

“There is a resting place, a starting place that you can always return to. You can always bring your mind back home and rest right here, right now, in present, unbiased awareness.”

Pema Chödrön

“What we have to do, therefore, is to melt the ice of concepts into the living water of the freedom within.”

Dilgo Khyentse Rinpoche

“Good and bad, happy and sad, all thoughts vanish into emptiness like the imprint of a bird in the sky.”

Chögyam Trungpa