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"The tongue is like a sharp knife. Kills without drawing blood". -Buddha

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"A clear rejection is always better than a fake promise". -Buddha

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"When the heart truly understands, it lets go of everything". -Ajahn Chah

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"When you come to a point where you do not have to impress anybody, your freedom begins."

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"Even death is not to be feared by one who has lived wisely". -Buddha

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"The tongue has no bones, but it is strong enough to break a heart. Be careful with your words".

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"Arguing with a fool only proves that there are two".

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"The soul feels what the mind ignores".

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"To understand everything is to forgive everything". -Buddha

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"The fool who knows he is a fool is that much wiser". -Buddha

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"Nothing is permanent. Everything is subject to change. Being is always becoming". -Buddha

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"If we learn to open our hearts, anyone, including the people who drive us crazy, can be our teacher". -Pema Chodron

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"If anything is worth doing, do it with all your heart". -Buddha

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"Health is the greatest gift, contentment the greatest wealth,
faithfulness the best relationship". -Buddha

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"Be an example. Show kindness to unkind people. Forgive people who don't deserve it. Love unconditionally. Your actions always reflect who you are".

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"To live a pure unselfish life, one must count nothing as one's own in the midst of abundance". -Buddha

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"Negativity can only affect you if you are on the same frequency. Vibrate higher".

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"People with opinions just go around bothering one another".

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"It is better to travel well than to arrive."

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"Faith and prayer both are invisible, but they make impossible things possible."

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"With gentleness overcome anger. With generosity overcome meanness. With truth overcome deceit". -Buddha

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"Neither fire nor wind, birth nor death can erase our good deeds".

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"Wherever you are, be there totally". -Eckhart Tolle

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"Just flow with the moment. Do not try to control it".

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"The planet does not need more successful people. It needs more peacemakers, healers, restorers, storytellers and lovers of all kind". -Dalai Lama

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"He is able who thinks he is able". -Buddha

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"Love is nothing without action. Trust is nothing without proof. Sorry is nothing without change."

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"Sun is alone, too, but it still shines".

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"When you realize how perfect everything is you will tilt your head back and laugh at the sky". -Buddha

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"No matter how hard the past, you can always begin again". -Buddha

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"If your compassion does not include yourself, it is incomplete". -Buddha

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"As solid rock remains unmoved by the wind, so the wise remain unmoved by blame and praise". -Buddha

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"A quiet mind is able to hear intuition over fear".

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"Awake. Be the witness of your thoughts". -Buddha

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"I never see what has been done. I only see what remains to be done."
-Buddha

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"Work out your own salvation. Do not depend on others". -Buddha

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"I can choose to let it define me, confine me, refine me, or outshine me, or I can choose to move on and let it behind me".

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"Every experience, no matter how bad it seems, holds within it a blessing of some kind. The goal is to find it". -Buddha

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"Go easy on yourself. Whatever you do today, let it be enough".

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"Remembering a wrong is like carrying a burden in the mind". -Buddha

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"You yourself must strive. The Buddhas only show the way."

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"Patience is both the tool for and the result of our efforts". -Allan Lokos

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"You have no cause for anything but gratitude and joy". -Buddha

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"Like a lovely flower full of color but lacking in fragrance, are the words of those who do not practice what they teach". -Buddha

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"The brush must draw by itself". -Alan Watts

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"You can be a good person with a kind heart and still say no".

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"There is a phrase in Buddhism, beginner's mind. It is wonderful to have a beginner's mind". -Steve Jobs

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"There is nothing so disobedient as an undisciplined mind, and there is nothing so obedient as a disciplined mind".

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"There are four very important words in life: love, honesty, truth & respect.
Without these in your life you have nothing".

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"Get comfortable with spending time alone. It will empower you".

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"Compassion is a verb". -Thich Nhat Hanh

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"The mind is like water. When it's turbulent, it's difficult to see. When it's calm, everything becomes clear". -Prasad Mahes

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"The wound is where the light enters you." -Rumi