



One Light Coaching

**The
Little Book
Of Spiritual
Quotes**

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Introduction

Hi everyone and welcome to The Little Book Of Spiritual Quotes. I am very please that you are reading this book. It is my intention for you to receive more of an innerstanding of who you are with these deep profound quotes that were said by some of the most deepest spiritual beings. I pay homage to my teachers as they left us with gifts given to us with pure love to remind us all of who we really are. It doesn't matter where you are on your spiritual journey or how many times you have transformed yourselves, as these quotes will always serve as a reminder of the true spirituality within. They fill you up with pure inspiration and bring you back to the present moment awareness where your love, joy and peace is. If you feel slightly or very 'off balance' they will remind us of our true power of which is pure love. The world we live in today can easily take us off our true path for a moment or for many moments but it is good to know that we can just as easily return to our true path and restore our balance.

You must remember, everywhere you go you are at the centre of the universe because everything is at the centre of God where the balance is. Peace, love, joy and bliss is found here, knowing that you are always and in all ways are one with the creator. You are always being guided by your spirit and when we learn to trust that guidance, all will be well and is well in this glorious moment of now.

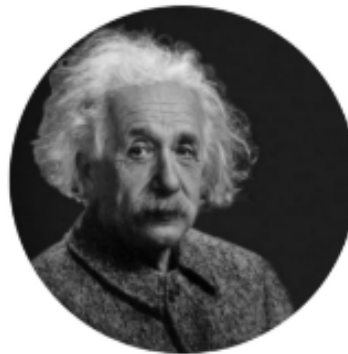
You are made from infinite pure love and your natural state of being is joy.

I dedicate this book to all the teachers who have given us these heart-felt and beautiful quotes to remind us of who we really are. We remember and honour them. Thank you.



“Before enlightenment chop wood, carry water. After enlightenment, chop wood, carry water.”

Zen Proverb.



“The true level of a human being is determined primarily by the measure and sense in which he has attained liberation from the self.”

Albert Einstein.



“It is no measure of one’s health to be well adjusted to a profoundly sick society.”

Jiddu Krishnamurti.



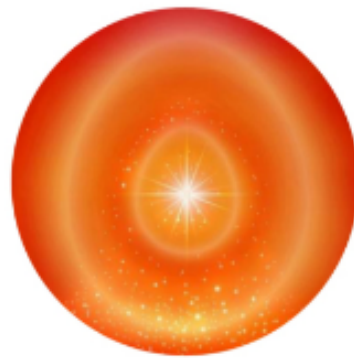
*“Ultimate truth is wordless. The
silence within the silence.”*

Pirke Avot.



*“Where is that moon that never rises
or sets? Where is that soul that is
neither with nor without us? Don’t say
it is here or there. All creation is him
but for the eyes that can see.”*

Rumi.



*“The end of all religions is realising
of God in the soul. That is the one
universal religion.”*

Swami Vivekananda.



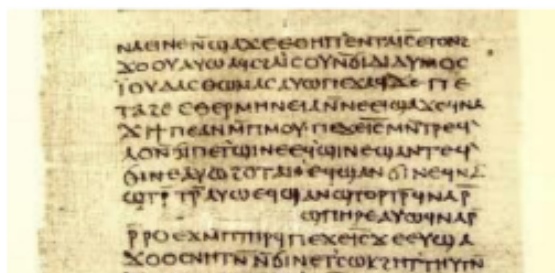
“If one wishes to be sure of the road they tread, one must close their eyes and walk in the dark.”

St John of the cross.



*“To live fully is to be always in
no-man’s land. To be willing to die
over and over again.”*

Pema Chödrön.



“The Kingdom of Heaven is spread upon the Earth, but men do not see it.”

The Gospel Of Thomas.



“The first peace which is the most important, is that which comes within souls of men when they realise their relationship, their oneness with the universe and all it’s powers, and when they realise at the centre of the universe dwells the great spirit, and that this centre is really everywhere, it is within each of us.”

Black Elk.



*“Wisdom is knowing I am nothing,
Love is knowing I am everything, and
between the two my life moves.”*

Sri Nisargadatta Maharaj.



“When there is no more separation between this and that, it is called the still point of the Tao. At the still point in the centre of the spiral, one can see the infinite in all things.”

Chuang Tzu.



"To realise the self is to be still."

Ramana Maharshi.



“It is the silence of your heart that the divine will speak to you and will guide you and will lead you to your goal.”

Mirra Alfassa, 'The Mother.'



“Empty yourself of everything. Let the mind rest at peace. The ten thousand things rise and fall while the self watches their return. They grow and flourish and then return to source. Returning to the source is stillness, which is the way of the Tao.”

Lao Tzu.



*“Compose of yourself in stillness,
draw your attention inward and
devote your mind to the self. The
wisdom you seek lies within.”*

Bhagavad Gita.



“Silence is the language of God. All else is poor translation.”

Rumi.



“What you are looking for is what is looking.”

St Francis Assisi.



“The self is only one. If it is limited it is the ego. If unlimited it is infinite and the great reality.”

Ramana Maharshi.



“Your inner most sense of self, of who you are, is inseparable from stillness. It is the I am that is deeper than name and form.”

Eckhart Tolle.



*“Nothing in all creation is so like God
as stillness.”*

Meister Eckhart.



“In the stillness of the mind I saw myself as I am: Unbound.”

Sri Nisargadatta Maharaj.



*“Let silence take you to the core of
life.”*

Rumi.



*“You know the how, but I know of the
how-less.”*

Rabia Basri, Female Sufi Saint.



“The secret of the receptive must be sought in stillness.”

Zhou Xuanjing.



“The complete stillness of the brain is an extraordinary thing; it is highly sensitive, vigorous, fully alive, aware of every outward movement but utterly still.”

Jiddu Krishnamurti.



*“Everything is within. Infinity is within.
The vastness you hold is waiting for you
to discover it. Your journey awaits you.”*

George Sandhu.



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You Are The Hidden Door & You Are The Key

