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

- Zinn, Jon Kabat

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

When we come into contact with the other person, our thoughts and actions should express our mind of compassion, even if that person says and does things that are not easy to accept. We practice in this way until we see clearly that our love is not contingent upon the other person being lovable.

- Thích Nhat Hanh

People deal too much with the negative, with what is wrong. Why not try and see positive things, to just touch those things and make them bloom?

- Thích Nhat Hanh

We really have to understand the person we want to love. If our love is only a will to possess, it is not love. If we only think of ourselves, if we know only our own needs and ignore the needs of the other person, we cannot love.

- Thích Nhat Hanh

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