

“There is a place in you where you have never been wounded, where there's still a sureness in you, where there's a seamlessness in you, and where there is a confidence and tranquility in you. And I think the intention of prayer and spirituality and love is now and again to visit that inner kind of sanctuary.”

Irish poet and philosopher John O'Donohue

Covered by the web of disturbing emotions,

One is a sentient being.

Freed from disturbing emotions,

One is called a "buddha.

Nagarjuna

“Getting butter from milk is only possible because milk already contains cream. No one ever made butter by churning water. The prospector looks for gold in rocks and not in wood chips. Likewise, the quest for perfect enlightenment only makes sense because Buddha nature is already present in every being. Without that nature, all efforts would be futile.”

Jamgon Kongtrul Lodro Thaye