

Inspirational Meditation Quotes to Get You Going

Need a little inspiration to give meditation for stress a try?
Here are some inspirational meditation quotes to
send you on your way to restoring your peace of mind!



“Peace comes from within. Do not seek it without.”

— Buddha



“Waking up this morning, I smile. Twenty-four brand-new hours are before me. I vow to live fully in each moment and to look at all beings with eyes of compassion.”

— Thich Nhat Hanh, Buddhist monk



“You should sit in meditation for 20 minutes a day. Unless you’re too busy; then you should sit one hour.”

— Old Zen Saying



“A great mind becomes a great fortune.”

— Seneca, philosopher



“When we get too caught up in the busyness of the world, we lose connection with one another — and ourselves.”

— Jack Kornfield, author, Buddhist monk



“When awareness embraces the senses, it enlivens them.”

— Jon Kabat-Zinn, author