



If you believe in what is not true, then your actions can only be contrary to the way of things.



All experience is connected to and originates in the body. When the body ceases to exist, who you think you are also ceases to exist.



If you want to be satisfied with what you have, you cannot allow yourself to experience anything better.



Without suffering there is no awakening, there is only an endless searching for another moment of desirelessness.