



# WORDS OF WISDOM

Enlightened Quotes by Ven. Shangpa Rinpoche

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“... the sufferings in hell and the sufferings of hungry ghosts, they do not actually exist in a solid form somewhere. Is somebody punishing someone and is

someone suffering continuously? It is not so. Santideva said, "Who makes the Burning Iron Ground and who creates all the beings and the person in the

hell who is punishing everybody? There is no one who makes or creates these. These are the manifestations of our own confused mind. The suffering of hell is not

somewhere else but is within the mind. Enlightenment is also not somewhere else, it is within the mind."