**Quotes**

1. “When you look at getting stuck in traffic as an opportunity to slow down (literally!), it can seem like more of a blessing than a nightmare. Getting stressed out won’t make those cars go any faster. Finding ways to enjoy it is a lot more rewarding. It makes it feel less like wasting time.” - Brad Warner,

“The most difficult times for many of us are the ones we give ourselves” - Pema Chodron

1. “When the body calls us back, we begin to find that we have a partner on the spiritual path that we didn’t know about—the body itself. In our meditation and in our surrounding lives, the body becomes a teacher.” —Reggie Ray

“Even if you practice meditation to become a paragon of love and wisdom, all it can do is put you face-to-face with who you are and with what is, which is where all meditation begins. - Stephen Schettini,

1. “One of the insidious things about the distraction habit is that we often don’t even realize it is happening. It sneaks up on us, like old age, and before we know it we’re addicted and powerless. But we’re not really. The power we have is our awareness, and you can develop it right now.” —Leo Babauta

“As we become aware of the feelings in us, our self-understanding will deepen. We will see how our fears and lack of peace contribute to our unhappiness, and we will see the value of loving ourselves and cultivating a heart of compassion.” —Thich Nhat Hanh,

1. “Do not try to use what you learn from Buddhism to be a Buddhist; use it to be a better whatever-you-already-are.” - Dalai Lama

“We’re called human *beings* not human *doings* for a reason. Compulsion to do is the opposite of *being.* It’s the opposite of being present. It’s instead a desire to escape, to chase endorphins or validation through accomplishment. And even if those things seem healthy to the outside world, you have to have the self-awareness to know that it isn’t healthy. To not do can be as impressive—or more impressive—than doing. And that’s the point about those quiet moments or those moments we have alone with ourselves. They take a lot of work to get to. They don’t just happen. It’s a discipline in and of itself, with far more impressive rewards.” Ryan Holiday

1. “The real journey is not from here to there, it is from there to here.”

“Joy is not in things; it is in us.” Richard Wagner

“You can make any human activity into meditation simply by being completely with it and doing it just to do it." - Alan Watts

1. “In meditation, we are invited to still the waters of our lives. We quiet the mind, releasing conjured stories and fantasies. When the waters are still long enough, we see our reflection.” - Zenju Earthlyn Manuel, “

“There is something special and precious about meditating outside and rediscovering our deep connection with the natural world. When we do, it becomes more evident to us that the world is not a collection of separate things but a confluence of natural processes that include us.” - David Loy

1. “We have our mind and our thoughts, and they can rev up emotions. But if we use our emotions as the object of meditation, as our friend and support, it’s like standing on the bank of the river and observing.” —Pema Chödrön

“You can make any human activity into meditation simply by being completely with it and doing it just to do it." - Alan Watts

1. “We know the world only through the window of our mind. When our mind is noisy, the world is as well. And when our mind is peaceful, the world is, too. Knowing our minds is just as important as trying to change the world." - Haemin Sunim

“The quick fixes and immediate gratification I think will make me happy never do in the long run, leaving me empty-hearted. Mindfulness digs the truth out from under the excuses and confusion, lighting the way to true satisfaction.” —Joan Duncan Oliver

1. “All meditation practices require that one relax self-preoccupation. Just like being too tense to ride a bike, when people are too concerned with themselves it can be very difficult for the mind to be soft enough to settle into meditation.” - Gil Fronsdal, “[Evaluate Your Meditation](https://tricycle.us8.list-manage.com/track/click?u=7914aa1664771ddd4c8fa8040&id=b9a39552b0&e=f7b6bb5676)”

 “Almost everything will work again if you unplug it for a few minutes, including you.” — [Anne Lamott](https://el2.fourhourmail.com/c/5qu3d3qxws7h58mo4bd/3zuphkh2qx7wdq/aHR0cHM6Ly9lbi53aWtpcGVkaWEub3JnL3dpa2kvQW5uZV9MYW1vdHQ%3D)

“When we take the time to look at the way we see things, the way we see things changes." - Mingyur Rinpoche

Spare. “We speak about losing our minds as if it is a bad thing. I say, lose your mind. Do it purposefully. Find out who you really are beyond your thoughts and beliefs. Lose your mind, find your soul.” - Vironika Tugaleva

“When I put so much stock in formal meditation, I forget that it’s only one way of helping me see the magic that surrounds me and that is me. Redefining meditation simply as “the opportunity to notice” opens up a world of possibilities.” - Barry Evans