

# Meditation Quotations. ('Inspiration Series.')

Below are listed several 'Meditation' quotations. They will provide you with inspiration as they did me.

## My Personal Top 5 Meditation Quotes.

1. "Through meditation & by giving full attention to one thing at a time, we can learn to direct attention where we choose."  
**Ekhnath Easwaran. (1910-1999, Indian-American professor, author)**
2. "Your mind is your instrument. Learn to be its master & not its slave."  
**Author Unknown.**
3. "Meditation is not a means to an end. It is both the means & the end."  
**Jiddu Krishnamurti. (1895-1986, Indian theosophist)**
4. "Existence is not a problem to be solved; it is a mystery to be lived. A problem is something created by the mind; a mystery is something which is there, not created by the mind. A problem has ugliness in it, like disease. A mystery is beautiful. With a problem, immediately a fight arises. You have to solve it; something is wrong, you have to put it right; something is missing; you have to supply the missing link. With a mystery there is no question like that. The moon arises in the night... It is not a problem, it is a mystery. You have to live with it. You have to dance with it. You have to sing with it, or you can be just silent with it. Something mysterious surrounds you."  
**Osha. (Indian mystic & professor of philosopher 1931 – 1990)**
5. "If you want to connect with your friends more, try the internet. If you want to connect with yourself more, try meditation."  
**DowBoy. (Writer & Trader b.1967)**  
**Website: <http://www.daytradinglife.com>**

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"Empty your mind; be formless, shapeless - like water. Now you put water into a cup, it becomes the cup, put water into a bottle, it becomes the bottle, put it in a teapot, & it becomes the teapot. Now water can flow or it can crash. Be water, my friend."

**Bruce Lee. (American Actor & martial arts expert. Born in San Francisco, California, USA 1940-1973)**

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"If you are doing mindfulness meditation, you are doing it with your ability to attend to the moment."

**Daniel Goleman. (American editor, author)**

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"Meditation brings wisdom; lack of mediation leaves ignorance. Know well what leads you forward & what holds you back, & choose the path that leads to wisdom."

**Buddha. (Hindu Prince Gautama Siddharta 568-488 BC, Indian born, founder of Buddhism)**

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"Some people think that meditation takes time away from physical accomplishment. Taken to extremes, of course, that's true. Most people, however, find that meditation creates more time than it takes."

**Peter McWilliams.**

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"I mean the whole thing about meditation & yoga is about connecting to the higher part of yourself & then seeing that every living thing is connected in some way."

**Gillian Anderson. (b.1968, American actress)**

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"Successful meditation with the mind, ultimately leads to meditation without the mind."

**Author Unknown.**

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## Meditation Quotations Pt2.

“It is not enough that one surrenders oneself. Surrender is to give oneself up to the original cause of one's being. Do not delude yourself by imagining such a source to be some God outside you. One's source is within oneself. Give yourself up to it. That means that you should seek the source & merge in it.”

**Ramana Maharshi. (Indian Sage, 1879 – 1950)**

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“Health, a light body, freedom from cravings, a glowing skin, sonorous voice, & fragrance of body: these signs indicate progress in the practice of meditation.”

**Shvetashvatara Upanishad. (Ancient Hindu scripture)**

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“Meditation is the dissolution of thoughts in Eternal awareness or pure consciousness without objectification, knowing without thinking, merging finitude in infinity.”

**Swami Sivananda. (Indian Yoga master, Physician, Monk & Founder of The Divine Life Society, 1887-1963)**

Website: <http://www.sivananda.org>

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“Thus meditating you will no longer strive to build yourself up in your prejudices, but, forgetting self, you will remember only that you are seeking the Truth.”

**James Allen. (New Zealander Statesman. Minister of defence (1912-20), 1855 - 1942)**

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“The execution of anything considerable implies in the first place previous persevering meditation.”

**William Godwin.**

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“We tend to think of meditation in only one way. But life itself is a meditation.”

**Raul Julia. (Actor, 1940 – 1994)**

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“The affairs of the world will go on forever. Do not delay the practice of meditation.”

**Milarepa. (Tibetan Saint, One of Tibet's most famous Yogis & Poets 1052 – 1135)**

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“Practice meditation regularly. Meditation leads to eternal bliss. Therefore meditate, meditate.”

**Swami Sivananda. (Indian Yoga master, Physician, Monk & Founder of The Divine Life Society, 1887-1963)**

Website: <http://www.sivananda.org>

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“Meditation is painful in the beginning but it bestows immortal Bliss & supreme joy in the end.”

**Swami Sivananda. (Indian Yoga master, Physician, Monk & Founder of The Divine Life Society, 1887-1963)**

Website: <http://www.sivananda.org>

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“Inner achievements ‘deep within’ will transform outer imperfections my friends. MEDITATE! MEDITATE!”

**DowBoy. (Trader & Writer 1967)**

Website: <http://daytradinglife.com>

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*“I wish you well in your journey & in your trading.”*

[DowBoy b.1967 - Written 9<sup>th</sup> May-2009](#)

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