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Quotes by Zinn, Jon Kabat

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Generosity is another quality which, like patience, letting go, non-judging, and trust, provides a solid foundation for mindfulness practice. You might experiment with using the cultivation of generosity as a vehicle for deep self-observation and inquiry as well as an exercise in giving. A good place to start is with yourself. See if you can give yourself gifts that may be true blessings, such as self-acceptance, or some time each day with no purpose. Practice feeling deserving enough to accept these gifts without obligation-to simply receive from yourself, and from the universe.

- Zinn, Jon Kabat

You can't stop the waves, but you can learn to surf.

- Zinn, Jon Kabat



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