as good as laughing. And enjoying a good laugh is not as good as going along with things.

~Zhuangzi

To go outside what your charge was, and to try to solve everything yourself, is dangerous.

~Zhuangzi

People value that part of knowledge which is known. They do not know how to avail themselves of the Unknown in order to reach knowledge. Is this not misguided?

~Zhuangzi

Breathing control gives man strength, vitality, inspiration, and magic powers.

~Zhuangzi

When deeds and words are in accord, the whole world is transformed.

~Zhuangzi

When there is no more separation between 'this' and 'that,' it is called the still-point of the Tao. At the still point in the center of the circle one can see the infinite in all things.

~Zhuangzi

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