

Happiness is not found through changing our external world, but through changing our internal landscape.

- Shauna Shapiro

How can we achieve inner contentment? There are two methods. One method is to obtain everything that we want and desire - all the money, houses, and cars; the perfect mate; and the perfect body, [but] if our wants and desires remain unchecked, sooner or later we will run up against something that we want but can't have. The second, and more reliable, method is not to have what we want but rather to want and appreciate what we have.

- Dalai Lama

The peace that we are looking for is not peace that crumbles as soon as there is difficulty or chaos. ... The way to experience it is to build on the foundation of unconditional openness to all that arises. Peace isn't an experience free of challenges, free of rough and smooth, it's an experience that's expansive enough to include all that arises without feeling threatened.

- Pema Chodron

When we think that something is going to bring us pleasure, we really don't know what's going to happen. When we think something is going to give us misery, we don't know. Letting there be room for not knowing is the most important thing of all. We try to do what we think is going to help. But we don't know. We never know if we're going to fall flat or sit up tall. When there's a big disappointment, we don't know if that's the end of the story. It may be just the beginning of a great adventure. ...Life is like that. We call something bad; we call it good. But really we just don't know.

- Pema Chodron