

*I hold my face in my two hands.
 No, I am not crying.
 I hold my face in my two hands
 To keep my loneliness warm
 Two hands protecting
 Two hands nourishing
 Two hands preventing
 My soul from leaving me
 In anger.*

—Thich Nhat Hanh, a Vietnamese monk,
 following the destruction of a village during the Vietnam War.

Religion begins with an answer, spirituality begins with a question.

—The Dzogchen Ponlop Rinpoche

*...a frightening, uncomfortable place
 is the knife that severs discursive thought.*

—Padmasambhava

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