

Blind to mind's true nature we hold fast to our thoughts, which are nothing but manifestations of the open, spacious nature. This freezes awareness into solid concepts such as I and other, desirable and detestable, and plenty of others. This is how we create samsara.

If you train in how to leave your thoughts free to dissolve by themselves as they arise, they will cross your mind as a bird crosses the sky without leaving a trace.

Dilgo Khyentse Rinpoche