Alas, there is nothing more foolish than to ignore Dharma practice after having attained the precious human body. That would be like orchestrating one’s own defeat, like sponsoring one’s own poisoning. It would be like reaching the top of the mountain only to throw oneself into the abyss.

Tulku Urgyen Rinpoche

There’s no greater foolishness than to spend one’s lifetime acknowledging that one is deluded and yet doing nothing whatsoever about it.

Chökyi Nyima Rinpoche