

Renunciation, *Nekkhamma*

“Renunciation does not have to be regarded as negative. I was taught that it has to do with letting go of holding back. . . . What one is renouncing is closing down and shutting off from life.”—*Pema Chödrön*

“If by renouncing a lesser happiness one may realize a greater happiness, let the wise man renounce the lesser, having regard for the greater happiness.”
—*Dhammapada 21 (290), trans. Acharya Buddharakkhita*

“Turning away from samsara means figuring out how to function with an open, clear mind, not a mind shut down and incapacitated by destructive emotions.”—*Yongey Mingyur Rinpoche*

Going on retreat eliminates distractions, creating optimal conditions for realizing our true nature. “For lay people, meditation retreats are a form of temporary monastic renunciation,” says *Gil Fronsdal*.

“Buddha renounced his life of comfort and self-indulgence as a result of discovering the hidden pain inherent in every pleasure. He realized that clinging to sensory pleasure is a hindrance to inner peace, which is true happiness.”—*Lama Yeshe*

“When we renounce according to the Mahayana, we renounce clinging to ourselves and to substantiality altogether in order to gain the liberation that allows us to benefit others.”—*Phakchok Rinpoche*

