PEMA CHODRON QUOTES

Fearful

“To be fully alive, fully human, and completely awake is to be continually thrown out of the nest. To live fully is to be always in no-man's-land, to experience each moment as completely new and fresh. To live is to be willing to die over and over again. ”

― [**Pema Chödrön**](https://www.goodreads.com/author/show/8052.Pema_Ch_dr_n), [**When Things Fall Apart: Heart Advice for Difficult Times**](https://www.goodreads.com/work/quotes/2464740)

“When things are shaky and nothing is working, we might realize that we are on the verge of something. We might realize that this is a very vulnerable and tender place, and that tenderness can go either way. We can shut down and feel resentful or we can touch in on that throbbing quality. (9)”

― [**Pema Chödrön**](https://www.goodreads.com/author/show/8052.Pema_Ch_dr_n), [**When Things Fall Apart: Heartfelt Advice for Hard Times**](https://www.goodreads.com/work/quotes/2464740)

“Letting there be room for not knowing is the most important thing of all. When there's a big disappointment, we don't know if that's the end of the story. It may just be the beginning of a great adventure. Life is like that. We don't know anything. We call something bad; we call it good. But really we just don't know.”

― [**Pema Chödrön**](https://www.goodreads.com/author/show/8052.Pema_Ch_dr_n), [**When Things Fall Apart: Heart Advice for Difficult Times**](https://www.goodreads.com/work/quotes/2464740)

“We can spend our whole lives escaping from the monsters of our minds. (36)”

― [**Pema Chödrön**](https://www.goodreads.com/author/show/8052.Pema_Ch_dr_n), [**When Things Fall Apart: Heartfelt Advice for Hard Times**](https://www.goodreads.com/work/quotes/2464740)

“Do I prefer to grow up and relate to life directly, or do I choose to live and die in fear? ”

Angry

“Rather than letting our negativity get the better of us, we could acknowledge that right now we feel like a piece of shit and not be squeamish about taking a good look.”

― [**Pema Chödrön**](https://www.goodreads.com/author/show/8052.Pema_Ch_dr_n), [**When Things Fall Apart: Heart Advice for Difficult Times**](https://www.goodreads.com/work/quotes/2464740)

“When we protect ourselves so we won't feel pain, that protection becomes like armor, like armor that imprisons the softness of of the heart.”

― [**Pema Chödrön**](https://www.goodreads.com/author/show/8052.Pema_Ch_dr_n), [**When Things Fall Apart: Heart Advice for Difficult Times**](https://www.goodreads.com/work/quotes/2464740)

“Feelings like disappointment, embarrassment, irritation, resentment, anger, jealousy, and fear, instead of being bad news, are actually very clear moments that teach us where it is that we’re holding back. They teach us to perk up and lean in when we feel we’d rather collapse and back away. They’re like messengers that show us, with terrifying clarity, exactly where we’re stuck. This very moment is the perfect teacher, and, lucky for us, it’s with us wherever we are.”- Pema Chödrön -

“The most fundamental aggression to ourselves, the most fundamental harm we can do to ourselves, is to remain ignorant by not having the courage and the respect to look at ourselves honestly and gently.”

“Rather than letting our negativity get the better of us, we could acknowledge that right now we feel like a piece of shit and not be squeamish about taking a good look.”

“At the root of all the harm we cause is ignorance.”

Stressed Out

“We are like children building a sand castle. We embellish it with beautiful shells, bits of driftwood, and pieces of colored glass. The castle is ours, off limits to others. We’re willing to attack if others threaten to hurt it. Yet despite all our attachment, we know that the tide will inevitably come in and sweep the sand castle away. The trick is to enjoy it fully but without clinging, and when the time comes, let it dissolve back into the sea.”

― Pema Chödrön, When Things Fall Apart: Heart Advice for Difficult Times

“Without giving up hope—that there’s somewhere better to be, that there’s someone better to be—we will never relax with where we are or who we are.”

“The most difficult times for many of us are the ones we give ourselves.”

― [**Pema Chödrön**](https://www.goodreads.com/author/show/8052.Pema_Ch_dr_n), [**When Things Fall Apart: Heart Advice For Difficult Times**](https://www.goodreads.com/work/quotes/2464740)

“Trying to run away is never the answer to being a fully human. Running away from the immediacy of our experience is like preferring death to life.”

― [**Pema Chödrön**](https://www.goodreads.com/author/show/8052.Pema_Ch_dr_n), [**When Things Fall Apart: Heart Advice for Difficult Times**](https://www.goodreads.com/work/quotes/2464740)

“You are the sky. Everything else – it’s just the weather.”

“Fear is a natural reaction to moving closer to the truth.”

“As long as our orientation is toward perfection or success, we will never learn about unconditional friendship with ourselves, nor will we find compassion.”

Just want to read some Pema quotes!

“Everything is fresh, the essence of realization.”

― Pema Chödrön, When Things Fall Apart: Heart Advice for Difficult Times

“We don't set out to save the world; we set out to wonder how other people are doing and to reflect on how our actions affect other people's hearts.”

― [**Pema Chödrön**](https://www.goodreads.com/author/show/8052.Pema_Ch_dr_n), [**When Things Fall Apart: Heart Advice For Difficult Times**](https://www.goodreads.com/work/quotes/2464740)

“We can spend our whole lives escaping from the monsters of our minds. (36)”

― Pema Chödrön, When Things Fall Apart: Heartfelt Advice for Hard Times

“So even if the hot loneliness is there, and for 1.6 seconds we sit with that restlessness when yesterday we couldn't sit for even one, that's the journey of the warrior. (68)”

― [**Pema Chödrön**](https://www.goodreads.com/author/show/8052.Pema_Ch_dr_n), [**When Things Fall Apart: Heartfelt Advice for Hard Times**](https://www.goodreads.com/work/quotes/2464740)

 “Nothing ever goes away until it has taught us what we need to know.”