

– Meditation Quotes –

Through meditation and by giving full attention to one thing at a time, we can learn to direct attention where we choose. ~Eknath Easwaran

Meditate daily, and soon your inner strength and mind power will grow. ~Remez Sasson

Meditation is not a way of *making* your mind quiet. It's a way of entering into the quiet that's already there - buried under the 50,000 thoughts the average person thinks every day. ~Deepak Chopra

Meditation applies the brakes to the mind. ~Ramana Maharshi

If a person's basic state of mind is serene and calm, then it is possible for this inner peace to overwhelm a painful physical experience. ~The Dalai Lama

Meditation and concentration are the way to a life of serenity. ~Remez Sasson

Mind is a door that leads you outside in the world; meditation is the door that leads you to your interiority - to the very innermost shrine of your being. ~Bhagwan Shree Rajneesh

To meet everything and everyone through stillness instead of mental noise is the greatest gift you can offer the universe. ~Eckhart Tolle

Life is available only in the present moment. ~Thich Nhat Hanh

Your goal is not to battle with the mind, but to witness the mind. ~Swami Muktananda

Mindfulness meditation doesn't change life. Life remains as fragile and unpredictable as ever. Meditation changes the heart's capacity to accept life as it is. ~Sylvia Boorstein

Meditation is the discovery that the point of life is always arrived at in the immediate moment. ~Alan Watts

Before embarking on important undertakings, sit quietly, calm your senses and thoughts, and meditate deeply. You will then be guided by the great creative power of Spirit. ~Paramahansa Yogananda

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Nowhere can man find a quieter or more untroubled retreat than in his own soul. ~Marcus Aurelius, *Meditations*

It is better to conquer yourself than to win a thousand battles. Then the victory is yours. It cannot be taken from you, not by angels or by demons, heaven or hell. ~Buddha

Meditation is the art of staying in this present moment. A sleepy person either lives in the past moment or is dreaming about the future life. But a meditator stays in this present moment and is alert about his thoughts and actions. ~Unknown

Reading makes a full man, meditation a profound man, discourse a clear man. ~Benjamin Franklin

In meditation you are not unconscious, you are conscious - *more conscious than ever.* ~Bhagwan Shree Rajneesh

Meditation is a rich and powerful method of study for anyone who knows how to examine his mind. ~Michel de Montaigne

Untrained warriors are soon killed on the battlefield; so also persons untrained in the art of preserving their inner peace are quickly riddled by the bullets of worry and restlessness in active life.
~Paramahansa Yogananda

"Serenity" is the flavor of meditation. ~Bhagwan Shree Rajneesh

With meditation I found a ledge above the waterfall of my thoughts.
~Mary Pipher

Meditation is the ultimate mobile device; you can use it anywhere, anytime, unobtrusively. ~Sharon Salzberg

Meditation increases your vitality and strengthens your intelligence... your mental clarity and health improve. You acquire the patience and fortitude to face any problem in life. So, meditate! Only through meditation will you find the treasure you are seeking.
~Mata Amritanandamayi

Be still and know. ~Aristotle