

Sadhguru
Jaggi Vasudev
Quotes

S R E E C H I N T H C

SADHGURU JAGGI VASUDEV QUOTES

Sadhguru Jaggi Vasudev Quotes

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DEDICATION

This book, 'Sadhguru Jaggi Vasudev Quotes' is dedicated at the feet of Almighty.

“The Mind is a powerful instrument. Every thought, every emotion that you create changes the very chemistry of your body.”

- Jaggi Vasudev

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ACKNOWLEDGMENTS

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INTRODUCTION

The founder of Isha Yoga, Jaggi Vasudev, is mostly revered as Sadhguru by the volunteers. This mystic yogi is a great visionary with a master of spirituality. As a perfect blend of sophistication and convenience, with his life he converted yoga from its hermetic disciplines from an obsolete past to a vitally relevant contemporary form.

As the youngest son of Susheela and Dr Vasudev, Jagadish's birth was in a typical Kannada family of Mysore. His childhood was in different parts of the country since his father was an ophthalmologist with the Indian Railways and got frequent transfers. The love for nature was in him from younger days. He frequently visited the nearby forests and would be lost admiring it, returning home after two or three days. The turning point of his life was the meeting with Malladihalli Sri Raghavendra Swamiji who gave him practices of some simple yoga asanas.

The college life in University of Mysore, made him a lover of motorcycles and an exquisite traveler. Though he travelled almost all places in the country, his haunting destination was the Chamundi Hills, near to Mysore. To account his travelling expenses, he began several businesses including poultry farming and brick works.

23 September, 1982 was a marked day in his life. On the day, he had a spiritual experience when he was meditating on a rock in Chamundi Hills. According to him that was a much mystical experience and he traveled extensively in order to get an insight of his experience. Finally it was yoga that he selected to share his inner experiences to others.

His first yoga class was with just seven participants in Mysore. He refused to take payments for classes and the donations were given to a local charity. This was later elaborated to a non-religious, non-profitable organization called the Isha Foundation. Now this organization is offering yoga programs all over the world including UK, USA, Singapore, China, Malaysia and Australia. He also gave roots to Project Green Hands, an initiative to increase the greeneries of Tamil Nadu by 10%. For these efforts, he was endowed with Indira Gandhi Paryvaran Puraskar by the Government of India. Isha Foundation is continuing its social involvement with rural empowerment scheme Action for Rural Rejuvenation (ARR) and educational initiative Isha Vidhya. This foundation is acknowledged with the special consultative status by the Economic and Social council of the United Nations. Sadguru is the designer of several eco-friendly designs and spaces for the Isha Yoga Center which acclaimed wide attention. His eloquent speeches transmits no particular ideology or religion, but the inner sciences of universal appeal. As an international figure of yoga and meditation, here we have his profound wisdom flown as his words...

JAGGI VASUDEV QUOTES

“Yoga essentially means finding the keys to the nature of the existence.”

“Devotion is not a concept, not a certain kind of ideology, not a certain kind of act, it is the agent of dissolution.”

“If you want to create a beautiful world, people in positions of responsibility and power should know a certain sense of joyfulness and peacefulness.”

“If you are wired to your memory, repetitions will happen and redundancy will come; but if you are paying attention, that changes your ability to look at things”

“Mental alertness is not awareness. Mental alertness only enhances your survival instincts. It does not take you towards liberation.”

“Are you here to experience life or think about it?”

“Inward is not a direction. Inward is a dimension.”

“Every other creature on the planet is doing its best. Only human beings hesitate about that.”

“If you care for people around you, you must make yourself into a person they enjoy being with.”

“Whether you are running a business, an industry, or a nation - what is needed are insight, integrity, and inspiration.”

“Spirituality does not mean going away from life. Spirituality means becoming alive in the fullest possible way so you are not just alive on the surface, you are alive to the core.”

“You can give joyfully only when you have found something so valuable within yourself that everything else does not mean so much to you anymore.”

“Every basic act like eating and copulating becomes magical when you do it consciously.”

“Too many people are hungry not because there is dearth of food. It is because there is dearth of love and care in human hearts.”

“I do not understand why people want to control their minds. I want them to liberate their minds.”

“If it is conditional, it is not love”

“The fear is simply because you are not living with life, You are living in your mind.”

“The essence of spirituality is, to be constantly aware of the oneness of all; at the same time to celebrate the uniqueness of the individual.”

“Most people are ego-sensitive, not life-sensitive.”

“Being a seeker means no matter what the Vedas said, what Krishna or Shiva said, you have to know the truth in your own experience.”

“I'm not interested in the wellbeing of society because society is a big lie. Where is society? I only see individual beings and only the individual can grow. Each one is enormous and tremendous in his own way-each one is unique.”

“We must understand what our idea of wealth is. Is it just about more buildings, more machines, more cars, more of everything? More and more is death. In the most affluent societies in the world, for example in the United States of America, a significant percentage of the population is on anti-depressants on a regular basis. If you just withdraw one particular medication from the market, almost half the nation will go crazy. That is not wellbeing. Generally, an American citizen has everything that anyone would dream of.”

“Blissfulness does not compel you to behave in any particular way. Out of bliss, I can laugh or cry; I can sit quietly or be active in the world.”

“Meditation is the only way to freedom from stress as it is a dimension beyond the mind. All the stress and struggle are of the mind.”

“It is not because there is God that devotion has come; because there is devotion, there is God.”

“Do not try to fix whatever comes in your life. Fix yourself in such a way that whatever comes, you will be fine.”

“Trying to change social, national, or global realities without working on human consciousness means there is no serious intention.”

“If only there is a sufficient number of people whose experience of life goes beyond body and mind, this world will be a very different place.”

“Spirituality is not a disability - it is a phenomenal empowerment of life.”

“Devotion is not drama. Devotion is a way of living. Devotion is the way you walk, the way you breathe, and the way your heart beats.”

“If you look at creation the way it is, it is explosively beautiful.”

“If you think one piece of creation is better than another, you have completely lost it.”

“Only when you stop identifying yourself with things that are not you, the possibility of knowing the nature of your existence arises.”

“Ignoring the source of creation and trying to conduct your life yourself is a terribly egoistic and ignorant attitude towards life.”

“If you live your life burning for the highest possibility, in that burning itself, there is liberation.”

“A snake knows more about what is happening around than any other creature, because it has no ears to listen to gossip - only direct perception.”

“The whole creation is so tenderly balanced - this manifests the mastery of the Creator.”

“Life happens from within. How aware you are of it, decides the quality of your body, your mind, and your experience of life.”

“Memory creates a hallucination of the past, desire creates a hallucination of the future.”

“Most human beings live like a bird in a cage whose door was blown away. Out of habit, too busy gold-plating the cage, they do not soar to the ultimate possibility.”

“Now, you believe you are a material person dabbling with. But essentially, you are a spiritual being dabbling with the material world means you have started seeing life with utmost clarity. There are no more illusions about it. You see everything just the way it is.”

“If you ask a tree how he feels to know that he's spreading his fragrance and making people happy, I don't think a tree looks at it that way. I am just like that, and it is just my nature to be like this.”

“Everything that can be created has already been done in creation. As human beings, we can only imitate, not create as such.”

“Only if you are joyful, you can be free from the fruit of action.”

“I barely belong to this world, but still I'm participating.”

“When you consciously choose to be ordinary, you become extraordinary.”

“Meditation is a way of moving into the unlimited dimension of who you are - it is the ultimate freedom.”

“The focus of education should not be on suppressive information but on kindling the thirst for knowing.”

“If you do not choose to become a steady source of blissfulness for yourself and everything around you, you will remain an immature life.”

“To create something and not to be attached to what you have created is a spiritual process.”

“To simply sit here and know the tenderness of being alive means being drenched in love.”

“People have fallen in love with words and lost the world. It's time to regain it.”

“When you are no more identified with your physicality, you become available to Grace.”

“You are a piece of creation. If you go against any other piece of creation, you are unknowingly going against yourself.”

“One who explores and knows all aspects of his life, is called self-realized.”

“This is not just about talking or teaching a practice - this is about releasing an explosive energy of ecstasy.”

“Spiritual sadhana is not about making you into something other than what you are, but to erase the false faces that you have created for yourself is not something that you do; it is something that you become.”

“When the very source of creation is within you, all the solutions are within you. The problems are just created by you.”

“Time and space are just projections of your consciousness.”

“Once your mind becomes absolutely still, your intelligence transcends human limitations.”

“Life has come from a very beautiful source. If you remain in touch with that source, everything about you will be beautiful.”

“All thoughts are just junk. Essentially, they are coming from the limited experience of past. These thoughts are useful for your survival process. You've picked up some amount of information; you want to survive in the world; this information is useful. If you're looking at life itself, these thoughts are meaningless.”

“People call books holy, but they are yet to realize that life is holy.”

“Devotion means who you are should merge with what you are doing. Otherwise, whatever your activity may be, it will not be of any great significance.”

“It is not sex per se - your identification with the body is the impediment to your spiritual growth.”

“If you don't invest your life in what you really care for, your life will be wasted. You will not fly - you will just drag yourself through life.”

“Negative energies can't touch you if you are in a state of meditateness.”

“Essentially, yoga means dissolving your identity.”

“Seek what you know as the highest. It does not matter whether it is going to happen or not - living with a vision itself is a very elevating process.”

“Yoga means to unite the limited with the unlimited.”

“Devotion means a profusion of life.”

“Seeing everything just the way it is gives you the power and capability to walk through life effortlessly.”

““I want to change you” - that is not a revolution. “I'm willing to change” - now this is a revolution.”

“If you strive to make yourself in such a way that nobody can help loving you, life will blossom, everything will yield.”

“Collaboration is far more powerful than competition. Do not think that only if you are pushed to the wall, you will do your best.”

“It is not your qualifications but your exposure in life that makes you who you

are.”

“What is the meaning of life? It is too great a phenomenon to fit into any meaning.”

“The purpose of existence is to exist. It is too fantastic to have a meaning.”

“It would be wonderful if this world was guided by little children, because they are closer to life than anyone else.”

“The roots of the Divine are entrenched in this body. If you nurture the roots, how can you avoid the flowering?”

“Essentially, yoga means dissolving your identity.”

“Until you allow yourself to blossom into a state of boundlessness, you should not be content, you must burn with discontent.”

“You will know the joy of action only when you are blissful by your own nature.”

“Once you touch a dimension which is boundless, the idea of time and space disappears. What is here is there; what is there is here.”

“Mind is madness. Only when you go beyond the mind, there will be meditation.”

“In spirituality, when we say growth, we are talking about becoming smaller; not just smaller - non-existent.”

“On one level, life is effervescent and active. On another level, it is absolutely still. The inner stillness nourishes the outer activity.”

“Do not wait for miracles to happen. The greatest miracle in life is life itself.”

“You do not have to pursue something intensely; you as a being should become very intense.”

“In tension you cannot perceive; in laxity you cannot perceive. Only if you are intense and relaxed, you perceive everything just the way it is.”

“The moment you ascribe who you are right now to what happened yesterday, you have written off your life.”

“Ganapati, the one with the human body and the head of a Gana, became a

tremendous possibility.”

“Being spiritual is a far more intelligent way to exist. It means being in tune with the intelligence of the Creator.”

“Meditation is not an act, it is a quality. Meditation is not something that you do - it is something that you become.”

“Knowing yourself has to always come from within. The outside can inspire or guide you, but knowing has to come from within you.”

“Do not try to be special. If you are simply ordinary, more ordinary than others, you will become extraordinary.”

“Responsibility means being able to respond to whatever situation you may face in your life.”

“When a child enters your life it's time to learn [not time to teach].”

“If you want to be successful, don't seek success - seek competence, empowerment; do nothing short of the best that you can do.”

“Creation is not your doing, but the way you are, the way you experience life, the situations you attract, are one hundred percent your doing.”

“Hindu is a geographical identity, or at the most a cultural one - not a religion. There is no set of beliefs that everyone has to adhere to.”

“Your energy and your awareness are directly connected. If your energies are intense, your awareness naturally grows and sharpens.”

“The spiritual process is always individual. You may sit in a group, but only the individual can evolve, only the individual can liberate himself.”

“There is wealth but no wellbeing. What are you going to do with this wealth?”

“Once you have access to the source of creation within you, your health and wellbeing will naturally be taken care of.”

“Devotion means your limited entity has been dissolved; a much larger possibility has become a living reality for you.”

“Meditation does not mean you have to grin every moment of your life, but to learn to let your bones smile.”

“Meditation is an opportunity to move into a dimension where there is no such thing as stress within you.”

“True compassion is not about giving or taking. True compassion is doing just what is needed.”

“Devotion means your involvement with life is no more conditional.”

“Ignorance is not bliss. Ignorance is brutal. The brutality of ignorance is such that it will make you dead while alive.”

“Your intelligence is so deeply entangled with the social identification that you have taken on, your brains are not working in line with the life within you; it is working against your own life. That is the source of misery.”

“No work is stressful. It is your inability to manage your body, mind, and emotions that makes it stressful.”

“It is possible for every human being to be blissful, if you are willing to pay a little attention to how this human mechanism functions.”

“Only when you are absolutely devoted to what you do, can you produce something significant in the world.”

“A child is a life that has not gone too far away from the Creator. Know a child to know life.”

“Trees are the source of your very breath - cut and you shall curtail life itself.”

“If thinking minds, questioning minds, doubting minds, are talking about faith, their whole life will become fake.”

“The moment you function in the world without being concerned about what is happening to life around you, you are a Criminal.”

“In the vastness of the cosmos, everything is going perfect, but one nasty little thought in your mind can make it a bad day. That is lack of perspective.”

“Devotion is the spark that can fire up your chemistry and energy to such a level that it creates an explosion of ecstasy within you.”

“Knowledge can only be limited. Ignorance is boundless. In recognizing our ignorance, we will touch that which is boundless.”

“Your history is animal. Your future is divinity. Right now, you are like a

pendulum, swinging between the two.”

“Every breath you take, you are getting closer to the grave. But every breath you take, you can also get closer to your liberation.”

“Meditation means ultimate freedom within you.”

“When you absolutely throw yourself into your activity, your energy will only grow.”

“Intelligence is of paramount importance to live life sensibly, because without intelligence, there is no clarity. And Clarity is intelligence everyone is capable of.”

“The highest force in existence is consciousness, and you are that.”

“Conclusion means death. Confusion means possibility.”

“Most of your desires are not really about yourself. You just picked them up from your social surroundings.”

“Your body and your mind can be receptacles to perceive the whole cosmos - if only you do not identify yourself with them.”

“Comfort will never come to one who does not touch the stillness within himself.”

“People try to create an outwardly perfect life, but the quality of life is based on the inward.”

“If you did not have any personality, you would have a tremendous presence. The more rigid your personality, the more constipated your whole being.”

“Destiny is the result of all your actions and the impressions that you have taken in.”

“We neither need a political revolution nor a religious revolution. What we need is an inner transformation in human beings.”

“No two individuals are ever the same. You cannot equate people. You can only create equal opportunity.”

“There is no need to make spirituality a part of education. If you make education non-imposing and non-suppressive, people are naturally spiritual.”

“The best thing that you can do to this world is to be joyous. Being joyful, is the greatest offering you can make to the world.”

“Seeking means admitting that you do not know. Once you have cleared your slate, truth can imprint itself upon it.”

“In this culture, God is not the highest entity; mukti or liberation is the highest goal. We are willing to use God as a stepping stone, if needed.”

“On the spiritual path, the first thing is to experientially ascertain where you are right now. You can only start the journey from where you are.”

“We think there is an ecological problem, but the real problem is irresponsible growth of human population.”

“Integrity is not about the action but its purpose. Are you doing it for everyone's wellbeing or for your own benefit?”

“If you dissolve your personality, your presence becomes very powerful - this is the essence of spiritual sadhana.”

“If we do not work for individual transformation, talking about world peace is just entertainment.”

“There is only one calamity: ignorance. And there is only one solution: enlightenment.”

“Yoga means union, that in your experience, everything has become one.”

“The methods and technologies of how to experience that which is beyond the physical is what is known as the science of yoga is a longing. Only when your longing is cranked up to peak intensity, knowing becomes a possibility.”

“If you cultivate your body, your mind, your emotions, and your energies to a certain level of maturity, meditation will blossom.”

“Generally, people who are not self-realized are full of themselves. One who is self-realized sees that the whole world is full of one.”

“Devotion is when your involvement with life is so absolute that you yourself do not matter anymore.”

“Death is not a disaster. Too many births - that is the real disaster.”

“Having a good home, eating good food, wearing good clothes, are a means to

living well; they are not the goals of our life. The quality of your life is decided by how peaceful and joyful you are.”

“What you see as cosmos is a living mind - intelligent space.”

“Pleasure is just a shadow of joy. When there is no joy in you, you become a pleasure seeker.”

“Devotion is not about a God. Devotion is about you making your emotions so sweet that your life experience becomes beautiful.”

“One significant thing that you can do for your children is to invest some time into taking them out into nature.”

“Sadhana is towards creating a sense of inner fulfillment, where there is no need to lean on anyone anymore.”

“When who you are and what you are is not decided by any external forces, then you are in dignity.”

“Any method to heighten the presence of that which is the source of creation within you, is yoga.”

“Unless you are oblivious to your own suffering, you have no right to be oblivious to other people's suffering.”

“The cosmos is a complex amalgamation of sounds. One of the key sounds through which you can experience the cosmic nature of creation is Shambho.”

“The very purpose of life is to reach the highest possible flowering.”

“A Guru is not someone who holds a torch for you. He is the torch.”

“Making conclusions about life is a sure way to deny yourself the possibility of a human being transforming himself into the Divine.”

“Meditation means to awaken new dimensions within you.”

“Spirituality is ultimate greed. You don't just want a piece of creation - you want the source of creation.”

“Awareness means grasping life just the way it is, without contamination by mental projections.”

“Devotion is a place where you do not exist; life just flows through you as a

certain sweetness and beauty.”

“We don't need more Hindus, more Christians, or more Muslims - we need more Buddhas, more Jesuses, and more Krishnas - then there will be true change. Every human being has that inner potential.”

“The source of creation is within you. You can be just a piece of flesh, or you can be the Creator himself - this is the choice and potential you have.”

“The physical is only a small aspect of existence. In this cosmos, not even 1% is physical - the rest is non-physical.”

“If you do a yoga that does not change the patterns of energy within you, I would say, don't waste your time on it.”

“Faith is not something that you can cultivate. If it happens to you, it happens, if it doesn't happen to you it doesn't happen, that's all. Does it mean to say - "I have to just sit and wait and someday it will fall upon me?" No, it is just that if you understand the fundamentals of living here, in this existence, you will see, for anything to happen, you must create the right kind of situation.”

“The very way you breathe, sit, stand, eat, walk, work - everything can become yoga. You can use any process of life to transcend your limitations.”

“If we are not sensible about this, in our ideas of wealth creation we may completely destroy the planet - which we are already doing in many ways.”

“Intelligence essentially means that your intellect is sharp enough to see life the way it is.”

“Spirituality is not about becoming special - it is about becoming one with everything.”

“You have the choice to be here as a speck of creation or as the very source of creation. Not exploring such a phenomenal possibility is a crime.”

“Meditation is the nourishment for flowering.”

“If you want the Divine to become alive within you, first of all you as a human being have to become absolutely alive.”

“You cannot be receptive when you are too full of yourself. The less you are, the more you receive. The more you are, the less you receive.”

“There is no such thing as having attained enough. Life is an endless possibility.”

“A devotee has no agenda of his own. For him, the object of devotion is everything.”

“Water has memory. Depending on how you treat it, what kind of thoughts and emotions you generate, accordingly it behaves in your body.”

“Any teaching will not transform you as long as you are deeply attached to your body. Yoga is towards reducing this attachment.”

“Whatever your goal in life, unless you develop a great urgency, what could be near will be far away.”

“Devotion is a tool to dissolve yourself into nothingness and become the very hand of the Divine.”

“For integrity to flourish in society, we have to nurture it - within ourselves, in our children, in our education systems.”

“Karma is your survival and your bondage. And if you handle it right, it can also be your liberation.”

“When meditation makes you realize that you have so many limitations of your own and they are all created by you, the longing to break them will come.”

“When you are truly meditative, there is no time and space for you. Time and space is just a creation of the mind.”

“Being attached to someone is not about the other person. It is about your own sense of inadequacy.”

“In yoga, you never chase an experience - you only prepare for it.”

“This is a technology where without external input, you create a chemistry of blissfulness within you.”

“The sign of intelligence is that you are constantly wondering. Idiots are always dead sure about every damn thing they are doing in their life.”

“As long as you are a part of the physical process of the existence, there is nothing that does not change.”

“We neither need a political revolution nor a religious revolution. What we need is an inner transformation in human beings.”

“There is a region beyond reason. Unless you get there, you will not know the sweetness of love, nor the Divine.”

“If you knew the immensity of what it means to be human, you would not talk about God or Heaven.”

“If you can break the illusion that you are separate and begin to experience the oneness of the existence, that is yoga.”

“Spiritual process is not about chanting a mantra or closing your eyes, spiritual process is essentially about enhancing your perception.”

“Life is not outside of you. You are life.”

“A human being is like a seed. Either you can keep it as it is, or you can make it grow into a wonderful tree with flowers and fruits.”

“Believing that what you do not know cannot exist is the crown of ignorance.”

“Confidence without clarity is always a disaster.”

“One who is constantly resting within himself is capable of endless activity.”

“Without being in constant exchange with the rest of the cosmos, you cannot exist. The idea of individuality is an illusion.”

“Once there is a distance between you and your thought process, a new freedom is born. With this freedom, a new perception arises.”

“Yoga is the journey from just eating and sleeping to becoming an ecstatic being. This is the aspiration of life itself.”

“The most beautiful moments in life are moments when you are expressing your joy, not when you are seeking it.”

“For the sort of potential that a human being carries, it is a very brief life.”

“If you seek security in life, unknowingly you seek death. The only truly secure place is your grave.”

“I don't have opinions. Only if it is necessary for a particular action, I make a judgment. Opinions are fetters for your intelligence.”

“If you know how to keep yourself pleasant within, irrespective of what is happening around you, Ultimate Liberation cannot be denied to you.”

“Meditation is that dimension of science which focuses on creating the right kind of interior, so that you can live a peaceful and joyous life.”

“Whether it is your work, your love, or your life - unless you throw your entire self into it, you will never know what it is.”

“Higher dimensions of Awareness means higher dimensions of energy.”

“If you have no agenda of your own, life will work according to its agenda. Your personal agenda is taking you further and further away from that.”

“As a leader, you build trust when you give yourself 100%, so that people understand with your every action, you stand for them.”

“A spiritual process is not a divorce from life. It is an irrevocable love affair with life.”

“For wealth to translate into wellbeing, you need a spiritual element within you. Without that, your success will work against you.”

“If you become so intensely curious that without knowing you cannot live, that is called seeking.”

“Yoga is not just about living better. It is about exploring the very source of life.”

““God” is just a name to refer to something that is beyond all limitations.”

“I am not talking about you being a spectator, I am talking about involvement. I am talking about involving yourself into life in such a way that you dissolve into it.”

“What you call intelligence and what you refer to as the Creator are not different. The Creator is pure intelligence, intelligence beyond logic.”

“Your thoughts and emotions are the drama that you create in your mind. You must be able to end it somewhere.”

“Life and death are like inhalation and exhalation. They always exist together.”

“If you pay sufficient attention, everything in life is magnificent, everything is a doorway to the Divine.”

“Meditation means to know life beyond the sphere of the physical; to know and experience life not just at the surface but at the source.”

“For the Divine to function through you, it is important to make every breath, every pulsation in the body, and your very existence an offering.”

“Nothingness is the basis of everything.”

“Incredible things can be done simply if we are committed to making them happen.”

“The most enduring sort of power is realizing the power within.”

“Self-transformation is not just about changing yourself. It means shifting yourself to a completely new dimension of experience and perception.”

“Your personality is something that you created. Once you are aware of that, you could create it whichever way you want.”

“If you walk through life with ease and without any sense of entanglement, that is maturity.”

“When one is overfed and another one is hungry, I call that a disaster.”

“If anyone steps on your ego, instantly, he becomes your enemy. But a Guru is a friend who constantly tramples your ego.”

“Once you realize that the way you exist right now is not enough, that there is something more, your spiritual process has already begun.”

“When every moment, you experience yourself as the source of creation, not as a piece of creation, then you are realized.”

“Spirituality is a boundless ability to respond and experience.”

“With wrong farming methods, we turn fertile land into desert. Unless we go back to organic farming and save the soil, there is no future.”

“The first step towards knowing is to see that you do not know.”

“All beliefs will crash somewhere. Only reality will sustain itself.”

“Your ideas need not have anything to do with reality. Making conclusions is a sure way of not enhancing our perception.”

“Consciousness is not a bunch of thoughts or a certain level of understanding. Consciousness is a dimension that is beyond our physicality.”

“Do not talk about the soul, heaven, or God. Talking about something that is not

yet a reality for you amounts to falsehood.”

“Being spiritual does not mean being dead serious. If you allow life to happen within you exuberantly, unbridled, you will touch the spirit.”

“Spiritual process is not for the dead or the dying; it is for the living who want to become fully alive in all dimensions of life.”

“Meditation means to go beyond the limitations of body and mind.”

“If you try to live that which is past, that which IS will bypass you.”

“O' the blue-bodied cowherd - ever playful in love and war. Don't you fail to see the immensity of his wisdom and light.”

“The only reason why you are unhappy is because you are trying to be happy.”

“Detachment does not mean non-involvement. You can be deeply involved but not entangled.”

“A consecrated space experientially reminds you that there is much more to life than you think.”

“Whether it is suffering or joy, going through experiences in life is not so much of a karma. Depriving yourself of any experience is the big karma.”

“Life is fluid, ever evolving. The more dynamic you are, the more happens in your life, all the time.”

“If you just live totally, you will dissolve lots of karma. Living totally means that you experience anything that comes fully and intensely.”

“With yoga, not only your body should become flexible - your mind and emotions, and above all your consciousness should become flexible.”

“The Divine is constantly waiting at your doorstep to move in if only you allow the necessary space.”

“Yoga is a way to produce a chemistry of blissfulness. Once you are blissful by your own nature, you can deal with outside situations effortlessly.”

“Only in unawareness you are mortal. In awareness you are immortal.”

“All along, you've been shaping your destiny unconsciously. But you can also work on it consciously. If you make the effort to access your core and realise that

everything is your responsibility, and shift your focus inside you, then you can rewrite your destiny.”

“Destiny is what every human being creates for oneself. Fate is when you fail to create your own destiny.”

“The mind remembers only certain things. The body remembers everything. The information it carries goes back to the beginning of existence.”

“A guru is not a crutch, he is a bridge.”

“Without raising human consciousness, whatever we do in the world will only lead to more and more suffering.”

“Frustration, discouragement, and depression mean you are working against yourself.”

“We are eating, using up, and possessing more than we should. That is why a large portion of the human population is hungry.”

“Most of the time you are thinking about life, not living life.”

“If you shift from compulsiveness to consciousness, being joyful will not be an effort.”

“The spiritual process has always been referred to as a journey - constant change.”

“Today, it is more important than ever to raise human consciousness, so that technology becomes a means of empowerment, not destruction.”

“Looking at everything through your phone is only numbing your perception - it does not really enhance your experience of life in any way.”

“Devotion is about you. Maybe you use another object as inspiration, but you change your quality; you walk more joyfully, gently upon this planet.”

“If your energy body is in full vibrancy, the physical body will naturally fix itself.”

“Plain intellectual thinking is the peak of ignorance because all that you will know is to play with a few aspects and make others look like fools.”

“A materialistic person is ruthless with other people but kind to himself. A spiritual person is ruthless with himself but kind to everybody else.”

“Whatever happens - ultimately, life corrects itself.”

“The very life within you is longing to be joyful because joyfulness is the nature of the source of creation.”

“The hand of the Creator is actively involved in every atom, every plant, every creature, and yourself, in every cell in your body.”

“Karma means ultimate responsibility. You even take responsibility for your genetics.”

“When you do something just because it is needed, you involve yourself totally without it meaning anything to you, then action becomes liberating.”

“Your ability to love, to reach out, and to experience life is limitless. The limitation is only of the body and mind.”

“What we refer to as yoga is just a technology to make your energies function by choice, not by compulsion.”

“If you think you are big, you will become small. If you are willing to become an absolute nothing, you will become larger than creation and Creator.”

“Gossip is a kind of misalignment with people around you. You can either gossip about everyone, or you can become one with everyone.”

“If we transform our population into a trained, focused, balanced and inspired population, India will be a miracle.”

“Transformation means nothing of the old should remain; something absolutely new should happen.”

“The science and technology of how this life functions and what we can do with it, is what we refer to as yoga.”

“Bhakti yoga is a way of transforming your emotion from negativity to utmost pleasantness.”

“If you want to really know higher dimensions of life, there needs to be a constant sense of peacefulness and joyfulness within you”

“If you want to find out the purpose of life, you need to look beyond the limitations of body and mind.”

“How Human beings are, that is how the society will be. So, creating human

beings who are flexible and willing to look at everything rather than being stuck in their ideas and opinions definitely makes for a different kind of society. And the very energy that such human being carry will influence everything around them.”

“When you exist here only as a body and a mind, suffering is inevitable.”

“Confusion is better than stupid conclusions. In confusion, there is still a possibility. In stupid conclusion, there is no possibility.”

“To be spiritual means to be an emperor within yourself. This is the only way to be.”

“If you think one thing is sacred but you cannot stand the other, if you love the Creator but hate the creation, that is vulgarity.”

“The most fundamental and the most important aspect of the spiritual process can in no way be stopped by anybody - except yourself.”

“Only when man is willing to change himself, there can be a true revolution.”

“If you are truly a seeker of truth, truth cannot hide from you. It is in the lap of truth that you have happened.”

“Devotion as an act is vulgar. Devotion as a way of life is wonderful. If you are a great devotee, it is ugly. If you are devout, it is beautiful.”

“If you see there is no meaning to anything that you are doing, your ego collapses; so you are trying to find all kinds of fake meanings.”

“Being on the spiritual path means you want to be a success in an existential sphere, not just on a social level.”

“What is most needed right now is evolving human consciousness. Without that, science, technology, development, everything will go waste.”

“When you do not know how to handle yourself, where is the need to produce another life.”

“It is the pain of ignorance which makes one into a seeker.”

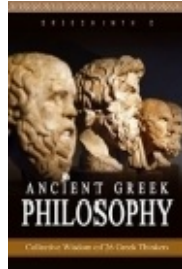
“Modern science has its value in terms of utility, but it cannot open up existence to human experience.”.

EXTRAS

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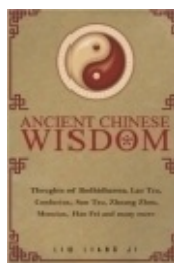
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[Ancient Greek Philosophy: Collective Wisdom of 26 Greek Thinkers](#)

by *Sreechinth C*

Ancient Greek Philosophy (Economic Edition) “To find yourself, think of yourself”. These are the words of Socrates, one of the pioneers of Greek Philosophy. Philosophy comes from the Greek words “Phylos” meaning - to love and “Sophie” meaning - wisdom, thus literally meaning “to love wisdom”. Origin of Philosophy can be traced back to Ancient Egyptian and Indian Civilizations. Even before Greek Philosophy evolved, Indian Philosophy had taken shape and flourished widely. Ancient India, once a commercial hub, had trade connections with many other countries. Ideas and thoughts were also traded and had influenced much in Greek philosophy. Philosophers taught rhetoric, astronomy, cosmology, geometry to their disciples. Their teachings were based on arguments or teachings about any subject in Universe. They have contributed much to the society and their quotes are thought provoking. This book makes a modest attempt to present you with the quotes of Greek Philosophers -Socrates, Thales, Plato, Aristotle, Pythagoras, Anaxagoras, Epicurus, Democritus, Heraclitus, Parmenides, Chrysippus, Antisthenes, Gorgias, Empedocles, Anaximander, Cleanthes, Diogenes, Zeno of Citium, Protagoras, Epictetus, Xenophanes, Zeno of Elea, Theophrastus, Xenocrates, Melissus of Samos and Proclus.

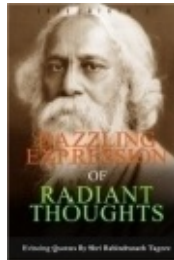


[Ancient Chinese Wisdom: Thoughts of Bodhidharma, Lao Tzu , Confucius, Sun Tzu, Zhuang Zhou, Mencius, Han Fei and many more](#)

by *Liu Liang Ji*

When Indus valley civilization was booming, there bloomed another counterpart in the very valleys of the Yellow river. There flourished the ancient Chinese culture which produced many schools of thoughts like Taoism, Zen Buddhism, Confucianism, Mohism, Yangism, Legalism, School of Yin-yang, Logicians, Neo-Confucianism, etc which shaped China as a distinct nation. These schools of thoughts are the core of

Chinese philosophical wisdom and without which there is no Chinese identity. This book, Ancient Chinese Wisdom contains the collective wisdom of Chinese philosophical intellectuals like Lao Tzu, Confucius, Bodhidharma, Zhuang Zhou, Mencius, Han Fei, Xun Kuang, Guo Xing, Wu Cheng'en, Zeng Zi, Cheng Yi, and other notable personalities. You may be in line of philosophy or sinology, cultural lover, enthusiast, or anything; this book should be added as a precious entity to your valuable collection. This extract is thousands of years of combined accumulated wisdom of one of the earliest human civilization which is still alive and progressing. I believe you shouldn't miss this book.



Dazzling Expression of Radiant Thoughts: Evincing Quotes By Shri Rabindranath Tagore

by *Sreechinth C*

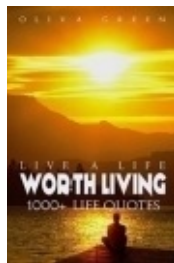
It was in the year of 1861, Bengal gifted the world, a jewel to the poetry, Shri Rabindranath Tagore. He is mentioned as one of the greatest poet of his times, and also among the influential poets during Indian Independence. Tagore received Nobel Prize in Literature in the year 1913. He was the first non-European to receive a Nobel Prize in Literature. The asset of the man who reshaped Bengali poetry was not only his poems but his quotations also. You can see the reflection of his writing flares there in his sayings. Even though he passed away in 1941, before seeing the morning sun of Indian Independence, Tagore had left to us his talented pool of works which he initiated over from the very age of eight. When he said farewell in the very age of 80, there he left his memories and literature as poems and quotes. Here we have collected sayings and quotes of Rabindranath Tagore which consists of quotations about various topics like spirituality, life, literature, social, truth, religion, success, relationship, freedom, music, etc. You can find some motivational and mood shifting quotes among those he had spoken. This book, 'Dazzling Expression of Radiant Thoughts: Evincing Quotes By Shri Rabindranath Tagore' contains the sayings and quotes of Tagore, probably the biggest collection of Rabindranath Tagore quotes that you can find... Spare some time for his wordings. Turn the pages and grasp the gifts that Tagore had left for you...



Confucius Deconfused

by *Sreechinth C*

Confucius lived in the Chinese Spring and Autumn era. He is one of the most famous philosophers and have contributed much to Chinese people. His teaching was further known as Confucianism. Millions of people still follow the system and his wisdom is shared by many organizations for their walk towards success and survival. Here we have collected sayings and quotes of Confucius which consists of his teachings which is still valuable today. This book, 'Confucius Deconfused' contains the sayings and quotes of Confucius, probably the biggest collection of Confucius quotes, with around 900 of them. Spare some time for his teachings. Turn the pages and grasp the gifts that Confucius had left for you centuries back...



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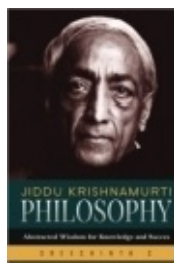


Wisdom of Eckhart Tolle: Eckhart Tolle Lessons Abstracted

by *Sreechinth C*

Eckhart Tolle is one of the most famous modern spiritualists of the west. He is famous for his works like, "The Power of Now" and "A New Earth: Awakening to your Life's Purpose". He was born in the 16th

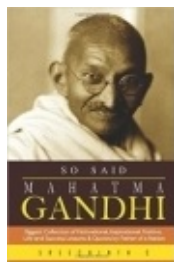
February of 1948. Eckhart Tolle is a German born Canadian resident. Eckhart Tolle was suffering from depression during his better part of his younger ages. In 1977 when he was at the age of twenty nine, Eckhart Tolle had undergone a spiritual experience which he claims to have transformed him. After that he spent many years wandering in a blissful state. Later he started sharing his spiritual wisdom. Eckhart Tolle's charismatic teachings reflected in his quotes in an abstract mode. Here we have collected sayings and quotes of Eckhart Tolle which consists of quotations about various topics like spirituality, social, life, success, god, relationship, love, freedom, etc. You can find many blissful, motivational and mood shifting quotes among those he had spoken. This book, 'Wisdom of Eckhart Tolle: Eckhart Tolle Lessons Abstracted' contains the sayings and quotes of Eckhart Tolle, probably the biggest collection of Eckhart Tolle quotes that you can find. Spare some time for his wordings. Turn the pages and grasp the gifts that Eckhart Tolle has left for you...



Jiddu Krishnamurti Philosophy: Abstracted Wisdom for Knowledge and Success

by Sreechinth C

Jiddu Krishnamurti, one of the greatest thinkers of twentieth century had donated a lot to the world in the field of self-help. It was the sacred land of India which contributed this personality to us. He had spent around sixty years traveling all over the world spreading his teachings. Since he restrained from using religious ideologies and tried to separate his teachings from core spirituality, he had lot of people to admire and follow. His teachings stroked insights in personalities like the Martial Arts Legend Bruce Lee. He was very motivational, positive, inspirational speaker and writer who fueled spirit to many. This book, 'Jiddu Krishnamurti Philosophy: Abstracted Wisdom for Knowledge and Success' contains the sayings and quotes of Jiddu Krishnamurti, which is filled with thought generating sayings. Read through this book and discover the gift that he had left for us...



So Said Mahatma Gandhi: Biggest Collection of Motivational, Inspirational, Positive, Life and Success Lessons & Quotes by Father of a Nation

by Sreechinth C

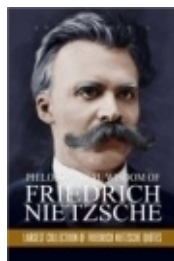
Jiddu Krishnamurti, one of the greatest thinkers of twentieth century had donated a lot to the world in the field of self-help. It was the sacred land of India which contributed this personality to us. He had spent around sixty years traveling all over the world spreading his teachings. Since he restrained from using religious ideologies and tried to separate his teachings from core spirituality, he had lot of people to admire and follow. His teachings stroked insights in personalities like the Martial Arts Legend Bruce Lee. He was very motivational, positive, inspirational speaker and writer who fueled spirit to many. This book, 'Jiddu Krishnamurti Philosophy: Abstracted Wisdom for Knowledge and Success' contains the sayings and quotes of Jiddu Krishnamurti, which is filled with thought generating sayings. Read through this book and discover the gift that he had left for us...



Thoughts Of Greatest Western Thinkers: Quotes of those who Revamped Occident

by Sreechinth C

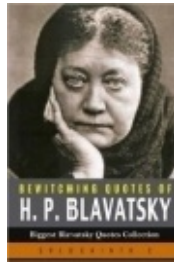
Actually Philosophy is the pursuit of knowledge, truth and the meaning of a life. Philosophy is from two words, philos-meaning to love and Sophie meaning wisdom, the two combined together to form the meaning 'to love wisdom'. This term is believed to be coined by Pythagoras, who is referred to be the first known philosopher. The growth of modern world is greatly indebted to philosophy as it serves most as the building blocks of science, arts, law *etc.* It makes the perceptions sharper and infuses a sense of intrigue and criticism in disciples. Philosophy will always remain as a scorching torch till the end of human race. This book contains the quotes of Socrates, Thales, Plato, Aristotle, Pythagoras, Rene Descartes, Voltaire, Jean Jacques Rousseau, Adam Smith, Francis Bacon, Immanuel Kant, Friedrich Nietzsche, Bertrand Russell, Jean Paul Sartre, Leo Tolstoy, Cicero, David Hume, John Locke, Niccolo Machiavelli and Fyodor Dostoyevsky. We hope our modest attempt to present you with the quotes of greatest western thinkers will be fruitful to you...



Philosophical Wisdom of Friedrich Nietzsche: Largest Collection of Friedrich Nietzsche Quotes

by *Sreechinth C*

A German philosopher, scholar, poet, cultural critic - Friedrich Nietzsche had made significant influence on western philosophy. Starting with philology and later diverted his attention to philosophy. Friedrich had postulated a theory called 'master-slave morality'. Nietzsche's works had been associated with Fascism and Nazism. His ideologies had inspired the philosophers of twentieth as well as twenty first century. Friedrich Nietzsche had written many books with cultural, political and artistic significance. This book 'Philosophical Wisdom of Friedrich Nietzsche: Largest Collection of Friedrich Nietzsche Quotes' is a treasured collection Friedrich Nietzsche's Quotes. Here More than 2350 Friedrich Nietzsche quotes have been included making this one of the biggest compilation of Friedrich Nietzsche's quotes ever printed.



Bewitching Quotes of H. P. Blavatsky: Biggest Blavatsky Quotes Collection

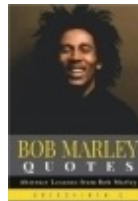
by *Sreechinth C*

Helena Petrovna Blavatsky is the one who co-founded Theosophical Society, with an aim to spread theories of Theosophy throughout the world. Blavatsky, described as a controversial figure according to historians, had great role in spreading Theosophical doctrines. She claimed that she had psychic powers and can perform paranormal activities. It was during her visit to India; she got converted to Buddhism and became the first westerner converted Buddhist. This book, 'Bewitching Quotes of H. P. Blavatsky: Biggest Blavatsky Quotes Collection' contains the sayings and quotes of H. P. Blavatsky, probably the Biggest Blavatsky Quotes Collection that you can find. Go through it and see what she had to say.

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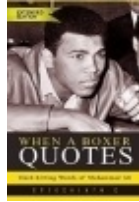
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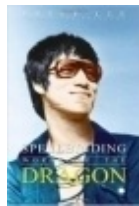
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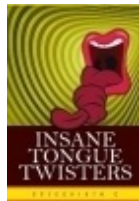
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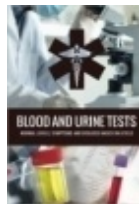
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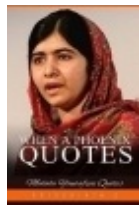
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