

It is a crucial point of the teachings to become conscious that attachment, aversion and ignorance are your oldest enemies, and that once you have overcome them there are no further enemies in the world outside.

HH Dilgo Khyentse Rinpoche

The root of Dharma is your mind.
Tame it and you're practicing Dharma.
To practice Dharma is to tame your mind,
And when you tame it, then you will be free!

Dudjom Rinpoche