

“Now is the future that you promised yourself last year, last month, last week. Now is the only moment you’ll ever really have. Mindfulness is about waking up to this.”
– Mark Williams

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

“Use every distraction as an object of meditation and they cease to be distractions.”
– Mingyur Rinpoche

“Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens.”
– Carl Jung

“The body benefits from movement, and the mind benefits from stillness.” – Sakyong Mipham

“One who is patient glows with an inner radiance.” - Allan Lokos

“It's a funny thing about life, once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack.” - Germany Kent

“Step outside for a while – calm your mind. It is better to hug a tree than to bang your head against a wall continually.” - Rasheed Ogunlaru

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