



OM SRI GANESHA NAMAHA

THE ESSENCE

ON THE ALTAR OF LOVE

Pavel Kalagin
(Sankara)

**From the philosophical schools of Vedanta
and Yoga**

**In the tradition of the school of Pavel Kalagin (Sankara),
the doctrine of immortality, or the art of awareness**

Dedication

To Almighty God, Swami Sivananda, Swami
Vishnu Devananda, to my parents, Guru
Swami Sadasivananda, to my beloved friend
Victor, and my son Luka.

This book is an attempt
to escape the captivity
of illusions with the help
of refined verbal
formulas.

From the Author

This work should be perceived not as absolute truth, but rather as a tool for creating your individual and unique concept of understanding.

This work presents a collection of yoga sutras (aphorisms) intended for a wide range of readers of any religion or faith, for for thinkers and seekers. Most of the sutras in this book are written in the spirit of the traditions of Hindu Spiritual Schools, such as Laya Yoga, Advaita Vedanta, and Yoga Vedanta, rooted in antiquity and surviving to this day.

This work belongs not to the great preacher of Vedanta and Yoga Shankara, but to one of the yogis initiated with the name of Shankara, and who devoted himself to finding the truth in the name of life on Earth.

This work can be called an Upanishad, where, in the spirit of the traditions of the eternal Veda, I am not so much the creator, but merely the conductor of the divine will.

The purpose of the book is to facilitate the quest for those who have embarked on the path of spiritual development, and who, with the help of the gained insight, can relieve the suffering and pain of all those who need it.

A Word of Warning

Most of the sutras are difficult to appreciate and understand without a profound knowledge of the philosophy of Hinduism and yoga, a kind and open heart, a calm mind, and an open-minded, attuned attitude. Otherwise, this work can elicit aggression, misunderstanding, chaos, and even disturbance of mental balance.

Line of succession
(gurukula)

Swami Sivananda
Swami Vishnu Devananda
Swami Sada Sivananda
Yogi Sankara

OM TAT SAT SANKARA

INTRODUCTION

Translated from Sanskrit, yoga means joining, a union.
A symbol of the unity and harmony of all that exists,
without which no form of life would be possible.

Yoga is the essence of any phenomenon, its root, its alloy. A bridge between body and spirit, between man and God, between spiritual traditions and religions, between masculine and feminine, between light and darkness, good and evil, science and religion, between the past and the future.

Despite its striking comprehensiveness, yoga continues to evolve and find new forms, adapting to the new times. The greatness of yoga lies in its ability to find its place in any tradition, in any person, filling and strengthening them. It can become part of any given phenomenon and at the same time, it is prepared to absorb everything.

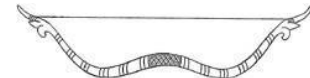


RECOMMENDATIONS

A Guide to the Study of This Text

A sutra requires understanding, love, leniency, empathy, open-mindedness, non-judgment, and compassion.

1. You should not study the sutras in an overexcited or extremely sleepy state, as well as in a state of alcoholic or drug intoxication.
2. Remember that sutra is a weapon and therefore requires a skillful, delicate, and careful approach both in the moral and practical sense. Otherwise, it can turn against you and those around you.
3. Never study sutras in a rush, in a hurry, in between.
4. Do not rush to conclusions, judgments, or opinions.
5. If your mind is not receptive to the text, or reading disturbs your balance, leading to emotional overexcitement, then it is better to postpone reading.
6. This work is not meant to be complete, so there is no conflict even in the presence of some contradictions.
7. Remember that you are trapped in a million illusions. Keep in mind that common truths are often not true. As the ancients said, "If a lie is repeated countless times, it starts to resemble the truth."



Wake me up, slumber, wake me up,

My sleeping will let arise,

From my fetter set me free.

Wake me up, slumber, wake me up,

From that fire of mine get me shield,

And to those who is still sleeping assist.



Basically, when God wants to speak to you
He withdraws your mind first.



Very often God talks to you through your genius.



When you solve the mystery of Lilly you solve everything.



God is also everything in your life you are doomed to go through.



Dissolve in a sutra if nothing else has left.



You may not become a bit happier even by solving all the mysteries of the world.



The Word from a word, the Self from a self, and the God from the God.



Draw your own Om.



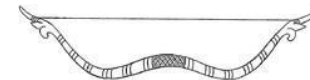
God is basically anything of absolutely everything.



You feel the loss as deep as you've been in it.



Reaching the boundaries of eternity only the one will
remain in his mind, who earlier has managed to create it
in his own imagination.



Body needs comfort, soul needs serenity.



God is everything you live with.



There is as much God as you.



Sometimes God visits only those, who has nothing and no one left.



Understanding the inevitable is the first step towards liberation.



Each of your body organs loves you in its own particular way.



Wishes don't come true, dreams do.



If you want to commit a sin – give an advice.



Love is an absolute gratitude forever.



Sometimes happiness comes when you have nothing else left to be proud of.



Beauty is love.



Happiness is living your own life.



The One, who knows the truth knows nothing.



You should know a way out from the happiness too.



The tongue is a magnet.



The presence of God depends only on your own presence.



The way to the God not necessarily lies through the awe.



Appreciate every little bit that touches you, literary every one.



You should also learn how to believe.



Happiness also should and could be tamed.



In Kali Yuga Gods are not visiting you, but you should come to the God.



If you still have what to lose, don't even think about reaching enlightenment.



Pretty often, while killing we don't want to hurt.
Such a paradox!



Enlightened means recovering.



The living Altar is the sign of the living Spirit.



It's better to be than to possess.



If you still have what to lose, don't even think about reaching enlightenment.



Find your projection, your visualization, your essence.



Punishment is in fact the essence of delusion.



Get ready to know each and every of the cells of your body.



Everything is God.



God is an essence of everything.



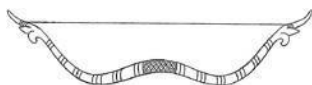
The moment when dry branches of a tree quiver in the wind, a miracle is about to happen.



Everything consists of nothing, nothing consists of everything.



On what you are tuned to is how you are performing.



It's much more important to leave behind love than descendants.



Philosophy of the pain is just the pain.



Observe the beauty of the opposite.



Don't try to replace him with another him and her with another her.



Absolute merging of a lower still does not form a higher.



Catch your mind off guard.



If you are not able to, means you are not willing to.



You can leave only traces of your own steps.



Probably hopelessness is the worst of the traps.



Seeker! Do not confuse comfort of a soul with a peace of mind.



It is ridiculous to worry about the harm salt can cause you, while threat of spiritual death hangs over your head.



There is no fear when you are already here.



Only mind is sinful.



Basically, one is inherent in everything that is inherent in all.



It is also kind of an art the way the pages are turned.



Enlightenment is when absolute serenity reveals itself.



When you are you, then everything is everything.



Time heals only wounds.



A way of a contrast is also the way.



As soon as you discover your sight - become it.



A true saint basically serves people even being bedridden.



Being out of breath from happiness – dissolve.



Indeed only he is truly sancta who being enlightened remains in service.



More life, more death.



The way is there where the essence is.



Everything always points to you.



True courage is sometimes manifested only when there is nothing left to lose.



In a spiritual way, while reading, the ability to turn pages is also of great importance.



As a rule he needs love, she needs a beloved one.



He, who knows prana knows everything.



Help everyone - common sin is in a way and your sin too.



Talk to the right hormone.



Love lives wherever the past and the future meet.



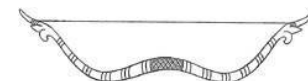
As a rule a person is not afraid of what is known.



Keep a track of unchanged under all states of mind.



Find your spot on your body, and you will have a better chance of finding yourself in life.



Let everything just be.



Often in sadhana it is necessary to understand:
when to be in and when to be out.



There is only one way to yourself - your way.



The power of dawn is equal to the power of awakening.



When souls are rising up to the sky, it reminds the rustling of leaves.



Don't think who to live with, but what to live for.



Finding the answers to all the questions will not necessarily
bring you absolute happiness.



Even stones die from the lack of love.



A happy child is the highest happiness.



Sometimes, on the way to God, finding your
guide is the most important thing.



Knowing everything about you and knowing yourself
are completely different things.



Intuition also has its own hierarchy.



It is better where better people are.



While suffering it is impossible to understand the meaning of
suffering up to the end, as well as the meaning of happiness
while being happy.



Don't seek for what God has buried from you; you'd
better look for what a man has been hiding from you.



As a rule he, who took away your childhood,
most likely will take away your anility too.



Basically, your God is where your love flows.



If you can't find a way out in yourself - find it in another one.



Each time has its own slavery.



Searching for a sutra equals searching for God.



When you wake up and realize that you have not been
sleeping, you will understand everything.



As a rule only conscious patience brings fruits.



Basically, awareness is yoga itself.



In order for sadhana to be successful it's important to understand what kind of fuel you are performing on.



Falling asleep, try to recognize the true purpose of a passing day.



God is God.



Give your name to yoga of your sadhana.



Harmony is basically the ability to live at one's age and time.



The award for tolerance will be the highest.



Spiritually, sleep is just an adjournment.



Pain will always find a way out.



The one who has chosen the birth, in fact, is buried alive.



An unborn is waiting for a born.



The supreme task of yogi is not to disturb anything.



To fall in love with God means to fall in love with everything.



There is nothing more beautiful than you are.



There are only two ways - to dissolve in God, or to let God dissolve in you.



Compassion is the best remedy for suffering.



When God falls in love with himself, the world is born.



You are always there where you are.



In the beginning it was you.



Let the one who exists win in you.



When Lord created the world, you've already existed.



Blessed is the one who is blessed.



Fear nothing, it's not even a dream.



God treats you the way you treat children.



Only you can leave yourself.



When your mother or your father are telling you something
then you know that God himself is talking to you.



Only you need to be liberated.



Right sadhana in right time.



You are always looking in the mirror.



You will never lose what you've lost, and find what you've already found.



The unconscious can experience immeasurable
suffering even in the arms of the Lord.



If you believe in something that is, you will certainly believe
in something that will be.



It is essential for it to be a success, but not a try out.



For whom God exists, He exists. For whom there is no
God – than there is none.



You remember that prayer is not for God, but for you.



Don't mess up with your own business.



When you are unhappy - everything is misfortune,
when you are happy - everything is a bliss.



Light up your fire with your breath.



Fight is a must, not resistance.



Happiness is not the absence of suffering, but the absence of worries.



A mistake of a holy man is the holy mistake.



Tears of joy or grief are equally salty.



Let everything just be.



You can know about God everything or nothing.



Shock always finds a way out.



The strong one serves Lord and the people with his strength,
the weak one with his weakness.



The higher the love is, more peaceful the mind is.



Do not hide behind your own back.



Hiding from reality is hiding from God.



Be able to distinguish yourself from the self.



Experience knows everything.



Sutra is the leaves, concentration is a trunk, and awareness is the roots.



Maya is the manifestation of the will of God in the name of power over every being.



You are always there where you are.



A true warrior, as a rule, is not the one who fights, but who is able to avoid a battle.



Switching does not mean liberation.



The Divine is not perfect, but universal.



Accept the mantra of detachment.



Seeing a sin is being sinful; seeing the light means being saint.



One is basically the form of the other.



When death comes, the natural course of events is especially important.



Pray for those who are praying.



God's mercy can be obtained only in the present.



Love is destiny, self-love is karma.



Love can only be mutual.



It is possible to share with God, in fact, in any of its manifestations.



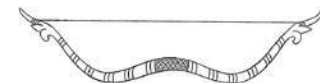
Better not to think how to live, but who is living.



Enlightenment is an experience.



It is impossible to become who you are; you can only be the one.



Faith and knowledge are one and the same.



Yoga is more of an evolution than a revolution.



The whole world, the whole universe, the whole cosmos is a sacrifice to the Lord.



Blood dazzles.



Who will know me - will know the self.



Faith in others often strengthens belief in oneself.



Share the grief with the man-god,
happiness - with the God-man.



From control to self-control.



Indeed, the main obstacle to liberation is blood.



Wiping the past, the result of true experience remains forever.



The one who's lost everything once, will not lose it for the second time.



Even sadhana is in many respects basically
a balance of excitation and inhibition.



The enlightened one is aware, the saint one knows.



Even Lord does not want to know the results of the experiment.



Listen to the call of your heart, but not your blood.



Master your perfection on the experience of God.



The degree of your trust in God equals the
degree of God's belief in you.



ObeY the call of your heart, not your blood.



Turn suffering into compassion.



Match the sensation with awareness.



Do not look in someone else's mirror.



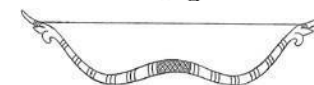
Each person has his own limit, and that limit is karma.



By purifying your home, you purify your mind, but by defiling
your home you desecrate your mind.



An agitated mind is a sin in itself.



Devine is not who's happy, but happy is the devine.



Connect to your source.



The main thing is to trust yourself, not in yourself.



Tears of the strongest are the hardest to bear.



Be sure to look for your own form of confession.



Do not remote, do not approach, do not worry – just live through.



Seek not only for a way of getting rid of karma, but of whom to deliver.



For each time there's its way of purification.



The strongest drug is life itself.



Sadhaka! Learn how not to react even to your sleep.



Do not look for peace, do not look for the tests. Life itself will provide them for you in a proper time.



In Kali Yuga, even the good can often breed the evil.



At times even the sin of a saint serves for good.



Blessed is the one who has not been burnt in the fire of Divine love.



Every step you take is the step of God.



Erased edges of time rub against shadows of extinct stars.



Don't grieve for the dead, for alive you shall mourn.



He is born to die. She is born to live.



Life is all-embracing. Existence is pervasive in its constancy.



To earn God's mercy become God for Him.



The currents of love shall not be locked on you.



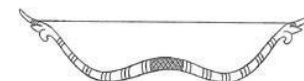
Give up your ego and your breath will become an eternity.



Do not believe in miracles; trust the miracle.



Any person is capable of anything.



Any action is doomed to perfection in its way.



The power of thought is equal to the power of spirit.



Sometimes there is no better place to hide from Lord, than the temple.



Give an ego to someone who does not long for it.



Glory is to whoever exists.



Do not let your consciousness settle down.



Where is no will, there is no knowledge; there is no knowledge without will.



Rhythm releases karma.



Be where you are.



Becoming him you become yourself.



It's not enough to just believing in God; absolute trust is a must.



What day does not take, night would accept.
What night can't accept the God will adopt.



Meditation in its way is uncontrolled, but conscious action.



Be sure to find your own key to God.



Only by letting go of absolutely everything, one can attain eternity.



Sometimes the best help to mankind is to liberate it from yourself.



Do not seek persistence. Strive for peace.



Remember that the main thing is a sacrifice, not an act of sacrificing.



Basically, there is a chance of liberation in every instance
and this moment is like an eternity.



The path of humanity in many ways is your path as well.



Meditation is basically just a conscious existence.



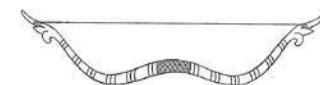
Only conscious liberation gives the right to spiritual growth.



Your path to God is identical to the way of all mankind.



Do not forget that affection is basically a start in life.



Track your expectations and let them go.



Regardless of the nature of the melody, the instrument must be tuned.



Even knowing everything about God does not mean knowing God.



Satisfy a strong desire, overcome a weak one.



Today's desires are tomorrow's needs.



Give God your decent life, and He will grant you with a decent death.



If you cannot return to normal life – get rid of norms.



When it is impossible for you to be, you can only become.



One karma, one God.



Do not worry, live it through.



Living over means to become, living through means to be.



Match, do not compare.



Level of adaptation serves as prana's indicator.



Do not ask the shame for help.



Remember that you came to live, not to take.



Escape is not stupidity. Stupidity is an escape.



To be formed does not mean to be realized.



The further a person or humanity from one side of God,
the closer to another.



You are always in His place.



Sadhana rather only reminds of enlightenment, than brings it closer.



Cover yourself with your own blanket.



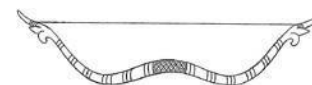
You are the only one who knows the truth.



The goal is the means, the means is the goal.



Basically life you are granted is life to be given.



Sometimes a saint can be as dangerous to a person as a sinner.



Often the object itself is more important, than an opinion about it.



Suffering brings closer to God, and joy notices Him.



Do not trust a man, believe in a man.
Do not believe God, trust in Him.



A man knows only a man, and God knows only God.



Look for content in the past, look for the form in the present.



Experience forms prana.



Everyone has the right to Maya.



Do not look for the victim of your love, it will find you.



Everything is relative only for the world of manifestation.



The age of a soul, as a rule, is determined by the degree of detachment.



Experience does not know the subjunctive mood.



Blood of ancestors bears the experience of generations.



Flight into the past or the future is a weakness.
Escape in the present in its way is a sin.



The most desperate situation on the scale of God is life.



Yoga is sometimes love without a beloved and loving ones.



If you think about it, Maya is the best
evidence of God's concern.



Watching the observer is an excellent sadhana.



Indeed, the best gift of God is Maya.



Everyone hides from God in his own way.



Love and hatred are children of God.



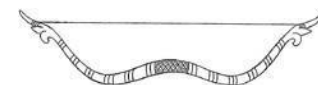
Maya includes everything, but excludes nothing.



True happiness is universal.



Finding a correspondence between dharma and sadhana is the most
important task, you just need to understand it. OM



Often the hardest thing is simply to live.



You are born to be delivered from;
and when you pass away you will obtain.



You can find yourself in the heart of a man.



Trust someone who is breathing.



Find refuge in the essence.



Only you will be left alone.



Take His pain, not from Him.



Home truths often only hamper spiritual development.



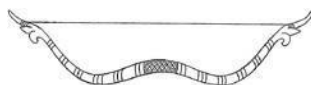
Sincere prayer is always a chance, do not forget
about it.



Each state has its own purpose. And each state has its own law.



The most valuable knowledge is the knowledge of silence.



You are given a life to live, not to take.



Fumes of truth will anyway smoke you out of your den.



Sometimes you can see the light by only closing your eyes.



The Lord is improving with you.



Destiny of a man is karma of God.



Karma of God is the fate of a man.



To be happy is your direct duty.



The genius knows. The enlightened one is aware of.



Drop your ego, and consciousness becomes eternity.



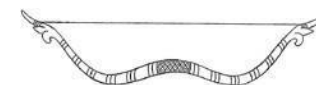
Every moment has its own puja.



Karma is the preservation of life; Fate is its birth and death.



Look at the one who sees. Listen to the one who hears.



Who sees, remembers.



Believe the one who believes.



The essence of God's law is perception.



Build a temple in your heart.



If not capable of feat find strength in sadhana.



Seeker, be established in prana.



Being prana, be established in knowledge.



Do not be afraid of losing yourself nor in your dream or in your death.



Remember that you are the only thing that exists.



As a rule the Saint is not aware that he is saint.



By the end, nothing is needed for communication with God.



Often, where is an effort, there is violence.
And where is zeal - there is yoga.



While getting attached withdraw yourself.



Do not regret, do not wish, do not wait.



Life is a tension, being is a defuse.



It is top of delusion to grant something an excessive importance.



Don't try to think of who you used to be,
but better remember who you are now.



Seek God in the eyes of a man.



It's important not life, but death to be a success.



Aware! Falling asleep do not rejoice, and do not mourn when waking up.



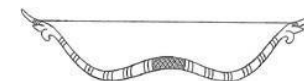
Dharma expands consciousness, sadhana – concentrates.



To reveal samadhi, first you have to come out of it.



Round and round, there's a circle around.



Raise a monument to everyone in your heart.



Sometimes to oversleep your life
is the best sadhana.



I dedicate my life, I lit up my death.



It is necessary to live your life with absolute detachment.



True happiness or liberation happens forever or not at all.



Breathing is the soul of the bodily shell.



Even in the present, maya remains maya.



The feeling of duality is actually a cause of all fears.



There is never absolutely right decision in the physical embodiment,
Where there is movement, there is maya.



In fact, everyone sees the same dream.



You are the free will, indeed.



When you wake up, you will surely wake up someone else.



From eternal to eternal. From self to self.



In fact, neither emotion nor thought has anything to do with
true happiness, and much less with enlightenment.



Take your ego away.



You can only love for the Lord's love to you.



Unconscious rest is in fact only a temporary comfort.



God is represented to a man in the form of maya.



Tolerance is the main proof of faith.



Entertain your mind by the rhythm of action or idleness.



Truly, by the power of presence set yourself free.



In fact, the only instrument of liberation for a man is his body.



When it's over, come to visit.



True peace is to be at the source, in the source,
and the source at the same time



Dive in your own presence.



It is easiest of things to be the God.



First forgive the Lord, then say: "Forgive me, Lord."



Hardly there is a heart that can charm everyone.



All ingenious simply is.



For you God is everything what you need the most.



When there is love, there is nothing else.



True knowledge does not need memory.



Give a kiss to your heart.



Any power is the power of love.



The best place for pilgrimage is your own heart.



Reflect.



Moonlight illuminates the sunlight, the sun shines to the moon.



The flame of cowardice is able to burn everything.



Love is the highest wisdom.



Breath sees everything.



The sense is in the Meaning.



Entertain your time, not yourself.



It is better to be a free slave than a slave of the freedom.



The moon hides behind the moon, the sun behind the sun.



Happiness is simply a forgotten pain.



God exists only when He exists for you.



In many ways, something exists only because it was given a name.



If you know It, you know everything.



When you light up the fire, your breath is the first thing to be sacrificed.



Even Gods indulge the nectar of human love.



Life is a dream in reality.



Only Shadow leaves no traces.



That is it. It is that. Everything is this. This is everything.



You are you. Everything is everything.



The power of maya is your power as well.



The presence is sufficient.



Find inside of yourself someone who is not scared to be asleep.



As a rule, for a person in life, God is the essence, not the judge.



Everything is the same, only everything is.



The feeling of happiness depends on the sense of time.



It's not you who is loved, but you who loves.



Even one moment of true happiness is enough to keep it forever.



Even when you have been the one, you kept on being something else, and by being something else you are still the one.



Freedom is knowledge. Knowledge is freedom.



When there is no you, everything loses its meaning.



There's only you and me.



You just saw your birth, you just witnessed your death.



Even when I was you, I remained myself.



Living by you is the greatest of happiness.



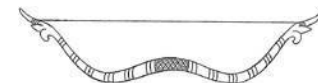
The essence is the soul of any manifestation.



Sutra will find a way out.



For betrayal, even love cannot be an excuse.



In fact, you are born to show your life to God.



Enlightenment is an explosion similar to an atomic.



It's more than You in Him, only He is in you.



The best sadhana is love.



Love is the best sadhana.



You must stay in order to forget.



Couldn't be better.



Life is a memory.



You only need what you need.



Be not a slave of God, but a servant.



On the spiritual path, striving is important, not motivation.



Pierce matter with awareness, and you will be beyond life and death.



Only love is not enough for devotion.



The following love is only a continuation of the previous one.



It is impossible to be in samadhi, you can only be samadhi.



The Lord Himself makes a decision whether He should be or not.



Basically, spirityal is anything that is spiritualized.



If everyone is there, someone should be here.



Everything is a memory.



Everything is always there.



Remember that someone dies to remind you of your existence.



Not guna is important, but the way it influences you.



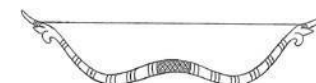
Blessed is the one who knows.



Untie the knot of karma.



Lit the fire of love and burn everything in it.



In sadhana, in fact, inaction in action is the basis
of the Divine manifestation.



Solve your name in the name of God.



Try to dissolve utterly during your life time.



Where's the edge, there's a chance.



When you are with God, God will be with you.
When you are God, God will be you.



The special sadhana should only complement the natural
sadhana and continue the dharma.



There is no sweeter venom than life.



The world is perfect only for the perfect ones.



Remind yourself of your existence and Lord will remind
you of His.



The past and the future are only now.



Every enlightened one is a warrior,
but not every warrior is enlightened.



Enlightenment is a union.



Pass by the weak flow, get over the strong one.



Treat God as a man, and a man as a God.



Tune the tool of perception.



You are there where your war is.



Stop the flow of consciousness on the mind itself.



Believe and forget, realize and stay.



Only the one who can commit a deed has power not to act.



The state can be only intermediate.



My heart beats in your chest.



Open the door to infinity with your own key.



Sometimes, in order for God to forgive you,
you must first forgive yourself.



All that you know, everyone knows.



Fill the void with your breath, and silence with your will.



Put your mind in the right direction and go to sleep.



There is no statute of limitations for betrayal.



Everything is your birth and death.



Everything is that, everything is this.



You can only be truly happy being Him or being in Him



To feel integrity, you must first feel yourself as a part of a whole.



Find yourself in those who you love and know.



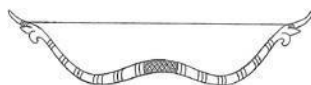
The best form of your love to God is one available to you.



Sadhana is a balance of forcers, nothing else.



Sometimes the search for truth only distances you from the truth.



When suffering reaches its limit find the source and dissolve in it



Even enlightenment is the part of a great illusion.



Do not forget to close the door behind you while leaving.



Even maya is maya.



A clever one chooses sattva, a fool chooses tattva



It is necessary not to squeeze the mind, but concentrate. Do not expand, but release.



You can only understand that there and you can only understand this here and now.



You are eternity and only eternity is.



Only sincerity, actually, matters.



Sadhana and dharma must merge together.



Samadhi is when everything is happiness.



Your element is always here.



Find the experience of the opposite.



The wind does not have a mirror.



There is only you beyond your "I".



In its own way, justice is eternity, and eternity is justice.



Degree of reincarnation - sometimes is the determining factor of influence on pain of any kind and at all levels.



Behind the fear lies only pain (both mental and physical at all levels and of any kind).



Happiness is simply the absence of unhappiness.



Everything disappears in itself.



As a rule, you fall in love with your desire to love your love.



Each sutra has its own state and each state has its own sutra.



The power of persuasion will sooner or later give rise to a special sensation, and the feeling in turn will only strengthen the common strength.



Happiness is when everything is now.



Enlightenment - when everything is always there.



Fill in yourself with yourself.



Something changes, when everything changes, everything changes when something changes.



Sometimes the stronger the pain, the stronger Lord's love to you.



When it happens - then correlates.



Commensurability is already a path.



Yoga and adaptation in principle (spiritually, of course) are one and the same.



To burn karma, you must first set a fire.



Where the essence is, the way is.



You exist only when you are here.



It is possible to live through something
authentic only in time.



For happiness you need only happiness.



There's no time for someone who doesn't exist.



Identification with the essence is the highest sadhana.



In yogic sadhana, any order of disciplines is possible.



Everything is happiness, but
happiness is not everything.



In life there is only life, in a dream there's only a dream.



One soul is a set of bodies.



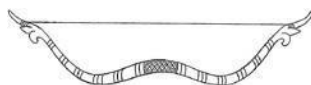
How many dreams, so many tears.



Enlightenment, in fact, is the absolute adaptation.



At times of disadaptation, the soul sometimes
peeps out of chest.



Where the limit is, destiny is.



Often, where there is a contradiction, there is doubt.



Pain must also be earned.



The best help is timely.



The moon is silent about everything.



Find your poison, find your antidote.



Everything happens when you want it to happen.



If you see the color, you will see the light.



A philosopher should become a warrior, a warrior - a philosopher.



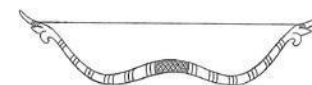
Sacrifice even your suffering



True knowledge, as a rule, is beyond faith and doubt.



Everything is always here.



The same condition is different for everyone.



It is only necessary to create certain conditions, and the flower of enlightenment will bloom.



A man knows God, and God discovers a man.



Pain will forgive everything.



Karma loves life.



It is important to be happy, not burdened by happiness.



The saint's smile contains knowledge accumulated by mankind.



Consciousness is always there.



From self-hypnosis to self-awakening.



Souls are heading up, breaking the shackles of time.



Karma consumes life.



Dissolve your fate in karma and dissolve your Karma in destiny.



There are no winners in time slavery.



Once you have set up your path, let it go.



Every moment you devote to recognition.



Learn to accept yourself, not to seek.



Do not assert, do not deny, - comprehend.



The best service is reincarnation, and the best dharma is transformation.



Wherever you are, there sadhana is.



The amount of prana inevitably goes into quality.



To understand the present, one must be able to part with the past and not think about the future.



In many respects value of thought is that through it you can find its source.



You are allowed as much as you want.



In the end, time always passes with the same benefit.



Everything has been already, everything will be, - turn to the essence, turn to it.



Do not react, but do not ignore either.



The doomed to win cannot be considered a winner.



Transformation is inevitable.



If you have been born – you are obliged to live.



Each state has its own truth and its own lies.



Paths of prana are inscrutable.



Where fate is, there prana is.



As a rule, what you are to the Lord, the Lord is to you.



Stay where you are.



A good person and a person who brings good things are often different people.



Every blood has its own law.



Eliminate your dependence even on sattva.



Accept your fate and let your karma go.



It is in our power to dissolve the fate in time and space.



Whom you recognize, that's who you will become.



You become on what you react to.



Helping others, you can help not only them, but yourself in them, however, as well as in yourself.



You comprehend only what you allow to stream through you.



Basically, not the one who is experiencing pain is sick, but the one who does not know the pain of the other.



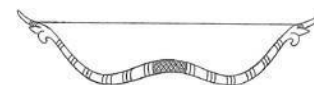
A paralyzed with fear can not be blessed with love.



Believe in what is, not in what will be.



Better does not mean more perfect.



Set up in the present.



Please your Budhi with flowers.



The purer the perception is, the closer the God is.



There is no such thing as somebodyelse's blood.



Happiness cannot be given out, it can only be shared.



Conscious life is already a sadhana.



As a rule, others see in you what you see,
and others believe with you in what you believe.



If you have remembered - remember why.



The sharpness of thought does not yet determine its purity.



To live like a yogi does not mean to be the one.



There is always enough of one enlightened, as well as one ignorant.



The enlightened person is infinitely happy in sorrow
and immensely grieved by his happiness.



The birth of a mantra is a sign of a new birth.



Purify, concentrate, comprehend, manifest!



The best way to deceive your destiny is not to know it.



Everything is just an excuse in its own way.



We all have the same destiny.
Karma is different.



The present is the best teacher.



Do not seek for justice, seek for harmony.



For an aware one absolutely everything becomes beneficial.



Even maya does not belong to you.



The farther the body is, the closer the spirit is.



Knowledge can only be direct.



You are where the thought originates.



To be in the present is, in fact, the only form of true courage.



It is easier, perhaps to love someone who loves or hates.



Absolute trust in God does not mean automatically getting rid of suffering.



The best prayer to God is a dream (in a certain way).



Lock the body, fix the mind, let the spirit be.



Enlightenment is either timely, or by the grace of God.



Do not miss the chance to die, do not miss the chance to survive.



Prolong the line of nature. Om.



Do not look at the world through the keyhole.



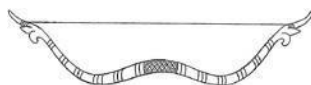
There is nothing more creative and destructive than love.



Draw noise of a wind in your imagination.



Face is behind the edge, beyond the edge is the face.



A student is the best teacher.



Renouncing, you inevitably fall into the essence of the renounced.



You need not to release you, but yourself.



The power of maya is your power.



The main thing is that you do not discover the truth, but the truth discovers you.



The hardest part is to experience yourself.



The one who knows - loves.



Everyone has a chance to create the world.



Learn before you believe, believe before you know.



Sleep before you wake up, wake up before you fall asleep.



The happiest person is you.



Whoever moans becomes.



Dissolve in love and let the love dissolve in you.



Only an ignorant goes forward when the whole universe moves back.



Thoughts and feelings, penetrating the essence, must go through all stages of evolution.



Any feeling is basically a manifestation of love.



To be happy is your holy duty.



To have a life doesn't mean to be alive.



Being alive means being sinful.



Only an ignorant goes forward when the whole universe moves back.



Dissolve in love and let the love dissolve in you.



Do not ask what to do, - do it.

Do not ask who is to blame, it is always you.



Find the one who is breathing, and you will find someone who knows.



A slave of love is a slave of hatred.



It is only what it is.



Being alive means being sinful.



To have a life doesn't mean to be alive.



To be happy is your holy duty.



Dissolve time in the flow of love.



In everything look for your own reflection.



The main thing is to remember who lives, but not why.



Realize, live, forget.



Even in the opposite, there are no contradictions.



Thoughts and feelings, penetrating the essence, must go through all stages of evolution.



A man can not imagine that he will not exist,
just because in a certain way he is no longer there.



Replace control with self-control.



Till you can do it, don't commit.



Awareness neutralizes time.



Happy is the one who is happy.
Unhappy is the one who is unhappy.



When you know who lives, you'll discover why.



Learned to breathe - learned to live.



Become everything for yourself.



You can create yourself only from yourself.



Everything a person does through his lifetime
is seeking for the form of death.



Only the experience of knowing eternal
existence in life can become permanent.



Perhaps sincerity is the main condition (of God).



Everything seems, it seems everything.



Sadhana is more likely reminds about enlightenment
than brings it closer.



For someone who has become a content,
the form does not exist.



There are as many ways of liberation as there are people.



Accelerated experience does not approximate liberation.



The road to God equals the God's path to you.



There is only one who's breathing, and there are
so many who thinks.



What is in Him, that is in Om.



Collect a broken mirror.



An active mind knows, a calm mind is aware.



Awareness, depriving you of everything (in a certain way),
awards you with yourself.



There's only you in yourself.



Absolute awareness, as a rule, generates
spiritual birth and physical death.



As a rule, Maya comes to him as a femail,
and to her as a mail.



Pain is a feeling brought to a certain limit.



Live sound is a living body.



Beauty is the essence.



Gratitude is the best prayer.



Let compassion not turn into cowardice, peace into hard-heartedness.



Train your mind to love, the heart to think,
and you will certainly obtain liberation.



As a rule an imposed virtue generates violence.



Awareness is existence.



Being and none being are just a game of your imagination.



Sometimes knowledge intoxicates just like wine.



Happiness is when you realize that you are.



Samadhi is an absolute awareness.



Today's fear is tomorrow's pain.



To create, one must live; to know, one must exist.



Not even one thought is worth a moment of sincere love.



Dissolve yourself in your existence.



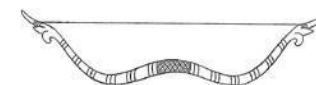
Nothing can compare with the experience of death.



In order not to fall into the trap of
maya, you must stop being a beast.



Turn a circle into a spiral.



Enlightenment does not depend on knowledge or ignorance of it, it depends on knowing yourself.



Nothing is wrong, there is a misconception.



The drawn tentacles of feelings concentrate energy for awareness.



It is never possible to kill only one.



Faith also has the speed.



Indeed, awareness is knowledge.



Neither spirit nor essence can replace it.



Variety is given in order to understand unity.



To explode with freedom, you must first shrink as much as possible.



It's not necessary to destroy in order to understand.



He, who has returned, will never come back.



Yogi, do not confuse desire with motivation.



Unlimited and eternal is always here and now.



Absolute identification or non-identification is liberation.



Asana filled with essence is the best nourishment for the mind.



When it hurts no more, the enlightenment comes.



Make your own bouquet of flowers from the words of the master.



In fact, the illusion of happiness does not differ from happiness.



All comes out of you.



Everything consists of you.



Everything comes from love.



Finding refuge in a mantra is a great success.



It is impossible to live absolutely wrong, as well as absolutely right.



As long as you breathe, you believe.



The strongest happiness is the happiness by you.



Love is a reality.



Gather yourself from everyone you love and know,
and you will reach integrity.



You comprehend through suffering,
through rejoicing you exist.



Only something that doesn't exist remains unchanged.



Follow your own steps.



To become Him, you already need to be you.



To help someone, you need to become one.



Look for the cause of illness in your reflection.



Harmony exists out of time.



It is better to live one's own life than one thousand lives of others.



Believe in what you believe in, realize what you know.



When feminine becomes masculine, and masculine
becomes feminine, everything dies and the world is born.



Sadhana usually does not come from a good life, though
it should be from a good life.



The secret of love also lies in the mystery of stopping the mind.



Knowledge must be loved, love must be know.



This is this, and that is that.



Blind faith is better than blind knowledge.



Look for yourself, not for justice.



Go back home.



When you are here, you are everywhere.



Enlightenment is the best charity.



It is impossible to find happiness in the future, if you are
unhappy now.



Everything happens always and everywhere.



If you know, in everything you will see only knowledge,
if you believe - faith, if you love - love.



Everything is for deliverance, everything is for liberation.



The one to the other, the one to the next.



The mind believes, the breath knows.



Approaching enlightenment is just as impossible as postponing it.



Do not look for reality in an unreal world.



Release your soul and wait for your turn.



The moment of eternity costs the eternity of being.



If you think you can make mistakes, you are of a too
high opinion of yourself.



Absolute understanding is one of the forms of love.



When you become the one, you will become the other.



It is necessary to accept your destiny, not to reconcile with it.



To experience nothing, you must experience everything.



Find Om in yourself.



The right is the one who is absent.



Saint is the one who does not need anything.



It is better to live your life unhappy than a
thousand happy lives of others.



A high state of mind is a bridge to liberation.



In slavery you will find comfort, in freedom - peace.



In the essence of everything there is something more.



When you have learned something, you intend to apologize.



He, who loves, sometimes doesn't know about what he knows;
the one, who already exists, is aware of his existence.



To love life is to love God.



Everything is in you.



When memory becomes absolute, it stops the time.



The best service is your absolute presence.



On the path of liberation, the degree of knowledge must strictly correspond to degree of perception.



When the Lord remembers His love for Himself, the world is born.



When you attain in love of Him in you, the light will never die.



If you are still alive, you have not understood anything yet.



Sell your soul to God.



Everything matters exactly as long as it remains important to it.



Without prana, the heart becomes a stone.



There is always something most important than anything else.



The speed of becoming enlightened largely depends on the speed of thinking.



God is in unity, in unity is devil.



Sometimes, suffering begins when God is blinded from love.



There is something much more important and deeper than happiness.



The process of awareness is infinite until you realize the one who knows.



Become yourself.



Breath is a messenger of God.



Only the slave enslaves.



The degree of holiness is determined by the degree of compassion, not by the degree of experience.



Every moment is perfect in its own way.



Even a wise man needs some love and even a lover needs some wisdom.



He, who understands, loves.



The level of prana determines the level of consciousness.



Brahman absorbs this and that.



Illusion feeds on everything.



Sacrifice only yourself.



The insignificance of perception is immense.



When someone dies or is born, he dies or is born
to a certain extent with you.



It is very important to find the right speed
to satisfy your desires, so your path to
freedom will be optimal.



And love and fear are the children of God.



Callousness is better than cowardice.



Your karma is shared by absolutely everybody.



As soon as you see the sun in your heart, your mind will
plunge into the moonlight.



Just allow yourself to be what you want to be.



Memory, in fact, is one of the forms of fear.



Each of us has each of us.



You are the same as yourself.



You are samadhi.



Realize the difference between night and darkness,
between light and day, and I am sure you will discover a lot.



Every life deserves death.



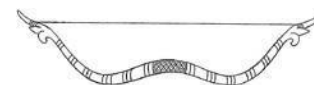
Truly understand the relationship of karma and the mercy of God.



Truly understand the relationship of karma and the mercy of God.



Having moved away from your tribe, from all your roots,
traditions, and from your land you have a chance to rise
up to the skies, but be careful, because there is a great
chance to fall down into the abyss.



Even silence is a lie.



God is what you are.



Find peace in work, not in slavery.



Everyone lives in his own time.



Breathe that in, and breathe this out.



Sometimes once only completely disappointed
in life you can really start living.



Freedom is the total fidelity to truth.



Silence hides, but it does not lie though.



One breath, one step, one trace.



Even remnants of creation keep the memory of happiness.



For a man even poverty is a luxury.



Knowledge of life does not liberate from responsibility.



Your karma is shared by absolutely everybody.



Every life deserves death.



Truly understand the relationship of karma and the mercy of God.



Only the balance of sadhana and
worldly life gives the right results.



The one is only a modification of the other.



The sense is in the meaning, and soul is in the soul.



Caring for your body is caring for God.



Follow what the heart is preparing for,
watch what the mind is preparing for.



Remember that it is impossible to know the higher self
with the help of the lower one.



One life matters only because there is another one.



Watch the transition - and you will know your destiny.



There is only one emotion and one thought and their
countless interpretations.



Find the disciple, and the Teacher will prove himself.



The depth of thought is equal to the depth of feeling.



Sadhana needs everything, but enlightenment needs nothing.



Think about what you are thinking about, do what you are doing.



Revenge with good is the worst of revenge.



Even the sky restricts the enlightened soul.



You can only help yourself in Him, not Him in yourself.



Clinging to life is just as disgusting and detrimental
as being careless about it.



Sleep does not absolve from responsibility.



The reaction of death is the reaction of life.



Self-love is the cause, ego is the consequence.



When you are loosing your hope, let it go.



Fill your body with life, and your soul with Devine.



True peace only strengthens the fullness of compassion.



Control of prana is a true mastery.



Withdraw no benefit, but a lesson from everything.



By all means find your form of meditation, by all means.



To dissolve in the events is sometimes the best form of
confession.



Health is not an absence of illness but an ability to overcome it.



He who condemns is condemned.



Find your key to your God.



In the Temple, serve the Lord, not yourself.



In the Temple, pray to the Lord, not to yourself.



Basically, the present is the only Teacher.



Adaptation is inevitable.



The most important thing is happening right now.



Love reflects, not develops.



Sooner or later energy will discover knowledge, and
the knowledge will detect the energy.



Only miracles happen.



Today's love is just the light of former stars of hatred.



Yoga is an evolution, not a revolution.



God always is what actually happening.



Everything is you.



Take your own hand.



For him, who discovered God, the best way to describe
Him is the silence.



Live sound - living word - living experience.



Give different things to the same time.



At times, the degree of enlightenment
determines the degree of liberation.



The day stands, and you get up, the evening sits, and
you sit down, the night lies, and you lie down.



Commit the same time to different things.



It is possible to realize God only in the God Himself.



Only your own path leads to liberation



Absolute compassion is harmony in a certain way.



Hygiene is often the basis of morality.



You will be only when you remember that you are.



And one person deserves all the love that exists.



Explosion of consciousness often creates liberation.



When you find yourself, you find God.



Only the unknown is inevitable.



The cross is always of the right heaviness.



Any element is salvation, any element is perishment.



Sadhaka! Always reflect on why you are in the body.



Whom you accept you become (at the ego level, of course).



He who deals with the speed, better
feels the speed of his own destiny.



Everything that is beautiful is already ethic in its own way.



Find your own word.



Your presence is compulsory.



One state necessarily opens the door for the other.



To remember is to live, to forget means to exist.



The magic of nature is the strongest one.



There are states above all happiness and worse than all misfortunes.



You were born to contemplate your nature, to accept and
understand it (on the background of his karma, of course).



Everything is an essence.



Your body is also your cross.



Reveal yourself again and again.



The more I'd remembered, the less I've learned.



Communication with nature is already a sadhana.



Merging with nature is already a sadhana.



Finding your talent is sometimes like finding God.



Enlightenment is only awareness,
not knowledge or ignorance of it.



Find and revitalize your Deity.



If you do exist, then you are here.



If there is no law inside, there is no law outside.



Truly enlightened is the one, who experienced all the states of all lives.



Finding yourself does not mean leaving everyone.



In sadhana try not to divide life on before and after.



Not the depth of suffering, but the depth of its awareness, is important.



While hugging a tree - confess.



When the breath calls you, do not resist.



Apparently, he who loves children loves God.



Nothing fills time like mantra does.



Orgasm is perceived and used only as a medicine, not as a drug.



To be in God does not mean to be with God.



Serenity eluminates in many colors.



The inner search of yourself is like a mole, who is digging his course in search of refuge.



There are no greedy animals.



Identify your association.



Find the opportunity to pray for you, and you will inevitably learn to pray by yourself.



When you learn to pray yourself, others will pray with you.



Communication with God is possible only in the present.



God is increasingly recognized either by desperate or fearless ones.



Do everything strictly according to your needs.



In fact, happiness and unhappiness are one and the same (in a certain way).



Its only you who has been born and it's only you who dies.



If it is outside, then it is inside.



Look for the way out in the opposite.



Always give the chakra what it is asking for.



All that is required of you is just your existence.



To understand God, you need to understand your true nature.



If a person gives advises easily, then he hasn't experienced the real grief yet.



God and Devil are the children of Love.



Indeed the one is born who is born on time.



Discover and revitalize your Deity.



Torn root is unlikely to become a slave ever again.



When you feel miserable, just look into the eyes of the strong one.



To acknowledge the meaning of life is like losing your innocence.



The price of life is death, the price of death is life.



The substance is capable of much, but not everything.



When you leave, you will understand how simple it is.



Ability to stay is the main skill.



Necessity, the need for the Lord only emphasizes His existence.



Only a truly peaceful mind allows for a truly deep feeling.



True knowledge is an object, considered from all points of view.



True happiness does not depend on the mood.



There is nothing more adamant and beautiful than the essence.



It is necessary to clearly distinguish verity, truth and essence to yourself.



Time is the highest form of justice in its own way.



Even conscious dreaming is evidence of affection and an obstacle to spiritual development.



Any knowledge is priceless in its own way.



The strength of the spirit is the accumulated experience.



Your conscience should become your home.



He who is capable of a step is capable of a life.



Confrontation of conscious to unconscious is due to our distraction from reality.



Someone needs to see the light to fall asleep;
someone needs to see himself to wake up.



As the body dissolves, the spirit formes.



You can die long before your death.



Everyone is given a chance to understand his God in his own way.



Words often cost less than the paper on which they are written.



The Lord is uncompromising.



The end of life for an aware is the direct path to liberation,
when for an ignorant it is simply a death.



Turn to God in the name of God.



It's time to please everyone.



The happiness of the enlightened includes absolutely everything.



There is only one who does not know about his existence,
but realizes himself with his whole being.



The sadhana of drawing vivid eyes is flawless in its own way.



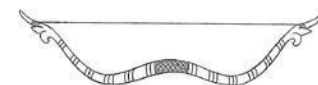
Empathy goes away as compassion grows.



Do not leave people until you find yourself.



Find yourself in your imagination.



In love, look not at what the sacrifice means for your ego,
but for what it means for you as a loving one.



True friendship is the highest form of love.



The further from yourself, the deeper the loneliness.



The closer to yourself, the closer to everything.



To be or not to be, God decides for Himself.



Do not do today what needs to be done tomorrow.



When you will wipe dust on an altar - do
not forget to remember the main thing.



Genuine regeneration is an absolute reunion.



Look into the mirror of budhi, and manas will
certainly represent itself.



Trust is a necessary spiritual practice, not
a blind belief in infallibility to the trustee.



Love begins with love, faith begins with faith,
God begins with compassion.



In Kali Yuga, even good sometimes serves evil.



You can not buy only what you can just take.



Try to interfere into the silence of the elements.



True happiness is the one for which there is no obvious reasons.



Do not allow the mind to seize power over your heart.



There is a huge difference between thinking and knowing.



Happiness is an absolute sense of safety.



If you feel the light, do not cling to the life.



If you know that everything is over, drop your knowledge.



There is only one difference between life
and death: life is life, and death is death.



Being able to change in a timely manner is the essence of awareness.



The wise is already the one who has time to think. A
time-dispersed space where time simply ceases to
be, and there is enlightenment.



Even death does not absolve from responsibility.



Sometimes only the person who has asked the question can answer it.



It is not the search for balance that is important, but rather the recognition of it



Sadhana is basically a harmony of action and inaction.



Do not be afraid to love God. Do not be afraid to hate.



Nirvana is the perfect trap for a soul.



Almost every path is a way of a coward. And a way of a coward is also the way.



Only balance at all levels gives the opportunity for complete liberation.



A chain reaction of enlightenment is possible.



A stream of thoughts often just blocks the flow of consciousness



God is there where your attention is.



Give your mind a philosophy and let it go.



Often, to believe in Lord, one must fall in love.



The degree of the victim is usually determined by the degree of love.



Fear generates karma, love accompanies it.



Degree of sincerity is equal to the degree of detachment.



Everything that happens in its dimension is right in its own way.



Everything happens when death is born.



The one who lives in you, and the one in whom you live, are one and the same.



Soul loves, seeks and must seek for peace; body shall look for the movement.



Absolute mood is enlightenment.



Liberation can not be achieved, but comprehended.



Nothing can and should become an excuse.



Having reached enlightenment,
liberate yourself from it as well.



Find the harmony of remembering and thinking.



Every ejaculation is a new reincarnation (in a certain way).



Any state has its own purpose.



Remember that there are no stops on the way to God.



Logic is in its sense a trap for a mind,
and love is a trap for a heart.



Even pain is one of the forms of Divine love.



Illusion of perfection is perfect, illusion of the absolute is absolute.



Surround yourself with sattva, and God will
surround you with sattva.



The best way to steal from God is the progress.



Devote, but do not use; appreciate, but do not evaluate.



There is nothing more stupid and meaningless than condemnation.



There is only one way for liberation to a man – a way of a man.



A calm person has already stepped into
the abyss of enlightenment.



Liberation is sometimes possible only when you pass
through all the circles of hell and paradise.



Everything that has to happen is already happening.



All paths lead to God, but not all of them lead to
enlightenment.



Only timely samadhi gives liberation.



Cultivate the power of spirit by the continuity of meditation.



The soul in the body dreams to be free, the free
soul dreams the body to find.



The authenticity and degree of your happiness is largely
determined by the happiness of your loved ones.



The main thing, as a rule, takes place outside of the field of attention.



There is only past in the past, and there is only future in the future.



There is not even present in the present.



Absolute happiness is an absolute peace.



If you are not dead then you are just fast asleep.



Whatever you are doing others are doing to you.



If you will not kill the time the time will kill you.



Longing for freedom makes a person to do absolutely anything.



Enlightenment is a birth of a new star with light will never die.



On the path to liberation there are only three obstacles -
the past, the present and the future.



Unity is salvation. Unity is death.



The crossing of eyes is a crossing of karma.



Remember yourself, and God will recognize you.



God gave you the life so you show it to Him.



True knowledge is not conditional.



Blind love is as dangerous as blind faith.



Kindness is not a merit, but an absolute norm of life.



Accept a man-god, not the God-man.



Get a thought. Accept and recognize not words, but a word.



Conviction, as a rule, is the main obstacle to freedom.



Realizing means losing the past and the future.



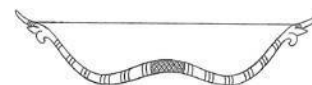
Even Enlightenment is an intermediate state.



Inaction in action is the basis of the Divine manifestation.



Sometimes, slipping into the essence of language, you enter the
essence of God.



If you reveal the essence of the state of
consciousness you will comprehend the purpose.



Your teacher, your sadhana, your karma, your destiny.



Getting engaged with prana soak it with a sense of a woman.



Even love is not an excuse.



The principle of a rite is a base of a spiritual life.



Try to find yourself in every aspect of being.



Existence of the law of any kind must fill a conscious
person with spiritual awe.



There is no past for the past; there is no present
for the present; there is no future for the future.



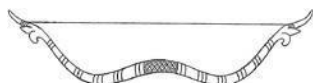
Unconscious faith, as a rule, only strengthens the power of maya.



Enlightenment does not harm or benefit; it carries only the truth.



The ability to stop a thought is just as important as the ability to think.



Make an appointment with God and wait for your turn.



If people around you are happy then everything is all right.



As soon as the love sets up the plans its going to die soon.



There is practically no innocence in a human body.



Enlightenment is an instant revealing of the essence.



Spiritual condition is just a soil for the seed of a consciences.



Knowledge is not limited; only consciences can be restricted.



Your attitude towards yourself mirrors your
attitude towards God.



Being convicted in your ignorance is as sinful as self-righteousness.



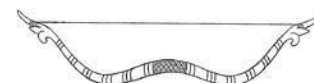
Only the question of the one who knows makes sence.



Happiness is when you realize that everyone is happy.



A man is driving through his life on the square weels, and a woman is
using the round ones.



Let detachment not become indifference,
and sattva not become weakness.



Ability to believe in non-existing is the real gift from God.



Watching manas, worry but not empathize.



While you are on the hunt, there is no question of sadhana.



Having truly realized the transition,
you will never lose consciousness.



When you aware that you exist, you know that you will.



When you know that you will be, you know that you are.



Samadhi is defined as a state directly opposite to shock.



Genius is the one who realizes the essence of things,
the enlightened is the one who becomes the essence.



When you find out the reason why you are breathing,
you will know the purpose of why you are living.



Give Love to knowledge, dedicate knowledge to love.



Decency, wisdom, courage and peace are bridges to liberation.



Victory over the perception of time is a major victory.



A man loses his karma when there is nothing else to lose.



In fact, happiness cannot be obtained, it can only be realized.



Give a moment with awareness, and it will give you eternity.



Enlightenment is the degree of compassion brought to the absolute.



The absolute degree of perception is enlightenment itself.



Sometimes a sign of awareness of obstacles is the
realization that they simply do not exist.



The ability to survive any state is a sign of imminent liberation.



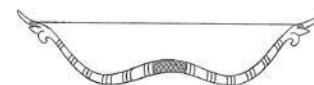
Enlightenment is the absolute realization that you are.



For liberation only one mantra is enough to be comprehended.



Until reaching complete liberation, human's mind
can doom a person to absolutely anything.



Sometimes it is enough to understand why you've lived the day
to understand why you've lived your life.



Absolute inner peace is not the inaction of the mind,
it is the complete absence of one.



First in the stream, then next to the life, then externally.



Vivid imagination too, should be properly disposed.



Really good sleep, as a rule, have either scoundrels or saints.



If you are still here, then the true desire has not come for you yet.



Remember that to gain strength you need to find balance first.



Disease is not a weakness, weakness is a disease.



Knowledge basically is energy, and energy basically is knowledge.



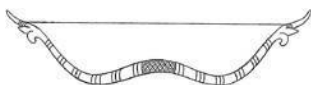
Death is only part of life, as life, in turn, is part of death.



Prejudice is the main reason for limited consciousness.



A woman loves the future in a man,
a man loves the present in a woman



Losing a sense of past and future does not mean being in the present.



There is a huge distance between enlightenment
and complete liberation.



To preserve the illusion of time, someone has to remain still.



Discover the only outer image reflecting the inner one.



Empower the love, and give will to the knowledge.



Like eyes can be seen in a mirror reflection,
so Lord can be seen in your own.



Love is not the strongest, but the best medicine.



You can let go of the situation only after the Lord has let you go.



While praying, listen to God, not to yourself.



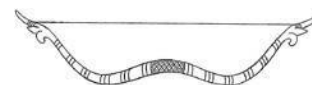
Sometimes, to hear God, you need to be quiet.



To understand at least anything, you need absolute peace of mind.



When you find out who you are,
there will be no need to know why you are.



Draw the eyes of your loved one until you recognize your god.



He, who knows the truth can only be truly happy with the truth.



A change of faith and doubt for a person is as natural as a change of day and night.



The suffering of an enlightened one only enhances his compassion.



Tincture of impeccability creates a taste of enlightenment.



When pain is unbearable, become its source and eliminate it.



Outside of the meaning, there is only meaning;
outside of God there is only God.



By all means create conditions, or circumstances for the inevitable influence of sattva.



Remember that faith in God is not only faith in justice.



Any significant transition is practically instantaneous,
but preparing for it can last forever.



You will have to make the same path to
the God as the God took towards you.



Occasionally the lost of any hope gives you the chance of liberation.



There is no better gift than being able
to enjoy what you already have.



To bring yourself to God first you need to come back to yourself.



Life must become sadhana as sadhana should become life.



Everything always begins where you
started and ends where you stopped.



A man had lost the major thing at the moment he looked at his watch.



It is not possible to fully understand the other, it is possible to love.



Remember, that any experience is just a piece of memory.



While there are still questions left, nothing has
been lost, but you have to loose everything.



While discarding everything, discard nothing,
then discard the throwing of the thrower himself.



Just only one subject of meditation can reviel all aspects of God.



Let the knowledge fill in an empty mind.



The flood of thoughts has nothing in common with the stream of consciousness.



Drive in a wedge of consciousness into emptiness, into silence;
drive in the wedge of consciousness into subconscious.



Sometimes the duration and depth of a different state gives rise to spiritual experience.



Sometimes even the slightest sense of ownership nullifies the whole sadhana.



Release, concentrate, forget, be aware,
become established, accept and stay.



A certain correspondence of all aspects of being determines the essence of liberation.



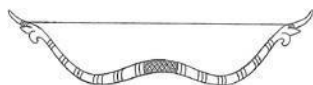
There is a huge difference between the need for love and love itself.



It is impossible to evaluate your enlightenment,
because when it is, you simply do not exist.



When the illusion of "I" goes away,
the illusion of liberation will be relieved as well.



Let the love fill in a free heart.



The live experience of meditation will let you pass through the tunnel of your ego.



The live experience of awareness will wipe off the loneliness of any states.



Retrieving me you commemorate yourself.



Total experience sometimes causes the merging of all states.



The tuned mind, playing the melody of sattva, dissolves into the music of the spheres.



The realization of freedom is not liberation yet,
for the realized is freedom itself.



Learn how to experience one thing to a great extent and you will learn how to experience a lot.



Even the most negative forecasts draw from the most positive side.



True faith does not exclude knowledge, but only complements it.



When nothing reaches its limit, it becomes everything.



Happiness is your presence, not just the absence of suffering.



The correctness of thought largely depends on its strength.



Addressing to the night and the day as if you are
addressing people, ask them to accept you.



Find the God in your closest ones and share with them
everything that you have.



When the brave one is scared, sometimes he becomes even stronger.



If you find yourself to be the God, you cannot stop sharing yourself.



Every flower is the memory and the continuation of
the creation of another love.



Start with deliberate switching of attention, then move
on to stop your consciousness.



From external dialogue to internal, from internal dialogue to the unity.



God is open to everyone, but not everyone is open to God.



Anyone who has lost the closest person can understand
what God has sacrificed by losing you.



As the light of the stars is visible under the cover of night,
the soul is sometimes visible under the cover of eyelids.



The absolute harmony of the moment is enlightenment itself.



If you look at an item long enough, it will speak to you and reveal its secrets.



Kundalini will wake up when you look up in the mirror and see yourself.



When you understand why there is suffering,
you will understand everything.



Sometimes, when the love of your whole life dies
together with you, the world is born.



Hope for the future can be lost only by the past.



If you can still kneel down, you can still achieve a lot.



Remember, no matter what happens, I'm always here.



If there is still strength at least for one breath,
everything is still possible.



Philosophy often ends when the pain begins.



If you will seek for God - you will find a man, and if you will search for a man - you will find God.



Often, one-moment of absolute awareness and impeccable action can save you from maya forever.



As soon as you entrust your fate to the Lord, you bear even more responsibility for it in a certain way.



Happiness is the ability to recognize everything God has been giving you.



Remember that all aspects of being are basically all aspects of sadhana.



Love is the perfect form of peace.



Absolute awareness is the perfect form of love.



To be mastered to live at your age is a special sadhana.



What is the use of a prayer, if there is the sun instead of the mind, and there is the moon instead of the heart.



Only the awakened one should know the date of his own death.



It is very important to spend the time correctly, but it is just as important to waste it correctly too.



Perhaps the best way to exhaust karma is to live every moment as the last one.



The degree of genius is essentially determined by the degree of inner freedom.



Only those who are constantly confronting death can truly be in love with life.



Remember that as soon as you became someone, you became nobody.



Choose the result or process of yoga according to the constitution of your essence.



Sometimes, if you remember the moment of your birth, you have a chance of a new birth in this life.



Sometimes, when the last hope is already lost, the Lord begins to manifest Himself.



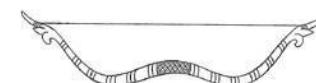
To calm down, concentrate by all means, merge, release, realize.



If you only knew how God punishes, you would immediately understand and forgive everyone.



If God has taken everything away from you, then he wants to meet you.



True happiness is not determined only by the state of hormonal balance.



Sometimes it is enough to get into the essence of one thing
in order to know the essence of everything.



Sometimes you can find the remnants of truth
only in an intermediate state.



Sometimes, in order to deserve happiness,
you must first deserve suffering.



Knowledge breeds knowledge, love breeds love,
experience generates experience.



When you feel that you can do anything, turn into the sun and leave.



In most cases, impressions are perhaps
the greatest obstacle towards God.



As a rule the one loves who wants to love.



Meet tonight with your night, fight with your
tomorrow tomorrow.



The level of fear is also determined by the degree of possible loss.



Sometimes even one tear is enough to shed rivers of blood.



The one knows who wants to know;
believes the one who wants to believe.



Your Teacher is always here and now; the most
important thing is to recognize him.



Sometimes timely disappointment in the Teacher, the Doctrine,
and the Lord is an integral part of sadhana.



You can help yourself only to the extent that you are yourself.



Love and wisdom are perhaps the only eyes that
can see the God.



Commensurability in applying will and knowledge
is the decisive factor.



The degree of knowledge is determined by the degree of unity.



Never expect anything in return,
especially from love.



Stop, concentrate, realize, release,
transform, establish, remain.



The love that can pull a person out of clinical depression is the true love.



When the light comes on, you'll be the happiest one.



The Lord in his own way knows the one who has not yet experienced a single drop of suffering, or the one who drank this cup to the bottom.



Enlightenment is when the power of detachment is equal to the power of awareness.



Deliberate death is usually a mixture of absolute grief and absolute happiness.



The higher the repentance, the stronger the unity of sorrow and happiness.



Enlightenment is basically the absolute unity of the opposite.



An absolutely complete true repentance, as a matter of fact, can be only upon transition to another world.



Your first kiss is the first kiss of your parents.



You are able only of what you are able to;
you only know what you know.



A true sage is not the one who knows the life, but one who knows himself.



All that is happening to you is that the Lord protects himself in you from you.



To find out why a person lives, ask a loving mother, why her son lives.



Full implementation means full integration.



You can turn off the light, but you cannot turn off the sun.



Basically overcoming fear can be essentially only when it needs to be overcome.



You will gain the Lord to the extent that you get rid of your ego.



If there has not been an absolute, true repentance means that there was probably no death around yet.



There is a certain condition to each sadhana and each sadhana has its own rhythm.



Sadhak! Never identify yourself with an advanced mind, never.



Spiritual food must be digested first.



True awareness is an absolute generosity.



When everything stops inside of you - you can truly see how everything moves and changes around you.



Anyone who willingly has locked himself in his own clynic will unlikely ever leave it.



For true sadhana, even drinking plain water should become a sacred ritual.



It will take time, and you will realize that you have always been happy.



On the way to the Spirit, dissolve in each of the elements in due course in the right order. OM



True sadhana is basically a total concentration without giving this process any meaning.



Absolute happiness is when nothing ever needs to be changed.



Often, good health is necessary to overcome severe illness.



Often what sound you are soaked in, and what kind of sound you carry in yourself – that is what you mainly are.



To understand beauty trully means learning to understand God.



Love the lover, love everyone, love your neighbor.



Duel external internal stops, internal stops external.



Agony is sometimes the only witness of transformation.



As you can see everything in the flame of a candle, you can recognize everything in a single drop of water.



Each time has its own way of comprehending God.



The creation of the world is one of the forms of divine love.



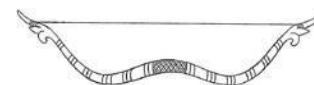
The illusion of life is perhaps the strongest of all.



Do not hide behind the screen of imaginary responsibilities.



Learn to conduct yourself mentally through everything sufficient number of times and you unlikely have to be afraid of anything (practice is not for everyone).



If you want to forget the past and not worry about the future - forget the present.



Everywhere try to be, everywhere try to become yourself.



Nothing separates from the truth as much as a question does, but a man cannot help but asking.



Being of your own self even in a dream is happiness.



Being the master of your thoughts and feelings in any situation is happiness.



Your teacher is including the one who provides balance between waiting and action.



If you found your home in the heart of a loved one, consider that you have already taken another step.



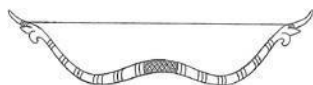
It's better not to have a habit of interfering with someone else's grief or happiness.



The erased memory of the past is in fact the best gift from God.



Happiness is also when someone wishes you good morning, bon appetite and good night.



When the soul is iridescent, try just to watch.



Move, as the Earth does around its axis, every time offering to the destiny other side of its essence.



The Lord certainly takes those who desecrates life.



Being a man is a compensation for being in a man.



A person usually believes as much as he needs to.



The wisest, as a rule, are those who know nothing about this life.



Continuous awareness is needed only to be conscious at the right moment.



A special prayer and care is needed for the lost souls in life.



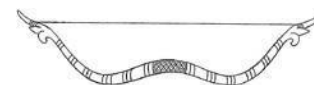
Order is also love.



By even dying one can be full of life, when someone still living could be full of death.



The main thing is to find your way out today, tomorrow will have its own.



Before leading a sadhana, find out how much it makes sense for you to interfere in yourself.



Sometimes even a simple handshake can work wonders.



The first breath is the last breath, the first thought is the last thought, the first movement is the last movement.



Full liberation is possible only with the absolute elimination of any confrontation and contradiction in principle. OM



To stay alive for people sometimes is enough to die. To stay alive for yourself it is necessary to rise above life and death.



In search of power, never forget about conscience, never.



If you divine the plan of God, even in relation to a single living being - you will know everything.



Whenever you talk to a person, remember that you talk to God and you will be fine.



Look at the one who sees; listen to the one who hears; trust the one who believes; love everyone.



Do not be ashamed to be frightened, afraid to be ashamed. Do not be ashamed not to know, be ashamed not to be aware of. It's not a shame to commit a sin, be ashamed to sin.



Take a good care of your mantra - it may happen that apart from it you will have nothing left.



Find refuge in compassion is also happiness.



Sadhak! Do not forget that the ability to relax is also your duty.



As soon as the moon calls the mind into its kingdom, then by all means the sun will shine in your heart.



Tears of emotion and happiness do not cease to flow for those for whom everything is already over.



Sometimes a kiss could be that deep that even stones wake up asleep millions of years ago.



Glory to everyone overcoming pain and fear, anger, lust, greed, envy, passion and addictions!



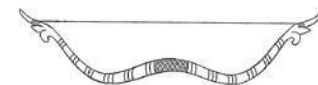
Ability to bless with the sin is also a gift.



The true hard work is work on the self; and labor used to escape from the self, is basically the true laziness.



There is no path to enlightenment, there is only the path of enlightenment. There is no path to liberation, there is only the path of liberation. OM



In truth, glory to those who are able to give people a sense of justice on the scale of the Lord, which unfortunately we meet less and less in Kali Yuga.



Glory to the one who knows how to kindle hearts by the name of love and compassion for the benefit of all sentient beings.



Only timely new impressions provide an opportunity for spiritual growth in case of simple curiosity, they are extremely rarely useful.



You can forget only what should be forgotten. You can learn only what you need to know. You can only do what needs to be done.



Seek for a shelter not a refuge.



Determine which side of the Lord you want to know and it will be easier for you to recognize Him.



When everything around is flooded with a smile of a loved one, - you know that God is somewhere around.



There is only Spirit behind the Spirit;
there is only sound beyond the sound.



Enlightenment is when you can kiss all faces of divine love without exception.



Only a philosophy that reduces suffering is the only true one;
only suffering that generates a teaching basically has the meaning
and the purpose.



Any planet is multidimensional, like everything else.



When blood flows inside, the whole world flows. When blood is shed outside, the whole world stops.



Act of bravery and love are the best teachers;
conscience and peace are the best friends.



Even if you've saved the whole world -
be joyful and nothing more than that.



When you lose your ego you find yourself,
when you find yourself you lose your ego.



The deeper the sleep, the deeper the reality.



True inspiration is a rush of the most intense peace,
and not an empty burst of emotions.



In order to gain liberation, enlightenment is necessary;
in order to gain enlightenment, revival is necessary.



Only the power that was found not at the expense of someone,
but in the name, for the sake of someone, can be called the one.



If you would only remember how good it was for you, if you
would only remember how it was bad, then maybe
everything would be completely different.



When the conscience meets the sun, sometimes the present becomes eternity.



You can hang anything on the hook of the inflamed mind.



He, who is able to satisfy his every desire is a true master, but he, who is capable to let go of his every desire is truly saint.



Remember, that on the way to God up to complete liberation literally everything is temporary.



In search for God the principle of absolute trust is important, but not looking for shelter, and especially escaping from yourself.



Sometimes even the smallest presence of ego, even by virtue of the best intentions and actions, can nullify the whole sadhana.



Learn to be afraid when it's scary, to not be afraid when it's not, be hurt when it hurts and to not be hurt when it doesn't.



Absolute identity of the internal state with the state of the environment is enlightenment.



Pathological desire to earn, as well as save, is one of the forms of nervous tension, ignorance, fear of the future, spiritual weakness and blindness. OM



The level of consciousness is largely determined by how you feel the outer being inside and the inner being outside.



Sadhak! Remember that you can only destroy what is destroyed, and build what is built. Do not make illusions, obey the heaven, serve the truth. OM



Sometimes, by embracing the truth firmly and absolutely sincerely, one can at least get a little closer to it.



Nothing can be compared with the incessant applause of infinitely grateful, intoxicated with happiness audience experiencing the fire of love the genius had lit.



Sometimes it is enough to be self-sufficient, and sometimes everyone in the world is not enough.



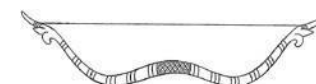
The truth must be realized, not pursued, because at the level of truth, desire is fulfilled instantly, and you have been looking long time for what you have already been.



To go beyond the limit, you need to know the limit of your own capabilities.



The degree of how deep the knowledge is can be determined by the degree of noise left during silence and silence during noise, action during inaction and inaction in action.



When you can no longer distinguish when you are embraced or embrace in this ocean of allconsuming love where nothing is left, then there will be your will to become yourself or everything.



In the house of loving, knowing, enlightened ones the dust must also be cleaned.



And one note, one word, one moment is sometimes enough to know God.



Every instant of your life gives a chance for liberation, and only a sufficient degree of awareness is needed at the moment.



Seeker! Be aware to lose not yourself, but your ego - do not mix them up.



Proper distribution of mental and physical energy according to their interaction in sadhana is of utmost importance.



It is possible to conquer the past only in the past, to realize the present only in the present, to see the future only in the future.



Anyone who has learned about liberation is already free, but to feel it is only a matter of time.



Disciple! Remember that understanding of the illusory nature of body and mind does not mean negligent attitude towards them.



The best proof of existence of a different reality is the existence of this one.



Even if you've touched the very edge of the beyond - your sadhana can be called successful.



Eyes should not be hidden, but guarded, as well as a soul.



If you find something you can look at endlessly, if you find a sound that you never get tired of, then it could become your sadhana.



Virtue is probably the most reliable and faithful companion on the path to freedom.



Sometimes the direction of flow of consciousness depends on the direction of your glance.



In fact, the only real problem is another unconscious moment.



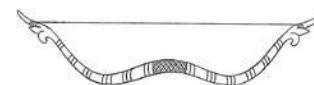
Any position is sacred in its own way. OM



Infinitely draw the picture of your ideal opposite self, and, perhaps with time, you will discover the secret of God, love and knowledge.



Sometimes in order to help another one you have to become one, and sometimes to help another one or oneself you have to become another one or yourself.



The speed of time equals the rate of your speed.



Sutra is leaves, concentration is the trunk, awareness is the root.



If you succeed to make the Master from your main vice, your sadhana can become much more successful.



Sadhak! Be sure to find something that soothes, but does not relax, something that gives energy and strength, but does not excite, or at least, adjust the mechanism that is responsible for this transformation.



As a rule the inevitable error on the way to God is separation of Divine and non-Divine, God from everything else.



Remember that harmony does not mean absolute pleasure, but only absolute satisfaction.



True sadhana includes absolutely all aspects of being.



In sadhana, a decrease in the amount of sleep does not mean an automatic increase in the strength of presence, just as an increase does not always contribute to degradation. Everything is relative and completely individual.



In no case should meditation become a permanent escape from reality, on the contrary, it is necessary to accept your fight for the benefit of all living beings and concentrate and direct all its energy on helping those who suffer. OM



Sincere prayer to the sun in truth is a unique phenomenon capable of performing miracles. Ancestors of all nations paid to the Sun and that is the great wisdom of generations leading to the origins of deep antiquity. After all, the sun recognizes everything, regardless of religion, faith and traditions. The Sun can reconcile everyone and will not be in vain shed blood on this Earth.



Remember: sometimes what seems common to you is in fact immeasurably greater and requires immense gratitude.



If you truly remember at least one happy moment of your life, you have a chance to become happy forever.



When all colors merge into one and space becomes the essence, consciousness becomes everything.



Your very existence is already the knowledge.



I dedicate everything to you.



Even if at least one person pays any attention to at least one sutra, that will be quite enough for me.



Sadhak! Try not to create with such difficulty something that you still have to destroy; don't get used to something that you still have to wean. Don't get attached to what you have to leave anyway. All this will take so much of your prana which is so necessary for spiritual growth.



When the cherry is flooded with light, and the air, space and time are frozen with happiness along with the stillness of mind, the heart embraces the whole world.



If your good intentions or actions do not bring tangible results, or even bring you disappointment and take away your last strength - that can not be a serious reason for stopping them. Just take the necessary pause and keep on going.



Nothing will be more painful than pain, nothing will be more frightful than fear. Having established yourself in this thought you will be able to mitigate their impact in the future.



Remember that a truly calm mind in principle is not a temporary shutdown of senses, but a combination of stored energy and knowledge.



As long as you are not present, you are going from non-being to non-being, because there is presence only when you are present.



For a yogi there is nothing more dangerous than prematurely awakening Kundalini, and nothing is more fascinating than the timely one.



Be natural, just be everything and nothing at the same time, be calm, affirm yourself in non-identification, try to be free from everything as much as possible, do not hurry, learn to accept and let go, love, sympathize, serve, be aware, remain.



Sometimes it is very difficult to hear what God is telling you, because often when you are addressing him He addresses you.



Passing mentally through all possible sufferings available to your imagination thousand times, you certainly will not become more sophisticated, but you will definitely have to part with some of your illusions forever.



Think tirelessly about how to help your neighbor, how to help those whom you can help because of your talent, inclinations, capabilities or opportunities.



If you were not destined to be born in the atmosphere of stable and holistic spiritual tradition - find something in common between all of them accessible to you, realize and become firmly established in them, and you will not be mistaken. Good luck. Om.



There is only one person who can answer the question why there is suffering, and this person is you.



The practice of complete transition into the opposite sex on the path of spiritual development is sometimes extremely harmful, or extremely beneficial in accordance with karma.



Seeker! Remember that any theory is limited in its own way, like any word, any thought or feeling. Absolutely you can rely only on some things that have nothing to do with this world, on something that is impossible to feel, to see, to hear or to understand, without even relying on the tools of perception and omniscience. In order to gain freedom, ultimately, it is necessary to leave absolutely everything, even yourself, despite the fact that on the way absolutely everything can be useful, even you.



Know that unless you learn to be immensely grateful literally for every moment of your life, there can be no questions of liberation.



Ideally, the main purpose of a person is to pierce the space with love of such strength to be able to leave it forever.



Within yourself find your sunset and your dawn, your night and your day, your spring and your summer. Find your loved ones within yourself.



Life and sadhana are basically the same.



The farther from the body, the closer to God.



True love implies absolute and unconditional patience.



Remember that for complete liberation it could be enough for another just to be born, and for another lifetime of hard work, perfect sadhana, experience, immense suffering or experience of absolute happiness is not enough to just take the path of liberation or even learn about it.



When active is passive to the right degree, and passive is quite energetic you find a long-awaited balance.



Sadhak! Try not to create more mental images, feeding them an infinite number already created by others (and sometimes preventing to see the truth as it is), also avoid stable negative emotions that in our age the space is so crowded with.



Look at where you've been between today and yesterday, and you might understand where you will be between today and tomorrow.



All that must pass will pass; all that is to come will come; all that should remain - will remain.



We are so accustomed to the presence of God that we do not even notice His presence, as we sometimes do not notice many things in our own house.



When there is a day - there is nothing better than a day. When there is a night - there is nothing better than a night. When there are you, there is nothing better than you.



As a rule, you do not notice the presence of God only because you are in Him always and everywhere, including the fact that actually you are Him.



Enlightenment is the experience of all thoughts and feelings simultaneously, which, mutually excluding and complementing each other give birth to absolute truth.



To become a witness or an accomplice of someone's liberation is sometimes equivalent to your own, even because you were able to recognize it at all.



Having been born in God and having been born with God you simply do not know the state without Him and only therefore you do not notice His constant presence.



The path to awareness sometimes is a continuous attempt to find out why there is suffering and happiness, and why there is life and death.



If you cannot help by a deed - help with a word; if you cannot help with a word - help with a thought; if you cannot help with a thought - help with your silence.



By discovering your talent - you understand your calling; by understanding your calling - you understand your mission; by understanding your mission - you will establish yourself in God.



Try to discover the most important things in the lives of your loved ones and you will have a chance to find the most important things in yours.



It is not your ego that has endless possibilities, but it is God who has.



The thought should be like Kevala Kumbhaka - to arise from nowhere and go to nowhere.



In the practice of Pranayama, holding the breath will eventually come by itself ... It is more a question of the power of mind, not of the lungs.



If the Lord accepts your gift, it does not mean at all that your karma will certainly become easier.



Remember that not only do we choose sadhana, but sadhana chooses us as well.



True love is when hearts beat in the same key, minds work at the same frequency and when souls form the one. Om.



The relationship of yogi or yogini with prana is exactly the same as the relationship between a man and a woman.



When the fire is burning, the wind is blowing, the moon or the sun are shining, the leaves are trembling or the water is rustling - be sure that is God who's talking to you.



In most cases, a person has already experienced samadhi in early childhood, and in order to reach it again, sometimes it is enough just to remember it.



The path to awareness sometimes is a continuous attempt to find out why there is suffering and happiness, and why there is life and death.



Remember that every unconscious moment of your life throws you back for ages.



Sometimes it happens that practically liberated man falls down like a stone, and another, literally mired in charms, rises rapidly, gaining complete liberation.



If you have said 'thank you' at least once during the day,
that day could be called successful.



Love is awaiting for you always and everywhere,
you just need to understand it.



Mantra that has come from nowhere and has gone to nowhere is
the most powerful one.



If tears of emotions flow down during the jappa, be sure that
sadhana is conducted correctly.



If you have understood at least anything in this life, you would
never get up from your knees.



Practically everyone is able to practice yoga,
however not everyone could be admitted.



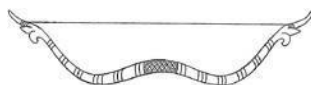
After a certain degree of suffering, there is only
silence remains, and sometimes nothing has left.



If you knew how many things you are doing because of the fear,
both conscious and subconscious, maybe you would behave
completely differently.



If you still have the opportunity to hold your breath for at least a
few seconds, you still have a chance to gain moksha.



Nothing brings people closer and separates them the most
from the Lord as tradition.



Look into the eyes of a true master and you will surely find
your sadhana there.



As a rule, only the words heard directly from
the true master have the full power
(there could be exceptions though).



True sadhana starts at the moment when you can
let any thought you want into your mind at any
time and release it accordingly.



Realize what part of yourself you make up in each of those
you know and which part you take away, and many
questions and problems will be solved by themselves.



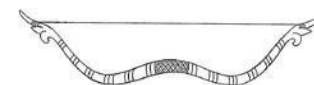
True love is a combination of absolute awareness and
absolute courage.



Perception, sensation and awareness of the Self
without the help of the senses is in fact one of the
signs of enlightenment.



If you managed to recognize, accept, or offer at least one
helping hand - you already have a chance for salvation.



A person who has preserved dignity, willpower, wisdom and courage, being in deep clinical depression for quite a long time, deffently deserves the way covered with flowers.



Anyone who is able to tune a musical instrument is usually able to tune chakras too.



If you are facing serious difficulties, illness, or failure, try to recall the place and the time when you turned away from yourself.



The form of God's justice up to the moment of enlightenment is incomprehensible as incomprehensible is an essence of any of the elements.



As paradox it could be, the one who has passed the torments of hell on Earth, as a rule, becomes an adherent of God even more than before.



If you have a steady feeling that everyone and everything are not around you, but inside of you, you can be sure that you are going in the right direction.



The ability to change the states of consciousness at will is one of the most significant achievements on the way to God.



Soul is immeasurable.



Pratyahara should certainly be natural, conscious and timely, without fail.



Only the timely stage of sadhana is beneficial.



It is very foolish to try to find God for yourself by taking it from others.



First of all, try to understand what is going on in your head, not in your backyard.



Absolutely everything could be justified or defiled.



If you realize that you are dying every day, I assure you that you will no longer be afraid of death.



Absolute love is absolute sacrifice.



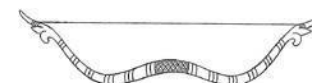
Sometimes it is enough to open quotes and the rest will come by itself.



Resume your communication with the essence.



In fact a truly honest person in a certain way can be already considered as a realized one without even wanting and/or recognizing it.



Sometimes getting rid of a serious disease is possible only by helping others get rid of it.



It is impossible to significantly affect the state of the body and mind without the growth of consciousness.



Spontaneous sadhana is usually the best.



There is only one feeling and only one thought and an infinite number of their interpretations.



As a rule, the combination of wisdom from suffering and happiness gives birth to the truth.



Everything you have seen, heard or realized was on time.



Sometimes returning to sadhana is like returning home.



Iron will - iron share.



Sometimes it is very difficult to come to an agreement with conscience, but sometimes it is almost impossible to come to an agreement with pain.



When you return to the true sadhana you should feel as if you never interrupted it.



If you truly understand the true meaning of the word 'God', your sadhana can be called successful.



Only the one who has overcome the pain has the ability to overcome fear.



Even simple practice of asanas and pranayamas is directed and should be directed towards serving people.



Just the question itself: "What is the need for suffering?" - is already a sadhana.



It does not matter to God whether He is there or not.



If you love someone more than life, it is unlikely that life will love you anymore.



As a rule, people who are indifferent or enlightened do not have confusion.



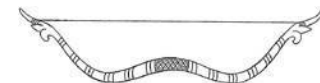
Try to understand what the day has called you for and why the night is calling you.



Everything will be as He wanted, wants or will want.



To solve the riddle of life without solving the riddle of death is almost impossible.



Try to get rid of the disease in time, until you start consciously or subconsciously enjoying it.



From theory to practice, as a rule, there's same distance as from man to God (allegory).



Yoga is birth and death, yoga is love, and knowledge, yoga is the chance, and the risk, yoga is a deep sleep and awakening, suffering and compassion. Yoga is happiness and pain, hard work and the joy of victory, yoga is fall and rise, creativity and discipline, reverence and peace, silence and trance, shock and thought, non-indifference and magic. Yoga is an art and a battle, war and peace, being and non-being, consciousness and awareness. Yoga is the wings of God, yoga is the root, it is inevitable and unconditional, yoga is space and time, wisdom and light, day and night, the moon and the sun, the sky and the earth, a man and the God, a woman and a man. Yoga is the beginning and the end, water and fire, sacrifice and pulse, yoga is immortality and movement, it is color, taste, smell and sound, it is beyond, filling and devastating, sunset and sunrise, prana and blood, oblivion and detachment, inner and outer, it is fate and insight, it is freedom and unity, it is forgiveness and absolution, it is fulfillment and merging. Yoga is enlightenment and clairvoyance, ecstasy and union, harmony and balance, sacred and immeasurable, instantaneous and eternal.



If your higher self or essence from the higher spheres has not interfered even when you begged, then there was no urgent need or reason purely in a karmic way.



Seeing hands spread towards you and being able to take hold of them is the greatest of the blessings.



Sometimes it doesn't matter what to do, the main thing is to switch your mind.



Meditation on a clean, clear, serene sky, on a vast ocean, and on a pure flame of fire can truly work wonders.



Absolutely everything can become the source of energy.



A conscious lighita for an artist is a God's gift.



Do not think that you are smarter than you are.



Patience is sure to be drawn from the present, although sometimes the past and the future can also help.



True wisdom sometimes comes only when a person has spent enough time on his own with himself.



Confession can only be in the present.



OM will not retaliate.



A high state of mind is the basis of human rebirth.



Good luck or bad luck does not exist at all. There are only the inevitable laws of karma.



With proper awareness, any profession can become yoga for you.



Absolute concentration combined with absolute peace based on a solid moral principle creates the truth.



With proper sadhana fear surely transforms into love, without fail.



Absolutely everything can be Yoga.



Find your asana for each body position.



Stop looking for excuses is a great start to any sadhana.



To what extent you have gained or lost yourself, to the same extent you have gained or lost the God.



If there is an opportunity to please the loved ones with your presence, then sadhana is conducted correctly.



While there is still a possibility to give a person an advice it means everything is fine.



At the level of physical body the law of neuromediation is the main law.



Sadhana from indifference or aggression is a flawed sadhana.



Remember: only you can find yourself.



At the speed you burn up the time with the same speed time burns you up.



If a state makes more profit out of its citizens illness than health that means such a state is coming to its close end.



The agony of salvation usually brings only chaos.



Try to determine for yourself: how many days are in you, and how many nights.



If there is no harmonious happiness - look for the real one.



If it happens so that the world collapses for you, the "unshakable" can prove itself in completely unpredictable way.



Just looking after your health is already a sadhana.



Sometimes even a realized master cannot speed up your path for a moment.



Basically, any personal practice of yoga is serving people.



We have the opportunity to live only our own life.



Even if you gave up, your whole being continues to fight for you not stopping even for a moment.



As paradoxically as it can be, sometimes the rays of light, hope and hopelessness shine at the same time.



As life shows, analyzing the happiness of others does not bring more happiness to you.



If you have chosen the Deity, then the Deity as a rule had already chosen you.



Basically the believe that there is always a way out is already a partial way out.



You can be deeply unhappy with your happiness and absolutely happy with your misfortune. OM



Being with youself doesn't mean being yourself.



In search of the meaning of life do not forget about yourself.



Make friends with asana in which the mind moves the least.



The one who knows, as a rule, stops waiting or regretting anything.



Where time is, there is a burden.



Determine where, when, with whom and whom to be in order to become.



When your soul becomes everything - you already know for sure that realization is inevitable.



Going beyond an ego can solve almost any of the problems.



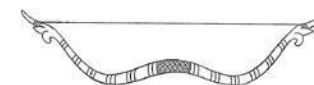
Where friction is, there's an option.



Nothing expands consciousness like love and nothing narrows it like fear.



Learn to look at the sky and take it as it is.



Do not try to overlive yourself.



If you are not able to stop the time, the time will stop you.



Finding comfort in asana is a great success.



True and irreversible peace can only be earned.



Yoga as a habit is already a blessing.



No one and nothing is an exception.



Extra weight - extra imp.



The name code can sometimes play an immense role
in the fate of an individual.



There is nothing in between.



Sometimes a sin committed on time may not
be considered as one. OM



If there is no possibility not to sin, then at least do it on time.



Everything is everything.



Working with nadis, first of all open up the
channels of conscience.



The birth of a sutra is sometimes like the birth of the universe.



The true master is only the one who
overcame death while still being alive.



Only one thing can give the opportunity to exist
to the other one.



When you know it – cut it down.



The one who believes - follows.



BLESSED is the one WHO KNOWS.



As soon as a tiger loosens its grip, fight back and
escape.



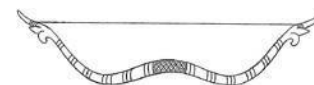
Hair to hair - fate to fate.



When you merge with your breath you merge with God.



Be sure to decide which kind of energy is especially
important to you.



Do not judge,- just be.



The so-called hopelessness sometimes to some extent
can also be the part of the exit.



Absolutely everything can be the source of gain and leakage of prana.



Indeed, you can help only the one who really needs this help.



As prana flows, so does the life.



A step towards God may cost you both health and life,
but if this step is sincere and true you will never regret it.



Any violence in one way or another - is powerless by its nature and essence.



There is nothing in between.



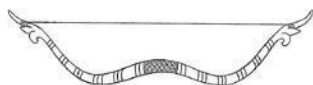
In fact, only the one man and the one woman walk on the earth.



Only the enlightened one can embrace the whole world.



The attachment to life on the spiritual path in most cases
brings practically nothing.



Remember that the concept of commensurability in
sadhana is one of the most important things.



Ultimately, the Lord will certainly manifest
Himself as an experience as well. OM



The first step to God and the last one are very similar.



Try to see and understand in who or in what God appeared to
you today.



As a rule, the one who is able to see the essence, is able to see the
way.



Preoccupy yourself with yourself.



Find yourself inside, find yourself outside.



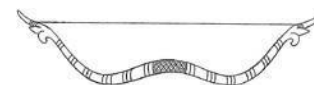
The judgments are the same as motivations.



The ability to preoccupy oneself with satva is a great art.



While gaining an experience try to remain yourself,
because when you are liberated there
will be no need in being or changing.



True yoga is basically just a continuation of your true nature.



Simply moving from one state of being to another usually does not gain much on the spiritual path.



If you look into yourself deep enough, you will discover a big coward whom beyond is the omnipresent serenity.



For many sincere seekers the agony of sadhana is inevitable.



Seeker! You have to understand that there is nothing completely outside and there is nothing which is completely inside.



The dynamics of spiritual growth is absolutely unpredictable.



Disposal of prana is one of the biggest secrets of all.



The mind runs away - prana runs away.



There is only what it is.



If you simply move from one hospital bed to another, it is unlikely that you will feel any better.



Infecting yourself with yourself is not difficult at all.



Whatever you realize always come back to yourself.



He, who neglected himself in a certain way neglected the God.



Plus - it's just two minuses.



Faint-heartedness is basically a betrayal.



The art of living and the art of being are not the same.



To which element you adapt, so you become.



Often where is the stotra, there is a chance.



If you adapted to the opposite, your sadhana can be called successful.



Everything is close to you, everything is in you, everything is everywhere.



It is very difficult to lead a truly successful sadhana without understanding yourself.



The duel with your mind is the most difficult one.



It is not so shamefull to walk in a circle, if only this circle belongs to you.



As a rule, it is not difficult for a person who has found himself inside himself to manifest himself outside.



If you cannot make your own prayer turn to the tradition.

OM



One to another, one to another.



The treasure chest of experience is priceless.



While prana is being formed - sutra is being formed.



Sometimes you have to choose not from two evils,
but from ten.



As a rule, a really tidy person is a
very powerful person.



Do not rush, because when the situation is exhausted, you will
certainly understand it if spiritually you are developed enough.



The one who has realized eternity in himself is
unlikely to be fully attached to anything.



Fish oil undoubtedly is beneficial, however saving the soul only
with its help is unlikely to be a success.



Only the one who's sacrificed his soul for yours can have the
right to take away your soul.



When the mind is stripped – snow boots will hardly help.



Premature liberation does not happen.



The one who's sacrificed his life for you
will live an eternity in you.



There is everything from everything.



Recognize: who is still in you and who is already there.



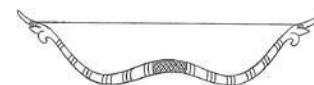
If you're really here, you're everywhere.



To feel the unity is the highest happiness.



When you are here, you are.



Each action has its own state, each state
has its own master.



Sometimes a complete transformation of your inner
"Self" is necessary to get on the warpath.



This is what it is.



All pathways lead to you.



Adaptation is inevitable.



OM penetrates literally everything.



OM is always and everywhere.



If you are lucky enough to feel the energy of a true master you
will understand how tense you are.



Believe me, you should definitely listen to the one
whose consciousness embraces the eternity.



True happiness is with the one who has
discovered who he is.



Only a thought that has passed through all stages
of awareness is capable of its full realization.



Most of the time the spiritual tradition chooses you, not the way around.



Sometimes during the night you need to manage to
complete all the tasks so you will survive during the day.



Only the possible is possible, only the inevitable is inevitable.



Everyone has its time, everyone has its burden.



Knowledge is power, knowledge is pain.



There is no higher happiness than sharing someone's grief.



Sometimes if depression continues it means
you haven't said everything to yourself yet.



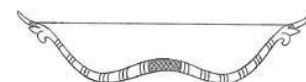
The one who realized, that one became.



Always try to remember that at any time the world can
forever turn around for you.



Far-reaching plans are far-reaching pranas.



Everything is OM.



There was what it is, there was what will be.



Sometimes the extent of our blindness is monstrous.



Sometimes, before you turn on your mind, turn on the mantra especially when you wake up (from your night sleep).



Sometimes it takes more than anything to become a true sannyasi.



It is sometimes very difficult to catch up with your illness.



Yoga is all-embracing.



Look at the energy given to you and it will be much easier for you to understand yourself.



You can only take the solitude with you.



Fear in life is able of almost everything, but in relation to death it is absolutely helpless.



When no more matter has left, the obstacles too will disappear soon.



The ashram of one person may be more powerful than a thousand ashrams with many people.



Difficulties in yoga are sacred in their own way.



Those who are not afraid are either ignorant, fool, or enlightened.



You must be able to be inside, you must be able to be outside.



The cult of food is the cult of misfortune.



Everything that controls you is with you.



Everyone is looking for an adaptation to his poison.



You cannot be defeated on your way to God.



On the spiritual path one should continue one's nature, but not force it.



Anyone can become a hostage of time.



I want to live for people and not to die for myself.



The road to eternity is always open.



Aging can tell you a lot, but not everything.



Behind the wall of illusions you are born.



Even when it was all over, pray to the Lord to give an opportunity to do something else for the people.



In the world of animals there are neither right nor guilty ones.



When you are jumping into the abyss
pranayama is no longer needed.



Sometimes it is just as important to learn how to turn the pages
as learning the material covered.



When any state is perceived and felt like being home it can be
said that everything is over for you.



If you do not fill in time – time will fill in you.



Sometimes, while you take small steps towards your destiny it
strides towards you with a wide step.



Happiness is when there is enough prana to endure any pain.



If you have enough prana for purification -
the prana of creation will reveal itself.



Time disappears when prana reaches its minimum
or its maximum.



To believe in God and believe the God is
not the same.



The less is the prana, the more often you are in the
past or in the future.



At each level of consciousness, justice acquires its shape and its
meaning.



It is better to be a free slave than a slave of the freedom.



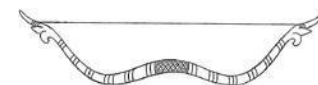
You are in all, all are in you.



“Self” either forms or dissolves.



The journey through chakras can give the most unexpected
result in both positive and negative aspects.



Addiction to life is the most difficult, strong, and stable one.



The absolute present is possible only when all the satvic qualities brought to perfection merge.



Absolute unity is possible only in present.



Disadaptation is also a part of adaptation.



Enlightenment is essentially just returning home forever.



If there is anything has left in you, give it to God. OM



You can get liberated only now.



Sometimes if the disease has become chronic, the sadhana should be completely revised.



Sometimes it takes a lot of blood to understand at least anything.



When you realize that your heart beats in everyone's chest, then everything can really change for you forever.



You can truly take root in the present only at the very beginning or at the very end of the path.



It's happiness when a relative can become a friend.



The more diffused the prana is, the more scattered the present is.



The only way you can walk is the one you are walking.



The less the prana, the fewer the present.



The deeper the roots of the present, the closer the realization. OM



Rooting in the present is possible only with a certain amount of prana. That is the law.



Believe it! Leaking aura is much worse than a leaky cloak.



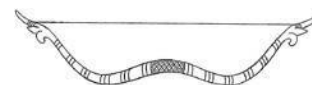
Look for yourself in yourself.



Adaptation is possible even to complete disadaptation.



Adaptation to the new reality is inevitable.



Anyone who has realized the transition can rely on leniency.



The one who is is here.



God is a chance that is given every single moment.



If you want to forget - stay.



Most people hibernate their lives even if they wake up with the dawn.



Endeed, there will be no end nor beginning to the
heaven and hell until you are complete.



Anyone who has understood at least anything in this life will hardly
find it difficult to recognize who is preparing for life and who is
preparing for death due to the fact that many even on their
deathbed are preparing for life, while others are preparing for
death when not even has begun to live.



What the faith is, so is the measure.



A true warrior is not the one who is capable of fighting only,
but the one who is able to love infinitely and absolutely.



Sometimes on the way to God you should not pay any
attention to yourself.



Enlightenment is the full realization of sattva.



The art of adaptation is the most important one.



Not every woman can cope with her beauty.



Beauty is a responsibility.



Raise your thoughts as high as you can.



When you manage to let go of everything - the Lord
will let you go too.



Find a day in yourself, find a night in yourself,
find a son in yourself, find a daughter in yourself.



We are only for each other, we are only for ourselves.



Finding yourself for yourself is the hardest thing to do.



Allow yourself to enter the state you need.



Enter the flow of mantra.



You can ride only the chakra that is ready for that.



Until to the end you can trust only the pure chakra.



Absolute despair, devastation and pain can overtake even the saint.



Only God can teach absolute fearlessness.



Your energy will certainly come back to you, it certainly will.



Under certain conditions each of the elements can do anything.



Anyone who is able to love is capable of anything.



Why do you need something that is not the one?



There are no mistakes on the path to God and there cannot be, if of course, it is a true and sincere path.



Give past to the past, present to the present, future to the future.



Look at the face of the Divine until you see yourself in Him.



Taking yourself into the wrong hands will not work.



If the soul does not settle on any coast, the Lord takes it away.



The degree of enlightenment is determined by the degree of acceptance at all levels.



A coward will always find a reason to fear.



The God can be discovered only here and now.



The best friend is prana, the best friend is a dream.



You will gain liberation by understanding the element.



Journey around chakras is completely unpredictable.



There are no winners in the battle for love.



Love has neither boyfriends nor girlfriends.



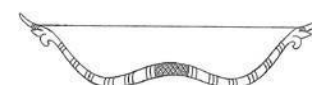
Break the body and mind into sections and put your own manager to each of them.



The search for happiness is happiness already.



If you can't cope with life break it into hours and minutes, literally.



It is pointless to ask an inflamed mind for the road to God.



In fact, any changes are irreversible in their own way.



If you see that there is no way out and there
can be none, - look for the entrance.



When unpleasant fatigue replaces pleasant one,
it's time to draw conclusions.



Perhaps there is nothing worse than feeling of a
completely naked and lonely soul.



There is sometimes nothing else has left but to befriend your illnesses.



If there is still someone who reads the poems - everything
remains.



The one who is capable of being in the present
can see both the past and the future.



The homeless is not the one who lost the house,
but the one who lost the soul.



Anyone who is able to thank the Lord even for monstrous
sufferings, has the right for the hope.



Asana can become a clue practically to everything.



Your soul, as Atman, is a luminous lump consisting of
everything and nothing at the same time.



The right to make a mistake must be earned.



What keeps you in the present is God Himself.



Fill up your time with you.



Any union is salvation in one way or another.



Dissolving in mantra - let go.



Before expanding your consciousness learn to look at the sky.



Sincerity is always the last thing to blame.



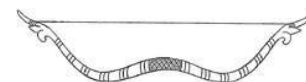
You are becoming the source you are connected to.



Miracles usually happen only to the miraculous ones.



Do not flatter yourself: some of the sins can be in an
undeveloped form, but still you have them all.



No matter how sinfull your mind is, do not let all the dogs on it.



A person at a certain level of consciousness does not see any differences between spiritual traditions.



In the event of crash, try to move your prana from a dead point.



Unfortunately, the phenomenon of samadhi in Kali Yuga is extremely rare.



There is no greater happiness than ability to alleviate somebody's pain.



The phenomenon of samadhi is an absolute. OM



Everything that exists is in here.



You can finally defit a coward in you only when you know for sure that you will never be in pain again.



If you can take a step, you can take two.



You cannot replace your future with someone else's past.



Yoga can give you almost everything, but even just to touch it you need almost everything.



A person at a certain level of consciousness does not



Life through shavasana deserves special attention.



True meditation is deeper than life and death.



Though the order of disciplines and aspects in classical yoga is flawless, it is very conditional.



Remember that karma is affected not so much by yoga as you are.



It is possible for human mind to understand why people are torturing each other, but it is absolutely uncomprehandable why the Lord allows it to happen.



Everything that is not here – is not here.



You better give up the habit of digging your soul, especially with dirty hands.



The one who stays transforms.



When you love you do not judge.



If mental pain does not leave you even during an euphoria, significant changes are necessary.



By saving yourself - you save the whole world, by
destroying yourself - you destroy the whole world.



Love could be such a powerfull force that is able to return
the soul even from the astral world.



Nobody will breathe in and out for you. OM



Dream will always remain a dream, reality will
always be a reality.



When you are called, you cannot fail to understand this.



Until you understood everything, you understood nothing.



Everything has always been, is and will be everything.



Detachment does not need anything.



Time can neither condemn nor forgive. OM



On the spiritual path, do not confuse the holy awe of
your essence with ordinary wild fear.



Hope is, in fact, a form of fear.



The one who's praying to God for His mercy at least
deserves His smile and some indulgence.



Hiding from the Lord and hiding in the Lord is equally meaningless.



It's not necessary to get in line to God, trust it.



You must understand that fear will not explain anything to you.



Even if everyone passes by you, everything remains.



For every moment of immense suffering learn
to be as grateful as possible.



To light up love and hate the same spark is used.



Illness usually begins and ends with changes.



Kundalini will wake up when you wake up.



Yoga mat is the same sacred place as the temple.



The deeper the life, the deeper the grave.



The one who was able to truly discover himself is able to discover you.



Find refuge in the Spirit.



The pursuit of pleasure and the pursuit of happiness are completely two different things.



To be allowed to sadhana, Ashram and yoga is like being admitted to the source of the Divine love.



Sometimes you can get rid of karma only by realizing that karma has no beginning or ending.



Learn to look deep into yourself from the position of each chakra.



We are all strung on one thread, only the beads are all completely different



Revival is possible only under one condition - the constant and absolute detachment generated by love and knowledge.



Sadhak! Make your choice through which organ your body is fed with prana.



You can live your life while the leaf is falling down.



Try to become everyone and you will feel how great Divine love is.



Endeed the power and the fall of the Spirit do not know their limits.



Any conclusion is only the surface of the lake.



The Soul also can be below the line of poverty.



It is impossible to make someone follow the path of liberation.



Each moment teach yourself to leave the eternity behind you.



Switching to the inevitable, letting go of everything is useful as well.



If you have seen the transition - everything will be at a distance now.



Making a rug for a next fall is not such a stupid thing to do.



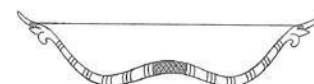
Switching from asana to asana is like a transition from one life to another.



Only God knows the limits.



If the mantra has caught fire in your heart and filled your every cell and your whole being - shut off the mind and try to be yoursels as far as possible.



Your guide to the Spirit is the Spirit itself.



As you say it will be, just not instantly.



Communication with the Lord is possible only through the Lord in you.



Everyone communicates with the Lord on his own level.



Everything that the sound of waves or the rustle of leaves whispers to you - all this is true.



Happiness is not always harmony, but harmony is always happiness.



Remember that to feel happy or unhappy does not yet mean to be so.



There is no other's birth or other's death.



You are the ray, you are the drop, you are who you are.



Only detachment can help you find answers to some questions.



In chronic, especially mental diseases, the classical methods of sadhana must be seriously adjusted - working with the doctor, the master, while simultaneously connecting his own intuition and experience.



Comprehending the relationship between Grace of God and the laws of karma is perhaps one of the most difficult tasks on the way to the Spirit.



Only you can take from the Lord as much as your being can hold.



On the way to the Spirit, the day of memories is usually an empty day.



Sometimes even a single moment can determine all of your subsequent lives.



Sadhak! On the way to God, by all means determine the difference between addiction and affection.



Throw your stone in your own garden.



Seeker! Always remember that sometimes while hunting for yourself you can lose yourself even more.



Let it be this, let it be that.



Remember that the Lord does not have karma and He has no need to help you in order to exhaust your karma and there is no need for Him to harm you in order to create it.



Reality cannot give up the reality, the dream can't do
without dreaming.



It is enough to understand the essence of maya to
understand everything.



If there was no war there, there would be no war here either.



It's kind of a skill not to have any skills.



Sometimes it takes a lifetime to make a move.



Very often in order to find peace you need to obtain faith in peace first.



Often people only play spirituality on the "spiritual path".



If you would know who you are, you wouldn't move from your seat.



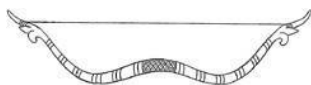
True awareness will definitely lead to the immediate experience of truth.



Don't you even think of escaping from yourself, -
you will come back to yourself anyway.



Very often, searching for yourself doesn't bring closer,
but distances you from yourself.



To make somebody happy is the greatest privilege of all.



Turn into your own color.



If you want to hear the answer - don't look up, look inside.



You are omnipresent.



Soul is all-faced.



Don't think about the present - just be.



The most powerful drugs are body and mind.



When you see a very aged couple walking down the street,
holding each other so as not to fall, it feels like the gods
once danced with us, not allowing us to be unhappy.



God should rather be understood than followed.



Anyone who can point the way out of a serious chronic illness
is a true master.



The best thing you can do for liberation is to live your life.



Dissolving in God is not a privilege, it is inevitable.



Salvation is not possible without light.



Everything may or may not be.



The one who comprehends God will no longer argue
about His existence.



Meeting with yourself is inevitable.



Every step of your essence is immeasurable.



If you want to serve God, serve yogi.



Anyone who understands true meaning of meditation
may rely on the smile of God.



In fact, your source of energy is you.



There is one step from fate to fate.



You can find absolutely everything in yourself.



Enlightenment is liberation from ignorance and fear at all
levels and forever.



Every feeling has its master.



Remember that you can not know anything for sure until
completely liberated.



Do not hide yourself from yourself.



The gates of death and life always open on time.



No one should ever be condemned for any state.



Before asking anything from God, think about what
you have done for Him.



Pray to God to help you turn on the light of your soul
to illuminate the path to the people near and dear to
you and make their lives brighter and better.



When you feel that your heart is beating in the
chest of everyone else, you will hardly need any
dogmas.



When you see, hear, and feel even the smallest particle of
your own self try to “cling” to it with a deadly grip as hard as
possible and never let it go under any circumstances.
Sometimes that’s the only chance for liberation.



Intelligence begets state, state begets intelligence.



Dialogue with prana can only be established through God.



To establish yourself in asana is a huge privilege.



While your ashram is coming to life, you also come to life.



When every thought, every breath and every step is a practically insurmountable obstacle - only detachment in any of the forms can become at least some kind of refuge.



At each level the soul consisting of everything acquires a new quality, until once it reaches the point of no return, it dissolves into itself once and forever.



When it is impossible to be, it is possible to become.



Being in the present can afford only a person who has comprehended the essence of things.



There is no unspiritual path.



The one who is able to absorb all the pain of a single person, is capable of absorbing all the pain of humanity.



Sometimes only the one who has truly returned to life is ready for death.



There is nothing more illusory than the state.



Someone is dying by being born, while someone who is born dies.



Even just to know about the existence of samadhi is a great privilege.



Two beginnings inside of you keeps arguing and reconciling every moment, and so it will always be up to complete liberation.



Once you have determined what God is for you, it will be much easier for you to know Him.



Although the Lord uses every way to distract us from Himself it doesn't mean at all that we should not think about the eternal.



The true sutra is basically the experience of all lives, including the present one.



Sometimes sadhak can spend the whole life to create conditions in which he is able to listen to himself.



Any entry and exit has its plans for the future.



A true coward is not the one who experiences fear,
but the one who does not try to fight it.



Luck and wisdom not always go hand in hand.



Any point on the Earth is the main point on the Earth



The center of the universe is inside of you.



Everything is being born by you,
everything is being absorbed...



Eternity leaves no traces.



Just be.



Do not chase yourself away from yourself.



Only absolute sincerity gives the right to absolute intuition.



If you are unable to move a stone from its
place, embrace and love it.



If you can embrace a person and dissolve in him you possibly can
dissolve in God, that's just the matter of time.



When you realize that everything is a miracle it just can't stop
happening to you.



Create yourself from yourself.



Everything that you know, see, hear, feel, and think
is all happening to you.



Try to discover, understand and fall in love
with what is in you forever.



If you want to give people happiness, know yourself
and give yourself to people.



One should not be afraid of inevitability, but hopelessness.



It must be completely dark around you to see the inner light.



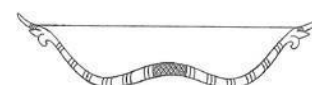
God is where you are.



God is an absolute state.



Knowledge is a state.



Just blend with what is there.



The degree of sanctity largely depends on the sense of time.



The soul is unmeasurable.



God's love is universal.



Sometimes veritable solitude is genuine unity.



Pain and fear can breed betrayal, betrayal can destroy love, lack of love usually breeds emptiness. Emptiness creates chaos, chaos destroys the connection with the soul, lack of connection with the soul creates a gap, the gap creates death, and death in turn sooner or later gives a new birth and a chance.



It is absolutely impossible to get prepared for death or enlightenment.



Knowledge is the feeling of everything and nothing simultaneously.



You can infect and be infected with any faith and any state, but enlightenment can only be achieved by exhausting your karma or by the grace of God.



Faint-heartedness and ignorance are one and the same.



It is equally difficult to prepare for death or immortality.



OM can absorb everything.



To be yourself alone without yourself is an excellent sadhana.



Your sadhana is right if helping people gives you the greatest satisfaction.



When nothing can be changed - take care of your soul.



Yoga is just a presence.



Even courage cannot justify self-love.



Only prayer of the present makes sense.



When realization of truth comes into contact with the direct experience of its emotions, everything is born and dies forever at the same time.



The concept of justice on the scale of man and on the scale of God is completely different.



It is Om that starts spiritual intelligence and stops ego.



Miracle is when it doesn't hurt.



Enlightened as a rule leaves everything as it is.



Sometimes God himself writes out a pass to yoga.



As long as you might walk you will come back to yourself.



There's only one way to God- it's your way.



It could be only the way it could be.



To learn how to interact with Nature is to learn how to interact with God.



If there's a day there should be some minimum of the day; if there's a night there should be some minimum of the night.



Birth is death, and death is the come back.



Everything is you.



Being chained to yourself is the hardest karma ever.



True help comes only when you freed some space for it.



Burn your sins in the fire of love and compassion.



When you go, go; when you sleep, sleep.



Allowing evil to abuse you is evil itself.



The road to God is God.



Sometimes you have to sacrifice yourself for yourself.



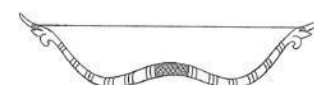
Atheism is not stupidity, atheism is a misfortune.



Expect misfortunes to happen if you let your past or future inside.



Sometimes you can go around the whole world and stay in place, but you can stay in place and go around the whole world.



The one who became aware of himself became aware of
you as well.



Birth, life and death are basically one and the same.



Spiritual life – is your life.



Everything existing is here.



To live the spiritual life means to live your own life.



To learn how to embrace God you have to learn to embrace a man.



Wherever He is - you are.



There is everything everywhere.



The one who believes in the miracle will once wake up.



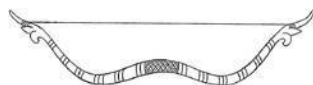
There is everything everywhere.



The one who believes in the miracle will once wake up.



On the spiritual way the mind and the heart should always be
looking for compromises.



Look for yourself in yourself.



It is almost impossible to walk the way without prana,
but someone who did is practically the saint.



The power of presence and the power
of love is basically one and the same.



The song of the enlightened one can be heard
always and everywhere.



Try to merge with yourself.



The power of presence basically sets up everything.



The power of presence is basically the only one.



Sometimes something that doesn't exist could not be found.



Everything is done in you,
everything is destroyed in you.



On the way to God there is no such thing as good luck or bad luck.



A thousand arguments about God are not
worth a single sincere and timely prayer.



Hope has hope, and the abyss has an abyss.



Time doesn't lie.



When you don't know what to do – do nothing.



You are where the love is.



If you really understand the meaning of the word “yoga”, means that you are basically doing it.



When it is impossible to live by yourself or in yourself then live by someone or in someone.



Only you yourself can save your soul.



To find your own word is a great gift.



When you realize that every moment everything is born out of nothing, you will never be the same person you were before.



True detachment and uninvolved are complete overcome of fear and pain on every level amongst selfless and eternal love.



Sometimes it's necessary to make a mistake and even prepare oneself for it.



Every floor of existence has its own law.



There's only That beyond the boundaries of happiness and grief.



A temple is not a place to escape from reality or yourself. A temple is a symbol of unity, wisdom, charity and love.



Just help people instead of endless arguments about God.



The one who was able to solve his own mystery will certainly gain true piece of mind and happiness.



Unlike most spiritual traditions, yoga is an ellipsis rather than a period.



It's very difficult to save a soul when you don't know it even exists.



The hardest thing is to learn to live without yourself.



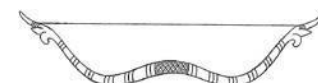
Everything is natural.



The war for existence and the war for life are not the same.



Align everything in movement and learn everything in peace.



Enlightenment is an ego dissolved in the eternal love.



As a rule there's no fear when you are in your place.



Entertain yourself.



When the past and the future merge in harmony
miracles happen in the scientific spiritual field.



When you are truly happy, there is nothing but happiness.
When you are not really happy – there is nothing but misery.



A heroic deed and love are basically the same.



Only you can dissolve in your existence.



Don't try to embrace the whole world; it is enough to
hug a person you love.



It's hard to believe, but before enlightenment
everything that happens to you is you.



By embracing your beloved one you embrace the whole world.



Courage is a seal of energy.



Stand by yourself.



Overstep, oversleep, overcome.



Dissolving in yourself try to embrace the world.



The one who has been already born will lose or win at
the same time.



The one who knows the truth is omnipresent.



The temple and spiritual tradition must become one
with reality, not an escape from it



The inner fire challenge is the most difficult one.



Ability to give happiness is the highest happiness.



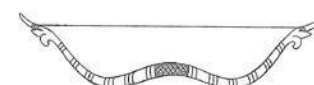
Absolute reincarnation may well contribute to complete rebirth.



You can swim in the ocean of love completely “naked”.



The state of the Samadhi type is not so difficult to achieve, but it is
extremely difficult to maintain it usefully for a long time if the
karma is not yet exhausted.



The depth of the present moment can
determine your whole life.



Escaping from yourself can lead you only to the chaos.



If God hasn't heard your prayers than you hadn't heard
yourself.



Only love can stop the world rushing by you.



Everything comes out of you.



Everything that is said to us is said by us.



If desired, you can learn to drive a nail into your imagination.



The present and the Atman are much the same.



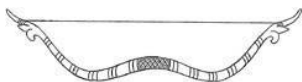
Every state has its own law.



If desired, it is not difficult to distinguish what is made in a
workshop of a man and what is made in the workshop of God.



Temporary comfort could be found outside,
however absolute peace is only inside you.



There's no distance between God and faith.



There are no absolutely right deeds and there are cannot be. Om



The phenomenon of prayer is boundless.



The mind can do anything but conquer itself.



You constantly keep on walking by yourself without even realizing it.



The Truth begins with the necessity to understand it.



It is impossible to express with words the states
that are incompatible with life.



The best tapas is the tapas you need.



The present is basically the highest form of justice.



Faith in God is also a part of God.



The truth is honest with you as much
as you are sincere with yourself.



Very often the true exit is located inside
the absolutely hopeless situation.



Movement is life, movement is death.



Truly wise is the one who dissolved himself in satva.



Birth and death can only be in the past or in the future; and in the present there's only you.



True love is spreading over the ones who are not even born yet and on those who have already passed away.



Untimely Samadhi can be as disastrous as anything that is untimely.



A word is a deed.



God always saves you, even when He destroys you.



Just wake up.



For Him to come, you must be.



Condescend to yourself.



If you will not stop your mind, your mind will stop you.



Find the strength to remain Yourself, even if you have already "lost yourself".



Don't try to comprehend the death,
try to comprehend yourself.



In the end, the ability to listen is also love.



Everyone's heart is beating in your heart.



Unity is a sort of forgiveness.



In the ocean of love you can also drown.



Even the death of an enlightened is full of life.



It doesn't matter what you do, it matters who does.



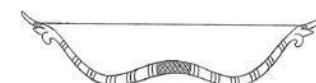
The talent could be cursing, and cursing could be happiness.



When all the plans have collapsed and the last hope is gone
rely on unshakable,
letting go of absolutely everything.



If you have learned that you are not the body, that you are not
the mind, this is no reason to overestimate or underestimate
them, to praise or blaspheme them, and even more so to rely
entirely on them or write off everything on them.



The shadow is not for sale.



Follow folk wisdom, not stupidity.



The feat of Buddha is immeasurable.



Sadhak! Remember that there is a huge difference between an active mind and an inflamed one.



To bring the Divine into matter that is your true purpose.



When you look at the sun - be the sun, when you swim in the river - be the river



It's a blessing that you just exist.



Everything that can relate to life relates.



There's only one step from true, deep, lasting compassion to enlightenment.



Those who have understood at least something, release an endless prayer of gratitude for every moment of life.



Take an example not from someone who succeeded, but from someone who contributes to the success of others.



The Lord reveals himself to the one who reveals himself to the inevitable.



Running away from yourself never ends well.



A thousand lives are worth living for a moment of true love.



Your path to liberation generally begins when you have realized that you are the Atman.



Through the cut of truth, you can find the way to the truth itself.



The Heavenly Father for you is your strongest quality, and your weakest one (in a certain sense) is the evil.



Creating the conditions for Samadhi is much more difficult than entering it.



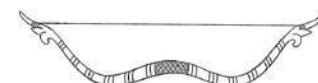
Any harmony of movement is a continuation of the harmony of absolute rest.



It is important to find not only the best way for yourself, but also the best obstacle on the way to liberation.



Don't stop bringing flowers to the courage of those who have survived what cannot be endured.



Love your own essence.



The truth is in the truth.



It's up to you what language to talk to your true self.



The struggle with a serious chronic illness
may become a sadhana as well.



All that is not in time is in vain.



Just as you love to enter a clean room,
so the Lord loves to visit a clean soul.



Sometimes only absolute compassion can lead
to absolute happiness.



Don't confuse self-importance with self-esteem.



The line between madness and sanctity can be extremely thin.



It is very important to understand what fuel you are working on.



If you are lucky enough to step on the yoga mat try
to leave all the past in the past.



All you have is yourself.



When you find God and even become one, you
will understand how happy
it was being on the road.



The degree of presence depends on the level of
consciousness and the amount of prana.



Love your own heart and then your love for your
neighbor will become pure and direct.



It's not enough to open the heart,
you also need to be able to defend it.



Basically, consciousness is the Atman that has not been
distorted by emotions and thoughts.



Try to act as if your child is watching you all the time.



Sometimes it is enough to see a flower of lotus to
understand the nature of bliss and liberation.



Prana is basically a chariot that can be used
to enter the Kingdom of God.



Communication with plants and animals sometimes brings more
benefits than communication with people.



Never sacrifice your present for the favor of your future.



A look at the bottomless sky or the boundless ocean is basically a look at the present.



Take everything in your life as a sadhana and your path will become cleaner and brighter.



You as Atman always remain in the present, no matter where your mind is, in the past or in the future. OM.



Any true teaching basically leads to experiencing the love.



The one who is able to return the soul to the mentally ill people is truly Saint.



When you become yourself, there will be no urgent need for anything else.



Long-term observation, self-study, may well lead to self-experience.



As long as you don't go beyond your ego you can't even dream of divine sadhana.



This, of course, is very difficult to understand for someone who has not experienced such an experience, but sometimes in order to survive you have to rely even on your clothes.



Where the love is, there the truth is.



Basically, only present decides the fate of all of your lives.



Sometimes, in order for a word to gain some power, you have to become one, literally.



The ability to move energy where is needed and how much is needed is a reliable basis for any sadhana.



There is no such a place and there cannot be one where you haven't been.



Sometimes, if you learned to admit to yourself what you've already realized, you might not have to know anything more.



To find true happiness all the pleasures must be literally absorbed.



The soul settles in a human body only in order to leave it one day.



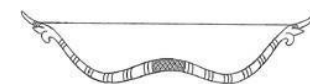
Basically, a man is hiding from himself in his inner self.



Sutra is rather a dance, than a battle.



As a rule, the one who has said everything to himself, after a series of immeasurable suffering and immeasurable happiness, falls silent.



Energy doesn't lie.



Too much happiness can bring too much grief.



Everything brilliant in the world of art is unobtrusive.



Often people ask for the grace of God not realizing that to be able to ask is already a mercy.



All God's lessons are equally important.



Basically Conscious reality is spirituality.



Sometimes it's better to make thousands steps back in order to make one step to eternity.



The true master is the one, who has solved the problems of space and time.



The enlightened person can regulate the degree of involvement in this world at his own discretion.



There is no higher happiness to see someone free from samsara, because this is to a certain extent your liberation, the liberation of your relatives and friends, as well as all those living on Earth.



There's no remedy from yourself.



Glory to the one who is absolutely brave, wise and merciful.



True sadhana has no future, true sadhana has only the present.



To be able to comprehend your higher Self is the highest happiness.



Certainly draw your willpower from the Source, and not from the fevered mind.



The one who has become more than everything for you is you.



Finding your association of liberation is sometimes extremely helpful.



By definition no sacrifice is made in vain, no feat.



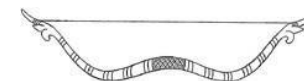
Sometimes you have to sacrifice yourself for yourself.



Real wisdom is always backed up by real power - the power of love and compassion. OM



It is impossible to find harmony with the help of mind, because when there is harmony, there is no brain.



If there's something then there is That.



Love, basically, is the highest form of justice.



Indifferent quietness is perhaps the worst form of existence, while the serene peace of compassion, wisdom and love is the divine spark which our soul sometimes yearns for.



“Step aside ” and watch what goes, what comes, and what remains.



For the life to become a reality you need to fill it with yourself.



The realization that instantly there will be something else, not to mention tomorrow, in relation to the feeling of inviolability indicates a fairly high level of consciousness.



Even bees have the ability to fight and create and be quite organized, but the ability to realize and comprehend God is given only to a man.



The absolute state lies outside the system of excitation and inhibition.



The ability to go beyond one's own opinion will certainly help to go beyond one's own reality, one's own ego.



It's worth living for just to be able to breathe, but not everyone can understand this.



Only God can breach the law of Devine.



In fact, there is no gap between events in both the manifested and unmanifested worlds.



Do not try to understand with your mind something that could be only understood with your heart.



Try to understand the major thing that you can do for God in this life.



Set up with your inner self.



There's no line to meet the God.



Communication with a living master usually brings much more benefits than communication with a deceased master.



During the flow of truth, try to stay in place.



Having perfectly mastered and realized at least a bit of a general knowledge, one can achieve perfection by a chain reaction in a certain sense.



In the morning be in the morning, in the afternoon listen to the day, in the evening consult with the evening, and at night let everything go.



Work in silence.



Never regret the lost pleasures.



Basically presence and absence of God cannot be compared or mixed up with anything.



The one who delivered you from the dungeon of maya could become the Holy one for you.



There are things that are much higher than the laws of justice, however it's almost impossible to a man to fathom it.



It's so easy to become a hostage to any state of mind.



Devotion to the soul has nothing to do with devotion to the body.



Laws of karma include not just the laws of justice. That concept is much wider than can be conceived by humans.



If you lose in a battle with life, don't be sad, it is only one part of the Lord that has defeated the other.



In the end, God will eventually accept any soul, just as any soul will find God in its own time.



Every home should become a temple.



In truth, it is never possible to predict when the hour of God will strike in a person.



Don't invite sitters to look after the sense of self importance.



If you realize the illusion of any state your path will become clear and bright.



Faith is the bridge to the future, and love is the bridge to the present.



Everything goes, everything comes.



Finding your own way to work with prana is a great happiness.



Justice on the scale of God doesn't have that form with limited boundaries that is known to humans.



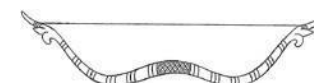
In the world of maya everything always goes to the future and back simultaneously.



There are as many paths to God as there could be.



The body should overcome everything that it should and the Spirit should overcome everything.



True love demands no sacrifice.



The truly ruined life is the one that has ruined the life of another.



It can be so necessary to believe in silence.



If you really love a person, then the feeling of their kiss is perceived as the kiss of God.



A battle and a fight are not the same.



Along the corridor of knowledge you need to go as confidently and calmly as possible.



True peace is not emptiness but a silence, filled with awe and love.



You always had you, always have you, and always will have you.



The fearlessness of sincerity is one of the highest qualities that a person can possess.



To comprehend doesn't mean to achieve.



It doesn't matter if there is a way out of situation or not, it's much more important that there is you.



Remember! Your pain is someone else's pain, your happiness is someone's happiness, but sometimes it doesn't hurt you only because someone has already taken your pain on himself, and you are happy only because someone is happy.



There's nothing between you and me.



If you lose in a battle with life, don't be sad, it is only one part of the Lord that has defeated the other.



On the way to the Spirit, use all the achievements of time as well.



If someone is smiling, you are smiling. If someone is crying, it's you.



Sometimes, if you can't be in the present, the pain puts you in it.



It doesn't make sense to imagine something you're completely unprepared for.



There is no cure for civilization.



Meditation is also a transition from a limited source of information to an unlimited one.



What is beyond your strength is also you.



There is music to which you want to be born, live and die.



Human hope is a kind of secret knowledge of immortality of the human soul in its manifested form.



The phenomenon of memory depends entirely on the purity of Nadia.



The true concentration is not a simple concentration on something. It is a deep aspiration and an unshakably firm faith based on peace, compassion and love.



The ratio of internal and external vision in sadhana should be strictly balanced
(naturally for those who have not yet acquired Moksha).



Often, to discover the truth by the power of intuition is the most reasonable and accurate way.



If you manage to negotiate with your brain, almost all issues will be resolved automatically.



The very concept of reality is interpreted and understood in different ways and it is also very relative. On the spiritual path treat it philosophically relying on the Scriptures, scientific achievements, your own experience and intuition.



Atman uses the body and mind for self-awareness.



No matter how much information you have collected about love and God, it will never become either love or God (at best, just a small part of them).



If you've only realized the grace that God has shown you by giving you a chance of life, you would literally become every moment of it.



Silence is also a thought, only in an unmanifested form.



Blessed is the one who hasn't given up searching for truth even on his deathbed.



If you learn to consume the elements correctly, you will find happiness.



One always serves the other, always. OM



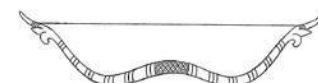
Anything is possible on the tip of intuition.



Acquired prana is like an acquired weapon. It requires care and appropriate permission for its possession and use.



Those who prepare for life and those who prepare for death are unlikely to find a common language.



Feat is love, love is everything.



Anxiety will not go away until the vessels of karma
are absolutely clean.



You are the cause of all causes, you are the beginning
of all beginnings.



An inflamed mind is always in doubt.



If you have no one else to rely on, rely on sleep.



Blessed is he who does not think of himself without
seeking the truth.



The astral plane is essentially the same Maya, only with more
subtle vibrations. It will disappear in due time.



Dedicate your love to everyone living on the Earth.



The true mantra includes almost all possible
experiences of a person.



In fact, the Lord does not punish or praise, you do it yourself.
The Lord just loves us and teaches us.



The hormones lead the disputes.



Believe me, there is nothing unnatural about your fate.



In truth, it is a feat to learn to live when life is basically
no longer inside of you.



Only the beyond can understand the nature of suffering.



Fatigue from selfless help to people is more than the happiness.



Until you learn to cling to the emptiness,
you will not be able to cope with yourself.



Glory to those who did not betray their shrines under torture.
Compassion for those who suffer. Not judgment for those
who just couldn't stand this life. OM



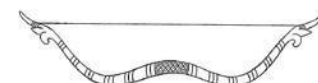
Everything passes by right now.



Steady and deep longing for God will inevitably lead you
to Him, sooner or later.



Mantra that causes tears of sacred awe is capable of anything.



Everything that is related to us has been tied by us.



A certain amount of prana, knowledge,
and love can turn even pain into happiness.



Don't worry, the ambulance in the subtle
world is working quite properly.



On the way to yourself learn to respect any obstacle.



If you want to allocate time correctly, listen to those
who live by the unity of intuition and logic.



It is the same thing to find oneself and to gain knowledge.



Accepting your fate doesn't mean to surrender.



When you belong only to the present, everything
happens by itself.



Don't try to be where you can't be right now.



When you are not there, nothing is there, when you are there,
everything is there.



It happens that only love can fix a mistake.



Happiness is when the endless pain is over.



Poetry is not the skill to rhyme the words,
but the ability to rhyme the hearts.



If you realized that you had wasted your
life, then you hadn't lived it in vain.



If you are able to come to the agreement with the one who controls
the mind, it could be said that you have found happiness.



Finding the culprit of your troubles is quite easy, but in vast
majority of cases finding yourself is much more difficult.



Being open and outspoken is not the same.



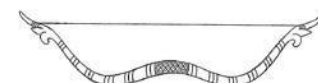
The illusion of well-being and the illusion of
failure are basically the same.



When your pride doesn't allow you to accept
the greatness, simply try to fall asleep.



Enlightenment is the state when you hear,
understand and feel absolutely everything.



Basically, everything is a soul.



Faith cannot be drunk like water from a glass,
it must be cultivated.



The labor that has been done in the
name of the Divine is never done in vain.



Only a truly calm mind is capable of successful sadhana.



Just try to recognize who you really are.



Try to use your mind correctly, otherwise it will use you.



Everything relates to everyone.



The more you know about yourself,
the more you know about others.



Each disease has its own sadhana.



A truly Divine experience is the totality of all
possible experiences.



True peace, if you look at it, is not so much of
strong nerves, but an unshakable faith that gives
fearlessness, integrity and love.



Any true sadhana is in the name of love.



The most important victory is the victory of conscience.



It is very difficult to commit a sin in a dream.



The ways of the mind are inscrutable.



Everything is made of love.



To achieve the Divine, just passive submission
of the mind is not enough.



Not everyone can bear and understand Divine love.



In a dream no one is right or wrong.



Aim to yourself.



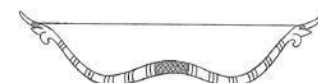
Sometimes a step toward God becomes an eternity.



Crash and bump into yourself until you find yourself.



The sophisticated seeker of truth is not limited to inference,
but also relies on direct experience.



When your mind is absolutely calm,
your path is clear and simple.



Be yourself! There has never been anyone like you, and there will never be.



If you are happy then every sadhana is happiness.



Any trance, any state before final liberation is illusory in its own way.



On the way to God, memory and spiritual knowledge are
absolutely different things.



You should start your meditation as if you have never interrupted it.



Just as a dawn is no worse or better than a sunset, so the rise
and fall of civilization are no worse or better than each other.



Reading mantra without proper concentration, faith and love,
of course can distract from problems to some extent, but it is
unlikely to solve them.



The other world is spiritually a different state of
consciousness rather than a different place of residence.



A spiritually developed calm mind is the fullness of fixed
thoughts rather than the mere absence of them.



It is very easy to enter the Divine theater as an actor,
but it is quite difficult to become a director.



Act as everything has already happened.



Sometimes you have to literally grow into the divine nature,
as a root grows into the earth.



If you haven't found the Lord in the element,
you are not likely to find Him in the books.



The night will draw its own conclusions, the day will draw its own.



If during your lifetime you have ever managed to
overcome your fear, then you have not lived your life
in vain.



Never forget that there is something immeasurably
greater than anything you can even imagine.



It is very easy to enter the Divine theater as an actor,
but it is quite difficult to become a director.



Anyone who really has experienced the immortality of the
soul is unlikely to be convinced in the opposite.



Silence in the spiritual sense is not the absence of sound,
but it is only your conscious presence.



To believe in the present and to believe in God is basically the same.



True compassion is not just empathy, but also the ability to
understand the cause, the nature of suffering and the ability
to deal with it to the best of their abilities.



The mystery of love is immeasurable.



To come to your senses today, you need a deep
awareness of yourself as a whole.



Ask for help from elements only as a last resort.



By getting a slave you are getting a master.



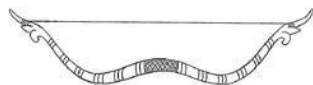
Try to realize the form in which God has
revealed Himself to you today.



Every moment of your existence should be devoted to
serving people, serving them sincerely and selflessly.



The event and the feeling of events are
equally illusionary in some way.



Prana makes possible absolutely everything.



Shock, of course, can give a high state of mind, but usually only
temporarily. Measured and reasonable sadhana brings results
that are much more reliable and stable.



A true sage will reveal the truth of today, but a false one
only repeats the aphorisms of the past.



Shame can also be of different properties.



The past can give you certain knowledge,
but it can't give you the eternity.



If you fully understand at least one aspect of nature,
you can get Moksha.



Getting used to yourself is one of the
main tasks on the path to God.



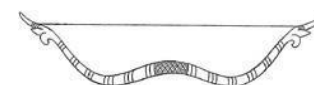
The search for a way out of the situation is not necessarily a
movement, sometimes, it is a complete and unconditional stop.



Don't try to embrace the vast, just embrace your loved one.



You have no idea how much depends on you and how
much doesn't depend on you.



Absolute harmony is an absolute purity.



Fear will not go away until your karma is worked out.



The Gods are where the children are.



If you are not able to save your own life,
at least save the other's.



Everyone can remember everything in their own time.



It is very rare for someone to get to a state
where the answers to all the questions are, but
sometimes it still happens.



When you are not there, nothing is there, when you are there,
everything is there.



Love the beauty.



Your students and Teachers are basically everywhere
and in everything, literally.



You will get a chance by combining your prana with the prana
of your tribe.



When the death feels natural to you,
then everything becomes normal.



As a rule, people keep on asking questions until
they can cope with pain.



You are the teacher, you are the disciple, you are
the knowledge.



Everything has its own time and essence.



A chronic disease with the city is an
almost incurable disease.



Your fear will not leave you for good until your ego is staying.



To have a good rest you need lots of prana.



The closer you are to yourself - the deeper the knowledge.



True sadhana is not the path from simple to complex but
rather the opposite.



If there is no longer a way to fight your weakness, try to turn it into
your strength by meditating and by using the
knowledge of the saints.



Circumstances are the God (in a certain way).



If there is absolutely nothing to cling to –
cling to the inevitable and unshakable.



Time has its own approach to life.



Seek your solace in the infinite wisdom of generations.



The fear will go away when the "pain" goes away.



Sometimes in order to learn something, you must teach it.



True happiness is sometimes as difficult to bear as real grief.



Every teaching is limited while love has no limits.



Desire is already a part of a desired.



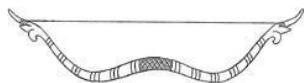
Sometimes it takes more time to find the path than the path itself.



True peace indeed can embrace everything.



Any life is a path to God and only few people manage to
make this path conscious.



Happiness is inside the happiness.



Sometimes you need to hide your body even from yourself.



Learn to listen to the one who's silent.



The feeling of omnipresence is the true sign of liberation.



It's equally useless to hide from death and from life.



The truth found in anguish is especially valuable.



The desire for sleep is already a part of sleep,
the desire to love is already a part of love.



Be careful as a stairway to the skies is very slippery.



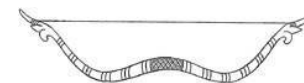
Following your nature is sometimes the best sadhana.



Sometimes, to cure a disease, you need to be as far away
from it as possible, or at least far from your ego.



Do not worry prematurely about the lost colors of life,
because after you leave your physical shell,
you will have plenty of them.



Adaptation at all levels is the basis of Divine manifestation.



It is everyone's responsibility to find compassion within.



When you have a strong desire to help people even when you feel miserable – your path is chosen correctly.



Do not chase the phenomena – just love.



When the conditions for sadhana simply do not exist, try to turn the very absence of conditions into sadhana.



Laziness, fear, and ignorance are true obstacles to God.



The one who can make you laugh sometimes plays more important role in the karmic relationship than it may seem at a first glance.



The thoughts do not so often create the condition, meanwhile the condition almost always produces the thoughts.



Everyone deceives, tricks, and fools themselves in their own way.



The concept of justice on the scale of the Lord is not at all what man puts into this concept. Therefore, do everything that depends on you in this regard and do not repeat the mistakes of those who adopted this law relying on their limited consciousness.



Taking care of man is taking care of God.



You can avoid punishment, not karma.



Everyone will have to get acquainted with the inevitability sooner or later.



If you observe true detachment, everything will happen by itself.



God is also something that always brings you back to balance.



There is nothing, by and large, apart from love.



The magical world of liberated souls is a great incentive for sadhana and a decent life.



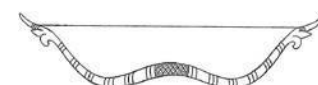
Not inner emptiness, but inner purity is important (in a spiritual way).



Sometimes only a true master can recognize where there is a real transformation and where there is a serious mental illness.



If you have had experienced a state where your fear is watching over hope, especially for a very long time, something appears in you that cannot be described in any words.



Happiness as a rule does not ask questions.



Everything is for you, you are for everything.



Unravel the relationship of day and night and you will unravel almost everything.



By penetrating the essence you are staying here.



Lazy solitude in the comfort zone has nothing to do with the peace of inspiration.



Let dissolve everything that can dissolve,
let all burn that can burn.



To realize your potential is perhaps the highest of happiness.



The Lord always puts in front of you the task that needs to be done.



Condemnation is perhaps one of the most profound forms of ignorance.



An absolute absence of criticism and condemnation of anyone is
one of the most striking indicators of a true master.



A sannyasi is not the one who has renounced the world,
a sannyasi is the one who has abandoned his ego.



Draw conclusions from any state of being.



True love does not punish, it does not forgive...it just absorbs.



On the way to God, you need to take into account
absolutely everything possible.



The happiness of gratitude is the highest of it.



Everything is happening right now.



You are inside of Him, He's inside of you. Om



Learning to be united with everyone is just as important as
learning to be alone with yourself.



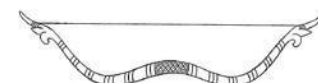
It is absolutely impossible to grasp how insignificant
and at the same time how sublime a human being is.



For someone in karmic line life is a respite, and for someone -
the most responsible and difficult part of the path.



It doesn't matter how many people have passed
through you, how many have stepped over you,
how many are left. You're still who you are.



On the path to God, communication with generous people is especially valuable.



Unravel the secret of mood and you unravel lots of secrets.



True power lies in the power of love and compassion.



The power of compassion has its own laws.



Blessed is the path of those who will never return to this Land.



The Lord's lila is more improvisation than a design.



Anyone who finds time and energy to think high despite the severity of everyday life will never regret it.



You're always where you are.



Don't try to visualize the beyond – it's pointless and useless.



In obsessive-compulsive disorder the recitation of mantras, especially in a fast rhythm should be treated with extreme caution, so as not to overexcite an already extremely inflamed mind.



People, instead of conquering hearts, conquer the cosmos.



Smile while embracing the globe.



Sometimes to go beyond a serious illness you need to go beyond your limits.



When all the “I”s of your ego are erased – rely on yourself.



Desires also have their own laws. They can die both natural and violent deaths.



You can not be happy until you connect to the Source properly.



Having proper deal of awareness you have a chance even if there are no one and nothing waiting for you anywhere else.



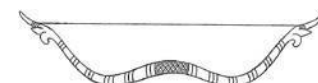
Liberation basically begins when you become aware of its existence.



Every moment has its own way out.



If you want to be beautiful, watch the beauty. If you want to become strong, watch the power. With proper concentration you will definitely gain a certain part of the beauty or power.



The number of locs is uncountable.



On one hand do not be afraid and on the other hand do not delude yourself – this is just a state.



Fear absorbs the wisdom of exactly how love absorb everything.



Accepting a new tradition, do not renounce the roots, and in most cases this is practically impossible.



Declaration of love is sometimes equivalent to a new birth.



By the Grace of God we are born, enjoy, suffer, and die.



True meditation involves absolute trust in the Supreme.



Sometimes when pain of your dearly loved one goes away, your pain also leaves you.



When you feel that your soul is absorbed by the Lotus petals embracing you, a glow with an infinite range of colors shines around you, and you feel the immediate and pure happiness of a child, increased a thousand times just be sure that the Lord has paid attention to you.



Fill the time with yourself.



You have to believe in a person, not a person: you have to believe in yourself, not yourself.



The obstacles to freedom are not desires, but rather the attitude to them, the understanding of their essence, the relationship with them.



As a rule, each truth has seven stages of awareness and each passes them in accordance with his karma.



Death is scary as long as you believe in it.



It is better to climb to the top of the mountain than to the top of passion.



Don't confuse ecstasy with neurosis.



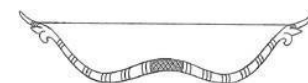
Sometimes a substance is more useful than thousands of words.



The thoughts of God lead to God, the thoughts of yoga lead to yoga.



Sadhana for the very sick and weak people, and for the elderly and children should be especially delicate, strictly individual, gentle and condescending.



True yoga is a complete balance.



The way to God is through the present, the door of which is in your heart, and the key of it hangs on your chest.



Not loosing your hope even if there's none is essential! Fundamental!



You should calm your brain, not put it to sleep, you should activate it, not excite it.



The enlightened individual soul decides to what extent it merges with the omnipresent self.



To get the knowledge means to recollect.



Purifying your body is like cleaning up the Universe.



Add up all the love you have for someone or something and give it to God.



It is very difficult to find God if a practitioner spends all his time satisfying the needs of his body and mind.



The one, who really understands the essence of meditation understands that it has no beginning, no end, no entrance, no exit, no smell, no taste.



When word and silence join hands, then the truth is born.



Of course, heated arguments about God can be very useful, but just a good, condescending attitude towards each other is much more important.



In order to know God, in most cases, a person needs a person.



In many ways, you chose the path before you were born, so just follow yourself.



The reaction of enlightenment today is extremely rare and it is becoming increasingly difficult to achieve it, so everything should become sadhana today.



One moment of God's Mercy can burn all your karma to the ground.



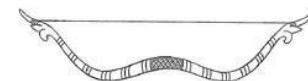
Love to God should be as natural and spontaneous as it is to the person you love.



The mind should be attuned to love and understanding, not to criticism, judgment, and argument.



Only Samadhi, together with the exhausted karma that has been worked out to the end, gives the right to complete and irreversible liberation.



A completely motionless mind is possible only
with a sufficient amount of prana.



If you learn how to love a person – you will learn to love God.



You can still make them suffer, but you can never
make them love.



Each time of a day and time of a year has its own questions and
answers.



For the realized, everything is basically a meditation.



If you do not use rajas and even Tamas on the path to God today,
your sadhana is unlikely to bring positive results.



Sharing the knowledge is like finding it again and on a
different level.



Empathy is only a part of compassion.



Everything that concerns death is in its own way.



In fact, the love for a person is basically the same as for God but it
just has some limitations, barriers and conventions while Union
with God is absolute and unconditional.



Improving by all means learn to make pauses.



To separate truth from illusion it is necessary to remove all
partitions, get rid of all stereotypes and masks.



Never be shy about expressing your love, ever.



The truth can be extremely difficult to resist.



All trials are trials on the way to God.



The one, who can stand Samadhi can, in fact, stand absolutely anything.



Tea-drinking meditation is the subtlest of the arts of
working with mind and energy.



Until you are free, faith must be constantly
nourished, just as you feed your body and mind.



Often in Kali-Yuga only Tamas directed to Tamas,
rajas to rajas bring a positive result.



During Kali Yuga the energy of rajas and Tamas must be used for
spiritual growth, for the Lord has given it to us so that we can at
least take them into account, use them, and learn from them.



Play the strings of your love.



For Sadhaka at a certain stage the sadhana of dispute and doubt is very useful.



When you about to leave, don't forget to say thank you to everyone.



There is no better refuge than the present, no.



The energy of Absolute and the Absolute itself are united.



A man creates the God, the God creates a man.



Only true and timely Union with the Lord can affect karma, but not the cowardly flight to Him every time without urgent need, on every occasion convenient to you.



Love, certainly, is one of the forms of wisdom, like wisdom is one form of love.



If you are able to combine and compare incongruous within yourself, the path to liberation will be straight and simple.



If while reading a mantra or Scripture your mind remains calm, and your heart is filled with love and compassion, then the mantra or text is chosen correctly and in a timely manner.



Maya is also a form of divine love.



If in the temples they'd torture in the name of God, unlikely many people would be found there.



If karma is exhausted, you can do without Samadhi.



When karma is exhausted, Samadhi does not always occur.



Everything that brings true natural peace is Holy.



Everything is based on pain, death and love.



To love a man is to love God, to love God is to love everything.



Harmony of mind and heart is basically everything.



Your path is the present.



Be yourself, for it is impossible to repeat someone's path to God.



Only a very few people are able to finally let go of their "I" and merge with the Lord through Samadhi, this requires a fully worked-out karma or the grace of God.



Perhaps the best way to help people is just to
be yourself.



Sometimes finding your way to God is like finding God.



Melt the heart, calm the mind, strengthen the body,
tune in to satva, keep everything in balance and sooner
or later the Spirit will manifest itself.



When the depth of a kiss reaches eternity,
even your essence dissolves into itself.



The one who is capable of love, is capable of a feat.



Remember that everything you live by is borrowed from love.



Rivers of love flow through the channels of conscience.



To love God, no matter how much grief there is on
Earth, is, of course, incredibly difficult,
but in the end it is necessary and inevitable.



The absolute paradox of existence is that God is always here,
everywhere and in everything, and at the same time absolutely
unattainable and beyond even the most developed
imagination.



Always all in all, one in all, all in one, one in one.



It is possible to visualize almost everything except God.



Even for the disembodied soul, who has not yet
attained complete liberation, the ways of God are
inscrutable in their own way.



Only a calm mind and a loving heart can perceive the
truth of the Scriptures, otherwise it will be distorted in
one way or another.



Nothing's worse than a broken spirit.



Remember that until complete liberation, whatever
you do is sin in one way or another, while whatever a
Saint does simply cannot be sin by definition.



Where love is, there you are.



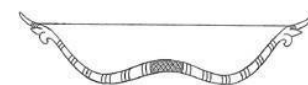
Bow to your conscience as sincerely as a believer worships his God.



Sincere hatred of God, precisely because of indifference, is
sometimes able to point the way to Him and give hope.



The present, in the spiritual sense, is not just a period of time,
but the pure being and absolute reality beyond time and space.



The weak are helping the strong,
the strong are helping the weak.



Everything is sadhana.



You're always laughing at yourself, always.



Fill the mantra with knowledge and love,
fill knowledge and love with mantra.



When you return home, do not forget about those
who have not found it yet or are deprived of it.



Let not even the most beautiful, the purest path lead
you astray from yours and only your path.



Once you know the truth about yourself,
you just won't be able to move.



There is nothing more mysterious in this world than consciousness.



Try to realize what kind of a lesson God has just taught you.



The power of true dedication is sometimes equivalent to
the power of true love, the power of knowledge.



Wishing happiness to others is the highest happiness.



Until you learn to lose yourself in every moment,
you won't be able to beat the time.



Sometimes it is impossible to just talk about the Absolute,
and about Brahman, most likely it's possible just to be silent.



Just visit the Temple of your soul and your path will
be straight and simple.



The Lord is basically the Union of all beginnings.



The feeling of the God's nearness is like a very
strong desire to return home.



Your path mainly consists of those who are nearby.



Sometimes you can feel that the silence of a master knows everything.



On the way to the Spirit, sometimes let go of your
associative series and just leave yourself alone.



Faith in justice, by and large, creates the condition for
it and even generates it. OM



Arguments about God, when there is no love
lose all meanings, but when there is love there is
usually no need to argue about God at all.



Lean on the energy of experience of the wisest.



The past can only be judged from the perspective of the past.



God cannot be reached or lost. One can
only be Him or be aware of Him.



Some truths can only be realized by being pronounced out loud.



Even if your help melts in the ocean of ignorance, it is still priceless. OM



Sometimes by the will of the Supreme the gods created by
man come to life, and the human incarnation of the Lord
vanishes for good.



Nameless feat is the highest feat.



It is imporsable to give up the process of finding your own
“I”. If it is sincere and timely it happens automatically.



Pray the Lord so you won't be placed in circumstances
where you will have no choice, but to commit evil.



At that time when you forget about
compassion, you almost stop “living”.



Each substance carries its own essence.



Express your gratitude to everyone for everything
while you have a chance.



Only you can discover yourself.



Each fate has its own smell, its own taste and its own color.



As long as there is a thrill of immense compassion,
sympathy and love in your soul it is alive.



Sometimes it is much harder to lose yourself in a loved one
than to lose yourself in yourself (and vice versa).



Just sit down, close your eyes, listen and try to understand
what your God, your heart, your beginning is telling you.



Only “I” itself can discover its “I”.



Try to understand which of the six senses
can lead you to God in your case.



On the way to yourself you are all by yourself.



Everything is a reflection of Atman.



The complete happiness of a more developed being at the expense of sufferings of a less developed one is impossible by definition.



For the sake of God as well as for the sake of seeking God outside ourselves, we often kill Him inside ourselves.



Everything that concerns you is always around you, with you, and inside of you.



One day you will realize that everything was not in vain and at the same time there was no need for anything. OM



To have an opportunity of giving out your knowledge gratis is the highest of the privileges.



Sometimes the monstrous cruelty of man can only be answered by profound silence.



In true meditation the deeper the trance the deeper the awareness. However, while diving deeper your consciousness is gradually lost, then practice is usually performed incorrectly and it can hardly be called meditation.



Even the goal must be in the present.



A sage understands that he gains and loses the wisdom literally every moment.



Holiness is a state, not a position.



If no one and nothing can kindle your love, try to fire it up yourself.



Circumvent the truth from all sides, and only then you will be firmly settled in it.



The nature of violence can destroy any faith, but it cannot destroy the true knowledge.



The desire to live and the desire to die come from the same source.



Unfortunately, only few people can drown in the ocean of love.



On the way to the truth there is only truth, on the way to God there is only God, on the way to yourself there is only you.



To find one's soul United with millions of souls is the highest happiness, to find one's soul in absolute solitude sometimes turns out to be the greatest of sufferings. OM



By and large, you can only find yourself.



Everything and nothing exist simultaneously.



Expand your consciousness if mental sufferings do not go away and all the efforts you know to fix something are already behind.



The one who accepts is the one who comprehends.



Emotions and thoughts have no point of support. This can be used when thinking about God and meditating.



Do not be afraid of anything, do not regret anything, and do not indulge in despair - there will be sleep, death, and absolute liberation as well.



If you believe everything you see and hear, then it is impossible to achieve significant results on your spiritual path (to maya).



All your knowledge is nothing in comparison to you.



The ability to learn a lesson from absolutely everything is essential trait of a true seeker.



Just as a musical instrument can know nothing about music, but contains the energy of a musician, so an ego knows nothing about divine love, but to a certain extent keeps the memory of it.



In true meditation, everyone is equal.



There is a huge difference (karmically) between temporary and permanent samadhi.



Everyone will reveal the cause of all suffering in his own way and time.



Sometimes, when faced with the monstrous suffering of men, my newly established doctrine of good and evil crumbles again like a card house.



The highest feat is to learn to help people even when experiencing terrible sufferings.



Immeasurable suffering often reveals an immeasurable vision.



A truly great soul always remembers, sympathizes and loves all those who have ever suffered, suffer and will suffer on this Earth and not just on it. OM



The concept of achieving your "I" and not its awareness is inherently flawed, because when you achieve something you inevitably lose something. The true Self is absolutely perfect, and nothing can be added or subtracted from it. It is absolutely realized and is outside the laws of the universe, it is only necessary to comprehend and understand what will happen at the right time in accordance with individual karma.



God is born when ego dies.



On spiritual path only the timely can become a step to God.



The artist's imagination sometimes
looks more realistic than our life.



To be there, you need to be here;
to be here, you don't need anything.



Any strong and uncontrolled desire usually inhibits spiritual
development, including the desire of God's Mercy or liberation.



By all means be sure to find someone who enlightens
your way at all times.



There is no more or fewer of God, only ego can
be more or fewer.



Try to find something in common in everything that
surrounds you and in everything that is in you.



Do your asana as if you are meeting the Lord Himself,
no matter who He is to you and no matter what He is to you.



There is great distance between knowledge of a layman and
knowledge of a scientist, but distance between a scientist and a
sage, who knows the God, is truly immeasurable.



There is nothing but God's love in its infinite form.
You just need to understand it.



It is necessary to learn how to pass different states of
consciousness as day and night do.



When all limits and forms are dissolved in themselves,
your Self is dissolved in God.



Will and reason must always go hand in hand, always.



Just trust the one who is always there.



On your path to God whatever you do,
is you, who should be doing it.



To remain yourself, there is no need to think about it or not.



God never comes empty-handed.



Atheism is more of a disease than a belief.



The best place to meditate is you.



When you feel inexhaustible energy, love and happiness, be
sure – you are at home, if only it's not drug intoxication, etc.,
etc...



Go over to satva's side.



He is in everything, everything is in Him.



True satsang involves talking about the eternal,
not criticizing or judging anyone or anything.



Once you understand that you are everything,
you will not be left without Teachers.



If you can't get rid of suffering, you'd better become
compassionate.



Everything is in God, everything is in you.



To be infected with happiness is a great success.



Everything is the Grace of God, you just have to understand it.



You have created yourself, and you are destroying yourself.



Sometimes it is enough to be fully aware of one thing
in order to be aware of everything else.



If you don't have time to think about God,
you can consider yourself not existing either.



The ideal Ashram can only be God himself.



God is born while you are born.



Vanity is in fact one of the most powerful obstacles to God.



If the Lord does not take away your pain try to give all of
yourself to Him.



Compassion from happiness and compassion from suffering
are completely different concepts, try to understand this.



As contradictory and implausible as it sounds, the Lord
does everything which is best for us, sometimes despite
the monstrous injustice and pain that we observe.



To get out of the game, you at least need to know the rules.



It is extremely important to listen to the opinion of sages of
your time.



The Lord is ready to absorb the truth of everyone.



An intelligent person knows a great deal and uses every
aspect of his knowledge as necessary. The true sage knows
only God, and at the right moment the right thought just
comes to him by itself.



In fact, it is not Atman that is present in the world,
but the world is present in Atman. OM



Until you become aware of yourself, even absolute
inaction generates karma.



Until complete liberation, do not get carried away with
arguments about what God is. Just do what you have
to do: Love, serve, have compassion, meditate.



The silence of a true master is omnipotent.



Nothing can interfere with your eternal existence, nothing.



Between the Lord and you can only be the Lord and you,
you just need to understand it.



Learn to keep only satva inside of yourself.



Sadhak! Rely on love!



In an atmosphere of ignorance, envy, aggression and greed
sadhana is notoriously difficult to conduct.



Firstly, the mission of a man is to be a human being,
no more and no less than that.



If there's no time, then there is no burden.



Until complete liberation the path to God is full of
contradictions and obstacles; be patient, flexible, steady,
and above all, try to keep your mind as calm as possible.



For a highly intelligent person with an open heart an
absolute unbreakable and unshakable surrender of his
whole self to the Lord, and complete trust, love and
reverence is a very direct, real and worthy path.



Sometimes a single glance of a true sadhu
can burn your karma once and for good.



Harmonious exchange of positive energy between close people
is an excellent foundation for any spiritual practice.



Sometimes a broken mantra is like a broken life.



Meditation for purpose of realization usually does not
involve concentration on any object outside the body or on
any part of the body. Meditation in this regard is the ability
to keep your attention on something specific and at the
same time on everything else without creating any tension
and without feeling, without being aware of any
contradictions.



Rebirth always begins with awakening, always.



If the disease has closed the circle, go beyond the ego.



What matters is not what trousers the great one wears,
but what torments he bears.



You can cross the boundaries of your ego,
but cannot walk over the boundaries of love.



Blessed is the one who, while dying, had enough
courage to let go of everything.



True happiness includes absolutely everything.



What is thought to be thinkable or unthinkable is
only part of the truth.



Let the time be and the Lord will definitely manifest
Himself.



Sadhak! Don't confuse battle and fight.



If you are still able to recognize the line between
sadhana and the rest of the life, then you have not
yet gained the proper level of consciousness.



In the house of cowardice, laziness and ignorance, you can sit out long
enough, but sooner or later you will still have to leave it.



Hold on to the unshakable.



The variety of karmic laws and paths is truly amazing.



As is the mind, such is the house.



Love is the ultimate reality.



There is nothing but God.



Truth is not information, it is a state.



Everything has its own dream, everything has its own reality.



Bridges to each other should be built, not burned.



Basically, Love determines all laws, but sometimes it does not
obey any of them.



Everything changes by staying. OM



Not everyone loves the truth, but everyone honors harmony.



If you have lost yourself, in the end it is usually makes more sense to
look for the one who has lost, and not for the one who is lost, when,
where and how.



The seal of a kiss is deeper than any seal.



Embrace with knowledge, complete with love. OM



Knowing for sure that you will reincarnate is not a reason to tease God with carelessness.



If you can't remember yourself, remember me.



No matter the motivation for the compassion as long as the compassion is there.



Love has as many names as God.



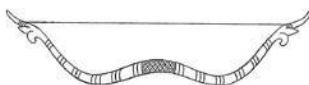
When you realize that there is nothing left but to stay in, everything will start to work out exactly as it should.



The transformation is inevitable at the point when the degree of compassion erases your own ego with its power.



If you have ever seen monstrous scientific experiments on animals, supposedly for the benefit of a man, you may be able to understand why we suffer so much and that happiness at the expense of someone else's grief ends sooner or later, and we will have to experience everything that those to whom we have brought so much grief have experienced.



The universe can be measured only with love.



On the path to God – the power of imagination and the power of presence must work closely together to create a single and unconditional aspiration.



Tact is one of the main qualities of a yogi and a spiritual person in general.



Strive for love with all your being, and everything else will work itself out.



Know that you can stay awake while you are asleep, and you can sleep while you are awake.



Everything you do is you going from God to God.



Time argues with no one. Think about it.



Basically no one wants to suffer, that's it.



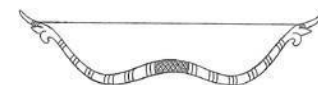
The Master of Consciousness is flawless.



The darker the night the brighter the stars.



Only timely truth about yourself is useful.



As merciful the Lord is, so merciless He is.



Even the happiness of a truly compassionate enlightened person could be still filled with a certain kind of suffering and pain.



Sometimes even satva can become tamas for you, and tamas satva, regardless of the knowledge of the universal meaning.



There is no question without love.



Still, repeating that everything will be fine even when everything is very bad has its own sacred hidden and Divine meaning.



When you feel your heart spreading like rivers all over the earth then know that the Lord is very close.



Harmony can appear before you in any form.



Remember that thinking about death and thinking about God are not the same thing.



There is no past, no future, only the memory of them.
There is only the present.



May God help those who live without hope, who live through pain, who live through fear, who live by what is harder than life and death.



To get burnt or drown in your own presence is truly a great fate.



Everything speaks for itself.



In any case scenario everything is as it is, so stay calm. Om



Most people live without being aware of their own existence.



Prana does not condemn or forgive anyone.
It just lets it be or not.



On your path to Spirit you should always be ready that in any minute any of your statements can fall apart as a card house and in any minute you can gain your wholeness again.



When you feel the sun literally looking into your soul be grateful for it.



When you feel how the roots of trees hold the earth, and the rays of the sun penetrate everything – you understand that the Lord is always here.



Of course, sometimes it will be useful to listen to someone who knows the past or the future, but someone who knows the present you need to really honor.



Prana is the certain form of justice.



The female Goddess must certainly prevail over the female, and the male God must prevail over the male. Only in this way will the path to the Supreme be straight and simple.



Love is even there where nothing else exists.



By definition, Nature can have no flaws. OM



The degree of awareness you put into spiritual practice is basically the result of it.



Only love is able to understand and to forgive.



Without love even breathing becomes irrelevant.



By and large, only human life prolongs human life.



You are this, you are that, you are everything, you are nothing, you are what you are, you are.



In the end, all that remains is understanding that you don't exist. OM



Just immerse your "I" in self-existence. OM



Even when there is no hope left, even when there is no strength left for a sense of hopefulness and pain continues to be unbearable and seem that it will always be that way. Even when there's neither authority nor way to self-destruction and there's no more help to be expected, and you no longer belong to yourself; then sometimes only anguish beyond the limits can give you the opportunity to start from the bottom, and you may have a chance again. But God's Mercy is still possible at any stage.



If you wait for the train at the bus stop it is unlikely that you will board it (in spiritual terms, of course).



Affirm your faith in yourself with your breath.



Very often, when God gives or takes away your love – He wants to get to know you.



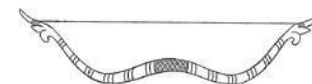
The truth can only be what can only be true.



Our freedom is also in our children.



The highest degree of samadhi, which is identical with complete and final liberation, allows you to be in the manifested world in a sane mind and sober memory, and to perform the mundane duties that need to be performed. Temporary samadhi does not provide such an opportunity. A person, while in a trance, sinks into the Atman and loses the ability to function, and when this samadhi passes, the ego returns again and, as a result, the sense of duality returns again.



Being completely frank, we have no right to anything that is more or less (in a certain sense, of course).



Sometimes even the love of one is enough for everyone, and the love of everyone could be completely insufficient for a one.



Sometimes that elusive moment between the time when the sun falls asleep and the moon wakes up can be crucial for each of us.



Remember that any person is capable of anything; do not judge, try to understand and forgive anyone initially, in principle, regardless of whether a person has committed a sin or hasn't yet.



Even nonexistence is literally permeated with love. OM



Spontaneity is the perfect ground for sadhana.



Believe the one who has faith; trust the one who knows; follow the one who loves.



“God is love”! There's hardly the way to express the essence of all things better than with this absolute wisdom-filled sutra of Christ.



Sometimes the birth of an authentic sutra basically is equal to the birth of a person or even the entire universe.



Sometimes you can feel how the rays of the sun or the branches of trees are embracing you.



There is no need to "rivers the reverse" inside of you, it's enough just to keep them clean.



Always act on behalf of someone who can reconcile the mind and the heart inside of you.



Ignorance will certainly stop your spiritual growth, premature knowledge may just merely crush you, but timely knowledge can really give you a miracle.



Everything that exists or does not exist comes from love.



Sometimes it becomes possible something that is absolutely impossible.



Universal values can certainly become an excellent ground for an appropriate sadhana.



As paradoxical as it may sound, but the body and mind are both much more and much less important than it might seem at a first glance.



There is no need extra time to prove to yourself that you are, you just need to understand and acknowledge it once and forever.



Just stay.



There's always something to be or not to be. Always.



The degree of involvement in sadhana is of exceptional importance, as is the degree of involvement in life in general.



Whatever good you wish to a person, wish it to God too.



Remember that your burden is borne not only by people, especially those close to you, but also by your God.



Sadhak! Give your heart to others, in Kali Yuga it may be the only chance to embark on the path of enlightenment and obtain freedom.



Total immersion in gray hair is sometimes so succinct.



If the ego doesn't get smaller along your way, then your way doesn't worth much, and probably it's time to draw the appropriate conclusions. OM



On the path to God, a woman must necessarily rise above a woman, a man above a man. OM



Basically God treats you the same way you treat yourself.



Never laugh at those who still have hope when there is no hope left. Never laugh at those who try to change the world, even if it looks naive, pointless and funny. OM



To conquer time, you must conquer yourself.



No matter what – everything is there.



You include in yourself absolutely everything.



Everything will happen in any case.



Sometimes abstinence from thought is much more important than abstinence from food (in relation to timely fasting).



Sadhak! Try to recognize which work to take on, and which to entrust to the Almighty.



If your problem is unsolvable, try to solve your neighbor's unsolvable problem; sometimes it can save not only him, but you as well.



Sometimes only a miracle can untie the knot of karma.



True karma yoga is not just selfless service, but also the absolute and unconditional absence of ego as such.



Samadhi is a state of continuous experience of being.



Unyielding and constant non-identification is already the way.



Being is awareness, non-being is unconscious, although in special cases the Atman remains unchanged.



Only the unified one is omnipresent.



As a rule, all the most important things begin only when everything is over.



A true "vision" of God is more like a "vision". And the light of "a million suns" is more than a million of Its forms.



You get exactly as much time as you need.



Happiness is when you perceive and feel only what you want to perceive and feel.



Sometimes on the spiritual path, a man must overcome a man, a woman must overcome a woman.



God is samadhi, samadhi is God



The absence of karma is primarily the absence of ego, and not the absence of action as such (to inaction in action).



Samadhi is the highest degree of meditation.



Basically Samadhi is the highest degree of meditation.



Winning the right fortune is much more important than winning anything else in this world.



Spiritually, non-existence does not necessarily imply non-existence, nor does being mean the stereotypical existence we are so accustomed to.



Only a child or an enlightened person can have eternity in reserve.



Sometimes, until you awaken a student in yourself, the teacher is unlikely to appear.



The restlessness of the mind blocks the heart. Without a kind, loving heart, spiritual development is hardly possible.



The less is your ego the bigger are you.



Ego is basically the major obstical.



Beauty is already a path.



There is as much of the Lord in your heart as much as there is room for Him.



There is pain as long as there's a role.



Sometimes, as much as a teacher believes in the teaching, so does a student believes in it.



Everyone can burn in the fire of love and compassion.



Break it down into its components.



You are wiping the time by wiping the dust.



Samadhi is your natural state. It is only necessary to understand and accept this, and not to go to extremes and thereby leave, lose and deceive yourself.



When all the flowers are blooming for all Gods and all women, nothing matters anymore except the all-consuming absolute and eternal love. OM



Only the unified one exists.



When you are you, everything is you.



There is sometimes a great distance between pain and suffering.



In a certain sense, everything is samadhi. And even all three states: sleep, wakefulness, and deep sleep, are just an interpretation of it.



Consciousness is basically self-consciousness.



Absolute peace is an absolute balance.



Absolute will is an absolute harmony.



God is when you simply are.



Yoga can embrace everyone.



The main merit of a sadhak is not the ability to conduct sadhana when everything is good, but the ability to conduct it in the midst of extremely difficult life circumstances. And what is very important, it is necessary to learn to turn these circumstances into sadhana or to realize that everything is sadhana..



Sound is unshakable.



Obsession is, in a way, already a betrayal.



Any place and time deserves any place and time.



When the very essence of eternal and inescapable love visits you, all that remains of you is eternal and unconditional existence. OM



Sadhak! If you already are able to feel what is necessary for your neighbor to reduce his suffering, be sure – you are moving into the right direction.



Stay where you are.



Sinking into sattva-dissolve



For jnani, everything is jnani.



A strike over the cowardice is the best hit.



Perhaps there is nothing more stupid than criticizing a Saint.



Sometimes when you hear the prayer of a true devotee, your heart stops and time stops.



Everything that He knows, you also know.



To cling to and fight for life are not the same thing.



Everything is the same, everything is there.



The ashram built in your heart is the most durable one.



In truth, true compassion requires absolute courage.



It is absolutely impossible to gain or lose moksha, because it is always there, it has been and will be. This is your natural state of being. You can only clear the path to it and realize your own self.



Step over yourself as many times as necessary.



In truth, there is always only that which is.



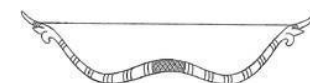
Do not rush to thank, do not rush to blaspheme, do not rush.



If the pain persists, try to remember who you really are.



God takes any form a devotee can imagine. And that influence of God created by him partially depends solely on his personal qualities.



Any happy mean is golden. OM



The formation of Spirit is incomprehensible and unpredictable in its own way.



Breaking down the door to the spiritual world is difficult enough, but possible; though it is unlikely that you will be completely happy with it.



Fill up your mind with silence, don't rush.



The only one exists that always exists.



Sometimes only the combined power of intuition and mind makes you to understand in time when to satisfy the desire, and when to suppress it.



Absolute trust in God, love, courage, and compassion are the foundation of the spiritual path.



If the ego is completely erased, the path to freedom will be straight and simple.



There is basically no difference between the God's will and yours, just as there is no line between them as well. But still the relationship between Jiva and Atman is very, very complex.



To find love and compassion in oneself by suffering immeasurably is the highest sadhana.



Sometimes it is equally difficult to exist being full of life and full of death.



The grace of God is always there, you just need to open your heart and adjust your mind.



Treat any state merely as a state. That is it.



When the world is ruled by sleeping souls it is very difficult to find a balance.



When you follow your own footsteps it's not scary at all.



When everything is simple, it's easy, when it's complicated, then it's complicated.



The greatest miracle is love. The most important quality is compassion.



It is hardly possible to sort out all the laws of existence until the attainment of complete liberation (when the need for understanding disappears altogether).



A karma is possible only with the complete dissolution of the ego.



True sadhana, as a rule, is practiced not for the sake of a successful ending, but for the sake of a successful beginning.



Coping with pain is not a sign of sanctity. Often the saint experiences the same pain as everyone else, and sometimes to an even greater extent.



Ego can be burned only in the fire of love and compassion.



Everything that is artificial and not sincere is in vain.



Your destiny is usually where your truly calm mind is.



Don't try to become, just be.



We all and always serve each other, whether we realize it or not.



Only a true lover can find unity in an obvious contradiction.



For the jnani everything is natural.



Truly great is the one who being in samadhi still remained to serve people.



If the ashes in the wind of a loved one will not tell you anything, then the karmic knot is still very strong.



Sometimes even those who have been through wars, diseases, and hardships have understood nothing.



Just one chakra is sometimes enough to keep the flame of love burning forever.



Remember that there is simply no one who is completely right or completely guilty in Kali-Yuga except, of course, the liberated ones, for whom such concepts simply do not exist anymore.



Let each layer and shell of your being live its natural life, just guide and control them sometimes, and stay as close to sattva as possible and by cultivating love and compassion stay. Sooner or later you will find yourself as the Atman, as Brahman, as pure being unaffected by anything. OM



The true Teacher is not the valerian root at all.



Only the energy of the liberated one can bring up the pure benefit.



Pray tirelessly, unceasingly, for those who could not survive the grief. One day you will know the value of this prayer and you will understand everything that a person needs to understand.



By developing yourself - remain.



Dissolving in yourself let it go.



Success is very complex concept in the spiritual world, relative and ambiguous.



True happiness fills everything with happiness.



The only way to be truly happy with someone is to be absolutely happy with yourself



For the one who was able to know the God, everything is God



What you can ask from weakness strength simply isn't able to give you.



Under certain conditions even your shadow can answer all your questions.



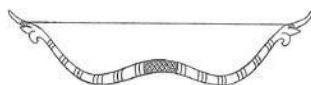
When you realize that you are everything, everything ceases to be place and time.



It is simply impossible to live the life that is not yours.



As long as there is life and there is death there will be no end to disputes.



If you won't stop your mind your mind will stop you.



If you want to find someone who is truly close to you, find yourself.



Truly spiritual people rarely pronounce "I".



The simultaneous Saguna and Nirguna meditation sometimes bring tremendous results (if, of course, the adept is ready).



Not to notice good and evil is equally pernicious.



You get tired of everything, you have rest from everything.



Probably only the one who asked the riddle of the world is able to solve it.



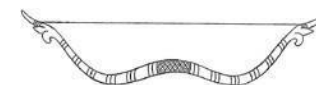
As a rule, the one who knows prana knows everything.



As paradoxically it may sound sometimes even prayer can become an obstacle on the way to God.



From tolerance to understanding, from understanding to love, from love to respect, from respect to veneration, from veneration to worship, from worship to unity, from unity to self-consciousness, from self-consciousness to self-fulfillment, from self-fulfillment to liberation, from liberation to blissfulness, from blissfulness to peace.



In fact, everyone is God's mediator.



All that stands in your way is you.



“Until you learn your lessons you are not going for a walk”



The best prayer to God is the silence of the enlightened one.



It is worth living only by love, for the sake of love and for love.
This is probably the meaning of all phenomena in this world.



A mental image can certainly become an instrument on the path to liberation, but remember that it is also capable of leading the seeker away.



Who is able to love is also able to communicate with God.

In principle, with the mastery of certain knowledge and sufficient amount of prana literally everyone is able to do this



Whatever happens in Java - there will be sleep,
whatever happens in life - there will be death, whatever
happens throughout all lives - there will be liberation.

The unbearable pain will be taken away by loss of
consciousness or substance. Just remember the will of
God. Take your time. Don't worry. Live it. Stay here.

Love. Have compassion. Be. Do not lock yourself in
hopelessness - remember that it simply does not exist.



Sometimes it is not at all necessary to believe in
a miracle, it will be enough just to recognize it.



A creative approach to composing your own prayer can
be extremely useful and timely.



Fear sometimes makes our sadhana impossible.



Only enlightenment can give a complete picture of
how the world works; however, it will be almost
impossible to explain that.



True fearlessness and courage are not simply in the absence of
fear as such, but in sufficient strength and depth of knowledge,
conscience and love capable to prevent, overcome and dissolve
any fears and obstacles associated with them.



In fact, only one who has realized Him can be called a brahmana.



Sometimes, even when a shell of truth explodes in your house,
everything remains the same as it is, it was and will always be.



Sadhak! Be sure to recognize the difference between desire and
aspiration.



True grief is not when you revel in it, although on a subconscious level,
but when there is nothing but pain, emptiness, loneliness and fear,
and there is no way to enjoy them in any way, because their depth is
immeasurable and it seems that it will last forever.



The most powerful vice is betrayal. In fact,
it is the base of almost all other vices.



Look how a piece of ice melts in the sun, just as your heart
should melt in compassion and love - only then you will have
a chance for liberation.



Only your path can lead you to the Lord.



You're always here and always there; you are neither there nor here;
you can't become, you can only be; you are inside and you are
outside; you are knowledge and ignorance; you are beyond any
knowledge and any ignorance; you have a form and you have none;
you are inside of everything and everything is inside of you. OM



One form of Divine love replaces another - that's all that
happens, has happened and will continue to happen.



Until complete and final liberation, even the happiest or most
unhappy people cannot fully understand the nature of
happiness and violence.



Only love gives the right to knowledge and only knowledge gives
the right to love.



Even the most decent person (who has not reached Sahaja
Samadhi, of course) falls asleep and does not care what happens
when he sleeps. How and who is able to determine the degree of
decency in principle?



Remember that there is a huge difference between
the concepts of living and experiencing.



Paradoxical as it may sound, but sometimes,
an ordinary coachman's posture can save you
from many troubles.



The law of the essence basically is the only law.



The soul lights its own path and extinguishes it as well.



Paint the walls of your temple at your own desire.



You are always in love only with God, for God is everything. OM



It is not death that we should fear, but cowardice.



Sadhak must know exactly which questions he should and which
he should not seek an answer to before reaching full liberation.



If you have acquired knowledge, but have not yet
achieved complete liberation give advice with extreme
caution and circumspection.



Paradoxical as it may sound there is a state which is beyond all
knowledge and ignorance.



Learn to leave on time and return on time.



Love has no friends or girlfriends. Love has only love.



Only love can rise above life and death.



Paradoxically even Samadhi (just like other states) is not the absolute knowledge. Pure consciousness is beyond any state.

OM



Perhaps the most negative consequences on Earth are caused by mass obsession with the consequences which are truly unpredictable and horrifying.



You can even take offense at a haystack if you want.



Obsession is only one form of bondage, while true devotion is a form of love and understanding.



Remember that a true brahmana is not the one who serves as a brahmana and has this rank, but the one who has actually realized Brahmana.



In most cases, samadhi is more easily and quickly achieved by deep and unshakable faith in its existence, love and service, rather than direct practice at the level of hatha and raja yoga.

More often, samadhi comes unexpectedly and naturally: when a person is ready, having exhausted karma for this, having lost the ego, or by the will of God. OM



Even a curse is a gift from God in its own way.



Don't look for truth – look for harmony.



When you run away from pain, don't look back.



Some graves don't even have grass growing on them.



You will find someone to devote your life to and the Lord will certainly find a little of His attention for you.



When your time comes, as a rule, nothing matters, nothing.



If you still need place and time to meet or try to meet God it's a good start, however you are usually still too far from full realization.



Sometimes the whole century can pass by you for you while you are lightening a candle.



If you call yourself the chosen one, you have already closed one of the doors to God, if, of course, this is an enlightened person's game.



On the way to God there is no need to wait for a miracle, but when you realize that everything is a miracle treat everything with restraint, with respect, gratitude and a certain degree of detachment. OM



Seek yourself and be aware of yourself in everything.



Only the forgiven can afford the Forgiveness.



The greater the power of intention, the greater the power of responsibility and moral power must be, as well as the knowledge and skill of its concentration and purpose.



There is a great difference between surviving the Lord and indulging the slavery of one's own beliefs.



There are no winners in a duel with the essence.



Wear the colors of the rainbow and you won't be make a mistake.



One can also "cry" in your sleep.



Happiness is when the depth of awareness of your existence reaches its apogee and absorbs absolutely everything.



The soul sometimes reminds a broken vase, which has to be reassembled bit by bit until its original intact state.



As a rule, it is much more important in whose hands a particular teaching has fallen to than the essence of the teaching itself.



Fire does not rule water.



If you sow doubt, you will reap chaos.



My God! How much is said about God by those who do not know Him and how much is not said about Him by those who know Him.



Everyone carries God in their own way.



Learn from those who learn from love.



You can only see God in a person by becoming the God or a person.



When the animals are in the slaughterhouse, a man will find himself there sooner or later.



Truly blessed is the one who has found a way out. Namastey!



It is useless to argue with an element because it will always remain as it is. But a harmonious relationship with it is quite possible.



Try often to put yourself in a position where you are not able not to help a person. May God be with you.



Spontaneity... My God! There is so much depth, meaning and knowledge in this concept. You just have to think about it.



The degree of sincerity first of all before oneself on the spiritual path is of exceptional importance.



It's already enough that you do exist.



If you are lucky enough to experience the tenderness and emotion from the gaze of a dearly loved son or daughter, it is unlikely that you can compare this wonderful manifestation with anything else.



Just as you are created in the image and likeness of God, so God is created in your image and likeness.



Again and again keep on trying to go beyond your ego, again and again.



Sometimes it seems an eternity lies between you and yourself, though consciously or subconsciously you know for sure: "between" does not exist at all.



Just think how generous the Lord is in the form of night allowing you to rest, and how generous the Lord is in the form of day giving you a chance.



True sannyas is not just renunciation, it is unity, awareness and love. OM



If you are here and now, you cannot be better or worse than somebody else by definition.



There is a huge difference between the self-destruction of a master and the suicide of an ignoramus.



Seeker! Each state must be used for its intended purpose, or at least strive to do so.



Sometimes it's worth asking for forgiveness until you find a way out.



Until you live it over – you will not bear it.



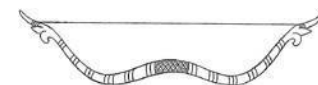
The sin of humanity has reached such limits today that it is extremely difficult to preserve pure karma, and even more so to get rid of it, except for already liberated souls who have incarnated on Earth of their own will and souls already ready for liberation, who have passed the entire path of evolution from the beginning to the end.



What doesn't exist inside does not exist outside, and vice versa.



True love or faith simply cannot be divided into components.



Very often returning to sadhana is like returning back home.



The potential thing always exists.



Until absolute liberation, you are always
a master and a slave at the same time.



Sometimes a sadhak tries to know the meaning of all the mantras
without even knowing the essence of his own name.



Sometimes it is advisable to know the essence of your name
and only then delve into the essence of God's name.



Only the jnani can recognize the jnani, only the lover can
recognize love, and only the Atman can be the Atman.



First love displaces duality, and then non-duality ceases to have
any meaning.



When you get tired of all the techniques, the transformation will
take its course, only your presence is needed.



Even in Kali-Yuga, knowing that suffering is inevitable,
it is necessary to ask the Lord for mercy.



Do not give up striving for the Lord even if your blood runs cold
in your veins, even if pain has come or gone, even if love or
youth has left you, even if you are drunk with happiness or grief,
even if the Lord does not manifest Himself in any way or
teaches you a tough lesson, even if there is no more strength to
breathe, even if there is too much grief or happiness around
you, even if a serious illness does not leave you, even if death is
close, even if you have no one left and fear of loneliness and
hopelessness covered you with your head, even if the ocean
waters overflowed the shores or the sun went out, even if you
are not able to see and hear, even if no one else has faith, even
if there is no more food and water, even if there is no one else
to love, even if the degree of suffering or happiness has passed
all limits, even if you have been betrayed or renounced, even if
you have lost yourself or your path - do not give up striving.



True realization, in fact, consists in finally establishing
yourself in the idea that you are not yet realized, and an
unshakable belief in this will sooner or later reveal to you
the secret of existence.



Your native language is the language of God for you.
The deeper your understanding and feeling of it, the deeper is
your understanding and feeling of God.



If you learn to communicate with the planets,
you will also learn to talk to yourself.



The power of silence is everpresent.



Love is light, it is color, love is sound and syllable.

Love is a prayer, love is compassion, suffering and happiness.

Love is real, love is God, love is dream and reality, love is the universe and the beyond.

Love is everything living and non-living, it is forgiveness and repentance, sin and heroism, courage and fear.

Love is everything that happens and does not happen, love is music, it is this word, this touch, this unity.

Love is devotion, fidelity, duty, awareness, intellect, body and mind.

Love is health, love is a holiday, love is life and death.

Love is memory, love is samadhi, love is meditation, thought and silence. Love is laughter, empathy and care.

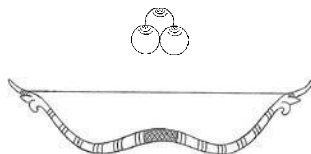
Love is patience and harmony, it is will and energy, strength of spirit and its weakness.

Love is a chance, spirituality, wisdom, heaven and stars, space, time and their absence.

Love is sacrifice and labor, it is fire and air, earth and water.

Love is unshakable and eternal, it is instance and eternity, movement and rest.

Love is being and non-being, it is you and me, love is everyone and everything.



Love is the past and the future, it is condescension and understanding, it is knowledge and faith, it is balance, it is the law, it is infinity, it is the smallest and the most unlimited.

Love is he and she, it is the omnipresence of anything, the state, trance, shock, emotion, delight, the smell and taste, it is fate, it is inevitable, immense.

Love is service, union, unity, it is children and dissolution, it is maya and karma, it is a call, Spirit and the Absolute.

Love is an ideal and perfection; it is impulse and weightlessness, it is a look and a sigh, it is purity and nature, it is essence, matter and all-roundness, it is a path, it is a dance, a gesture.

Love is blood, it is magnanimity and kindness, it is generosity and detachment, it is a gift, it is existence and non-existence. Love is a bridge, it is a magnet.

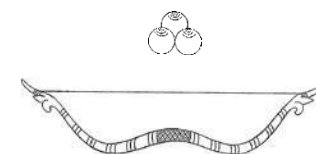
Love is care, a victory, it is a transition, it is an element, it is a meaning, it is pain, it is wind, sand, grass and mountains, forests and fields, seas, rivers and oceans, a steppeland and the snow, rain and hail, a plain and a volcano, animals and birds, it is a human being. It is the heaven and the earth.

Love is communication, connection, warmth and cold, dryness and moist, the whole and the partial.

Love is any opportunity for literally everything to be or not to be, to become or to leave, to dissolve or merge.

Love is science and religion, dispute and consent, substance and antimatter.

Love is unlimited possibilities.



Love is any concept, any emotion, any conflict and any reconciliation; it is all in everything and everything in all, it is OM, it is the Amen, it is the thinnest and the most durable, the most fragile and the most permanent, the most reliable and the most elusive, the most obvious and secret. It is a riddle, it is the simplest and the most difficult, the most vulnerable and the most persistent. It is a smile and tears, it is repentance and recognition, it is meeting and parting, it is reverence, respect and care.

Love is family and loneliness, it is a clan and God's mercy, it is age and conscience, it is unconscious and conscious.

Love is a hierarchy and Divine will, the essence and inscrutable Path.

Love is a feeling of love and hate, it is justice and incomprehensibility of existence.

Love is mercy, it is pride. It is a principle, it is always there, always next to you, in you, in everyone and in everything.

Love is identity, it is the totality of all laws. It is bread and salt, heartbeat and breath, it is an eternal movement of absolute peace, it is paradox and harmony at the same time, it is the unity of the incompatible, it is friendship, it is poetry and, in general, any true creativity.

Love is hope, challenge, and trust; it is anticipation, dream and reality, love is flowers, it is this and that. Love is the substance that has never begun, and at the same time absolutely complete, a substance that has no name or analogue. It is the balance of good and evil, darkness and light, soul and body.

Love is any time of the day and the year, any manifestation of existence, life, death or an intermediate state.

Love is the presence of a lover and a loved one. It is birth and a ritual.

Love is tenderness, it is flow, it is bliss, it is art, in the end it is mere being.



Losing yourself in the flow of love is probably the best possible loss ever.



A true Teacher is basically a source of inexhaustible pure energy and love.



Tell yourself your fairytale.



Everywhere there is just as much of everything as there is.



Everything starts with you and everything ends with you.



As a rule, do not completely trust the one who entered the doors, but better believe the one who came out.



Only those who are absolutely happy are truly happy.



There cannot be more or less of awareness, there only can be more or less of an ego.



The state of enlightenment is a feeling of constant bliss through the prism of absolute compassion and love.



Carry on as much compassion as you can, and give away as much love as you have.



The best proof that you love a person is
when you feel that you love everyone.



Sadhak! Absorb like a sponge the courage of heroes, the love,
the wisdom of generations, and the compassion of the
enlightened.



Anyone who has ever been in the arms of truth is unlikely to be
able to leave everything as it is.



Only those whose compassion no longer has any limits can be
finally freed from suffering.



It is not the destruction of mind that leads to
liberation, but its transformation that does.



It is better to drown in the ocean of love
than be safe in a paddle of passion.



A true master is not even someone who can answer almost
any question, but someone who can share his Samadhi - then
there will be no need to ask any questions.



All the pain all your pain, all love, all your love and all the
happiness of all – your happiness.



The degree of illusion, in fact, is determined by its significance.



No matter how far you have progressed on the spiritual
ladder in any of the traditions, you can not underestimate
the sincere and self-forgetful work of a great scientist.



Even if you have collected all the information about Samadhi that
only exists in this world you may not get any closer to it, while
once you fall in love, by the Grace of God you can find Samadhi
without even realizing it, because there will be no one to realize
anything and there will be no need.



You can only be truly happy when you
understand that everyone is happy.



The fruits of sincere prayers of people's light are sometimes
extremely difficult to see, but in truth their meaning is much
more important than it may seem at first glance.



You can only get lost and discover yourself in yourself.



When the inner light merges with the solar light,
the long-awaited liberation will come.



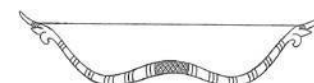
Everything exists only when you do.



Only mind, as an ally, bears fruit on spiritual path.



A silent reproach can sometimes cause more damage,
than a strike of lightning.



Sadhak! Try to understand the nature of deep sleep
and you will discover a lot.



The relationship of karma and the will of God
for man is truly a mystery of mysteries.



On the way to the Spirit, before the other comes, try to recognize
what you can use now with maximum benefit.



As common as it sounds, love and knowledge can
overcome almost any obstacle.



Try to understand the nature of your thoughts and
feelings, and believe me that with careful analysis and
research, you will find incredible discoveries.



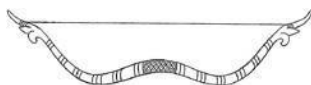
At the moment of death, even a madman becomes
adequate for at least a moment.



A truly knowing and loving heart will determine
the hour of prayer with absolute accuracy and
perfection. OM



Truly happy is not the one who thinks or feels
that he is happy, but the one who firmly knows
about it.



It is almost impossible to observe one state while being
in another. The ego simply cannot observe the Atman
by definition, like it can't observe its own eyes. The ego
comes from the Atman, while the Atman can take any
form and any state. Just know that everything is
Atman, firmly believe in it, and the need for painful
search will simply disappear. You are always who you
are, simply changing your state and form.



When intellect absorbs mind, then sooner or later
everything will work out.



Artificially induced Samadhi brings only temporary
results even if it lasts eternally.



God, how many unnecessary questions grief asks and how naive
happiness is sometimes in its spontaneity. OM



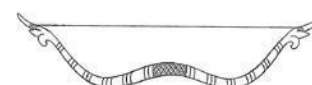
Sometimes the absolute conviction that you
are enlightened is practically the same as true
enlightenment.



Sadhak! Try to understand the nature of deep sleep
and you will discover a lot.



To root out ignorance is much more difficult than to
pull out a molar tooth.



A true master is the master of situation, not
the slave of circumstances.



It is better to waste time with satva.



Know that when your heart is filled with true love
there is absolute peace, not agony of passion.



It's stupid to look for who you are.



You are literally filled with yourself.



Your real home is your soul.



Always remember that the states of mind change, but you stay.



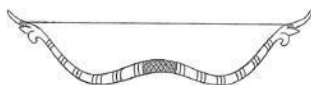
The mind, having understood itself,
can also create the conditions for liberation.



It is impossible to get used to true happiness,
just as it is impossible to get used to it.



The light of God, as well as the light of the sun,
equally illuminates any truth, any sin, and any feat.



It is impossible to discover your higher self with help of the lower
one, it is only possible to create conditions for their merging.



Almost true Shakti is a charity, compassion and
love, and not just lots of prana.



The deeper the Samadhi, the deeper the awareness.



If your soul was uprooted like a weed and more than once
there's no chance that you could not fail to realize at least
some insignificant part of the Lord.



When you part with yourself do not regret anything, anything.



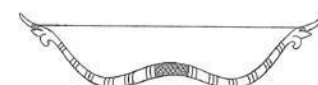
Sometimes there is nothing easier than being happy, and
sometimes there is nothing more difficult than to be one.



Proximity to God is not determined by proximity to
nature alone; it is determined by the degree of love
and compassion.



Sometimes it is extremely useful to compare the
solution from experiencing shock and the
solution that comes from absolute rest.



If you bring knowledge through yoga, - it must be carried regardless of religion, nationality, gender, age, marital or financial status, health status, profession (type of activity), character, mentality, overall personal qualities, both positive and negative, abilities, past karma and beliefs, place of residence, position in society, past sins, appearance, level of education, level of consciousness, social circle, status of relatives and friends of the student, his environment and inclinations, weight or height, his sexual orientation and your personal attitude towards him in both positive and negative aspects on the physical, mental, and spiritual levels, regardless of his political and moral beliefs, his past, his lifestyle, habits, dependencies, attachments, heredity in any of its manifestations and conditions of life, regardless of education, complexes, inclinations, desires and strength of spirit, intelligence and abilities on the physical plane, opportunities to learn in all manifestations and at all levels. Its energy and intellectual potential regardless of injuries, errors and misconceptions, obstacles at all levels and of any kind.



When you can call a spade a spade, that's happiness already.



The most loyal woman is the man in you.
The most loyal man is the woman in you.



A truly decent person can already be called a yogi.



Will and aspiration to the Spirit are extremely important, but without love and compassion, it will be extremely difficult to get free.



In fact, firm and constant feeling that you are perfect is happiness in itself.



Good will and reason are basically the same.



Sometimes even playing a decent person for a long time can bring positive results.



Yoga dispels the clouds not only of ignorance, but also of fear.



A true Teacher is determined by his timeliness rather than by his personal qualities and merits.



If you find yourself, you will find everything.



The one who really seeks knowledge must be ready to put absolutely everything on the altar of sacrifice.



As a rule inner beauty determines external beauty, and not vice versa (in spiritual terms, of course).



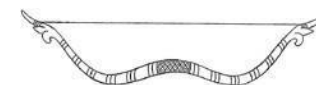
Indeed, the feat of the saints has no Statute of limitations.



Your love is always with you.



Any sadhana, any practice should continue your nature, but not break or change it.



Great is not the one who commands, but the one who knows.



Even if the ocean overflows its shores, it is still an ocean.



The main thing is to realize the importance of helping others,
and the method will reveal itself in its own time.



Silence born of grief or happiness is still silence.



We can only realize what is already there.



The dialogue with God never stops,
you just have to understand it.



To learn to love people again when you have already
experienced the power of betrayal, to believe in love again
when hatred has already passed through you, to believe in
a person again when you saw how torture erased
everything human,- no matter what still has its innermost
meaning.



To understand someone who has been able to reach God with a
bow or a brush, with grief or a word, with his suffering or
compassion, with love or his thought is a great happiness that is
even stronger than death, or pain, or the rustling of branches.



Only wisdom which is imbued with courage,
love and compassion could be considered as such.



There is nothing besides what is.



Only a few people can correctly assess their condition
(in the spiritual sense, of course).



Sadhak! Be sure to recognize the difference between empty
entertainment and the true joy of sattva.



To be able to put yourself in the place of others,
learn to put yourself in your place first.



When the degree of compassion and love reaches a certain limit,
the energy for transformation will reveal itself at the right time.



For liberation, sometimes it is just enough to
admit everything to yourself.



Whether a person is burned or drowned inside his self
does not matter in principle.



The best way to communicate with God is love.



It is impossible to find absolute happiness
in the closed space of ignorance.



Sometimes even the vessels of karma burst under the weight
of fate, not to mention the blood vessels.



There's as much of God as you.



Don't condemn. Everyone has their own limit.



Seeker! Don't attach too much importance to the form – look for the essence.



Forgive. Look into the present, meditate, let go. OM



Look into the present.



The experience of any state is priceless in its own way.



Not everything that comes from the ego is harmful.

The ego is still part of the Lord.



It is not terrible for someone who is very afraid;
it is not painful for someone who is very hurt.



Until you feel a unity that no longer leaves you, mistakes can't be avoided.



If there is no happiness, be grateful for the misfortune, if you cannot be thankful then appreciate the lack of such a possibility, if nothing else is possible just jump.



The ability to kneel is also an art.



Don't blame yourself or be deceived, you are involved in everything that happens in one way or another, directly or indirectly.



Resentment against the Lord, though meaningless, is in some cases far from useless.



Your path to God is through you.



Each reincarnation is unique and unrepeatable in its own way.



Sometimes even what makes sense loses its significance.



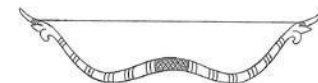
True philosophy is born as a rule, of monstrous suffering, and as a rule serves for good in the end. While true happiness usually does not need philosophy at all.



Try to make sure that your favorite time of day and your favorite time of year will love you too.



No form, word, feeling or thought can be perfect by definition, and yet, if we reject the very concept of perfection everything is in its own way harmonious as part of the absolute which is generated by it.



Sadhak! Sometimes it will be extremely useful to compare your rhythm with the rhythm of the era.



With proper awareness, even suffering can serve people.



Sometimes a drop of rain can tell more than a thousand of books.



When you come to your senses, just be yourself.



Mercy is also in need of knowledge.



Truly, to meet the people of God is like meeting God Himself.



Even if you “settle” in another person, you will still have to realize yourself sooner or later.



Even the loss of one's last hope can be a motivation.



There is no need to understand why wind is wind and fire is fire. You will feel everything and find out in due time.



Karma is basically a living inertia.



When you see the immeasurable human suffering, you can't help but ask yourself questions that a believer shouldn't be supposed to ask himself.



Pain is also a dialogue with Lord.



Maya is rather non-existence and existence in an imperfect form. OM



Only the live initiation is fruitful.



There is nothing alike, and there's nothing different.



Each level has its own level of miracles.



When the power of presence is absolute, there is only peace and love.



Fill your heart with compassion and serve people until your strength fails you, maybe then you will have a chance.



If you want to realize the essence of meditation, try to recognize the essence of sleep.



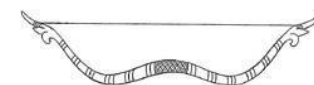
The interaction of consciousness and prana is basically omnipresent.



Knowledge is also absolute insight.



Only the existing exists.



The power of the spirit is also a knowledge.



True wisdom is a combination of absolute courage, knowledge, and love.



The ability to interrupt the flow of life for a prayer, even few times a day, even for a few minutes is a truly wonderful manifestation.



The one who taught you to work, and to work consciously, can rightfully be considered your Guru.



For a Sadhaka one life without his tribe is extremely useful, although it is one of the most powerful challenges on the path to freedom.



True philosophy is always practical.



Until you are enlightened, just stick to sattva.



The Lord never takes revenge, not even punishes. He only gives a lesson -the only possible, timely, perfect, and inevitable one.



In sadhana it is more useful to allow the pleasant and unpleasant than to wait for it (even on a subconscious level).



There is no such thing as eternity on paper.



Everyone has the sky and the earth, the sun and the moon, the wind and the ocean, the life and the death of their own.



If the mind is not attached to anything, the Lord will certainly take it.



Any experience of any person is priceless in its own way.



The most difficult thing in life is what is most difficult in life for you.



If you cannot live without a war, you'd better start killing your ego, and you won't be mistaken.



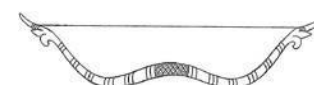
In fact, any conscious action can already be called meditation, and any service can actually be called a prayer.



The heart of a Saint usually belongs to everyone.



“Intelligence of love” - what a depth, and harmony, and meaning are present in this phrase. It isn't my idea, but I couldn't help but draw your attention to it.



Truly blessed is the one whom the truth has called home.



True compassion knows no bounds.



Everyone has their own relationship with time.



A true miracle is never temporary.



Sometimes even a single atom-sized substance
can change the course of human history forever.



Any philosophy is limited by time, any.



Help people even when you don't see the point, just help them.



Any attempt to find a way to yourself is beautiful in its own way.



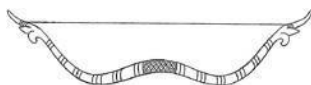
Only an enlightened person can handle the sense of time
according to his will.



Not everyone who is silent is silent with the truth.



Friendship with the time can bring benefits and harm,
depending on the type of friendship and the friends.



Sometimes only a dream in your sleep can solve a riddle.



When there is no sun, look for it within yourself. OM



True evil is when a person cannot distinguish “good
from evil”, or at least, has no intention to be able to.



Sometimes the practice of holding a newborn can be
an excellent remedy for depression and other diseases.



Only love is able to conquer disease, aging and death
completely, in whatever form it (love) may exist.



Only love can restore the power of the mantra.



Sometimes not all of those who suffer need
compassion.



Only the philosophy of the present can correspond to the present.



The one who could reconcile the past with
the present is rightly considered great.



True wisdom is the one that could to
transcend the power of time.



Look for self-confidence in sattva.



In a sufficiently developed entity, even narcotic excitement or inhibition can serve for good.



There is no higher happiness than to wak up yourself and wake up others.



And one kiss is enough to understand the essence of what's happening.



Any creativity deserves attention, but not any deserves respect.



Only love can subdue time.



Only love can dissolve time.



Only love can turn the power of presence to an absolute.



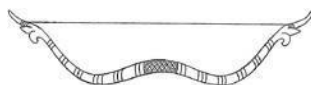
Even when carrying sattva you must be able to stop in time.



It is important not only to be able to read a book, but also to be able to open and close it in time.



The sadhana of gratitude is the most faithful one.



Birth can't beat death, and death can't beat birth because they are the same.



If you have at least one person around you who believes in a miracle, everything is not so bad.



In the hands of a sinner everything is essentially sinful; in the hands of a Saint, everything is essentially Holy.



Sadhak! Determine what is done before, during, and after and then with time you will not have to reckon with the time at all.



Making friends with time is a great success.



The present does not need to be predicted.



Even joy should be filled with compassion.



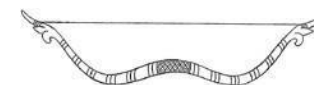
All you have to do is to bring the power of presence to an absolute. OM



Always remember that the hour of God is your hour.



It is unlikely that anything will change in the long run until you invite yourself to visit yourself.



Even happiness can be unbearable.



Unfortunately, pain remains pain even on the background of eternal love.



Happiness, as well as grief, can both kill and resurrect.



Planes don't take flights to paradise.



The one who has become acquainted with God is capable of everything.



Take your fate under its arm and try not to worry about anything.



Seeker! Don't forget that the ego phenomenon is also perfect in its own way.



When you protect yourself, be sure to protect others inside of you.



Devote everything to the present, literally everything.



It is hardly possible to ignite true aspiration by setting fire to someone else's house.



Not a stop, but a presence; not a movement, but an aspiration.



Be sure to find something to build your bridge from to get to your core.



You can't be betrayed by what you are.



No one will run your marathon for you, no one.



Only love can describe the soul.



Sometimes even Gods come down to see how the lips of lovers embrace each other radiating the energy of light that can embrace the entire universe.



Hell sometimes begins or ends at the point where conscience ends or begins.



Follow the one who loves – you can't go wrong.



Until your path is clear to you and it bothers you just help people to the best of your ability, and the realization that your time was not wasted will calm you down. In the future you will understand that it is simply impossible to lose or gain time.



(About love) In fact, only the pure, absolutely sincere and
unselfish feeling can be called love.



Happiness of sensation seek from happiness
of awareness and vice versa.



When you know the transition then you will know the path.



When the wind blows it blows even inside of you.



(About love) If you have allies like what for..., for something..., in
connection with..., because..., in the name of..., because I..., by
virtue of..., etc., etc., then such love can hardly be called true.



There is only one victory -a victory over yourself.



By and large, only the one who has passed everything has
understood something.



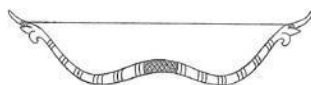
There is nothing worse than losing yourself and there is nothing
better than finding yourself.



Sadhak! Clarify for yourself what you are aiming for:
pleasure, satisfaction, enjoyment, or happiness.



Fighting for life and clinging to it are completely different things.



Let go off your God for yourself.



Don't try to make firewood out of ashes and
make a living tree out of firewood.



Sooner or later the power of awareness will manifest itself
and everything will become itself again.



When you know what to do when it is impossible not to act
and it is impossible to act everything will be resolved by itself.



We all need to apologize to everyone.



You are no worse or better than you.



Skillfully handling a substance is also an art.



It is worth fighting for life not so much for the sake of life,
but for the sake of awareness of being in principle.



To treat yourself as you please is the highest happiness.



Be sure to use mature intuition, not the intuition of chaos.



Disciple! Always remember: while you are in your the body stand
firmly on the ground when you are hugging the skies.



You can make yourself live or die, and it's still possible. But it's not possible to force yourself to be or not to be.



Perhaps there is only one obstacle to your happiness and it's you.



When it becomes empty for everyone, then the natural manifestation comes into its own and the great law of chaos takes the right.



If you can still be offended means that almost nothing of the spiritual teachings of yoga you have not understood yet.



By all means find your points of contact with sattva, by all means.



It is truly a miracle when information is turned into knowledge. In fact, it is a victory over time, a transition from the temporary to the eternal. OM



The phenomenon of laziness in most cases is a phenomenon of a lack of prana, a level of consciousness and nothing else.



Forge your strength with presence.



Only the one, who has merged with the essence is able to recognize.



Sadhak! Watch the old man leaving and if the time has come you may discover your secret.



First admit everything to yourself, the rest will follow.



On the path to God, sometimes it is useful for a Sadhaka to become fond of himself. OM



The energy of fear is the most effective, the energy of love is the most powerful one.



Only unity is a salvation.



The ability to pass through and convey to people the knowledge of the greatest, even without possessing them in due measure, is also a kind of knowledge.



He, and only HE, is called He.



The best visa to the country of knowledge is love.



On the path to freedom at a certain stage the path of the question is a false path.



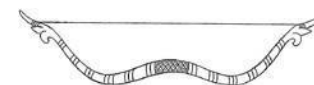
The greatest miracle of the world is light.



The Ashram of freedom is the best one.



There can be only one triumph – the triumph of will.



Your home is your calling.



The finer the connection with the soul,
the more perfect the deeds.



Any delusion filled with sattva can bring you closer or even
lead you to God.



Everything is in connection with you.



Just remember that you are always in yourself.



Several existing variations of nonlinear logic only
confirm its power, significance and meaning.



Only love can solve the question of time.



Waiting for enlightenment is like waiting
for birth or death, think about it.



Seeker! Always remember that the higher the tree the longer the
roots. Maybe one day it could happen that you might not need that
principle anymore, but as long as you are in your body it can be very
useful for you as well as for the vast majority of the people.



Inspiration is only a harbinger of truth, and where there is truth,
there is nothing. However, as there are all at the same time.



Remember! If you are betrayed,
then you are still betraying yourself.



Only what happens happens.



The sooner you fill the vessel with sattva, the better.



The worst of the tortures is probably the one
that seems to last forever.



The clichés of past reincarnations should only be opened as a last
resort and with the greatest precaution. This is probably the last
door you should ever knock on when all the other doors seem to
be closed for you forever.



The higher the awareness, the higher the result of any action.



Retribution should not become an assimilation of delight.



Only the one who already exists will be.



If you exist you are everywhere and always.



It is impossible to collect new knowledge
from the fragments of the old one.



Never hesitate to address the love, never.



Once you understand the illusory nature of this world, the pain will not disappear instantly, but it will be easier to fight it.



The sun talks about everything, the moon keeps silence.



Eternal love is basically an eternal blessing.



Even the service to people should not become an escape from oneself.



Indeed, the glory is to the one who carries the knowledge. Indeed.



Even the most perfect sadhana cannot be compared to the plan of God.



Running away from yourself never ends well.



Even the most sincere service should not serve as food for the ego.



If the time has really come, it has come for good.



A person, basically, has only one home - his conscience.



Only the one who can understand every other is able to fully understand himself.



In truth, to perceive the beauty is an excellent sadhana.



Even the imperfection is perfect in its own way.



Knowing how feelings and thoughts relate to each other will be extremely useful and will perfectly complement any sadhana on the path to God.



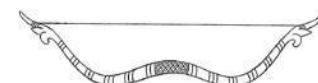
Fear nothing, don't be in a rush – you also will have the opportunity to kiss the eternity.



While having an out-of-body experience do not rush to assert yourself. Your own thought-forms and the thought-forms of others are quite stable and real in their own way. Learn to distinguish them from truly Divine entities filled with unaffected pure vibration of God, full of light, love and compassion.



On the path of the divine hierarchy first find the wayfarer in yourself and find your way, in time the way must dissolve into awareness; the wayfarer will be burned by time and only your nature will remain, your essence not participating in any of the processes of transformation, eternally in silence, everywhere and always filled with absolute knowledge, love, unconditional awareness and bliss, where nothing ever has or can have any meaning and at the same time everything is literally filled with meaning and absolute existence.



In fact, the Divine is already in the fact that a new day
and a new night give a new experience regardless.



The seeds of a miracle also must fall on fertile soil.



Let love become your home, love which is infinite,
omnipresent and absolute.



As a person is born, so he is resurge.



How beautiful, how bright is the light of the wick that drinks
oil from the lamp and gives each of us hope, burning
everything on its path, leaving eternity behind.



Self-hypnosis has a certain advantage over hypnosis as you
can perform it by yourself that provides you with the
certain kind of independence.



Where the lightning flashes, there are the gates of God.



As a rule the Divine Light can only be seen in total darkness,
as well as the Divine sound - in absolute silence.



One of the signs of successful meditation is when you feel
that everything is filled with nothing and nothingness is
filled with everything.



Most important thing is to be conscious and loving even if you
still see differences and contradictions, unity and integrity are
mainly formed inside of you and against your will. OM



Be sure to carry your life through love and understanding,
through compassion and patience, through service and
awareness, even if you are very hurt and lonely, even if the rivers
have overflowed their banks.



When you learn to respect the night, you will gain a
transformation of statics; if you learn to respect the day,
you will obtain a transformation of movement.



Sometimes the hurt self-esteem is like a slow-acting poison.



Sometimes you can feel how literally everything in you
is constantly preparing for a single jump.



To formalize a word is sometimes
the same as to formalize a conscious path.



There is no better girlfriend than night and no better boyfriend
than day.



From a complete presence in time and space through the chaos
of fate to a complete presence outside of time and space. Om.



The essence of yoga is the unity of the opposite.



The true potential of yoga is immense.



Take good care of yourself! On the path to freedom, you will need every nerve of yours.



There are sutras when there is a person.



Om is yoga, yoga is Om.



Love your neighbour in the reflection of your own eyes.



For happiness it is quite enough to be able to meet and see off the sun and a senility.



It's not so important what you've done for others for your benefit, but it's important what you've done for yourself for the sake of others.



Where you are, there is your chance.



Yoga is a harmonious union of internal and external Ashrams.



As a rule not the one who began searching for himself, but the one who remained and became aware of himself had found himself.



I am drinking with your lips, son, I am seeing with your heart, I exist with your smile, with your name, I am waking up and falling asleep with you, I am being born in you, living in you and dying in you (to my son).



Seven roads and seven lights, seven wins and seven losses, seven meetings and seven separations, seven laps and seven stops.



All that unites in the universe is yoga.



All roads lead to you.



Even if you can't understand the sacrifice of another, never judge and dishonor it, never.



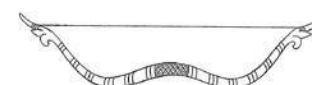
Certainly in the future, for the theft of subtle energy there will be a punishment.



Sometimes it seems that it is impossible to contain yourself, not to mention God. But this is just a game of maya and your own mind. As soon as the mind becomes still, you will see that it is not so and there is no need to contain anything, because you and God are one and without participation of a sore mind you two exist quite harmoniously.



To mourn the world in metaphysical sense is the sacred mission of the elected ones.



Never ask hatred who is right and who is wrong,
it will never tell the truth!



Concentration of consciousness in spiritual terms does not
mean that it is limited, and its expansion does not mean that
it is jumping from branch to branch.



Glory to the one who has surpassed himself, eternal
gratitude to the grace of God, a happy journey and a
speedy release.



The calming influence of nature is usually the lullaby of God.



The agony of fear does not know how to think,
does not know how to talk, it can only absorb.



One must live, not wait.



In the search for truth, always appeal to the immutable,
the mind is so changeable.



That which is not you is not that.



Sometimes there are circumstances that nothing is
left but to be generous, and often there's almost no
your merit in it.



Yoga is capable of anything.



Yoga is the science of everything.



Remember that the true prophets called to
forgive in the name of faith, not to murder.



Your guardian angel is your sun that shines inside of you.



Glory to those who have earned a little bit of
spiritual knowledge and managed to share it!



There are your yshoulders as well behind the sun.



It's a shame to die from your own hands.



The power of presence that can destroy time is basically happiness.



Only love can preserve knowledge,
and only knowledge can preserve love.



The full depth of good and evil intentions and actions is hard
to be imagined, you just need to listen to the words of the
saints and the infinite wisdom of the Holy Scriptures.



In truth the one is happy who's been taken by the
night and accepted by the day.



There should be an acceptance of somebody's pain only when
you realize that there is no such thing as pain of somebody else.



If you want to be yourself forever - be yourself now.



Spring is undressing, the summer is enchanted,
autumn loves, winter is waking up.



Even if you drop all the dogs to "your beast",
there's no guarantee that you can get rid of it.



For the sadhana to be successful - do not destroy your
nature but continue it.



As the Lord inhales and exhales you, so do you inhale and exhale God.



On the way to God each seeker has the right to his
own speed and to his own rhythm.



One of the most beautiful phenomena in this world is the unity
of religions, and one of the most terrible is their opposition.



Being in oneself and being oneself is not the same thing.



Live through the pause. OM



Enlightenment is in fact just a demagnetized state.



You probably won't be able to absorb your body, but it is still quite
possible to let go of the mind and absorb yourself.



Sadah! Be sure to learn how to fill in with satva any time of
the day, it will help you calm and adjust your mind.



The one who brought you out of a severe chronic
(most often laureate, somatized) depression can rightly be
considered your Divine essence.



Find your life in a melodic series of one of the classic musical
works and you will understand yourself much better.



Faith is strengthened in a whisper.



Only the one, who has absorbed space and time is
capable of truly Divine Sadhana.



In truth blessed is the one who has been deprived of any
pleasures, has carried out the pain through the entire lifetime,
and still has remained a human.



You are always in God, however, you are extremely rare
can be yourself.



The Lord manifests himself when you do.



Any form of life is basically
an escape from oneself. OM



The experience of the sage is a living power.



True spiritual experience is essentially determined by the number
and depth of the states we experienced, and not by the number
of events and spiritual practices.



It is possible only now to influence the past and the future.



Overflows of shade and shadows surrounded by leaves of trees
are so similar regardless of the point of the planet, that if you
contemplate them you will certainly feel the unity of lok.



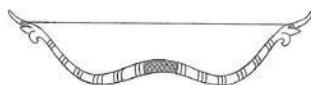
To be in the present does not mean being in the present,
to be in the past does not mean being in the past, to be in
the future does not mean being in the future. Om.



Do not have the habit of comparing people, all have their essence,
their beginning and their continuation.



You cannot completely hide yourself from the Lord in darkness, for
darkness is only a kind of light. You cannot completely hide from
the devil using light, for light is only a kind of darkness. OM



We must fight for life, not with life.



For a sadhak living only by memories is a spiritual death.



Forgotten time is your time.



Surrender to yourself.



The degree of closeness to God is determined
by the degree of attachment.



The perfection is possible only in the perfect world,
the absolute - in the absolute.



The question of energy is already a question of morality,
the question of morality is already a question of energy.



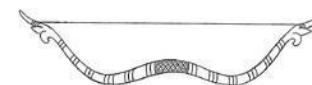
Sometimes only by losing absolutely everything you can gain
a piece of God.



On the way to liberation, sometimes you have to start from
scratch, but as a rule, there is no need to take a new notebook.



Movement back is not yet a thing of the past, moving forward is not
yet moving into the future, stopping is not yet the present and only
true non-identification gives relative power over the time.



To be in the past - you need to become the past, to be
in the present - you need to become the present, to be
in the future - you need to become the future.



Sadhak! Never forget that God and devil serve the
beginning — the one Brahman, the essence of which is
non-interference.



The degree of your existence determines the degree of
existence of the Lord in you.



Only an enlightened person can correctly calculate his
strength in life.



To move from worldly life to sadhana is like crossing the front line.



Mind is the unconditional manifestation of the soul in
the manifested world.



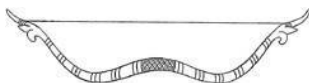
Enlightenment is a goal, not a target.



It all ends countless times.



Each Yuga has its own middle. The golden middle is good
only in the golden age, the silver middle in the silver age,
the copper middle is good for a copper Yuga, and the iron
one is good only for the iron age.



Probably, at times, as much as a person needs night and
needs day, so the Great Spirit also needs
God and devil as well.



Search for yourself, but not for your ego, and more so,
don't search on its behalf. OM



Sometimes when God wants to destroy the world and take his
brothers and sisters to Himself, he sows seeds of religions on His
planets, and waits until they bear fruit.



There is no need to convince a person, who lost
everything during the prayer, the prayer sincere
and unshakable, of existence or justice of the Lord.



Do not horseback the fate, it will bolt.



There is sky in the sky, water in the water, air in the air,
and earth in the earth.



If you have learned about yoga - to some extent you are
already in yoga, if you saw yogi - to some extent you are
already yogi yourself.



The body is in the body, the soul is in the soul, the mind is in the mind.



Each part of the body has its own sadhana.



Try to feel what does not change inside of you throughout your life, and, perhaps, you will be able to take another step towards yourself.



If you've pulled the trigger - shoot.



Recognize in your children their essence and their talent, and help them manifest themselves at all costs.



First of all sadhana is a principle, and not an empty repetition of practices of past experience.



Sensations of soft positive energy, combined with a feeling of being protected by a feeling of absolute confidence in the need for what is happening, are usually a sign of proper training with a teacher.



In the presence of true Guru in yoga, only one thing is required of a student - a thirst for knowledge.



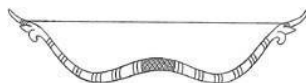
Avoid that type of teachers who are too busy or too accessible.



To hold the beloved legs of a beloved woman is the same as to keep the whole world in your hands, but if these legs spread and betrayed you, then this world is not worth the hell.



Everything comes from fear, self-love and ignorance.
Everything comes from love, God and knowledge.



Nothing can compare to the time when your beloved one is singing your favorite song to you in your beloved city in your favorite time of the year in your beloved day in your beloved home and in your beloved land.



If you think that you can desecrate God, you think too highly of yourself, if you think you cannot defile a person, you have too high self-esteem.



Sometimes, in order to master kundalini, a woman needs to find a man in herself and take possession of him, but a man needs to find a woman in himself and possess her accordingly. OM



The success of sadhana largely depends on participation and attitude of those from your close circle (with whom you naturally continue to communicate).



Sadhana that comes from ego loses all meaning, since even so the majority of human actions are dictated by him.



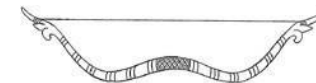
Avoid the teachers who excessively admire you or themselves.



True master will judge neither you nor himself.



The criteria of a saint are not only purity, mercy, and absolute decency, but also courage, absolute fearlessness, knowledge, tremendous energy of creation, love, and sacrifice in the name of all living things.



Everyone has their own sadhana.



Last Breath - Last Confession.



Marathon of Ragi is the Marathon to God.



Love of convenience is karmically single.



Do not hesitate - the next element will certainly give you another transformation, to one degree or another, sooner or later. OM



Only you can recognize your soul, your half, your home, your God.



Any war is just a kind of peace, as like any peace is just a kind of war.



And there was black light, and there was white light,
and there was beginning and continuation.



If you want to at least sort things out, look carefully at those who were born and at those who already had left. OM



When a seemingly endless and incurable illness disappears (especially mental one) and tears of joy and gratitude flow down your cheeks - for yoga it is tantamount to enlightenment, for consciously transferring such experience at least once in a lifetime leads to irreversible changes of consciousness, resulting in complete liberation.



The best calling is compassion, the best motivation is the knowledge.



Ego, in any of its forms, and spiritual path are absolutely incompatible things.



Sutras are like the call of light where everyone will hear their own light.



Changing the biorhythm is the same as moving into another dimension.



There is no one chance for two.



If you come to yourself, you will come to the God.



Spiritual heritage is basically the only one.



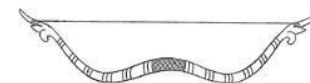
Hold on to someone who knows God.



Sadhak! In your search for the best way to the Spirit use sadhana that is always with you.



Faith will inevitably lead to knowledge, knowledge to faith.
Determine the principle in the undertaking in accordance with the constitution of your essence.



By and large, only the one who knows nothing about
existence of victories or defeats does not lose.



In truth, when mantra comes - God comes.



Yoga will forgive everything, just everything.



Nothing is simpler and at the same time more difficult
than to communicate with a child or God.



Laughter is the magical essence of human nature,
for only a man of all living creatures is able to laugh.



Be happy by the fact that God took your form too.



Learn to be happy in your search of happiness, learn to
love in your search of love. OM



At the negotiating table, where awareness and strength are
involved in the dialogue, the power of awareness is born.



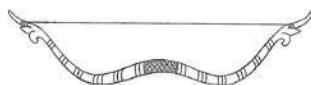
The curse of destroyed nations will never leave humanity alone, never.



Most often the impression is the beginning of an eclipse.



One should rather not seek for the God, but accept Him.



Sometimes only poison can bring you back to life.



The main thing is to conquer other people's fears inside of you,
and then your own fear will go away by itself.



Believe it! The main thing is to remove obstacles,
and streams of love and compassion will literally
overwhelm you.



To listen to a child's confession is the same as to listen to the
God's confession.



The most serious diseases are lack of conscience, greed, envy,
aggression, cruelty and cowardice. The worst sin is betrayal.



Probably if the Lord had listened to all human prayers,
the world would have perished almost instantly.



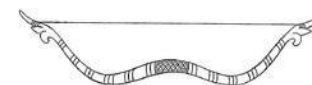
Man, in a certain sense, dies and is born as many times
as his relatives die.



Try to never create a situation where you have to
make a choice between love and love.



You will feel everything in time, the main thing is to listen to it.



Absolutely everything can become the source of a sutra.



Where the will is – there the share is.



Distraction is already a renunciation in a certain sense.



The one who has known the Lord knows everything.



Creating for God you will not be mistaken.



Love broken to dust has always been dust, always.



There is nothing beyond the relief of human suffering, nothing



A true teacher sometimes teaches more than he knows.



You will be certainly happy with someone whom you can share
your main dignity and your main vice.



It's better not to do anything than to do nothing.



In fact, it is because of death that one does not have to fear anything.



Perhaps only love has complete authority over time.



Forgotten faith is a forgotten life.



Basically killing a beast inside is no different from any
other killing.



For the seer, birth looks more like death,
and death is like birth.



Never use the one you love. Love in this case has the
ability to switch to itself.



The death of a loved one is quite capable of awakening
kundalini, like a strike of lightning.



Even the strongest one will hardly manage to strip the sea.



Dealing with the just aspect of the Lord is sometimes
the hardest.



The degree of liberation from fear is equal to the degree
of karmic liberation and equivalent to the degree of
released energy.



That kind of happiness which you can become addicted
to is not the happiness at all.



To be able to share your qualities properly is great art.



Children should be closer to animals,
adults should be closer to children.



Fate is sometimes afraid of itself.



If nothing binds a student and a teacher -
that indicates the correct harmonious
relationship between them.



Before you start looking for your "other half", you
should find "your own" half first.



As a rule, God loves one who loves the children, old people and animals.



True teacher fills everything around you and at the
same time seems to be completely absent.



A true warrior is one who is able to stop a war, not to unleash it.



Until you found the way how to serve people —
you did not find anything.



Sadhak! Be sure to lean on the spiritual at all levels.



Certainly everybody will leave and come back,
as they have already left and returned many times.



Often non-identification does not mean renunciation.



The uniqueness of yoga system is that it adapts to itself.



The one who waits for himself loses time in vain.



The point of no return has already been passed.



Happiness is when you understand yourself.



Hearing yourself is the same as hearing
the music of the spheres.



Sadhak! Transfer the wisdom of ancients to the present
day.



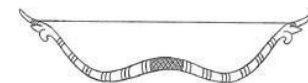
The principles of yoga are applicable to women and men equally.



In yoga, self-expression is important, not self-affirmation.



Remember that meditation is not a hunt for oneself,
but contemplation and awareness.



On the altar of love



Match everything that you feel and know,
maybe you will manage to get out of the circle.



Identifying with the Divine is the true essence of meditation.



Sadhana that comes from ego is a flawed sadhana.



As a rule, you should not offer help to the fools,
but to those mistaken ones.



As a rule those who do not have the strength, the proper
level of awareness and courage to live in the present live in
the past, those who lack wisdom and patience usually live in
the future.



If you want to write a poetry – it is not in
vain at all, just don't do it out of self-pity.



A brave man and a beautiful woman can be forgiven for almost
everything except betrayal.



If there is what you are, you are what you are.



The best ruler is the one who managed to stop the time.



The past is just what you left behind.



The moral principles are undoubtedly the basis of
yoga as any other spiritual practice in general.



In order for kundalini to whisper the first lesson to you -
you just need to stop, sit down, take a deep breath and
straighten your back.



Ashram is not a shelter, cultivating self-pity, depriving
individuality.
A true ashram is the unity of conscious and free people.



When silence stops time, the magic of Divine reality begins.



Let life be life, sleep be sleep, dreams be dreams, and death be death.



True awareness is absolute generosity.



It's important that not a candle,
but the eyes will not extinguish.



Love, respect and condescension between student and teacher is
an excellent base for successful classes.



For a conscious, sincere, kind, seeking sadhak, vivid childhood
memories are sometimes a sign of spiritual growth.



The calendar must be in the soul,
not in the mind and not on the wall.



The one who could not withstand is already withstood.



Basically any teaching is utopian, because it cannot take into
account all the features of a particular human person.



Everything is an ashram.



To choose the right yoga system for yourself is often
equivalent to choosing a life partner.



For practice, self-hypnosis is karmically more natural and useful than
hypnosis, which sometimes can disrupt the natural course of karma.



You can allow everything, but not everything
needs to be visualized.



Disciple! Vary between control and self-control, discipline
and self-discipline — this will certainly help you to lead a
more balanced and successful sadhana.



Wisdom this days, unfortunately, more often is receding
into the past, while the mind looks into the future. And
only a few with sufficient experience, power and
knowledge, remain in the present with their whole being.



The right chakra will be lit at the right time.



Only those who are free from fear are truly liberated.



I am getting farther and closer, you are farther and
closer, we are getting farther and closer.



Sometimes, under certain karmic conditions, shock is the
most adequate measure for its correction (karma).



Bach is one of those few who is able to make even the
skeptic think about the Divine.



The longer the silence, the higher the
price of the word.



It is important to live the life when even
your last breath could serve the people.



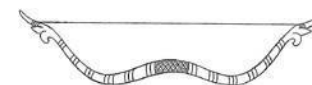
Always remember that kundalini will benefit or harm you
according to the degree of your moral principles.



Liberation from fear - releases tremendous amount of energy.



On the path to liberation — manage to distinguish
service from slavery, for being a servant of God and
being a slave of God is not the same thing.



Your very existence is already the knowledge.



When you do not control emotions
and thoughts, but they do - your world collapses.



Track where the prayer begins and where it dissolves
and you have a chance to get to know the part of the Lord
that is you.



The life of the saint is his life.



Be sure to meditate on where the thought,
and calling and the essence begins, and where
feelings, energy and will are coming from.



Follow yourself.



Once the spikelet had moved and everything remained.



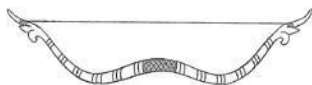
Your own Teacher, your own sadhana,
your own karma, your own destiny.



Nobody will pay a penny for your shadow.



Sometimes the Divine spark should be literally collected
by bits and pieces.



If the flower of cowardice blooms in you in full - it is
unlikely that the plans for your future will help you.



If illness has taken everything from you allow the God to
take care.



For a person, kundalini is basically his human essence.



It is very difficult to carry your cross, but sometimes
it is even more difficult to find what your cross is.



The best reward from the Lord on the psycho-
physical level is a healthy neuromediation.



Anyone who betrayed his star may lose his way for a long time.



The most difficult fight at the physical level is a hormonal fight.



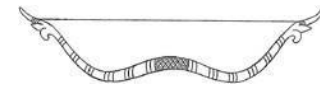
One who was born, was born in time.



One for the other, everything for everything



There are no such things as ex-mothers and ex-fathers,
ex-brothers and ex-sisters, ex-children and in general ex-
relatives and ex-close souls, as well as there is not such
thing as ex-love.



Everything is exactly as it is.



If sutra has helped you to survive,
then basically it is an eternal sutra.



Enlightenment is a kind of way out of shock.



As paradoxical it could seem, but it is impossible
to live and to die like a warrior,
when there is war inside your soul.



Choose the yoga of the result or yoga of the process
according to the essence of your constitution.



The miracle is that the Lord allows us to
create ourselves from ourselves.



Listen to the one who makes the heart beat and
breathe, listen to the one who makes move the
mind and feelings, listen.



In your place can only be you.



There are no other men and other women.



The phenomenon of true meditation is similar to the
phenomenon of birth and death.



Sometimes absorb prana by releasing,
remove it with voltage.



On the way to the Spirit - by all means use
the power of changing seasons.



Repentance in one way or another is absolutely necessary for
everyone who was born in flesh on the Earth, except, of course,
for those liberated souls who for some reason wished to visit the
Earthly plan.



Movement - is already love in its nature.



The closest one to your truth is you.



Happiness is to find the reflection of the beloved in your
soul and dedicate your life to it,
sacrificing unconditionally everything.



God is the union of absolute energy
and absolute consciousness.



In each of us there is each of us.



Reflections on the meaning of life is a useful exercise
and nothing more.



Just step into your inner self.



Write your temple on your own way.



And the back side has its reverse side.



Time has no friends.



To understand the mind in a certain sense is much more difficult than to understand the God.



Life is the Divine inertia



Sometimes hair saves not only the head, but the soul.



Glory to the one who has gone through all five steps of grief and remained a man, and God forbid you from such an experience.



And there is no way to be again.



If you have enough patience to germinate with a flower of a special kind and blossom with it in full, you are unlikely to be in need of another sadhana.



Killing a coward in you is much more important than killing an enemy.



In order for the stone that you threw up to not fall down and stop at the height you need, certain atmospheric conditions are necessary. So is with kundalini, in order to awaken, raise and fix it, certain conditions are needed inside your bodies (physical, astral and causal).



Deep kisses of a beloved at the site of the problem chakra can do miracles.



At the tip of the needle is knowledge, at the tip of the needle there are entrance and exit.



Winter is over winter, spring is over spring, autumn is over autumn, summer is over summer.



Obsession with wonder is a wonderful obsession.



Nothing awakens kundalini like love and nothing suppresses it like fear.



Even the immense suffering of the saint can give happiness to any person.



Always remember that even the ego that includes character, psyche, body, mind is only a part of you (there is also a causal, Atman) and no matter how sick, weak or disabled they are everything will return to normal and anyway you will find happiness, integrity and peace.



One should learn to live in order to learn to die.



True liberation gives the right to recall all of the past lives and relive any of them again at one's own discretion.



Happiness is when hands know the earth, feet fall in love with the road dust and there is nothing more than the call of immortality embracing you in the form of the smell of sunlight.



Everything is the same as before, everything is the same as here, everything is the same as it will be, everything is the same as it is.



Anonymous dead is truly a Divine manifestation that deserves full and unconditional worship.



It is enough to be completely faithful to only one true love in order to carry it through all lives, up to complete liberation.



Sadhak, if you got seriously ill, pray to the Lord to return to sadhana, or at least to turn your sickness into sadhana. OM



To some fellow practitioners! If a missile hit the head, it is hardly possible to help with an enema. On the other hand: if the intestines are clogged up with slags, the Atman will hardly show itself of absolute purity and a long-awaited release will come.



The degree of genius is usually determined by the degree of inner freedom.



Wisdom is anchored in silence.



True wisdom is perfect both in life and in death.



A woman is a keeper of love, a man is a keeper of knowledge (which is basically the same).



True wisdom perfectly knows both life and death.



It is the one who has never had, lost or has not gained a truly close person who is frantically seeking for the Lord.



Often, God is sought by the one who has not yet found or had lost himself.



As a rule, for the one who has found himself, there is no need to search for the God.



The seeker must recognize what is from life and what is from death.



The one who managed to find God, no longer need to look for themselves.



There is only one order - the order of devotion, sacrifice and love.



To come back to your own awareness after a long-term mental illness in some cases equals moksha.



Shadow does not fade.



For each person the choice between own will and faith to God is completely different. It depends on countless numbers of factors both lying on the surface and completely unconscious.



The path to yourself lies through you.



A Man must be sacred to a man.



Sometimes the most concentrated hopes generate indestructible faith.



Dictate from humanism is also destructive, like the dictate of terror.



A bouquet of wildflowers can sometimes uncover the secrets of antiquity, open a memory channel and change your karma once and for all.



The desire to love in a person is so strong that sometimes it generates love itself (which in fact is already a part of it).



He, who tames the elements curbs manas.



True meditation is not an association.



Even maya has strengths and weaknesses.



Only those who perfectly mastered their sexual energy and managed to preserve their moral principles can rightfully be called the master.



It is not known yet what the people are more afraid of: the existence or non-existence of God?



Regardless of harm or benefit of teachings of Christ or Buddha, the feat is truly absolute and should cause thrilling among the people of truth.



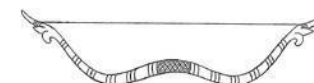
Your home is knowledge, your home is love.
Your home is harmony, your home is the essence.



Everyone will find the sutra from which they want to run, and everyone will find the sutra they will never want to part with.



Often a narrator or a teller is closer to God than a priest, because they have direct contact with God through the word and sound, rather than through awareness, which sometimes takes so many reincarnations.



In order for the sutra to really succeed, it is necessary to be able to be fairly free with time.



Your potential largely lies in the power of your imagination.



There are some who carries a fiery, there are some who carries an iron, there are some who carries a stone cross of their own.



As soon as you thought that you gave birth to a wisdom - consider yourself separated from God for one more eternity.



The truly spiritual task of man is to search for an immortal soul, and not to work on the creation of an immortal body.



Sadhak! Always remember that sadhana only consists of eliminating obstacles on your way to freedom, and not in gaining freedom itself, because basically you are already free and realized. There is no need to go to somewhere and gain something, as it has always been, is and always will be.



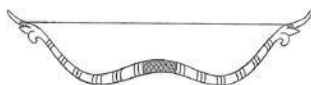
Sutras from children and “madmen” are especially valuable.



Someone needs to learn how to lie down, someone how to be sittid, someone how to stand.



The Lord has no age, because even that part of him that is inside of you does not have any friction.



As a rule, only those who simply have nothing to say, or those who have already said everything, remain silent.



Making yourself live under certain circumstances is not a feat, it is rather your duty.



Sadhak! Understand the difference between bravery, courage, and valiancy. The terms are very similar, but at the spiritual level they are different.



Meditation is only an extension of your nature.



If you want to know the God, know the children.



Sutra is the more valuable, the more you sacrificed to it.



There is only you and me between me and you.



There is not even emptiness between us.



Sadhak! Do not rush to literally understand the principles of spiritual scriptures: ponder, meditate, consult with an experienced Master, and only then practice and become established in knowledge. OM



The one who is obsessed with the goal is obsessed with the “chain”.



If your creativity is sincere, plagiarism cannot be in essence, just create without looking around and do not be afraid.



An enlightened fulfilled person, unlike the ordinary one, can appear before people the way he wants, as well as for himself to remain what he wants, both on the physical and on the subtle levels.



Denial of God is often a great start to His path.



The reaction to death, illness, fear, and love largely determines the level of consciousness of yogi.



Living with God does not always make life easier, but only introduces some meaning into it, which unfortunately not everyone can cope with.



The Lord looks with human eyes, hears with human ears, he thinks with the human mind, but he holds the secret information within him, and does not need human assistance at all.



Everything that happens before puberty is basically all sadhana.



Sometimes it is very difficult for an enlightened teacher to give an adequate lesson to a student, for He sees in him an enlightened one, pure Atman. Therefore, do not rush to immediately apply the Master's advice to your reality. Fill your heart with nobility and with the name of God do what you are supposed to do.



Disciple! Realize that you can quite exist without thoughts (for example, in deep sleep, meditation), but thoughts cannot exist without you, they need a source of their creation. Your existence goes on without them, more precisely there is one source-thought which explains everything. Do not be afraid of anything. In the end, you are the Soul and the body and thoughts are only its manifestations. You are completely safe, you are eternal, you are loved, you exist, you will be.



If Goddess of yoga has not been created yet, it should be created, created not only on the physical, but also on astral level. If it is as a separate field of consciousness, then it will not be difficult for masters to manifest it for you.



For the enlightened one suffering and compassion are basically the same.



If you can find the cause of your main disturbance - you may have a chance to understand the essence of your karma.



As long as there is someone to determine to be or not to be, there will always be something existing or not.



The ascetic's spiritual level is not determined by the degree of his asceticism, but solely by the degree of his detachment and awareness. OM



A yogi should be no different from an ordinary person, but he is different.



Fighting karma in most cases only strengthens it. Karma must not be fought, but the law of inaction in action must be applied. It is more important not to fight the old as to not create a new one, completely releasing the ego.



If your soul is in pain, forgive it.



Unfortunately, very often the shortest way to liberation goes through the pain.



Find within yourself your sunset and your dawn, your night and your day, your spring and your summer.



Seeker! Find your fuel at this stage.



The camp of God's grace is immeasurable.



Remember that true asceticism is not sadism at all, but just detached silence and nothing else.



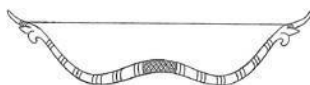
You can leave the past only if you have no future (in a spiritual way).



Sutra is usually a sketch of a found essence.



This can be an integral part of your sadhana.



Sunflower gave humanity a wonderful gift of meditation.



In spiritual scriptures you most likely will find what a person should do in general, but you can hardly find what you should do in particular.



Choose your own method of self-research, only yours, natural and affordable.



True sutra is a dedication, a will, as this is basically the final testament before the stop. OM



Don't adopt a habit.



Do not have the habit to use Kali-Yuga as an excuse.



The birds in spring pray perfectly, sincerely and directly.



Hair basically is one of the main guides to God.



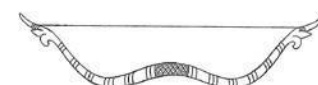
Often a thought, a word, an action only distance you from the truth.



If you recall the past too often now be ready for the changes.



Do not drown your fear in someone else's blood.



Turn to as many points of view as you can.



Sadhak! Consume spiritual scriptures only as a part of a sadhana and do not seek to perceive what you've read as an order for immediate action.



As a rule, the highest form of justice for a woman is love, the highest form of love for a man is justice.



It's already happiness to be able to talk with your voice.



Remember that the food products that are right for you are your teachers as well.



True awareness on the physical level as a rule manifests itself in impeccable action.



The source of your will is secret.



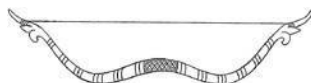
As a rule, a woman is looking for love, but a man for justice. OM



True sadhana sometimes is like assembling oneself from the smallest particles of the universe.



Love and knowledge are the same.



There are as many ways of awakening as people.



Anyone who knows how to tune a musical instrument is essentially able to tune the chakras.



Find your loved ones within yourself, find your ocean and your sky.



Try to see and understand everything that is created by God within yourself.



Leave yourself alone.



In fact, there is no difference for God, whether He exists or not.



Everyone is equal on the altar of freedom.



Yoga is bindu, yoga is om.



Sadhak! Comprehend the art of pratyahara only with an experienced mentor, exclusively.



All is one.



Love and yoga are the same.



If you don't know what to do, try not to do anything yet.



Don't stand on the way of your spirit when it heads up to the new pinnacle.



Understand what kind of peace is right for you.



If you would fall in love with yoga, your sadhana and life will become more successful, but if Yoga itself falls in love with you, you will become the happiest person ever.



Of all, look for the nature of your desires, their essence, their source.



Samadhi is not an absolute pleasure, samadhi is rather an absolute satisfaction.



Attachment to the beautiful or to the low for karma sometimes has the same pernicious effect.



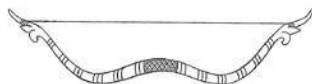
The water cycle in nature is identical to the energy cycle in the subtle body.



Find and accomplish the most important things in life, and then enjoy the flow.



Let's each moment, each part of the universe has its own essence.



God's grace is incomprehensible.



Sadhak! Beware, do not outsmart yourself; it happens quite often among those seeking for the knowledge.



If you happened to meet a great Soul in this life - be sure that the Lord will certainly knock on your souls as well, He certainly will.



Sadhak! While you are not realized, help people very carefully and selectively, listening to both your intuition and common sense.



Sometimes an ordinary person or a yogi does not experience anything that looks like enlightenment, but nevertheless demonstrates it. OM



If desired, you can track the way each one is removed.



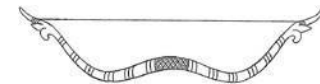
The Bliss of Moksha is much closer to satisfaction than to pleasure.



Learn to correlate the law of your own essence, the law of God and the human law at the time in which you live and your sadhana will become the most complete one.



Disciple! Remember that the back pain (muscle aching pain for no apparent reason) is often a sign of lack of prana. It is necessary to stop and review your sadhana, review your life.



Cruel warrior is a stupid warrior.



Let my hair loose, bend my head down, do not say anything to me, when everything passes by - take me away.



Sutra and confession are one and the same.



Sadhak! If you still have the necessity to look at your watch, then at least change it more often.



Sutra is not the sword of justice, sutra is the sword of revelation.



Atman is higher than any miracle, any phenomenon.



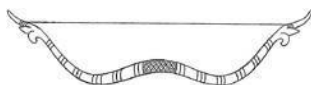
Sadhak! Choose one major and several additional methods to realize your Self by virtue of your nature.



Do not ignore or indulge the classics.
Untie your knot exclusively in your astral body.
(The classics of spiritual scriptures)



Disciple! Remember that understanding the illusory nature of the body and mind does not mean dismissive attitude towards them. OM



Taking away someone else's life - you certainly take the part of yours.



You can find any mask except the mask of enlightenment.



In yoga overcoming does not mean approaching
(in a fundamental sense).



To give children the best - you need to find the best in yourself.



The ability to safely change the states of consciousness at your will like figures on a chessboard is a criteria of an absolute mastery.



You have no idea how long ago you have left the house.



Disciple! Balance all aspects of your sadhana and then it will merge with your life and you will find so long-awaited integrity.



Mentally kiss each element until they reveal their secret to you.



Imagine that you don't exist! Impossible?
Only this example itself tells that you always are,
always were and always will be.



The best meditation is an absolute concentration on nothingness.



Not creating karma is a kind of a talent too.



For the true seeker his life must become part of sadhana,
not sadhana should become a part of his life.



When you realize how everything is saturated with everything –
it will become easy for you to move away from everything.
However, there will be no need to go anywhere anymore.



Great people have great karma.



Path of a warrior and the path of war are not the same.



Contact with a genius is not always pleasant,
but always gives a certain feeling that never leaves you.



All that now exists always has been and will be; on the other
hand which does not exist has never been, and can never be.



Spiritual writings are basically divided into two
categories: a guide to life and a guide to death.



True samadhi is not a transition from one state to
another. True samadhi is only a merging of states,
where the criteria and the essence of each of them
are preserved.



Feed each chakra with it's food.



In a certain point of veiw there are as many
kinds of samadhi as there are people.



In fact, one of the forms of Samadhi is an
absolute awareness "in the deep sleep."



Temporary samadhi gained with effort using upasan
(practitioner) is able to give only temporary satisfaction,
but to fully affect the karma of the past (sanchittu karma)
such samadhi is not able to.



Spiritual strength is not so much in strength as in the spirit.



All that now exists always has been and will be; on the other
hand which does not exist has never been, and can never be.



All samadhi is always here.



Everything was when the Sun was the God,
everything became when the Sun became the Sun.



You can gain all the siddhi, but never gain liberation. But if you
have found yourself and established yourself in Atman, all
siddhi will be available to you, but you will no longer need to
use them.



The power of maya can be conquered only
by its source, its creator, its God.



Absolute faith that you are already in samadhi sometimes
stronger than any of the methods in achieving it.



Try to understand what God manifests through you and you will
certainly have a chance to become happy.



You must have time to share your happiness, and you
should be able to carry your grief away with you.



Pray to God's blessing for everyone, and
ask just for good mood for yourself.



Sometimes agony of immeasurable suffering breeds the fire
of great compassion, creativity, and love. OM



There is no excess of conscience, wisdom or courage.



Remember that if you are given prosperity then it's
usually just to serve people.



Only condition incompatible with life entitles you to
leave (with few exceptions).



Whatever you concentrate on - you concentrate on yourself.



Conscience is never too much.



True meaning of concept of maya is not only in that
particular state or event unreal in principle, but that it is
temporary and only therefore unreal.



Recreate the eternal name for yourself, recreate!



Try not to ask the Lord why He created this world.
On the scale of the Lord, such a question simply does not exist
and cannot be by nature.



See how the righteous call for prayer - don't
you feel the happy thrill of unity!



Both day and night are visible in the light of the truth.



Only those who are truly aware of losing everything at once at
any time are able to live in full.



Realize that the fate of one soul includes the fate
of all other souls in a certain way.



When you are busy you'd better look for from whom
or from what you are hiding.



Spiritually, silence does not mean not to hear,
in this case silence means not to listen.



Nonideification is already a salvation in a certain way.



Step into your own shoes.



Sutra is an experience strung on a thread of conciosness.



You are everything that exists.



Sadhak! Try not to flatter neither
God, nor people, nor yourself.



If you can still step over the threshold of your
house, then you can still step over yourself.



Prana should usually be tamed like a wild animal.



Often to get out of mind of someone else's grief can
either a craven or a blissful one.



As soon as you realize that what you see, hear and comprehend is
the same the mind will quietly begin to calm down on its own,
and finally you will certainly discover Yourself.



Sadhak! Learn to perceive everything as a miracle and be
absolutely unprejudiced towards it.



For each era, their criteria of holiness.



You just start a dialogue with God - continuous,
sincere and direct and you will see what will happen!



Meditation begins where experiences and thoughts end.



As a rule, the one who has learned to control his thoughts
is not trying to control the thoughts of others.



The knowledge gained in suffering is the most valuable.



Absolute being reflects absolute knowledge.



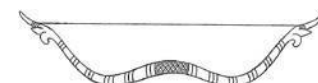
Liberation is basically incarnation.



One goal, one determined, one reality.



Disciple! Do not rush to judge the master by his words and
actions. Try to hear his energy, try to see the essence
of his true stay.



Could anything be more obvious than your
existence, your presence!



Sutra, like many other things, could be
completely wrong, but very good.



In Kali Yuga it is equally cold at the
“north” and at the “south” pole.



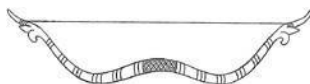
The desire to solve the riddle of life and death is already
the result of good karma.



Thought and emotion are born at the same time
and at the same time they die, because thought
and emotion are basically the same, at least they
come from exactly the same source.



Sadhak! On the way to liberation take everything into
consideration: nationality, education, genetics, character,
constitution, habits and affections, place of formation,
time in which you live, susceptibility to diseases, abilities,
desires, psychological blocks, traumas of the past, your
tastes, weight, growth, capacity of body and mind, place
of sadhana, Teachers, influence of relatives and friends,
traditions, your religious direction in generations,
upbringing, social status, self-esteem, your own psyche,
beliefs, country, city, place where you live now, climate,
the state of society in all its manifestations, etc. etc.
Considering the above, you may have a chance of a truly
successful sadhana.



Nothing separates from God more than God;
and nothing brings God closer than God does.



Just to recognize oneself as being different by the will
of circumstances does not mean to realize oneself.



Seeker! Nonideification should ultimately become
your natural state, not an exercise.



It's easy to be brave while you're brave, it's easy to be strong
while you're strong, it's easy to be healthy, while you're
healthy.



Sadhaka! Know that it is hardly possible to recognize the
mystery of law of karma before gaining complete liberation.



From external sound to internal, from internal to eternal,
from external name to internal, from internal to eternal.



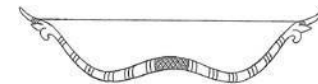
Until we turn to each other the Lord will not turn to us;
it's time for all of us to understand. OM



From incarnation to recreation,
from recreation to reunification.



From adaptation to adaptation.



There is nothing more secret and complex on the Earth than the law of justice.



Sometimes the life being uprooted gives the right to liberation.



Non-attachment in the spiritual sense does not exclude the natural manifestation of feelings. This concept is more subtle, which, like most spiritual concepts should not be correlated with gross manifestations of everyday life.



Being oneself does not mean being with yourself.



There is no distance between thought and emotion.



In fact, a true miracle is when pain and fear are dissolved and never come back.



Try to ask yourself about the necessity of your own suffering and you may find an answer to the need for the sufferings of a mankind.



As soon as you begin seeking the truth, the truth starts looking for you.



Spend time on serving people and meditating and you will never be mistaken.



We come alone to this world and happens that we leave in groups. Think about it! If you could solve this riddle the world will reveal itself to you.



One of the most natural, pure and direct paths to the Atman, freedom, and enlightenment lies through Shavasana, when the whole life is subordinated to Shavasana and preparation for it. (If, of course, the sadhak is ready for it at all levels, especially morally, by mind control and with the ability to handle energy).

OM



Solitude should not become an escape from life, and life should not become an escape from thyself.



Never judge someone who is out of mind, never.



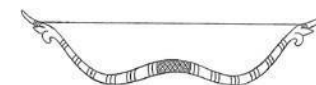
Try to understand and feel what exactly your mission is, and what is your destiny.

And this meditation itself can already be called sadhana.



When you wake up in the morning - remember those who have not woken up and will never wake up; when you eat, remember those who are hungry; when you go to bed -

remember those who are sleep deprived and who simply have nowhere to sleep; when you hear, remember the deaf; when you see, remember the blind; if you are well, remember those who suffer; if you love, remember those who are devoid of love and compassion; if you enjoy freedom and communication with loved ones - remember those who are deprived of it; when dressed - remember those who simply have nothing to wear; when you walk - remember those who simply do not have legs; if aware and calm - remember the mentally ill; if you live in the world, remember those who are at war and those who have already given their lives for you; and most importantly: if enlightened, remember those who still have to walk this path and let this memory be filled with love and compassion.



I love, I write, I share, I suffer, I feel pity, I stay, I realize, I see, I feel, I know, I believe, I go away, I remain, I meditate, I contemplate, I open, I serve, I wake up, I breathe, I thank, I accept, I exercise, I burn and I burn down, I let go, I do not ask, I do not regret, I do not wait, I do not condemn, I do not judge, I forgive, I leave, I sympathize, I remember, I consist, I depart, I live, I sacrifice, I do not defile, I do not take offense, I carry on.



To a disciple! Be attentive, do not confuse depression with detachment, ecstasy of samadhi with mania. Learn more about Shruti and Smriti. The study of works on psychology, psychiatry will also be useful.



Everything that saves you from suffering is sacred.



Sadhaka! First of all, identify what is more important to you: gaining prana, holding it, using it correctly, or properly disposing of its fruits. The understanding of this principle will largely determine your fate.



Our world of illusions is the kingdom of crooked mirrors.



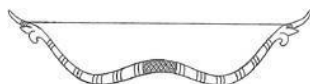
Find your own poet, your artist, your musician.



Meditator! Try to visualize the experience of deep dreamless sleep and at the same time remain as conscious as possible. If you are ready for this experience, the result will not be long in coming.



If you solve the riddle of God's mercy, you will know everything.



Samsara is basically change of preparation for life and preparation for death.



There will be a conscience - there will be a message.



Basically, only the purity of thoughts leads to the true power that can change the karma on the path to liberation.



The road to yourself could be found at your feet.



In each case there is its own degree of confession and its own way of atonement.



In your search of truth, lean onto the scriptures and the courage of those who have realized and carried them through the centuries.



To a disciple! Remember that as a rule only gradual, measured, weighted sadhana leads to proper results.



The true meditation should eliminate the ego, not cultivate it.



Pain and fear either breed the faith or kill it.



No matter how hard you try to be yourself, you will still be yourself.



The Lord is farther than any distance,
deeper than any merger.



Nothing expands the consciousness like the heaven
and nothing restricts it like the earth.



Follow the circumstances exactly to the same extent
that they follow you.



Like smoke, smoking from incense, our souls are carried
away upward, dissolving in the silence of the Atman,
taking with them the mystery of human essence.



No matter what prompted you to take the path of
enlightenment, it is important that you are standing on it.



God is usually bigger where ego is less.



Sometimes even the gods hide from the people.



Do not chase away the fear of inevitable that comes from
within, for what can be higher than the fear in front of the
face of divine love.



What is peculiar to you is peculiar to everyone.



Truly, the mind is a curse; truly the mind is a blessing.



Sometimes even Gods have to be saved from the people.



To get to the light you must first lit up your way.



Sometimes, for a melody of sutra to be born,
you just need to tune the instrument.



The best sadhana is the inevitable one.



Do each action as the last, knowing that you
have an eternity left.



Accepting God is much easier than accepting yourself.



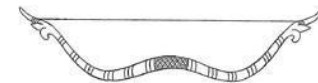
There is no worse enemy than an out of control mind.



Disciple! Do not try to imitate the great ones in everything;
their greatness lies in the fact that they are simply who
they are and, as a rule, they never imitated anyone.



Anyone who has long been deprived of human participation in
relation to himself will certainly feel the participation of God, the
main thing is to see and understand what it is.



By all means equip the hike to the Present, by all means.



When absolutely everything becomes sadhana, time works for you.



Even a ladder to the Heaven stands on the Earth.



Every seeker simply has to wonder about the mystery of Leela. Is there really a need for our immense suffering? Why does the Lord keep silence when barbarians cut out hearts and asuras cry out of happiness. Of course, there can be no answer in the usual state of consciousness, but keep on asking, for thinking is an integral part of sadhana. Of course, in samadhi, the answer will manifest itself, for there will be no ego, no questioner, no question, just as there is neither you nor a question in deep sleep. Only in samadhi you realize yourself, only in samadhi.



The Lord begins to erase the memory of pain exactly at the moment when it happens.



There is nothing more stupid and meaningless than the resentment against the God.



When you live - He lives, when you sleep - He sleeps, when you are - He is, when you are not - He is not.



Yoga is an awareness of your being, an awareness of your nature, an awareness of your essence.



Always remember that you need to have time to share your soul and then your life will not be in vain.



Do not allow the mind to always decide to what extent you should be inside or outside, to be with yourself or to be with someone - this is rather the competence of budhi.

If you follow budhi, you will experience harmony. Manas will always find contradiction and opposition, and there will be no peace for you until you understand that.



Every body is equally mortal, every mind is equally sinful, every Spirit is equally holy.



The true sannyas is a sannyas of non-identification.



Do not look for the best - look for your own. OM



Before you ask what the Lord has done for you, look what you have done for Him. Before you ask something from Him, find out what He "asks" from you.



Let there be the one who bathed in the river of courage, let there be the one who bathed in the river of knowledge, let there be the one who burned himself down in the fire of eternal Divine love.



Sadhak! Refresh your memory with Stotra (sacred and laudatory hymn to God). Sometimes it is extremely necessary on the way to the Spirit.



Sutra is the naked essence.



Each of the elements gives us a lesson.



In the manifested world everything always carries its opposite.



As the Lord created you in his own image and likeness,
so you usually create the Lord in your own way.



The clever mind watches the world, the wise mind watches himself.



An indifferent person can already be called a yogi.



As a rule the deeper the silence, the deeper the transformation is.



Only the one is happy who, in fact, doesn't grant too
much importance to the fact of being happy or not.



Seeker! Be sure to recognize exactly how the
mechanism of your own ego works.



The words of the scriptures are like coils of wires charged with
great energy. By spinning them, the master basically unwinds the
kundalini rings - shakti.



Every spring you have a chance again...



Human love can be so powerful that
even the gods "come" to look at it.



The true sutra is basically an
extract from revelation. OM



Sadhak! Remember that with proper sadhana the world
will leave you at the right time; and believe that
sometimes there is no need and expediency to give it up
at your will as you live.



One loving mother sometimes has more love
than all the temples combined.



In order to build a new temple in your soul it is not necessary to
destroy the old one; there is enough space in the Kingdom of God.



The pain of each person smells differently.



To talk to pain you need to know its language.



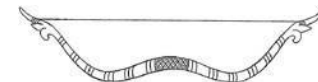
Violence and powerlessness is the same sin.



If it would ever make any sense asking something from God
then that's for the opportunity to never ask for anything.



Sometimes commit a sin in order to forget.



You'd better open the channels of truth at your own discretion.



To the one who has experienced everything nothing has left
but to test the God.



The Lord is flawless in his mercy, in his unmercifullness. OM



Evolution certainly does not exclude the Divine,
and the Divine in turn does not exclude evolution.



There is practically no partition between hell and heaven, just
as there is no one between the celestial and terrestrial spheres.



As a rule, the sun takes away your anguish, the moon - anxiety,
leaves - excitement, the ocean takes away your confusion, the
river - fear, mountains - obsession, and the fire burns negative
memory.



On your way to the Spirit do not limit yourself. Sometimes you
push off from the outside, sometimes from the inside.
Any call is equally important.



True observation is not a property of your mind - it is a property
of your consciousness, of your being. Your mind is an object like
everything else which could be easily verified by proper practice
and due attention.



Learn how to hug the deceased.



Each of the elements is intended to relieve from a certain type
of sufferings, from a certain type of pain, and of course each
presents its own lesson.



On the way to God, you need equally master how to light
and extinguish your fire.



In moments of despair, try clapping your hands.
Sometimes this kind of meditation is surprisingly effective.



Often the fate of a person is his health at all levels.



Everything which has been truly hard-
gained is ingenious in its own way.



See how your Buddha, your Jesus,
your Teacher, and your Spirit are doing.



Until complete transformation nothing can be
completely redeemed.



If anything, but fear, God will burn with a hot iron by the end.



Sometimes rest requires as much prana as labor.



Shiva's mantras wrap us around with immense trembling of
deep antiquity of Majesty of the Lord in their integrity,
incomprehensibility and omnipresence.



Get up and spit your ego out, and maybe you will succeed.



The energy should still be dyed in the right color.



Undressed condition of your soul is the worst of conditions.



Neither tension nor effort will usually lead to any result. Only
independant being, and non-interference of any of the levels of
mind give a chance. A witness is not a doer, not a mind,
omnipresent, always present, natural, beyond.



Only the one who has overcome himself
can pass through himself. OM



Suffering, but not grief, is what purifies.



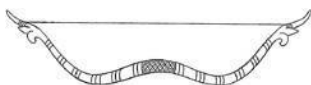
In manifested world pain is unfortunately capable
of almost everything.



The loop on the neck will not deliver you from the loop of time.



Strength sometimes brings as much suffering as weakness.



The best battle field is your own body.



Being a geneus is also an absolute state of concentration.



Listen! when the mantra of Krishna is heard, there is a
feeling that the Lord is embracing you with His whole
being, with all the Universe.



If you watch starry sky attentively and impartially enough,
you can feel that stars are smiling at each other,
giving us an example, reminding us of the major.



Each state has its own law and each state has
its own chance.



Not a single doctor can forbid you to suffer.



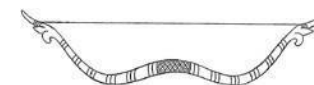
In fact, absolutely everything could become creativity.



Everything is here.



By and large, from the “position” of the Atman until
complete liberation happens you “sleep” at night just as
much as during the day.



Silence actually is one of the forms of meditation.



If you happened to meet and recognize a person, who knows God, try not to leave him at a single step.



The cross of solitude surely define as the light of hope, and not the darkness of hopelessness.



To have the opportunity to suffer is a tremendous privilege, because ego dissolves not only in the ocean of love, but also in the ocean of suffering and compassion.



The best Ashram is the one where there is no need to ask questions and to answer them accordingly.



Once you will experience everything and there nothing be left for you, but to experience God.



Awareness is the ability to trust oneself to the Lord, where each step has its own degree of awareness.



It happens that you need to ask for forgiveness from everyone, literally.



The bliss of the beyond is only indirectly related to human happiness, because basically it is not a state. It lies beyond any state and non-state, any existence and non-existence, any being and non-being.



Sadhak! Memorize the seconds of eternity, this is your point of reference.



Let your mind and heart shake hands.



When He comes to Her - she obediently submits, when She comes to Him - He passes through himself.



If you can ask your question during the deep sleep - the answer will not be long to come.



Practically every birth is an atonement.



All "guilt" is on the great Divine love.



Fear has as many shades as love.



Headstand will be extremely useful for a person who firmly stands on his feet.



Seeker! If you would only realize how many living graves are on earth, perhaps you would reconsider all sadhanas and all your life.



Do not blame anyone, do not blame yourself, love everyone including yourself, let go of all and let yourself be. Follow sattva and try to be who you are. OM



Sleep is the continuation of wakefulness,
as well as waking up is the continuation of sleep.



Every moment of enlightenment will and should be used to serve people.



In fact, you exist not in spite of and not even in
consequence, but in accordance with the world.



Mostly all beings of Universe can be divided into two categories:
those who control the prana and those who are governed by it.



Samadhi is simply an absolute balance.



Find your dream, your mobilization, your motivation.



Night is an integral part of the day, and day is an integral part of the night.



Only the one who is not afraid of anything is not afraid;
only the one who knows nothing does not know, and
only the one who knows knows everything.



Recollect the happiest moment of your life and transfer it to
the present moment. Such upaya can be very useful to you in
both sadhana and life.



The Lord always sends you either to the past or to the future until using
your mind as a tool, until you learn the main lesson — the present.



It is ridiculous to wait for a miracle while it is happening.



Unfortunately, in most cases unhappiness brings greater
awareness than happiness.

Just the degree of concentration in pain is much higher.



In life try to do what you are doing. Meditate without
expectations. Just stay conscious and one day you will find
yourself as the verity itself.



There is no subjunctive mood to enlightenment and enlightened.



All egos on the road to freedom must be unified.



Only a truly brave person can be truly lonely for
a coward will always find something to cling to.



When the Lord makes a call you just need to be in line.



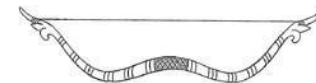
Hurricane of self-esteem can not only nullify all of your
sadhana, but your entire life as well.



Only solitude in the name of reunification with God,
with oneself and with all that exists makes sense.



As a rule, everyone has his own pain killer.



An open wounded loneliness can do anything.



Reveal the secret of confession of your heart;
reveal the secret of confession of your mind;
reveal the secret of confession of your body. OM



The sooner you find your spell (your mantra) and manifest yourself,
the better (if there is a karmic need of course).



There is no absolute state, only Brahman
is absolute being beyond all states.



Absolutely happy could be only the one who has
experienced absolutely everything through all his lives.



Happiness or grief, heaven or hell are limited and very relative concepts.



When you are about to travel to another world,
it is better to leave a suitcase of memories behind.



A person must comprehend and study the Divine, and not to break
into the "Temple of God" with a search without any authority.



In background, we are not afraid of the future, but of the past,
because everything has already happened and the memory of the
past (regarding past lives, of course, in the subconscious mind)
remains in us until our complete liberation.



It is better not to fear God, but yourself.



Perhaps the most serious crime is to suppress the Divine
in thyself, in fact it is the cause of all other vices.



Disciple! Do not confuse activity of mind with excitement,
quietness with stagnancy.



A crime towards thyself is as destructive as is a crime
towards others, especially conscious one.



We are all carriers of same Divine energy; it just manifests itself
in different ways and at different times.



God! How many questions disappear when you are calm and how
many questions arise when you are filled with anxiety and fear.



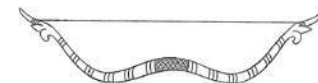
As trite as it may sound, but you need to calm down first.



Sometimes it is very difficult to endure heavy memories,
but sometimes it is even harder to sustain beautiful ones.



Agree that light of a bulb and light of the sun
are not the same (spiritually, of course).



Practically all skills are almost the same: taking prana, keeping it, using it correctly, distributing it and properly disposing of its fruits.



Maya is as magnificent as all of the Divine is.



Definite point of view at it's time.



Impeccable action is disinterested action.



If you took the path of liberation, you will usually have to "wash every bone" to all aspects of being.



Immeasurably respect those who had drunk up it all to the end.



There is basically no distance between thought and its realization, there is only illusion of time and space and nothing else.



The right sadhana does not strengthen ego but desolves it.



Especially understand and love those who suffer immeasurably, love with all your soul, with all your being. Work tirelessly to take away their pain in whatever way is possible, free of charge, absolutely letting go of ego and do not think about anything. The Lord will take care of you in due time (although His presence is always there, It was and will be with you).



Everything is infinite.



Skillfully let go through the streams of karma is one of the most important of arts.



Sometimes becoming a human being is much more complicated then to become a god.



Very often practicing yoga without initiation of the Guru is like having sex without a partner.



Consciousness and prana are in fact one and the same, or rather one whole.



For a successful sadhana (with few exceptions), at least the blessing and instructions of the master, not to mention the initiation, is necessary.



Just imagine how much energy and power one might need to go beyond samsara overcoming magic of magnetism of elements.



The moment of absolute hopelessness basically is equal to the moment of absolute spiritualization.



Any yoga is basically karma yoga, because any action and practice are work with karma in all its manifestations at any level.



When life becomes meditation, and meditation becomes life - a depth of awareness is formed and generates true transformation.



Sadhak! Develop your intuition. Try to hear and understand why this or that energy is released. Try to use every energy for your intended use.



The Lord is certainly everywhere and in everything, but it doesn't mean His constant "interference" everywhere and in everything.



It is better if love than illness turns life into sadhana, although the result is usually the same.



Only by realizing up to the proper degree that there is a natural presence, one can attain moksha.



The best sadhana is faith, hope, and love.



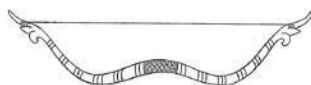
It is foolish to abandon those who love you for God, because your Lord loves you through them as well.



To a seeker! Remember, nothing contradicts anything. It's just an illusion. Om



Nothing restricts consciousness as fear does, and nothing rises it high as serving people does.



The path to God lies through God, the path to yourself lies through you.



The path to enlightenment is only through enlightenment, that's it.



The power of maya lies in your weakness and ignorance.



The power of presence is basically the only power that exists.



If there was no fear, it would not be scary, if there was no pain, it would not hurt.



Fighting heresy is practically fighting with God.



Suffering must also be earned.



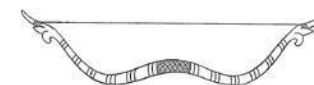
Sometimes finding your source of energy is like finding the God.



Natural presence - that's really the truth in the truth.



Perhaps the most difficult challenge is when prana is exhausted but it's not time to leave the body yet. As a rule, such state is accompanied by incredible physical and mental sufferings. That's the way the Lord teaches humility to his beloved ones, that's how the Lord punishes the sinners, and that's how you teach and punish yourself.



As impossible it could be to believe, but everything that you see and hear is happening only in you and to you.



Whatever we have been told has been told by us.



Indeed, the art of dreaming is a great sadhana.



Believe that there is no need to dig into your past lives, instead realize that you already have got everything necessary for your present life.



Obtrusiveness is probably one of the best friends of maya.



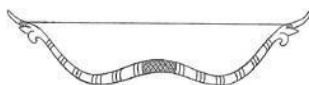
How unforgivably cruel it is to be happy when there is so much suffering, and how unforgivable it is to be miserable when there is so much happiness around.



If sadhana softens karma somewhat it already can be called a successful one.



More likely that the Lord does not interfere in your life out of compassion, rather than out of pity or indifference, although His special kind of presence is always there.



The potential has same meaning and influence as manifested, and maybe even more.



The sanctity of smriti is not so much in their content, as in their enormous energy potential. OM



To pass through a cloud of fear and not get wet is almost impossible.



Sometimes fate is determined by relationship between collective and personal karma.



When you step over yourself don't think.



The best tool at the road to freedom is you.



The biggest obstacle to freedom is life.



In life it happens that one can get not the 2nd, but the 10th, 100th, 1000th wind.



Reflections on spiritual are also useful, but do not spend too much time on logic, because direct experience is more important.



Any Divine ritual should preserve the principle of sacrifice, not bribe.



A good mood is already happiness, you have only to understand this.



Sometimes losing energy is like losing yourself.



Creating in a state incompatible with life is an absolute courage.



Saddling the time is one of the master's most important achievements.



Sometimes, recognizing your own weakness requires
lots of strength.



Ultimately, everything rests on prana,
especially on physical level.



He, who is enlightened chooses the measure of restraint for himself.



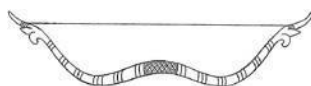
To a man almost everything depends on the strength of motivation.



The soul tricks itself and enjoys it.



Whatever you are experiencing is a preparation for the major.



Everything that is done on time is perfect (in its own way).



Faith basically is a science like any other.



A record made during a battle is the most valuable.



A record made after a battle is the wisest.



A record made before a battle, is the most senseless one.



Sometimes switching means winning.



Learn how to switch thoughts as you switch TV
channels. That skill will certainly serve you invaluable
service both in life and in death. OM



Oh God, how many states of consciousness,
how many modifications can a person have, and after all,
none of them is the true one.



In the moments of true suffering or happiness,
questions usually do not arise.



Everything is prayer, everything is a dream,
everything is a movement, everything is Him.





The Lord does not forgive the escape from yourself.



Think about what kind of a parcel you can send to the Lord.



A new day is a new color.



Find your own key to your secret door.



If at least one of my words helps at least one person,
my gratitude will be endless.



I hope that my energy will wake up your energy,
my compassion will wake up your compassion,
and my love will wake up your love.



A Word of Gratitude

I am profoundly grateful to my teachers V.V. Zhikharev,
Prema (Swami Sadasivananda), and my grandfather
A. I. Kalyagin.

Special thanks to Alexei Pushkin, Nadezhda Chernova,
Lyudmila Ostrovskaya, Maria Tolok, Elena Shelkunova,
Evelina Mendelevich and Zalina Bokoeva, who were
directly involved in the publication of this book.



How the sutras are born

To the reader. You may rightly wonder how are the sutras are born?
I will try to give a sincere and simple answer.

Some sutras come to me spontaneously during the day or at night, and I just write them down without thinking; others arise out of my personal experience of life. It is as if I take stock, or draw a certain conclusion, and the majority of the sutras belong to this latter kind.

There are sutras I could read or hear somewhere else, but they seemed to me imprecise or incomplete, and I just edited them (do not confuse this with plagiarism, for they are just as meaningful and as genuine, otherwise I would not have written them down and remembered them at all), but there are very few of these.

There are sutras that are transmissions of my teachers or certain teachings expressed in a different way.

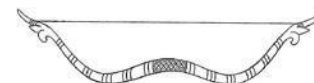
There are sutras inspired by experience and captured in words.

And, of course, there are sutras that arose during meditation, or yoga classes (asanas in particular). There are sutras inspired by the energy, essence, charisma, talent of another person.

There are those born out of music, poetry, painting, sculpture, and other creative works.

Some are inspired by the love for loved ones or at times by feelings unknown to me altogether. Many are born in communion with nature — ocean, forest, land, mountains, plants, or animals. Sutras have their root in all aspects of being. Yet the overwhelming majority come from within, from the heart, from the experience of suffering and love.

And in conclusion, I want to say that the secret is simple — you just need to be aware and relaxed; just allow yourself to be yourself, to apprehend, to feel love and compassion.



Conclusion

May you find enlightenment and experience the grace of God. My knowledge
is your knowledge, my love is your love.

Wishes - a confession

May those who seek knowledge acquire knowledge.

May those who seek love find love.

May those who seek God find God.

May those who seek themselves find themselves.

I love, I live, I suffer, I feel compassion, I pray, I meditate for the sake of
all those suffering immensely. My soul is always with you, I share your
pain.

And may this book, my energy, my love bring you at least some relief on
your sacred path.

OM SHANTI

The book is charged with the energy of the author.
A living book for living people.



Glossary

(it is extremely limited, the meaning of which is only relevant to this book.

For a broader study of Sanskrit terminology, consult other, more capacious sources)

A

AVATAR – the incarnation of God.

ASANA – pose or place.

ATMAN – pure Self, the highest Being, ultimate reality.

ASURA – a demon, an entity that brings evil.

ASHRAM – a temple, a monastery, a holy place.

B

BRAHMAN – the impersonal absolute in Hinduism.

BRAHMACHARYA – the vow of chastity, celibacy.

BUDDHI – intellect, intelligence.

BHOGA – pleasure, enjoyment.

BINDU – the primordial point of the universe.

C

CHAKRA – literally "the wheel", the center of power and consciousness in the teachings of yoga.

CHITTA – memory of impressions.

D

DIKSHA – spiritual initiation.

DHARANA – concentration of the mind.

DHARMA – virtuous actions, a harmonious life, the natural duty of man.

DHYANA – meditation.

G

GURU – spiritual teacher.

J

JAPA – repetition of the name of God, the guru, the mantra.

JIVA – the individual soul, the ego.

JNANA – transcendental supreme Knowledge.

K

KALI-YUGA – iron age, the age of suffering in a greater measure.

KARMA – cause and effect relationship.

KARMA-YOGA – spiritual path, more often through selfless service without attachment to its results.

KEVALA KUMBHAKA – sudden respiratory arrest, whether inhaling or exhaling.

KUMBHAKA – breath hold.

KEVALA SAMADHI – a state in which the activity of the mind and body are absorbed only temporarily.

KUNDALINI – hidden power, energy, potential, sleeping at the base of the spine in the first chakra in the form of snake rings.

L

LAYA – dissolution.

LILA – God's game.

LOKA – the plane of existence, the dimension.



M

MAYA – the illusion by which God manifests himself as this world.

MANAS – mind.

MANTRA – spell, a special form of prayer.

MEDITATION – the 7-th step in raja yoga.

MOKSHA – liberation, spiritual freedom.

N

NADI – energy channels.

NIRGUNA – without attributes, benign.

NIRVIKALPA SAMADHI – the highest state of concentration, in which the soul loses all sense of difference from the universal self, but is temporary, with a return to ego-consciousness.

O

OM – the symbol of universality, wholeness, the symbol of Atman and Brahman, the source of all sounds and the essence of the Vedas.

OMKARA – OM repetition.

OM TAT SAT – the designation of Brahman.

P

PRANA – life energy.

PRANAYAMA – control of breathing.

PRATYAHARA – removal of the senses from objects.

R

RAJAS – the principle of activity.

S

SAVIKALPA SAMADHI – samadhi performed with effort.

SAGUNA – endowed with qualities, attributes.

SADHAK – spiritually aspiring.



SADHANA – spiritual practice.

SAMADHI – the state of direct experience of the Atman, God.

SANYASA – the renunciation of all worldly attachments.

SANYASI – accordingly, detached.

SANCHITA KARMA – past karma.

SAT(VA) – goodness, cleanliness.

SAT-SANG – life or being in the company of a wise man.

SAHAJA SAMADHI – the state of samadhi, which comes naturally and is always present.

SIDDHI – supernormal powers.

STOTRA – praise hymn.

SUSHUMNA – the central energy channel running along the spine from the base of the back to the top of the head.

SUTRA – aphorism.

SHAVASANA – corpse pose (lying on the back and not moving).

SHAKTI – power, energy.

SHANTI – peace, calm, tranquility.

T

TAMAS – ignorance, inertia.

TAPAS – asceticism, ascesis.

U

THE UPANISHADS – the concluding cycle of the canonical code of the Vedas.

V

VEDANTA – a philosophical teaching set forth in the Upanishads on the basis of the great Vedas.

Y

YOGA – unity, union.

