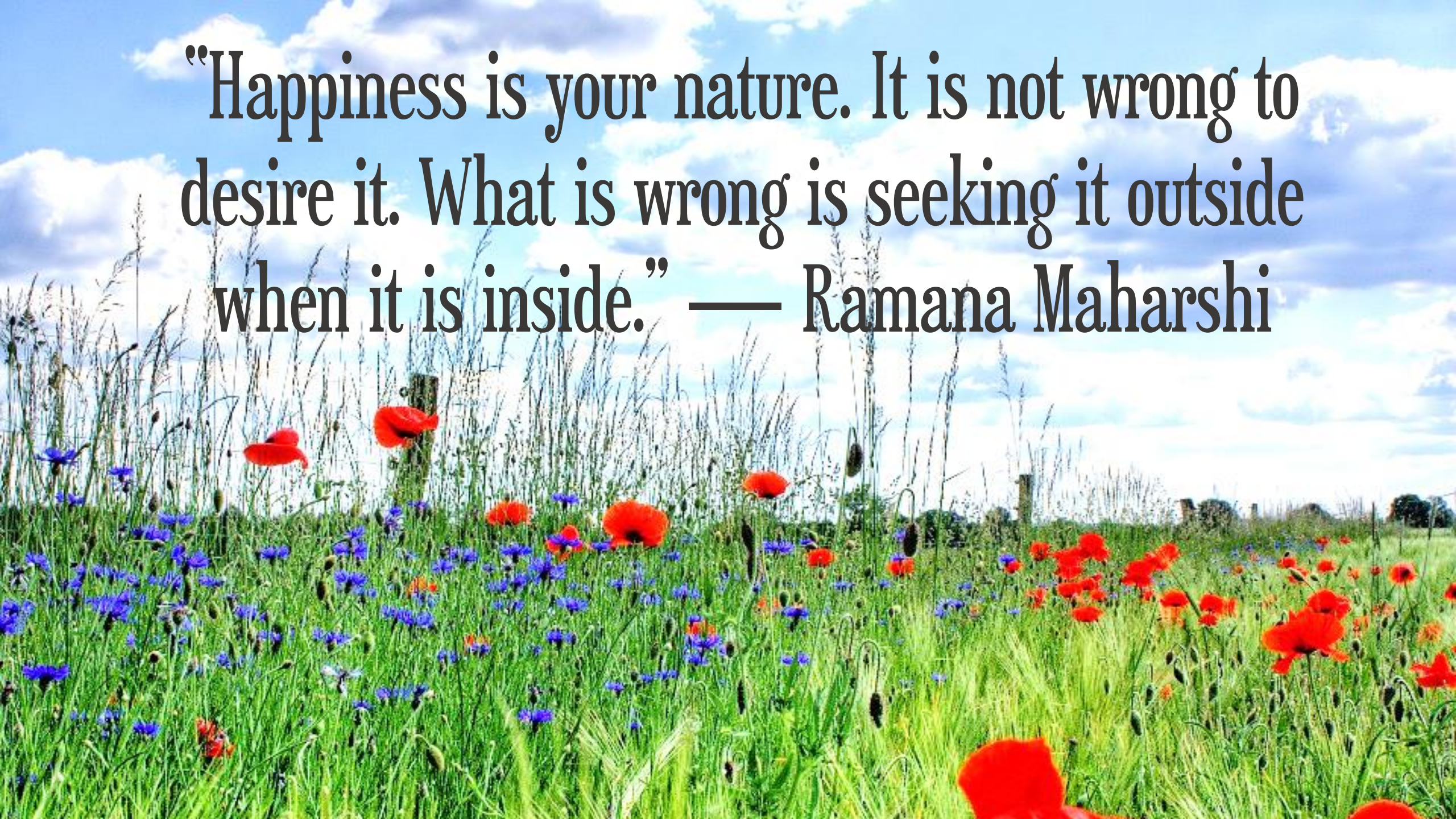




Mindfulness

Quotes to read and enjoy

“Happiness is your nature. It is not wrong to desire it. What is wrong is seeking it outside when it is inside.” — Ramana Maharshi

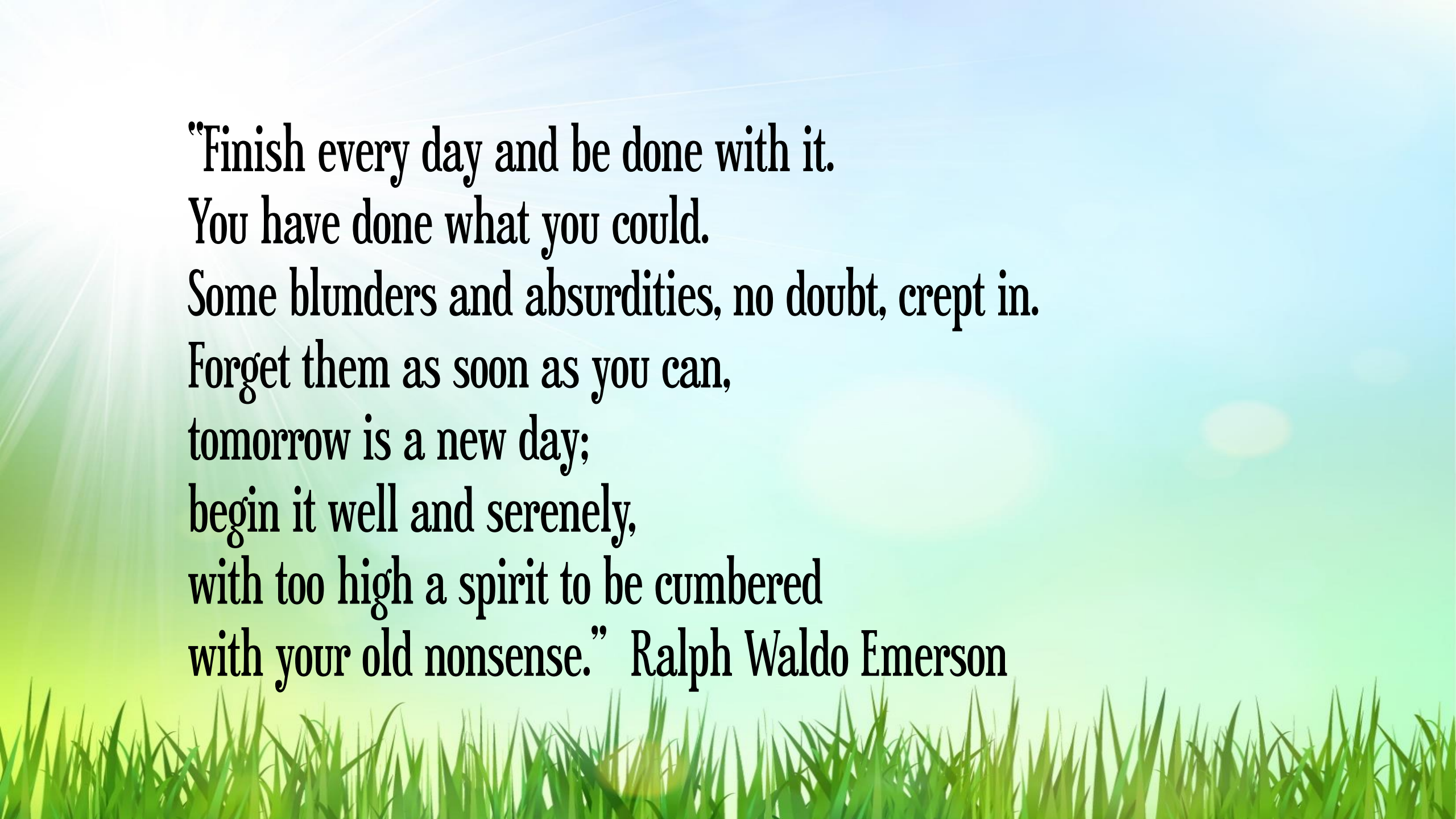


“The best way to capture moments is to pay attention. This is how we cultivate mindfulness. Mindfulness means being awake. It means knowing what you are doing.”

Jon Kabat-Zinn

“Begin at once to live, and count each separate day as a separate life.” Seneca





“Finish every day and be done with it.
You have done what you could.
Some blunders and absurdities, no doubt, crept in.
Forget them as soon as you can,
tomorrow is a new day;
begin it well and serenely,
with too high a spirit to be cumbered
with your old nonsense.” Ralph Waldo Emerson

“As you walk and eat and travel, be where you are. Otherwise you will miss most of your life.”

Buddha



A misty forest scene with tall trees and a path covered in fallen leaves. The text is overlaid in the center.

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” Aristotle

A bald eagle is perched on a bare, dark tree branch against a clear, bright blue sky. The eagle has a white head and neck, a yellow beak, and dark brown feathers on its body. The tree is mostly without leaves, with several thin, dark branches extending outwards. The eagle is looking towards the right of the frame.

“Our own worst enemy cannot harm us as much as our unwise thoughts. No one can help us as much as our own compassionate thoughts.”

Buddha

A photograph of a sunlit meadow. In the foreground, there is a field of numerous small white flowers with yellow centers, growing among green grass. To the right, a large, dark tree trunk is visible, extending from the top to the bottom of the frame. The background is a bright, hazy green field under a bright sun, creating a soft, glowing atmosphere.

“How we spend our days is of course how we spend our lives.”

Anne Dillard

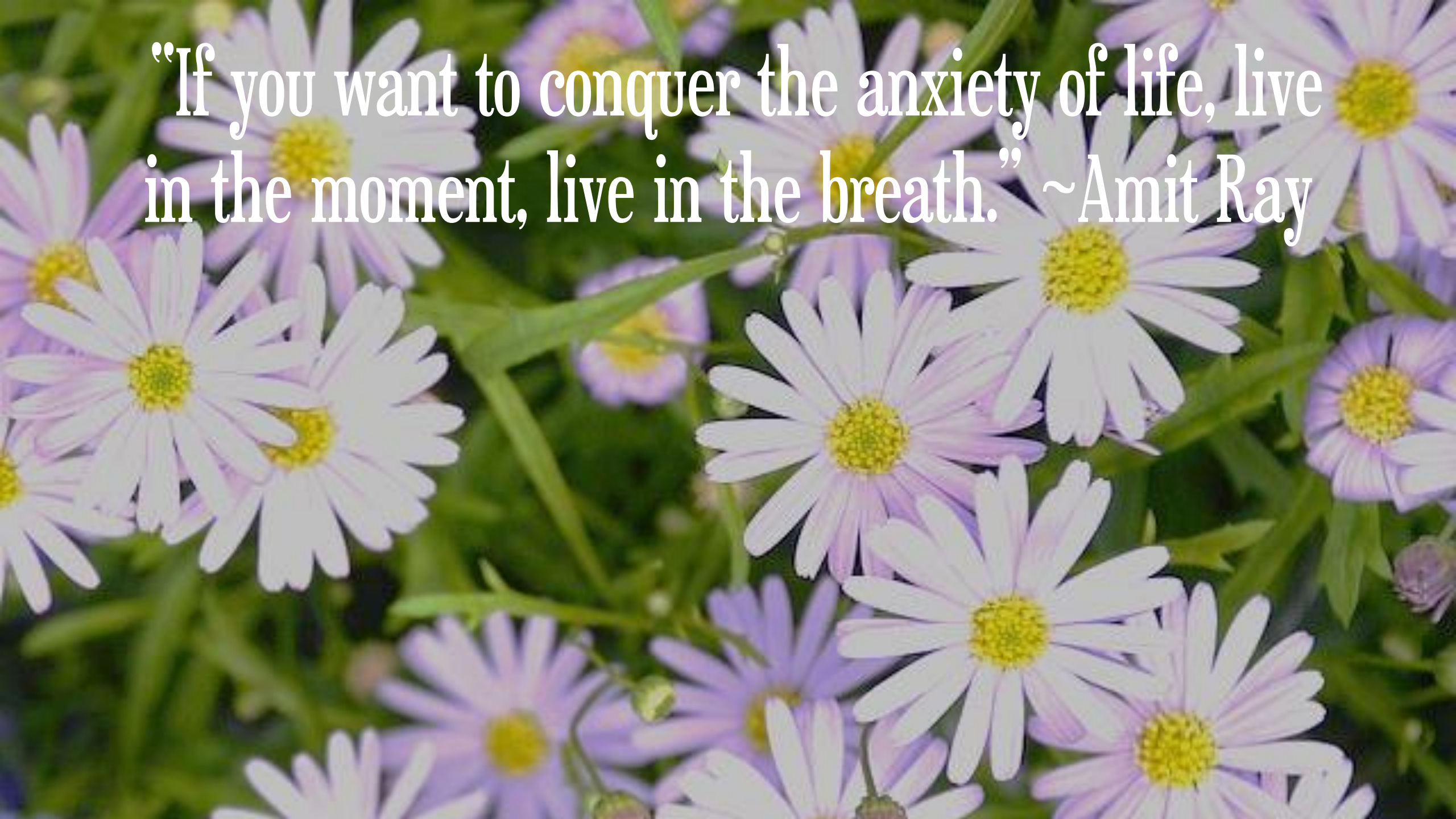
“Don’t believe everything you think. Thoughts are just that – thoughts.” — Allan Lokos

“The place to be happy is here. The time to be happy is now.” Robert G. Ingersoll



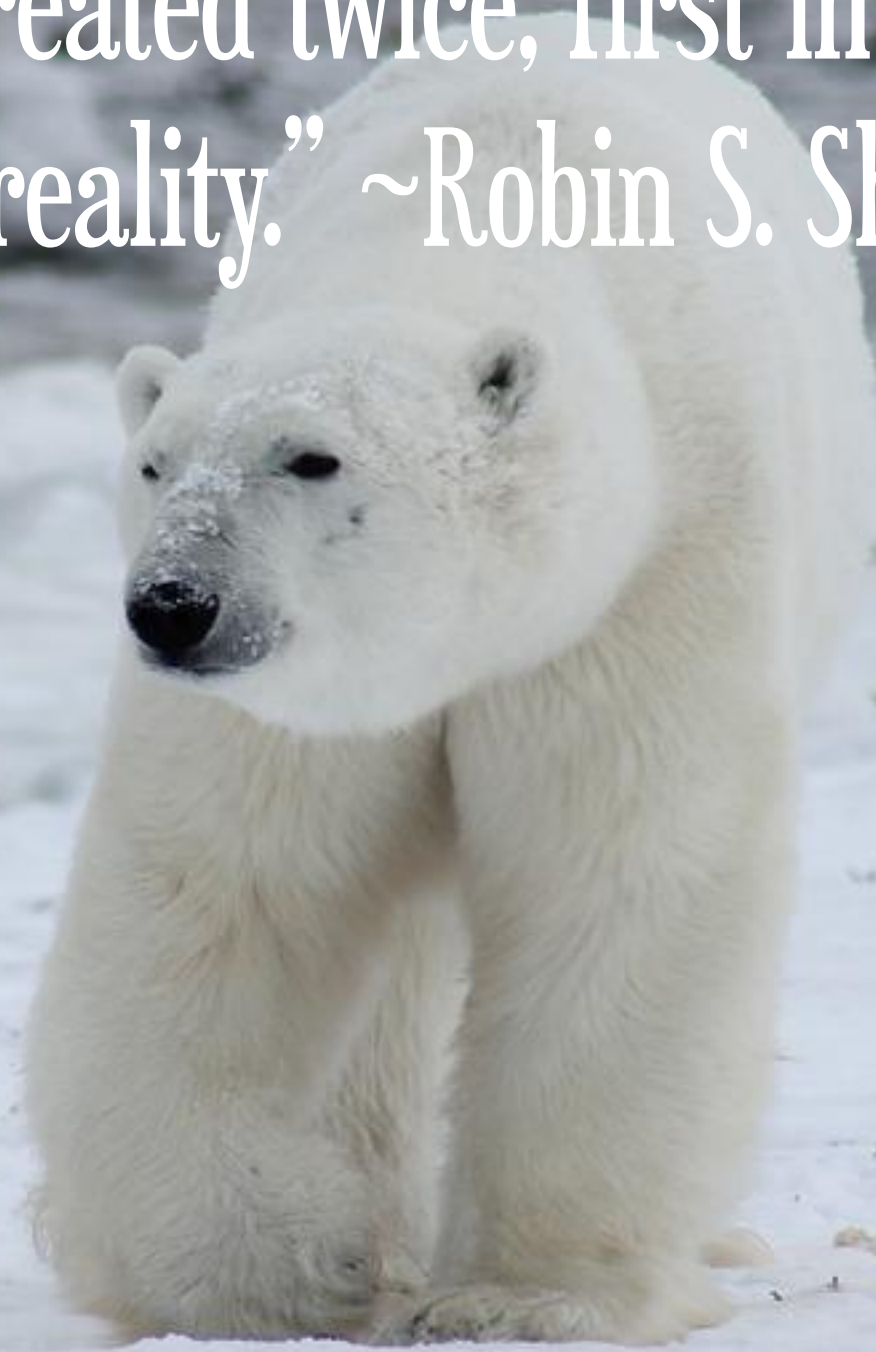
“As soon as we wish to be happier, we are no longer happy.” ~Walter Landor




A close-up photograph of a field of daisies. The flowers are in various shades of purple and white, with bright yellow centers. The background is a soft, out-of-focus green, suggesting a lush garden or field. The lighting is natural, highlighting the delicate petals and the vibrant centers of the flowers.


“If you want to conquer the anxiety of life, live
in the moment, live in the breath.” ~Amit Ray

“Everything is created twice, first in the mind
and then in reality.” ~Robin S. Sharma



A serene beach scene at sunset or sunrise. The sky is filled with soft, golden light, and the ocean waves are crashing onto the shore, creating white foam. A seal is visible swimming in the water in the middle ground. The overall mood is calm and reflective.

“Respond; don’t react. Listen; don’t talk.
Think; don’t assume.”
~Raji Lukkoor




“In the end, just three things matter:
How well we have lived.
How well we have loved.
How well we have learned to let go”


~Jack Kornfield

“Observe the space between your thoughts, then
observe the observer.” ~Hamilton Boudreaux

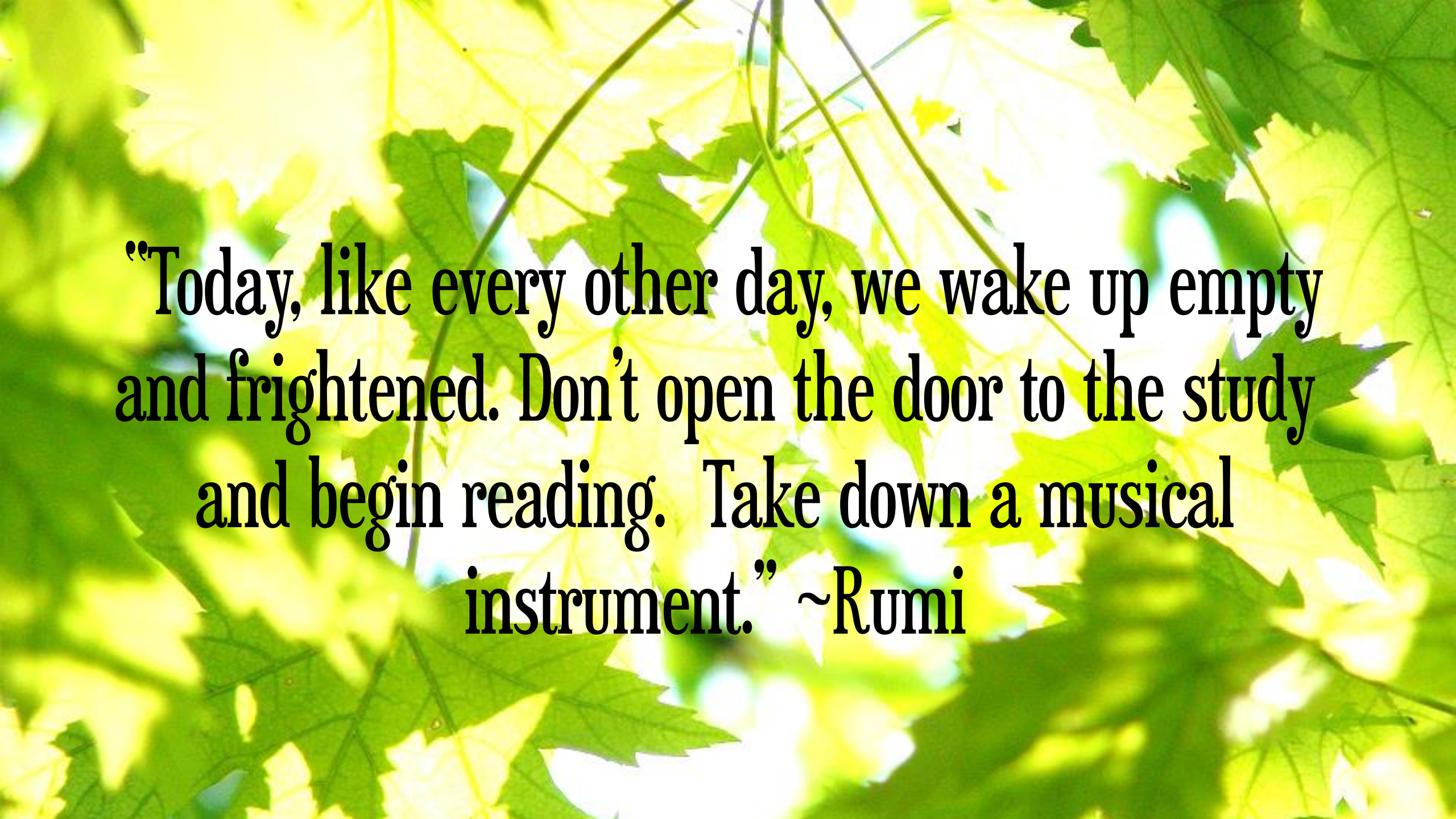




“The basic root of happiness lies in our minds; outer circumstances are nothing more than adverse or favourable.” ~Matthieu Ricard



“The mind in its natural state can be compared to the sky, covered by layers of cloud which hide its true nature.” ~Kalu Rinpoche

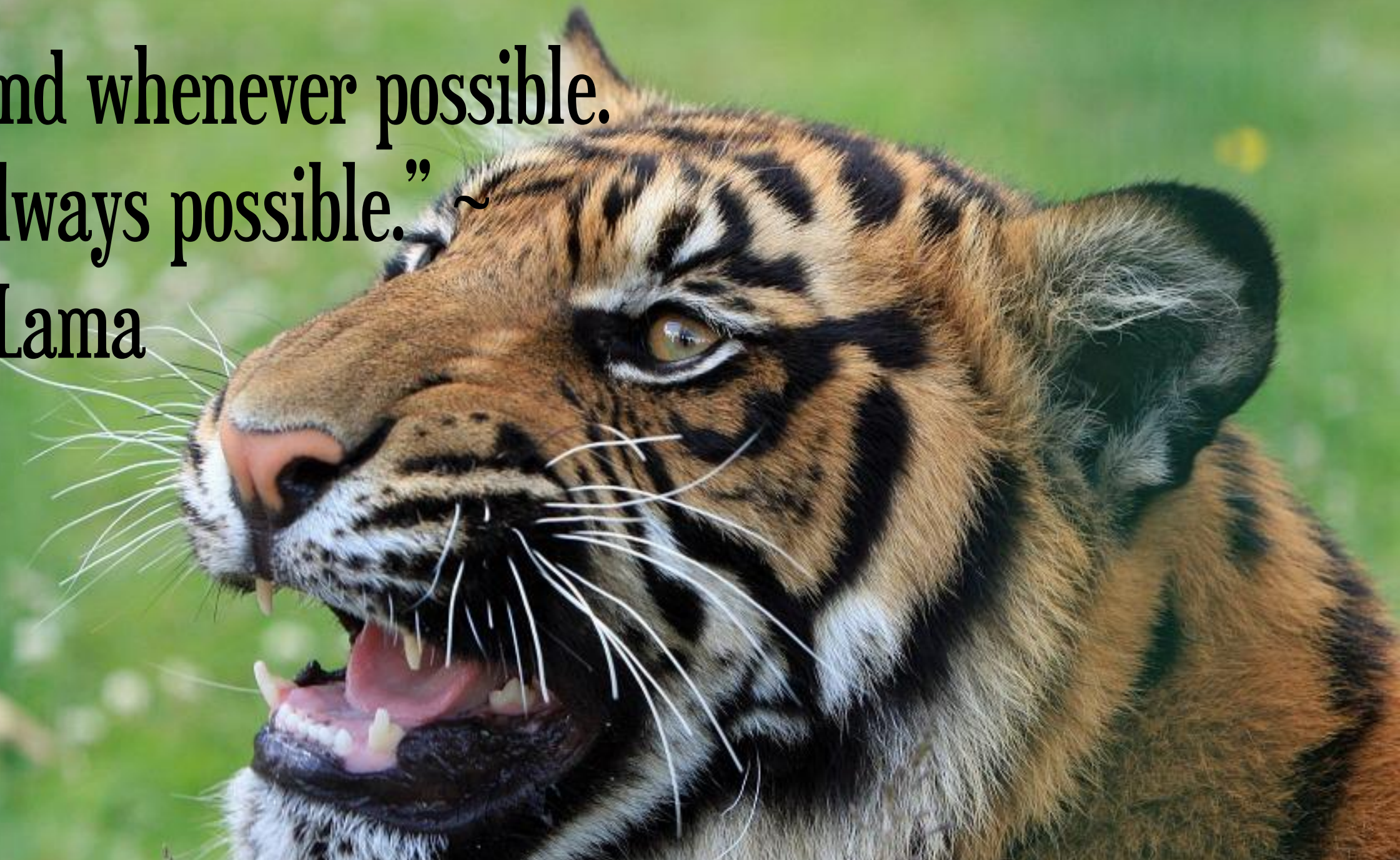


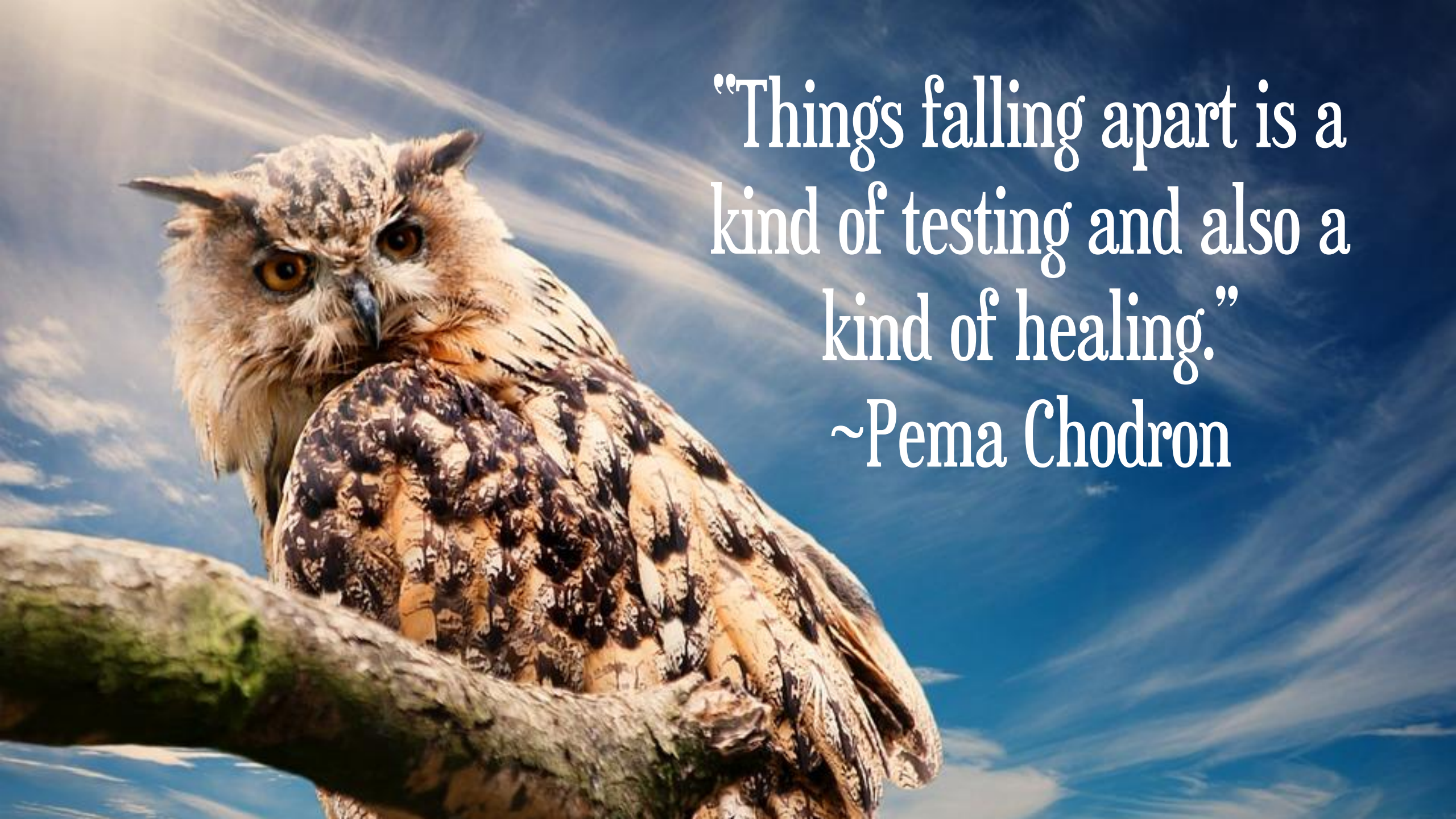
“Today, like every other day, we wake up empty and frightened. Don’t open the door to the study and begin reading. Take down a musical instrument.” ~Rumi



“We’re so busy watching out for what’s just ahead of us that we don’t take time to enjoy where we are.” — Bill Watterson

“Be kind whenever possible.
It is always possible.” ~
Dalai Lama



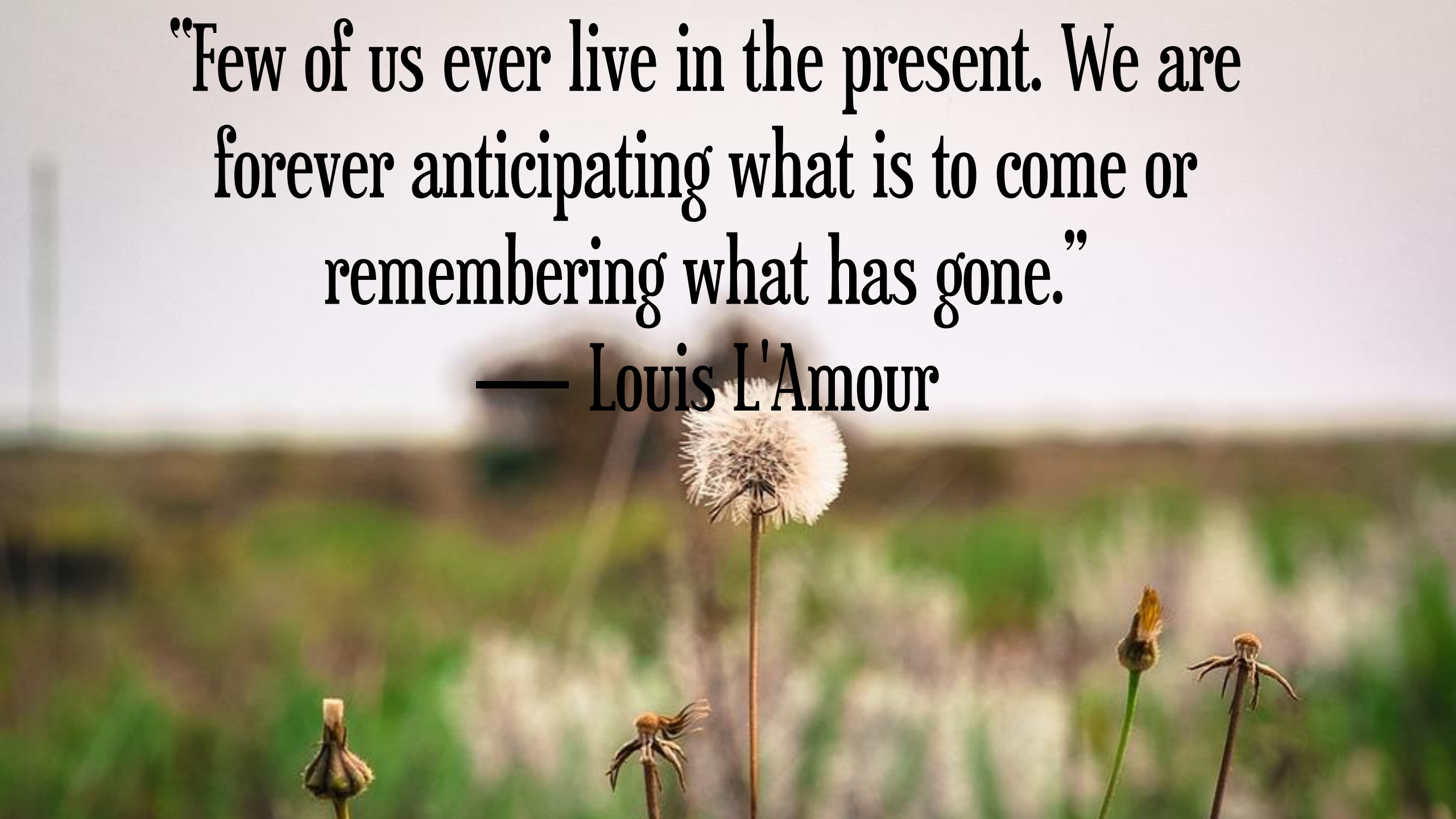


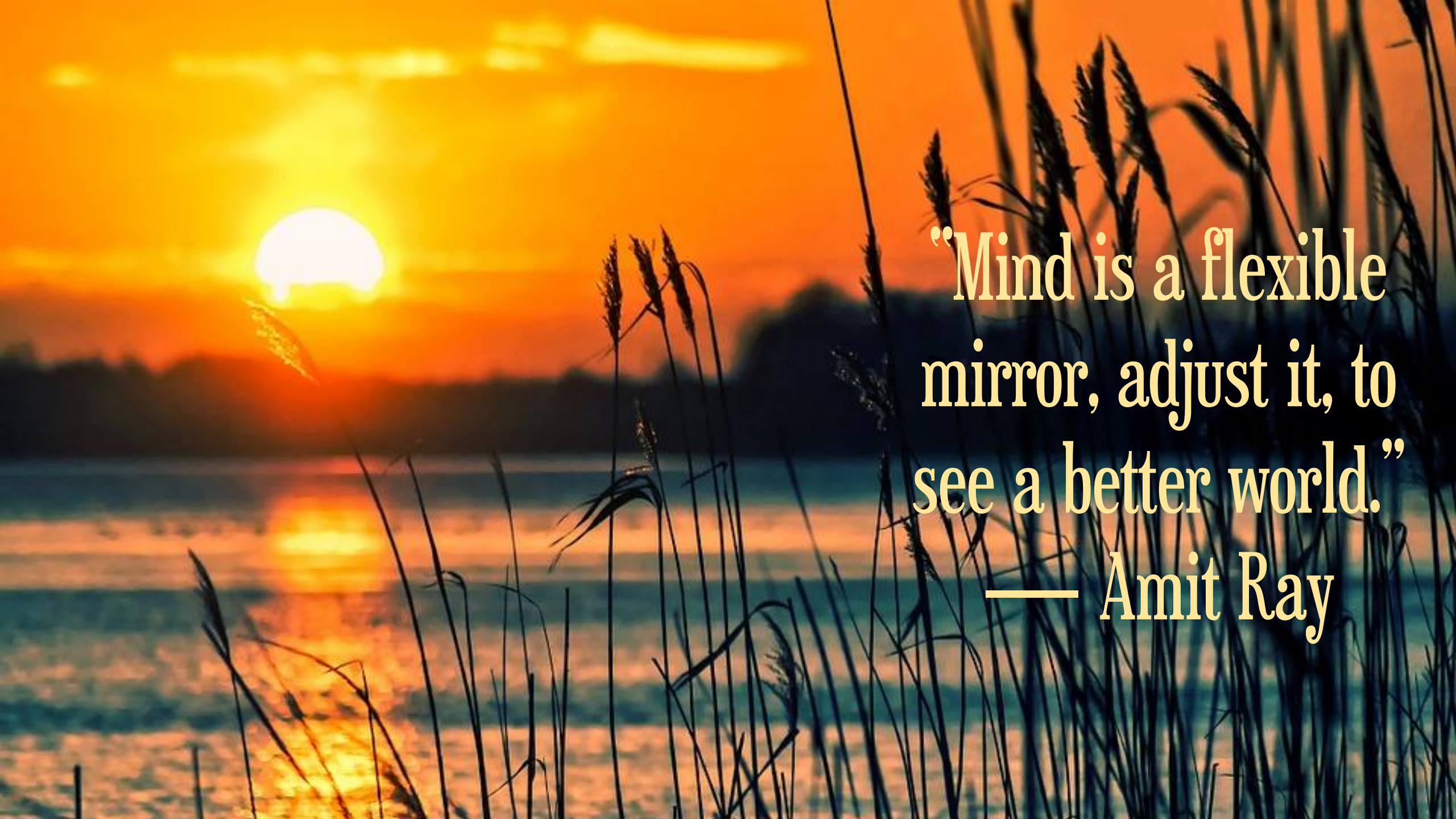
“Things falling apart is a kind of testing and also a kind of healing.”

~Pema Chodron

“Few of us ever live in the present. We are forever anticipating what is to come or remembering what has gone.”

— Louis L'Amour



A serene sunset scene with a bright sun low on the horizon, casting a golden glow over a body of water. The foreground is filled with tall, dark grasses, some of which are in sharp focus, creating a sense of depth. The sky is a mix of warm orange and yellow tones, with some light clouds. The overall mood is peaceful and contemplative.

“Mind is a flexible
mirror, adjust it, to
see a better world.”
— Amit Ray