

Taizan Maezumi Quotes



Have good trust in yourself, not in the One that you think you should be, but in the One that you are.

Taizan Maezumi

[Trust](#), [Self Esteem](#), [Thinking](#)



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Where you stand, where you are, that's what your life is right there, regardless of how painful it is or how enjoyable it is. That's what it is.

Taizan Maezumi

[Life Is](#), [Painful](#), [Where You Are](#)



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As long as we remain within the confines of the thinking mind, we can't experience the state of non-thinking. If we can't experience non-thinking, we will not understand what our life truly is. Please realize this for yourself! Just sit.

Taizan Maezumi

Thinking, Long, Mind

Taizan Maezumi (2002). "Appreciate Your Life: The Essence of Zen Practice", p.22, Shambhala Publications



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I am not devaluing thoughts. Just do not mix up what we think with what actually is.

Taizan Maezumi

Thinking

Taizan Maezumi (2002). "Appreciate Your Life: The Essence of Zen Practice", p.29, Shambhala Publications



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Born: February 24, 1931

Died: May 15, 1995

Occupation: Zen master

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When you expect something, when you aim at something, right there you dilute your energy; you split your energy, you split your attention and it becomes more than the place of yin and yang. You do not only divide, but you create the problem.

Taizan Maezumi

[Attention](#), [Yang](#), [Splits](#)



32

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Mere physical sitting is not enough. You have to sit carefully and attentively. Let your body and breathing sit. Let your mind and emotions sit. Let your blood circulation sit. Let everything sit. Then your sitting becomes indestructible, immovable.

Taizan Maezumi

[Inspiration](#), [Blood](#), [Practice](#)



23

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Just live that life. It doesn't matter whether it is life or hell, life of the hungry ghost, life of the animal, it's okay; just live that life, see. And as a matter of fact no other way. Where you stand, where you are, that's what your life is right there, regardless of how painful it is or how enjoyable it is. That's what it is.

Taizan Maezumi

[Animal](#), [Matter](#), [Way](#)



31

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Practice is this life, and realization is this life, and this life is revealed right here and now.

Taizan Maezumi

[Practice](#), [Realization](#), [Life Is](#)

Bernie Glassman, Taizan Maezumi (2016). "The Hazy Moon of Enlightenment: Part of the On Zen Practice collection", p.14, Simon and Schuster



27

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Emptiness is in fact form when we forget the self. There's nothing in the universe *other* than ourself. Nothing to compare, name, or identify. When it's the only thing there is, how can we talk about it?

Taizan Maezumi

Self, Names, Facts



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Details are all there are.

Taizan Maezumi

Education, Learning, Knowledge



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