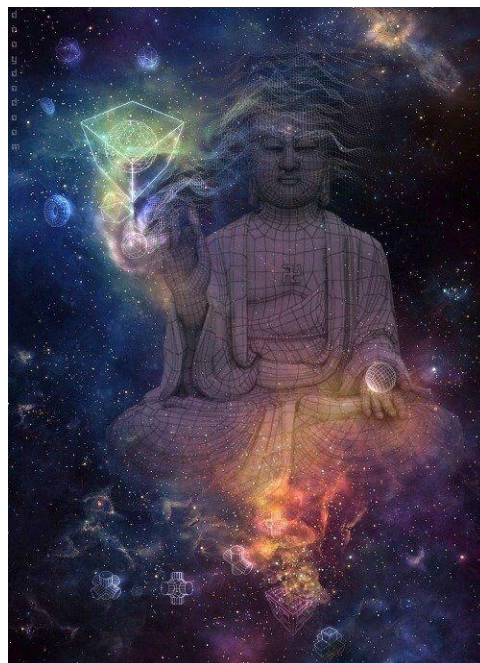




## **101 Best Zen Sayings and Proverbs That Will Make You Feel Peaceful**

- Having a troubled and agitated mind can affect not only your daily life but also your overall well-being.
- In these situations, what you need is positivity, inspirations, and peace of mind to get yourself back on track.
- What's a better way to calm your mind than Zen Sayings, the journey of meditation towards self-actualization?
- Today, we have compiled the best Zen sayings and proverbs by famous Zen masters to help you get started towards achieving a calmed soul.
- Read on to break free from the chains on your mind.

### **Best Zen Sayings and Proverbs**



Below are 101 Zen sayings that you can ponder upon to achieve the peace you want:

### **Sayings by Buddha**

- Be vigilant; guard your mind against negative thoughts.
- The mind is the source of happiness and unhappiness.
- You can only lose what you cling to.
- Inward calm cannot be maintained unless physical strength is constantly and intelligently replenished.
- There is nothing more dreadful than the habit of doubt.
- Happiness is a journey, not a destination.
- Resolutely train yourself to attain peace.
- Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.
- Every morning we are born again. What we do today is what matters most.
- Those who envy others will never find peace of mind.
- Pain is certain, suffering is optional.
- All wrong-doing arises because of the mind. If the mind is transformed, can wrong-doing remain?
- 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.
- Meditate. Do not delay, lest you later regret it.
- If you are quiet enough, you will hear the flow of the universe. You will feel its rhythm. Go with this flow. Happiness lies ahead. Meditation is key.
- What you think, you become.
- Be where you are. Otherwise, you will miss your life.
- Anger will never disappear so long as thoughts of resentment are cherished in mind. Anger will disappear just as soon as thoughts of resentment are forgotten.
- It is a man's own mind, not his enemy or foe, that lures him to evil ways.
- Those who are free of resentful thoughts surely find peace.
- Peace comes from within. Do not seek it without.
- You will not be punished for your anger; you will be punished by your anger.
- A disciplined mind brings happiness.

### **Quotes by Shunryu Suzuki**

- Emotionally we have many problems, but these problems are not actual problems; they are something created; they are problems pointed out by our self-centered ideas or views.
- The true purpose [of Zen] is to see things as they are, to observe things as they are, and to let everything go as it goes.
- The person who can freely acknowledge that life is full of difficulties can be free.
- Treat every moment as your last.
- When we do not expect anything we can be ourselves.
- The most important point is to accept yourself.

- When we have our body and mind in order, everything else will exist in the right place, in the right way.
- Realize the everlasting truth of “everything changes”.
- Calmness in activity is true calmness.
- When you do something, you should do it with your whole body and mind.
- When you bow, you should just bow; when you sit, you should just sit; when you eat, you should just eat.
- We do not exist for the sake of something else. We exist for the sake of ourselves.

### **Quotes by Lao Tzu**



- If you are depressed, you are living in the past. If you are anxious, you are living in the future. If you are at peace, you are living in the present.
- Nature does not hurry, yet everything is accomplished.
- Act without expectation.
- If you realize you have enough, you are truly rich.
- When there is no desire, all things are at peace.

### **Zen Quotes by Dogen**

- Live by letting things happen.
- One must be deeply aware of the impermanence of the world.
- To be in harmony with the wholeness of things is not to have anxiety over imperfections.
- Each of us should strive to awaken.

## Other Famous Zen Sayings and Proverbs

- In Zen, we don't find the answers; we lose the questions.
- Single-mindedness is all-powerful.
- Not creating delusions is enlightenment.
- Don't be afraid to just sit and watch.
- Don't try to steer the river.
- Worry is like a rocking chair. It gives you something to do, but it doesn't get you anywhere.
- To a mind that is still, the whole universe surrenders.
- Only when we relate with ourselves without moralizing, without harshness, without deception, can we let go of harmful patterns.
- Let go of the need for approval.
- Soar in the freedom of desirelessness.
- Buddhism teaches that joy and happiness arise from letting go.
- Unhappiness and rain just drift by and are gone; they are visitors.
- They call it "peace of mind", but maybe it should be called "peace from mind".
- Guilt, regret, resentment, sadness, and all forms of non-forgiveness are caused by too much past and not enough presence.
- Melting our attachment to self is the most powerful medication for bringing mental and emotional imbalances in check.
- All the things that truly matter—beauty, [love](#), creativity, joy, and inner peace—arise from beyond the mind.
- You're never given more pain than you can handle.
- There is a crack in everything; that's how the light gets in.
- When we start to feel anxious or depressed, instead of asking, "What do I need to get to be happy?", the question becomes, "What am I doing to disturb the inner peace that I already have?"
- Lose your mind and effortlessly be.
- Smile, breathe, and go slowly.
- You don't need to be accepted by others.
- To seek nothing is bliss.
- Don't be satisfied with your accomplishment, nor be dissatisfied with it.
- Always look on the bright side of things. If you can't comprehend this, polish that which has become dull until it begins to shine.
- The resistance to the unpleasant situation is the root of suffering.
- Life isn't as serious as the mind makes it out to be.
- Muddy water is best cleared by leaving it alone.
- Little people seek lasting happiness in the material world. Zen people seek understanding first and then find lasting peace.
- Flow with whatever may happen and let your mind be free. Stay centered by accepting whatever you are doing.
- If we are always demanding something out of life, then we will never be content. However, if we accept life as it is, then we will know contentment.

- There is one thing in life that you can always rely on: life being as it is.
- Do not be assertive, but adjust to the object, and you shall find a way around or through it.
- Detachment is necessary for peace, and peace is necessary for happiness.
- If you cry because the sun has gone out of your life, your tears will prevent you from seeing the stars.
- Release attachment to outcomes, deep inside yourself, you'll feel good no matter what.
- Thinking comes and goes; you must not be attached to the coming or the going.
- The wise adapt themselves to circumstances.
- Let go; let be. See through everything and be free, complete, luminous, at home, and at ease.
- If you have inner peace, nobody can force you to be a slave to the outer reality.
- Anger leads to hate. Hate leads to suffering.
- The more we value things, the less we value ourselves.
- If you spend too much time thinking about a thing, you'll never get it done.
- Your problems never cease. They just change.
- Be a master of mind rather than mastered by mind.
- Move and the way will open.
- Don't seek, don't search, don't ask, don't knock, don't demand. Relax.
- All things are difficult before they are easy.
- Become comfortable with not knowing.
- Whatever happens always happens on time.
- Live calmly. The time will come when the flowers bloom by themselves.
- Drink your tea slowly and reverently, as if it is the axis on which the world earth revolves—slowly, evenly, without rushing toward the future.
- These mountains that you are carrying, you were only supposed to climb.
- Let go, or be dragged.
- Do not let the behavior of others destroy your inner peace.
- To be angry is to let others' mistakes punish yourself.
- Yesterday is not ours to recover, but tomorrow is ours to win or lose.

## Final Words

These best Zen [short inspirational quotes](#) and proverbs come from wise souls from different eras.

They can surely help you calm your mind and have a peaceful soul, as long as you realize the true value and deep meaning that rests within these wise words. According to a quote on [bloglingo](#), Contentment is the simplest way to feel true happiness and peace. It is learning to appreciate what you have, who you're with, and where you are at present. Developing a sense of thankfulness and an attitude of gratitude will make you feel the joy that is not fleeting.

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