# Vipassana Quotes

1. "In-breath, out-breath—maintain unbroken awareness, the knots of kamma will be sundered, leading to the highest welfare."
2. "Morality, concentration, and wisdom—three streams have joined and flow together. By plunging into their confluence you cross the ocean of suffering."
3. "Impermanent truly are saṅkhāras, by nature constantly arising and vanishing. When they arise and are eradicated, their cessation brings true happiness."
4. "Through countless births in the cycle of existence I have run, in vain seeking the builder of this house; and again and again I faced the suffering of new birth."
5. "Oh housebuilder! Now you are seen. You shall not build a house again for me. All your beams are broken, the ridgepole is shattered."
6. Equanimity is PURITY.
7. "Impermanent are all compounded things. When one perceives this with insight, then one turns away from suffering—this is the path of purification."
8. "As is the volition of the mind, such will be the fruit: an impure mind yields fruits of misery, a pure mind gives happiness."
9. "Morality is the foundation of Dhamma, concentration forms the walls, wisdom is the roof: the auspicious dwelling of happiness."
10. "Correct your mental actions; mind is first and foremost. Deeds of body and speech are offspring of the mind."
11. "The true Ganges, Jamuna, and Sarasvati are morality, concentration, and wisdom. Where these three streams converge nibbāna manifests."
12. "Rolling and rolling in sense pleasures we keep tying knots. Observing, observing, observing we open all the knots."
13. "Self-centeredness—this is the root of birth, decay, and death. Unless egoism is removed, the torment and fear of existence will not end."
14. "Whenever in the inner world equanimity is established, the actions of body, speech, and mind are transformed."
15. "As long as there is craving in the mind, as long as in the mind is aversion, there will be suffering, only suffering; the mind cannot be purged of affliction."
16. "As is the volition of the mind, such will be the fruit: an impure mind yields fruits of misery, a pure mind gives happiness."
17. "As deep as attachment is, equally deep is aversion. As deep as aversion is, equally deep is affliction."
18. "The goal of this technique of vipassana is to purify the mind to free it from misery by gradually eradicating the negativities within."
19. "Life can really be lived only in the present. Therefore the first step is to learn how to live in the present moment by keeping the mind on a present reality: the breath."
20. "Observing respiration helps explore the reality of the body and the mind."
21. "The technique helps to examine one's own mental and physical structure towards which there is so much attachment resulting only in tensions in misery."
22. "Direct experience of reality is essential. 'Know thyself'—from superficial apparent gross reality to subtler realities to the subtlest reality of mind and matter."
23. "Using a self-created imaginary object of attention—word or form—will lead only in the direction of greater imaginings, greater illusion; it will not help one to discover the subtler truths about oneself."
24. "Correct your mental actions; mind is first and foremost. Deeds of body and speech are offspring of the mind."
25. "Observing, observing, observing we open all the knots."
26. "The path of Dhamma is the path of peace, the path of Dhamma is the path of happiness. Whoever walks upon the path of Dhamma finds infinite well-being."
27. "As is the volition of the mind, such will be the fruit: an impure mind yields fruits of misery, a pure mind gives happiness."
28. "The mind has become freed from conditioning; the end of craving has been reached."
29. "Understanding the law of impermanence is the key to liberation from suffering."
30. "Awareness of the breath is a bridge between the conscious and unconscious mind."
31. "Understanding the nature of sensations leads to liberation from the cycle of birth and death."
32. "By observing reality as it is, one can break the cycle of craving and aversion and eventually the cycle of birth and death.
33. "Awareness of the present moment is the key to understanding the nature of reality."
34. "By observing sensations in the body, one learns the law of impermanence firsthand."
35. "Awareness of respiration is the starting point for observing the nature of the mind and body."
36. "Real happiness is achieved through the purification of the mind, free from craving and aversion."