

Looking for inspirational quotes by Gautama Buddha? We've have got the best collection of Buddha quotes, sayings, proverbs, messages, captions for Instagram, (with images and pictures) to inspire you to

Buddha's words of wisdom have stood the test of time on a number of broad topics. These quotes reflect a great and positive perspective about suffering, anger, truth, action, fear, love, kind, meditation, speech, and more.

We have categorized the post in the following topics to make it easier for you;

- **Buddha Quotes**
- **The Best Buddha Quotes**
- **Inspirational Buddha Quotes**
- **Short Buddha Quotes**
- **Buddha Quotes On Life, Family And Friendship**
- **Buddha Quotes On Love And Gratitude**
- **Buddha Quotes On Karma And Nirvana**
- **Buddha Quotes On Peace, Forgiveness And Letting Go**
- **Buddha Quotes On Happiness And Joy**
- **Buddha Quotes On Death**
- **Buddha Quotes On Change, Failure And Suffering**
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- **Buddha Quotes About Self-Reliance**
- **Buddha Quotes About Speech**
- **Fake Buddha Quotes (Most Of Them Are Famous Too!)**
- **Quotes About Buddha**
- **Buddhism And Zen Quotes**

Buddha Quotes

1. "What we think, we become." —
Buddha

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Inspirational Buddha

Quotes[/caption]

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2. "Give, even if you only have a little." — Buddha
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3. "You only lose what you cling to." —
Buddha

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Buddha Quotes

Pics[/caption]

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4. "A disciplined mind brings happiness." — Buddha
 5. "Wear your ego like a loose fitting garment." — Buddha
 6. "If anything is worth doing, do it with all your heart." — Buddha
 7. "All that we are is the result of what we have thought." — Buddha
 8. "Do not look for a sanctuary in anyone except yourself." — Buddha
 9. "One who acts on truth is happy in this world and beyond."
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10. "To conquer oneself is a greater task than conquering others."

11. "There is no fear for one whose mind is not filled with desires."

12. "What you are is what you have been. What you'll be is what you do now."

13. "If we fail to look after others when they need help, who will look after us?"

14. "To live a pure unselfish life, one must count nothing as one's own in the midst of abundance."

15. "When watching after yourself, you watch after others. When watching after others, you watch after yourself."

16. "Have compassion for all beings, rich and poor alike; each has their suffering. Some suffer too much, others too little."

17. "There is nothing so disobedient as an undisciplined mind, and there is nothing so obedient as a disciplined mind."

18. "I do not believe in a fate that falls on men however they act; but I do believe in a fate that falls on them unless they act."

19. "A man is not called wise because he talks and talks again; but if he is peaceful, loving and fearless then he is in truth called wise."

20. "We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves

21. "In a controversy the instant we feel anger we have already ceased striving for the truth, and have begun striving for ourselves."

22. "The whole secret of existence is to have no fear. Never fear what will become of you, depend on no one. Only the moment you reject all help are you freed."

23. "All things appear and disappear because of the concurrence of causes and conditions. Nothing ever exists entirely alone; everything is in relation to everything else."

24. "For soon the body is discarded, Then what does it feel? A useless log of wood, it lies on the ground, Then what does it know? Your worst enemy cannot harm you As much as your own thoughts, unguarded. But once mastered, No one can help you as much, Not even your father or your mother."

The Best Buddha Quotes

1. "The root of suffering is attachment." — Buddha

2. "Meditate... do not delay, lest you later regret it." — Buddha

3. "Understanding is the heartwood of well-spoken words." —
Buddha

4. "Ambition is like love, impatient both of delays and rivals." — Buddha

5. "People with opinions just go around bothering each other." —
Buddha
Gautama Buddha
Quotes[/caption]

6. "You yourself must strive. The Buddhas only point the way." — Buddha

7. "Nothing can harm you as much as your own thoughts unguarded." — Buddha

8. "If you find no one to support you on the spiritual path, walk alone." — Buddha

9. "He who loves 50 people has 50 woes; he who loves no one has no woes." — Buddha

10. "If you propose to speak always ask yourself, is it true, is it necessary, is it kind." — Buddha

11. "Delight in meditation and solitude. Compose yourself, be happy. You are a seeker." — Buddha

12. "You, yourself, as much as anybody in the entire universe, deserve your love and affection." — Buddha

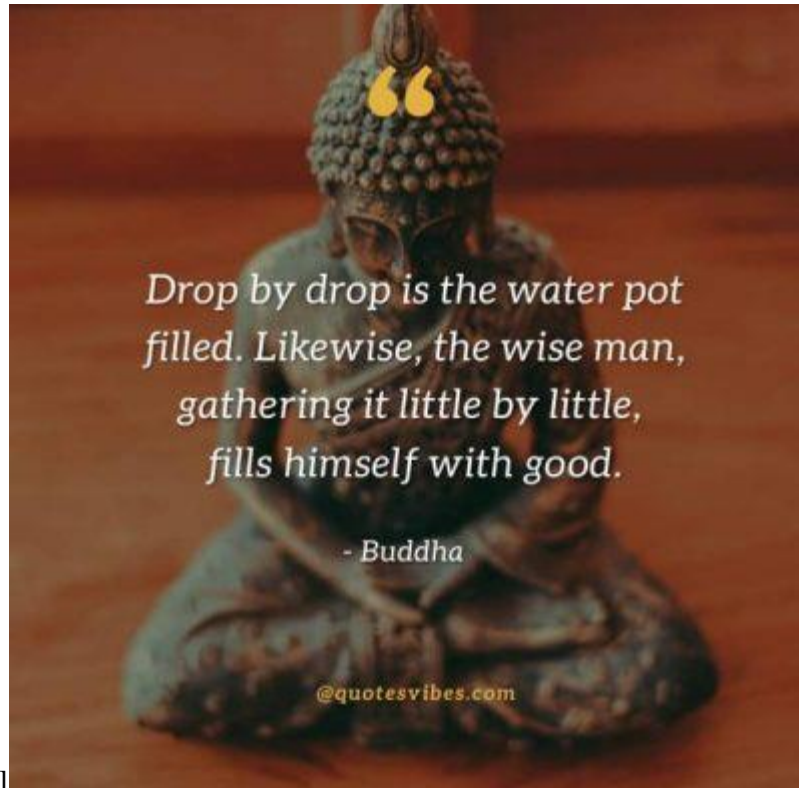
13. "The greatest gift is to give people your enlightenment, to share it. It has to be the greatest." — Buddha

14. "Even as a solid rock is unshaken by the wind, so are the wise unshaken by praise or blame." — Buddha

15. "Ceasing to do evil, cultivating the good, purifying the heart: this is the teaching of the Buddhas." — Buddha

16. "Irrigators channel waters; fletchers straighten arrows; carpenters bend wood; the wise master themselves."

17. "Drop by drop is the water pot filled. Likewise, the wise man, gathering it little by little, fills himself with good." [caption id="attachment_1189" align="aligncenter"]



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Buddha Wise Words of Wisdom[/caption]

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18. "If you knew what I know about the power of giving, you would not let a single meal pass without sharing it in some way."

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19. "Silence the angry man with love. Silence the ill-natured man with kindness. Silence the miser with generosity. Silence the liar with truth."

Inspirational Buddha Quotes

1. "Stop, stop. Do not speak. The ultimate truth is not even to think."
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2. "Chaos is inherent in all compounded things. Strive on with diligence."
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3. "Don't be impressed by money, followers, degrees and titles. Be impressed by kindness, integrity."
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4. "We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world."

5. "An idea that is developed and put into action is more important than an idea that exists only as an idea."

6. "Endurance is one of the most difficult disciplines, but it is to the one who endures that the final victory comes."

7. "Our life is shaped by our mind; we become what we think. Joy follows a pure thought like a shadow that never leaves."

8. "Whatever precious jewel there is in the heavenly worlds, there is nothing comparable to one who is Awakened."

9. "However many holy words you read, however many you speak, what good will they do you if you do not act on upon them?"

10. "Just as the great ocean has one taste, the taste of salt, so also this teaching and discipline has one taste, the taste of liberation."

11. "Long is the night to him who is awake; long is a mile to him who is tired; long is life to the foolish who do not know the true law."

12. "Like a fine flower, beautiful to look at but without scent, fine words are fruitless in a man who does not act in accordance with them."

13. "Our theories of the eternal are as valuable as are those which a chick which has not broken its way through its shell might form of the outside world."

14. “The one in whom no longer exist the craving and thirst that perpetuate becoming; how could you track that Awakened one, trackless, and of limitless range.”

Short Buddha Quotes

1. “I am the miracle.”

2. “Nothing is permanent.”

3. “A jug fills drop by drop.”

4. “Attachment leads to suffering.”

5. “May all beings have happy minds

6. “Born out of concern for all beings.”

7. “To abstain from lying is essentially wholesome.”

8. “The way is not in the sky. The way is in the heart.”

9. “Every human being is the author of his own health or disease.”

10. “Let a man avoid evil deeds as a man who loves life avoids poison.”

Buddha Quotes On Life, Family And Friendship

1. “Live every act fully, as if it were your last.”

2. "Purity or impurity depends on oneself. No one can purify another."

3. "Virtue is persecuted more by the wicked than it is loved by the good."

4. "She who knows life flows, feels no wear or tear, needs no mending or repair."

5. "Nothing ever exists entirely alone; everything is in relation to everything else."

6. "Learn this from water: loud splashes the brook but the oceans depth are calm."

7. "If we could see the miracle of a single flower clearly, our whole life would change."

8. "One moment can change a day, one day can change a life and one life can change the world."

9. "Should a seeker not find a companion who is better or equal, let them resolutely pursue a solitary course."

10. "To support mother and father, to cherish wife and child and to have a simple livelihood; this is the good luck."

11. "He who experiences the unity of life sees his own Self in all beings, and all beings in his own Self, and looks on everything with an impartial eye."

12. "An insincere and evil friend is more to be feared than a wild beast; a wild beast may wound your body, but an evil friend will wound your mind."

13. "On life's journey faith is nourishment, virtuous deeds are a shelter, wisdom is the light by day and right mindfulness is the protection by night. If a man lives a pure life, nothing can destroy him."
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14. "Just as treasures are uncovered from the earth, so virtue appears from good deeds, and wisdom appears from a pure and peaceful mind. To walk safely through the maze of human life, one needs the light of wisdom and the guidance of virtue."

Buddha Quotes On Love And Gratitude

1. "True love is born from understanding."
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2. "Radiate boundless love towards the entire world."
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3. "Let all-embracing thoughts for all beings be yours."
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4. "Kindness should become the natural way of life, not the exception."
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5. "Love is a gift of one's inner most soul to another so both can be whole."
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6. "In whom there is no sympathy for living beings: know him as an outcast."
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7. "One is not called noble who harms living beings. By not harming living beings one is called noble."
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8. "Being deeply learned and skilled, being well trained and using well spoken words: this is good luck."
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9. "Hatred does not cease through hatred at any time. Hatred ceases through love. This is an unalterable law."
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10. "Speak only endearing speech, speech that is welcomed. Speech, when it brings no evil to others, is a pleasant thing."

11. "Just as a mother would protect her only child with her life, even so let one cultivate a boundless love towards all beings."

12. "We will develop and cultivate the liberation of mind by lovingkindness, make it our vehicle, make it our basis, stabilize it, exercise ourselves in it, and fully perfect it."

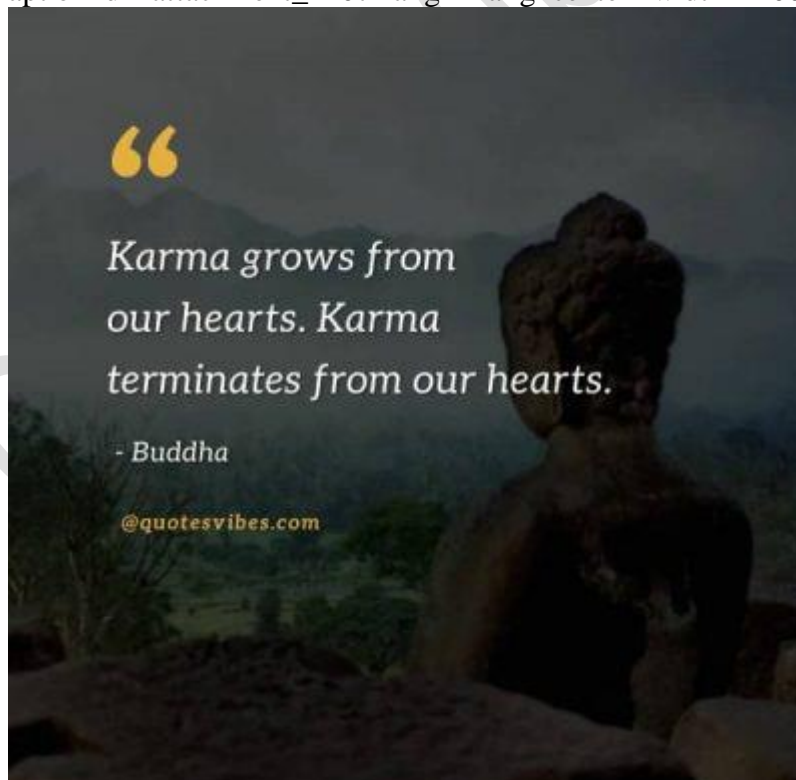
13. "Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful."

Buddha Quotes On Karma And Nirvana

1. "Karma grows from our hearts. Karma terminates from our hearts."

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Buddhist Quote of
the Day[/caption]

2. "Once you know the nature of anger and joy is empty and you let them go, you free yourself from karma."
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3. "Someone who has set out in the vehicle of a Bodhisattva should decide that 'I must lead all the beings to nirvana, into that realm of nirvana which leaves nothing behind'. What is this realm of nirvana which leaves nothing behind?"

Buddha Quotes On Peace, Forgiveness And Letting Go

1. "Resolutely train yourself to attain peace."
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2. "Those who are free of resentful thoughts surely find peace."
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3. "Do not turn away what is given you, nor reach out for what is given to others, lest you disturb your quietness."
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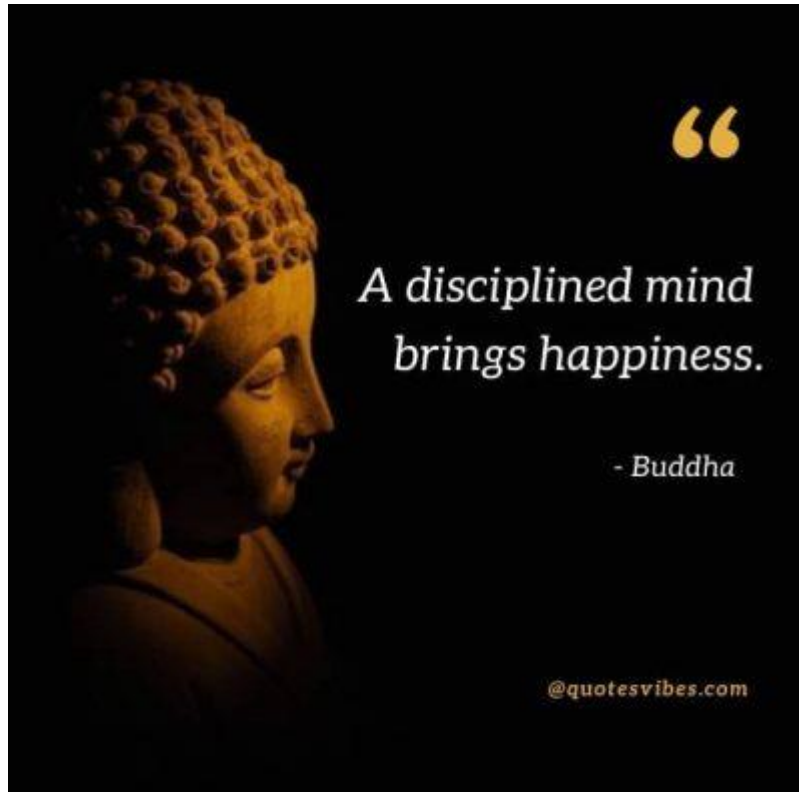
4. "He who sits alone, sleeps alone, and walks alone, who is strenuous and subdues himself alone, will find delight in the solitude of the forest."
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5. "Indeed, the sage who's fully quenched rests at ease in every way; no sense desire adheres to him whose fires have cooled, deprived of fuel. All attachments have been severed, the heart's been led away from pain; tranquil, he rests with utmost ease. The mind has found its way to peace."

Buddha Quotes On Happiness And Joy

1. "A disciplined mind brings happiness."

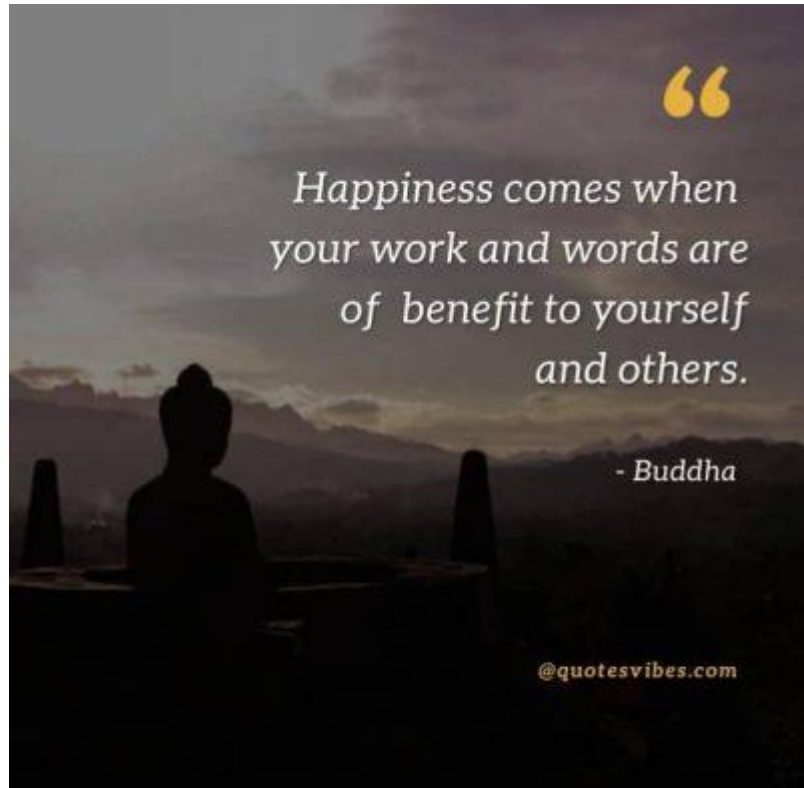
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Buddha

Wisdom[/caption]

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2. "There is no path to happiness: happiness is the path."
 3. "It is in the nature of things that joy arises in a person free from remorse."
 4. "It is ridiculous to think that somebody else can make you happy or unhappy."
 5. "Happiness will never come to those who fail to appreciate what they already have."
 6. "Happiness comes when your work and words are of benefit to yourself and others."



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Buddha Quotes On Happiness[/caption]

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7. "Set your heart on doing good. Do it over and over again, and you will be filled with joy."
 8. "Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment."
 9. "Should a person do good, let him do it again and again. Let him find pleasure therein, for blissful is the accumulation of good."
 10. "The enlightened one, intent on jhana, should find delight in the forest, should practice jhana at the foot of a tree, attaining his own satisfaction."
 11. "Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared."
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12. “We are formed and molded by our thoughts. Those whose minds are shaped by selfless thoughts give joy when they speak or act. Joy follows them like a shadow that never leaves them.”

Buddha Quotes On Death

1. “Even death is not to be feared by one who has lived wisely.” — Buddha

2. “Neither fire nor wind, birth nor death can erase our good deeds.” — Buddha

3. “Ardently do today what must be done. Who knows? Tomorrow, death comes.” — Buddha

4. “To be idle is a short road to death and to be diligent is a way of life; foolish people are idle, wise people are diligent.” — Buddha

5. “All tremble at violence; all fear death. Putting oneself in the place of another, one should not kill nor cause another to kill.” — Buddha

Buddha Quotes On Change, Failure And Suffering

1. “Nothing is forever except change.”

2. “May all that have life be delivered from suffering.”

3. “Both formerly and now, it is only suffering that I describe, and the cessation of suffering.”

4. “There is no fire like passion, there is no shark like hatred, there is no snare like folly, there is no torrent like greed.”

5. “He who can curb his wrath as soon as it arises, as a timely antidote will check snake’s venom that so quickly spreads, — such a monk gives up the here and the beyond, just as a serpent sheds its worn-out skin.”

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6. "It is easy to see the faults of others, but difficult to see one's own faults. One shows the faults of others like chaff winnowed in the wind, but one conceals one's own faults as a cunning gambler conceals his dice."

Buddha Quotes On Anger And Jealousy

1. "I do not dispute with the world; rather it is the world that disputes with me."
2. "Whoever doesn't flare up at someone who's angry wins a battle hard to win."
3. "You will not be punished for your anger, you will be punished by your anger."
4. "Those who cling to perceptions and views wander the world offending people."
5. "Some do not understand that we must die, but those who do realize this settle their quarrels."
6. "Do not overrate what you have received, nor envy others. He who envies others does not obtain peace of mind."
7. "Anger will never disappear so long as thoughts of resentment are cherished in the mind. Anger will disappear just as soon as thoughts of resentment are forgotten."
8. "They blame those who remain silent, they blame those who speak much, they blame those who speak in moderation. There is none in the world who is not blamed."

Buddha Quotes On Mind And Mastering Yourself

1. "He is able who thinks he is able."
2. "Delight in heedfulness! Guard well your thoughts!"

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3. "It is a man's own mind, not his enemy or foe, that lures him to evil ways."
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4. "Mind precedes all mental states. Mind is their chief; they are all mind-wrought."
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5. "I will not look at another's bowl intent on finding fault: a training to be observed."
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6. "All experiences are preceded by mind, having mind as their master, created by mind
7. "All wrong-doing arises because of mind. If mind is transformed can wrong-doing remain?"
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8. "If with a pure mind a person speaks or acts happiness follows him like his never-departing shadow."
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9. "You are a seeker. Delight in the mastery of your hands and your feet, of your words and your thoughts."
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10. "'As I am, so are these. As are these, so am I.' Drawing the parallel to yourself, neither kill nor get others to kill."
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11. "The one who has conquered himself is a far greater hero than he who has defeated a thousand times a thousand men."
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12. "A mind unruffled by the vagaries of fortune, from sorrow freed, from defilements cleansed, from fear liberated — this is the greatest blessing."
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13. "What we are today comes from our thoughts of yesterday, and our present thoughts build our life of tomorrow: Our life is the creation of our mind."
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14. "Know from the rivers in clefts and in crevices: those in small channels flow noisily, the great flow silent. Whatever's not full makes noise. Whatever is full is quiet."
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15. "See them, floundering in their sense of mine, like fish in the puddles of a dried-up stream — and, seeing this, live with no mine, not forming attachment for states of becoming."
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16. "Everything is based on mind, is led by mind, is fashioned by mind. If you speak and act with a polluted mind, suffering will follow you, as the wheels of the oxcart follow the footsteps of the ox."
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17. "Transcendental intelligence rises when the intellectual mind reaches its limit and if things are to be realized in their true and essential nature, its processes of thinking must be transcended by an appeal to some higher faculty of cognition."
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18. "The external world is only a manifestation of the activities of the mind itself, and the mind grasps it as an external world simply because of its habit of discrimination and false-reasoning. The disciple must get into the habit of looking at things truthfully."
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Buddha Quotes On Meditation And Spirituality

1. "Just as a candle cannot burn without fire, men cannot live without a spiritual life."
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2. "Looking deeply at life as it is in this very moment, the meditator dwells in stability and freedom."
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3. "Whatever a monk keeps pursuing with his thinking and pondering, that becomes the inclination of his awareness."
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4. "Meditation brings wisdom; lack of meditation leaves ignorance. Know well what leads you forward and what hold you back, and choose the path that leads to wisdom."
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5. "If a man's thoughts are muddy, If he is reckless and full of deceit, How can he wear the yellow robe? Whoever is master of his own nature, Bright, clear and true, He may indeed wear the yellow robe."

Buddha Quotes On Wisdom And Virtues

1. "The fool who knows he is a fool is that much wiser."
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2. "Whatever has the nature of arising has the nature of ceasing."
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3. "Unity can only be manifested by the Binary. Unity itself and the idea of Unity are already two."
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4. "The true master lives in truth, in goodness and restraint, non-violence, moderation, and purity."
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5. "The virtues, like the Muses, are always seen in groups. A good principle was never found solitary in any breast."
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6. "A man is not called wise because he talks and talks again; but is he peaceful, loving and fearless then he is in truth called wise."
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7. "Let none find fault with others; let none see the omissions and commissions of others. But let one see one's own acts, done and undone."
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8. "Life is like the harp string, if it is strung too tight it won't play, if it is too loose it hangs, the tension that produces the beautiful sound lies in the middle."
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9. "Offend in neither word nor deed. Eat with moderation. Live in your heart. Seek the highest consciousness. Master yourself according to the law. This is the simple teaching of the awakened."
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10. "What is the appropriate behavior for a man or a woman in the midst of this world, where each person is clinging to his piece of debris? What's the proper salutation between people as they pass each other in this flood?"
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11. "Do not believe in anything simply because you have heard it. Do not believe in anything simply because it is spoken and rumored by many. Do not believe in anything simply because it is found written in your religious books. Do not believe in anything merely on the authority of your teachers and elders. Do not believe in traditions because they have been handed down for many generations. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it."

Buddha Quotes On Fear

1. "Those attached to the notion 'I am' and to views roam the world offending people."
2. "The instant we feel anger we have already ceased striving for the truth, and have begun striving for ourselves."
3. "Men, driven on by thirst, run about like a snared hare; let therefore mendicant drive out thirst, by striving after passionlessness for himself."
4. "When one has the feeling of dislike for evil, when one feels tranquil, one finds pleasure in listening to good teachings; when one has these feelings and appreciates them, one is free of fear."
5. "There is nothing more dreadful than the habit of doubt. Doubt separates people. It is a poison that disintegrates friendships and breaks up pleasant relations. It is a thorn that irritates and hurts; it is a sword that kills."

Buddha Quotes On Success, Patience And Strength

1. "If you do not change direction, you may end up where you are heading."

2. "In separateness lies the world's greatest misery; in compassion lies the world's true strength."

3. "Should you find a wise critic to point out your faults, follow him as you would a guide to hidden treasure."

4. "As an elephant in the battlefield withstands arrows shot from bows all around, even so shall I endure abuse."

5. "Be a lamp for yourselves. Be your own refuge. Seek for no other. All things must pass. Strive on diligently. Don't give up."

6. "Better it is to live one day seeing the rise and fall of things than to live a hundred years without ever seeing the rise and fall of things."

7. "Praise and blame, gain and loss, pleasure and sorrow come and go like the wind. To be happy, rest like a giant tree in the midst of them all."

Buddha Quotes On Health

1. "Without health life is not life; it is only a state of languor and suffering – an image of death."

2. "Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship."

3. "To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear."

4. “One should strive to understand what underlies sufferings and diseases – and aim for health and well-being while gaining in the path.”

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5. “The secret of health for both mind and body is not to mourn for the past, not to worry about the future, not to anticipate the future, but to live the present moment wisely and earnestly.”

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6. “To enjoy good health, to bring true happiness to one’s family, to bring peace to all, one must first discipline and control one’s own mind. If a man can control his mind he can find the way to Enlightenment, and all wisdom and virtue will naturally come to him.”

Buddha Quotes On Truth

1. “Three things cannot be long hidden: the sun, the moon, and the truth.”

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2. “Those who have failed to work toward the truth have missed the purpose of living.”

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3. “There are two mistakes one can make along the road to truth...not going all the way, and not starting.”

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4. “Teach this triple truth to all: A generous heart, kind speech, and a life of service and compassion are the things which renew humanity.”

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5. “Conquer the angry one by not getting angry; conquer the wicked by goodness; conquer the stingy by generosity, and the liar by speaking the truth.”

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6. “The calmed say that what is well-spoken is best; second, that one should say what is right, not unrighteous; third, what’s pleasing, not displeasing; fourth, what is true, not false.”

Buddha Quotes About Self-Reliance

1. "Work out your own salvation. Do not depend on others."

2. "No one saves us but ourselves. No one can and no one may. We ourselves must walk the path."

Buddha Quotes About Speech

1. "The tongue like a sharp knife... Kills without drawing blood."

2. "Better than a thousand hollow words, is one word that brings peacePeace Buddha Quotes[/caption]

3. "The wise ones fashioned speech with their thought, sifting it as grain is sifted through a sieve."

4. "Whatever words we utter should be chosen with care for people will hear them and be influenced by them for good or ill."

Fake Buddha Quotes (Most Of Them Are Famous Too!)

1. "You can only lose what you cling to."

2. "Pain is certain, suffering is optional."

3. "It is better to travel well than to arrive."

4. "Doubt everything. Find your own light."

5. "The trouble is, you think you have time."

6. "The foot feels the foot when it feels the ground."

7. "Peace comes from within. Do not seek it without."

8. "He has the most who is most content with the least."

9. "The mind is everything. What you think you become."

10. "Life is so very hard. How can we be anything but kind?"

11. "Suffering is not holding you, you are holding suffering."

12. "If you can stay positive in a negative situation. You win

13. "Don't rush anything. When the time is right it'll happen."

14. "If you truly loved yourself, you could never hurt another."

15. "There has to be evil so that good can prove its purity above it."

16. "If your compassion does not include yourself, it is incomplete." [caption
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Buddha Quotes

Compassion[/caption]

17. "If you light a lamp for somebody, it will also brighten your path."

18. "You cannot travel the path until you have become the path itself."

19. "The only real failure in life is not to be true to the best one knows."

20. "A family is a place where minds come in contact with one another."

21. "I never see what has been done; I only see what remains to be done."

22. "Your body is precious. It is our vehicle for awakening. Treat it with care."

23. "Just as a snake sheds its skin, we must shed our past over and over again."

24. "Every morning we are born again. What we do today is what matters most."

25. "Faith and prayer both are invisible, but they make impossible things possible."

26. "Holding onto anger is like drinking poison and expecting the other person to die."

27. "Your work is to discover your world and then with all your heart give yourself to it."

28. "What you think you create, what you feel you attract, what you imagine you become."

29. "When you like a flower, you just pluck it. But when you love a flower, you water it daily."

30. "What you think, you become. What you feel, you attract. What you imagine, you create."

31. "As you walk and eat and travel, be where you are. Otherwise you will miss most of your life."

32. "The past is already gone, the future is not yet here. There's only one moment for you to live."

33. "When you realize how perfect everything is you will tilt your head back and laugh at the sky."

34. "If we destroy something around us we destroy ourselves. If we cheat another, we cheat ourselves."

35. "Inner peace begins the moment you choose not to allow another person or event control your emotions."

36. "A generous heart, kind speech, and a life of service and compassion are the things which renew humanity."

37. "Every experience, no matter how bad it seems, holds within it a blessing of some kind. The goal is to find it."

38. "Meditate. Live purely. Be quiet. Do your work with mastery. Like the moon, come out from behind the clouds! Shine."

39. "The virtues, like the Muses, are always seen in groups. A good principle was never found solitary in any breast."

40. "My doctrine is not a doctrine but just a vision. I have not given you any set rules, I have not given you a system."

41. "Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned."

42. "A dog is not considered a good dog because he is a good barker. A man is not considered a good man because he is a good talker."

43. "As rain falls equally on the just and the unjust, do not burden your heart with judgments but rain your kindness equally on all."

44. "In the sky, there is no distinction of east and west; people create distinctions out of their own minds and then believe them to be true."

45. "In the end, only three things matter: how much you loved, how gently you lived, and how gracefully you let go of things not meant for you."

46. "Life is like a book. Some chapters sad, some happy, and some exiting. But if you never turn the page. You will never know what the next chapter holds."

47. "Believe nothing, no matter where you read it, or who said it, no matter if I have said it, unless it agrees with your own reason and your own common sense."

48. "It is better to conquer yourself than to win a thousand battles. Then the victory is yours. It cannot be taken from you, not by angels or by demons, heaven or hell."

49. "A man asked Gautama Buddha, "I want happiness." Buddha said, "First remove "I," that's Ego, then remove "want," that's Desire. See now, you are left with only "Happiness"."

50. "You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe deserve your love and affection."

Quotes About Buddha

1. "Buddhas don't practice nonsense." — Bodhidharma

2. "To follow Buddha is to not follow Buddha." — Sven Schnieders

3. "Every man is at war with himself, except a Buddha." — Naval Ravikant

4. "To find a Buddha all you have to do is see your nature." — Bodhidharma

5. "A Buddha is a Buddha, a Krishna is a Krishna, and you are you." — Osho

6. "A Buddha is someone who finds freedom in good fortune and bad." — Bodhidharma

7. "Respect Buddha and the gods without counting on their help." — Miyamoto Musashi

8. "And the Buddha is the person who's free: free of plans, free of cares." — Bodhidharma

9. "If you use your mind to look for a Buddha, you won't see the Buddha." — Bodhidharma

10. "If you cannot bow to Buddha, you cannot be a Buddha. It is arrogance." — Shunryu Suzuki

11. "Buddhas move freely through birth and death, appearing and disappearing at will." — Bodhidharma

12. "The color of the mountains is Buddha's body; the sound of running water is his great speech." — Dogen

13. "The Buddha and all sentient beings are nothing but expressions of the one mind. There is nothing else." — Huang Po

14. "The words of the Buddha offer this truth: Hatred never ceases by hatred but by love alone is healed." — Jack Kornfield

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15. “But deluded people don’t realize that their own mind is the Buddha. They keep searching outside.” — Bodhidharma
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16. “Buddha means awareness, the awareness of body and mind that prevents evil from arising in either.” — Bodhidharma
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17. “As long as you look for a Buddha somewhere else, you’ll never see that your own mind is the Buddha.” — Bodhidharma
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18. “You need to have confidence that you have the capacity to become a Buddha, the capacity of transformation and healing.” — Thich Nhat Hanh
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19. “There is no need for God! If you want to meditate you can meditate without God. Buddha meditated without God; he had no belief in God.” — Osho
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20. “Buddha says there are two kinds of suffering: the kind that leads to more suffering and the kind that brings an end to suffering.” — Terry Tempest Williams
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21. “No one can force us to transform our minds, not even Buddha. We must do so voluntarily. Therefore Buddha stated, ‘You are your own master’.” — Dalai Lama
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22. “To awaken suddenly to the fact that your own Mind is the Buddha, that there is nothing to be attained or a single action to be performed. This is the Supreme Way.” — Huang Po
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23. “He taught virtue, mindfulness, and wisdom. These are the three pillars of Buddhist practice, as well as the wellsprings of everyday well-being, psychological growth, and spiritual realization.” — Rick Hanson
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24. “Even the buddha does not want anyone to follow him. Even the greatest masters cannot give you a single commandment. They see you so uniquely you, they see your freedom to be so uniquely for you.” — Osho
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25. “The teachings of the Buddha tells you clearly and plainly to make this the most magnificent and wonderful moment of your life. You can train yourself to be free from worries and preoccupations about the past and the future.” — Thich Nhat Hanh
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26. “Truth is the same always. Whoever ponders it will get the same answer. Buddha got it. Patanjali got it. Jesus got it. Mohammed got it. The answer is the same, but the method of working it out may vary this way or that.” — Swami Satchidananda, The Yoga Sutras
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27. “Just two small things: meditation and let-go. Remember these two key words: meditation and surrender. Meditation will take you in, and surrender will take you into the whole. And this is the whole of religion. Within these two words Buddha has condensed the whole essence of religion.” — Osho

Buddhism And Zen Quotes

1. “Zen has no business with ideas.” — Suzuki Roshi
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2. “Wherever you are, be there totally.” — Eckhart Tolle
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3. “Awareness is the greatest agent for change.” — Huang Po
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4. “To understand everything is to forgive everything.” — Osho
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5. “Everything in moderation, including moderation.” — Buddhist saying
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6. “Only the hand that erases can write the true thing.” — Meister Eckhart
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7. “We are here to awaken from our illusion of separateness.” — Martin Luther King Jr

8. “Man suffers only because he takes seriously what the gods made for fun.” — Alan Watts

9. “Treat every moment as your last. It is not preparation for something else.” — Shunryu Suzuki

10. “If you want to change the world, start with the next person who comes to you in need.” — Maezumi Roshi

11. “If we learn to open our hearts, anyone, including the people who drive us crazy, can be our teacher.” — Pema Chödrön

12. “We are not going in circles, we are going upwards. The path is a spiral; we have already climbed many steps.” — Hermann Hesse

13. “When you do something, you should burn yourself up completely, like a good bonfire, leaving no trace of yourself.” — Eckhart Tolle

14. “The only thing that is ultimately real about your journey is the step that you are taking at this moment. That’s all there ever is.” — Alan Watts

15. “Even if things don’t unfold the way you expected, don’t be disheartened or give up. One who continues to advance will win in the end.” — Daisaku Ikeda

16. “The secret of Buddhism is to remove all ideas, all concepts, in order for the truth to have a chance to penetrate, to reveal itself.” — Thich Nhat Hanh

17. "Learning to let go should be learned before learning to get. Life should be touched, not strangled. You've got to relax, let it happen at times, and at others move forward with it." — Ray Bradbury

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