
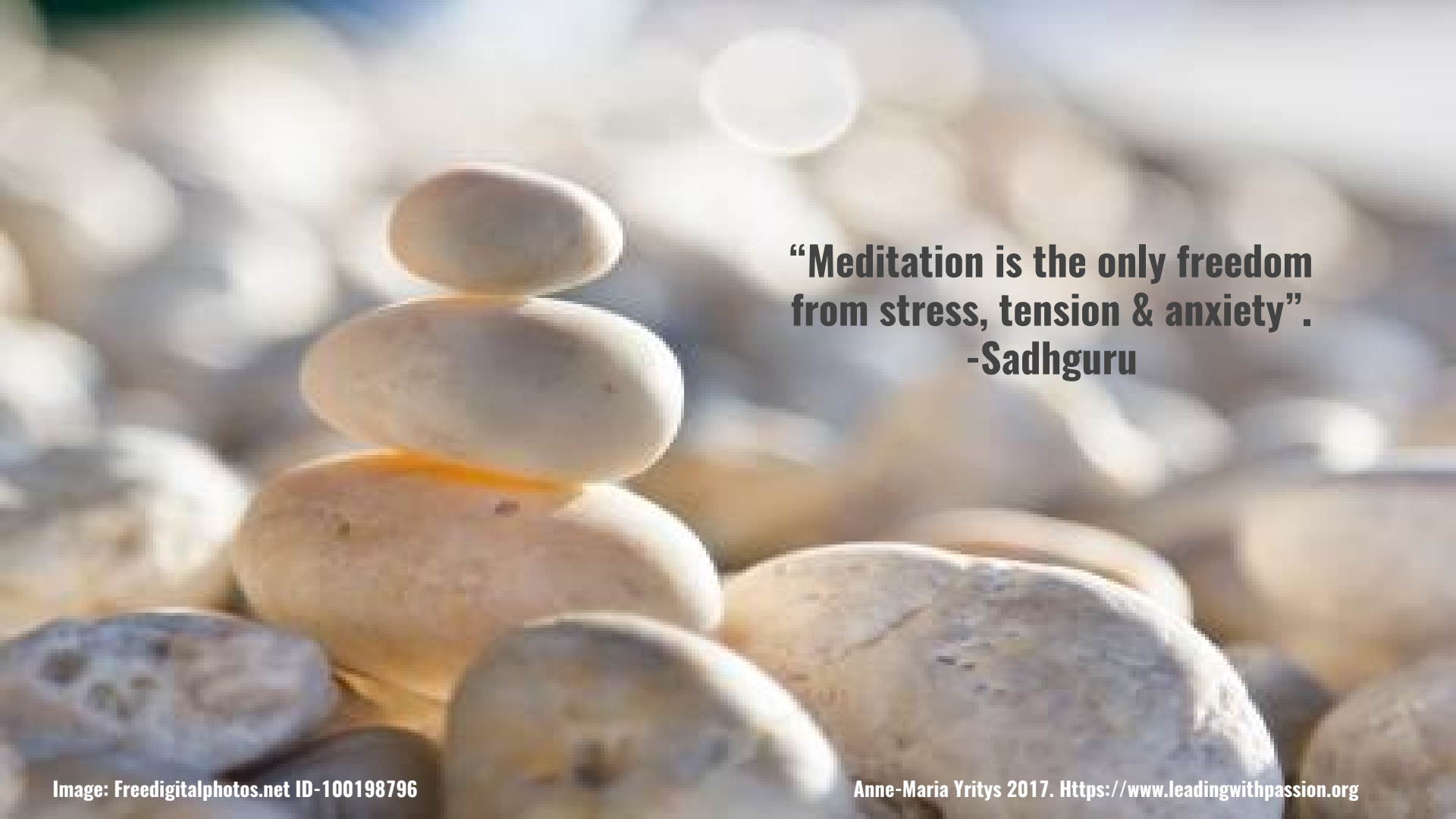
A stack of five smooth, light-colored stones is balanced on a bed of darker, rounded stones. The background is a soft-focus field of similar stones, creating a sense of depth and tranquility. The lighting is warm and natural, highlighting the textures of the stones.


“The goal of meditation is not to control your thoughts, it is to stop letting them control you”.
-The Age of Enlightenment




**“The thing about meditation is,
you become more and more you”.**
-David Lynch



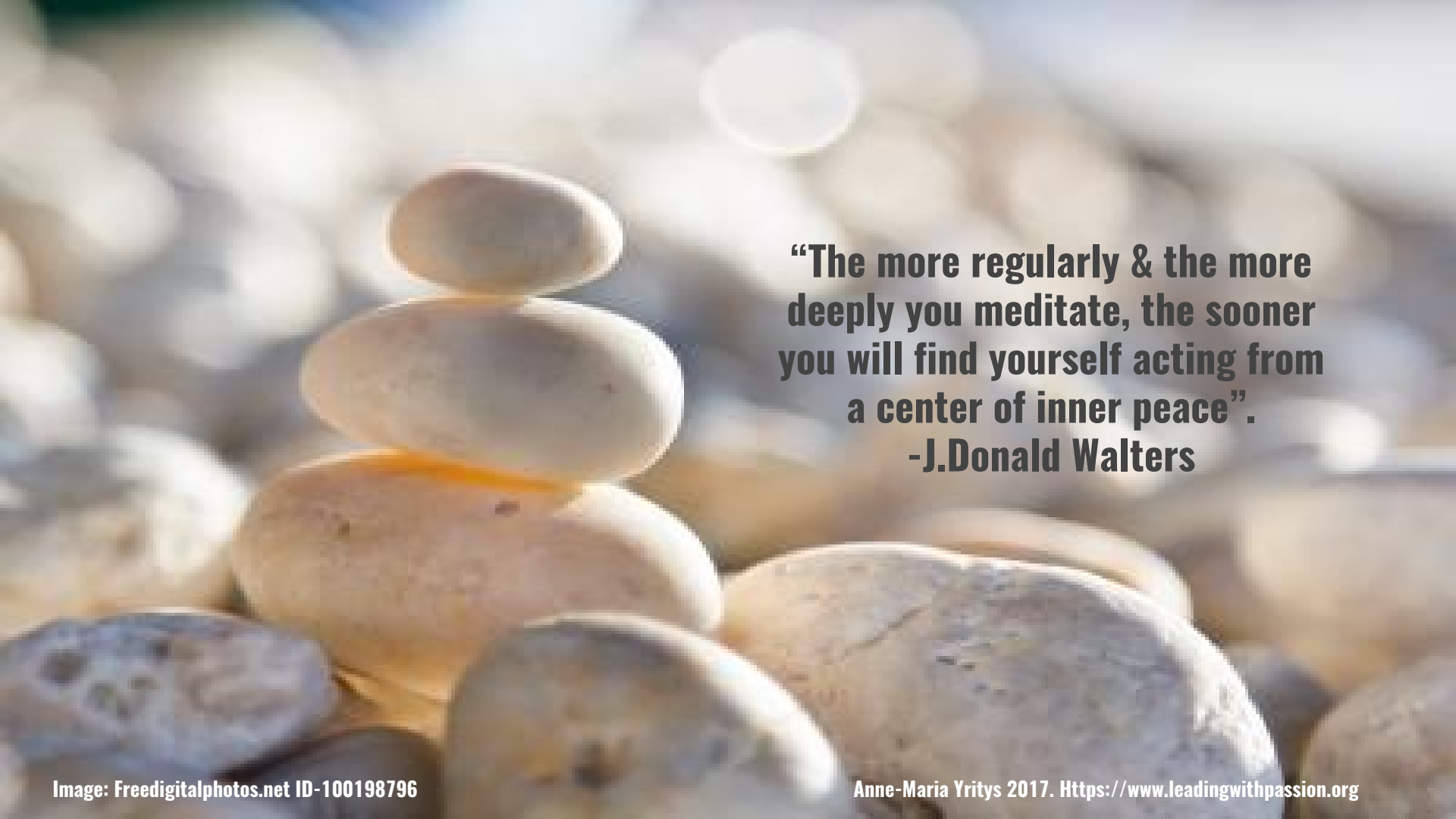
**“Meditation is the only freedom
from stress, tension & anxiety”.**
-Sadhguru



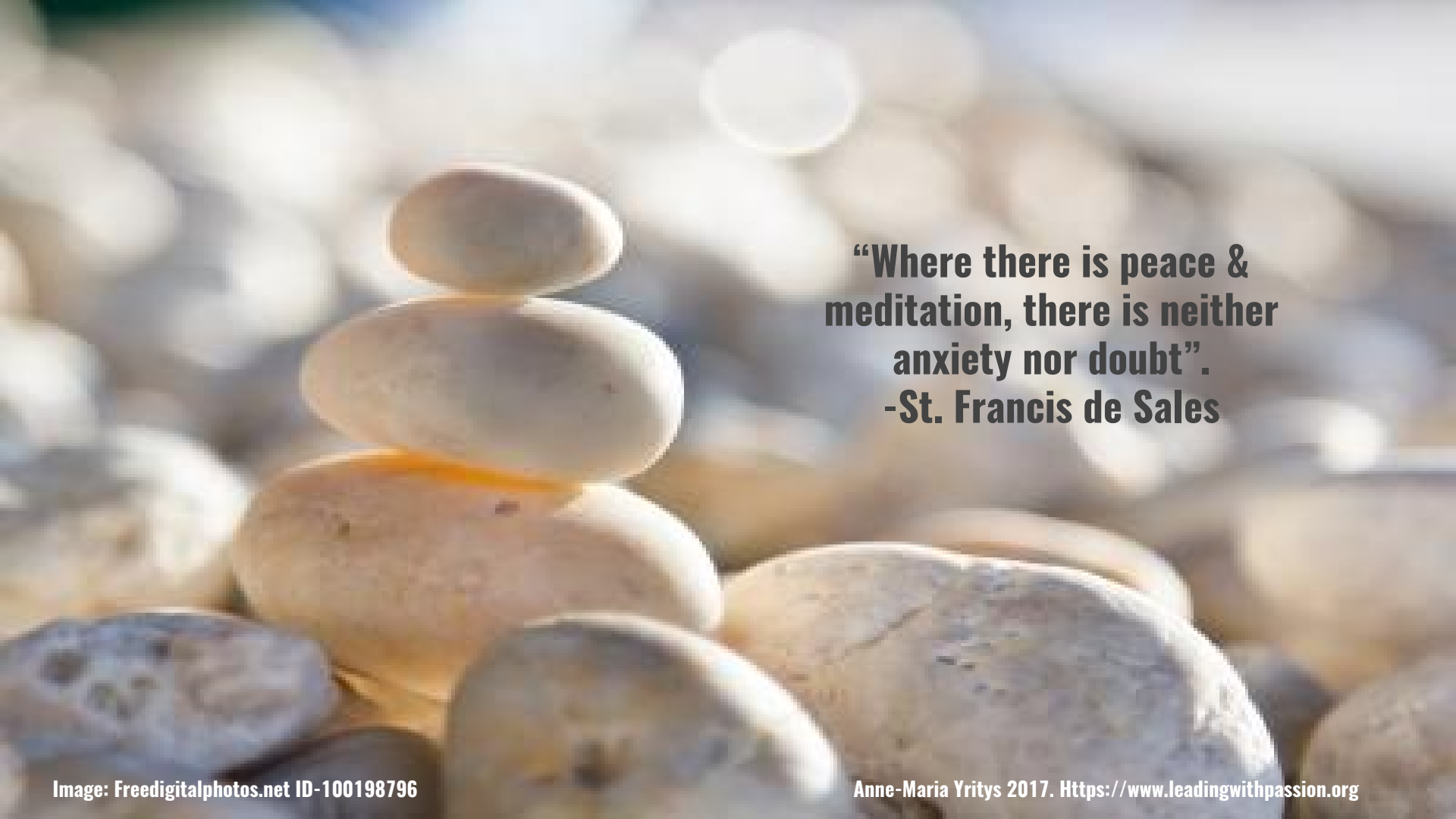
“Slow down, calm down, don’t worry, don’t hurry, trust the process”.



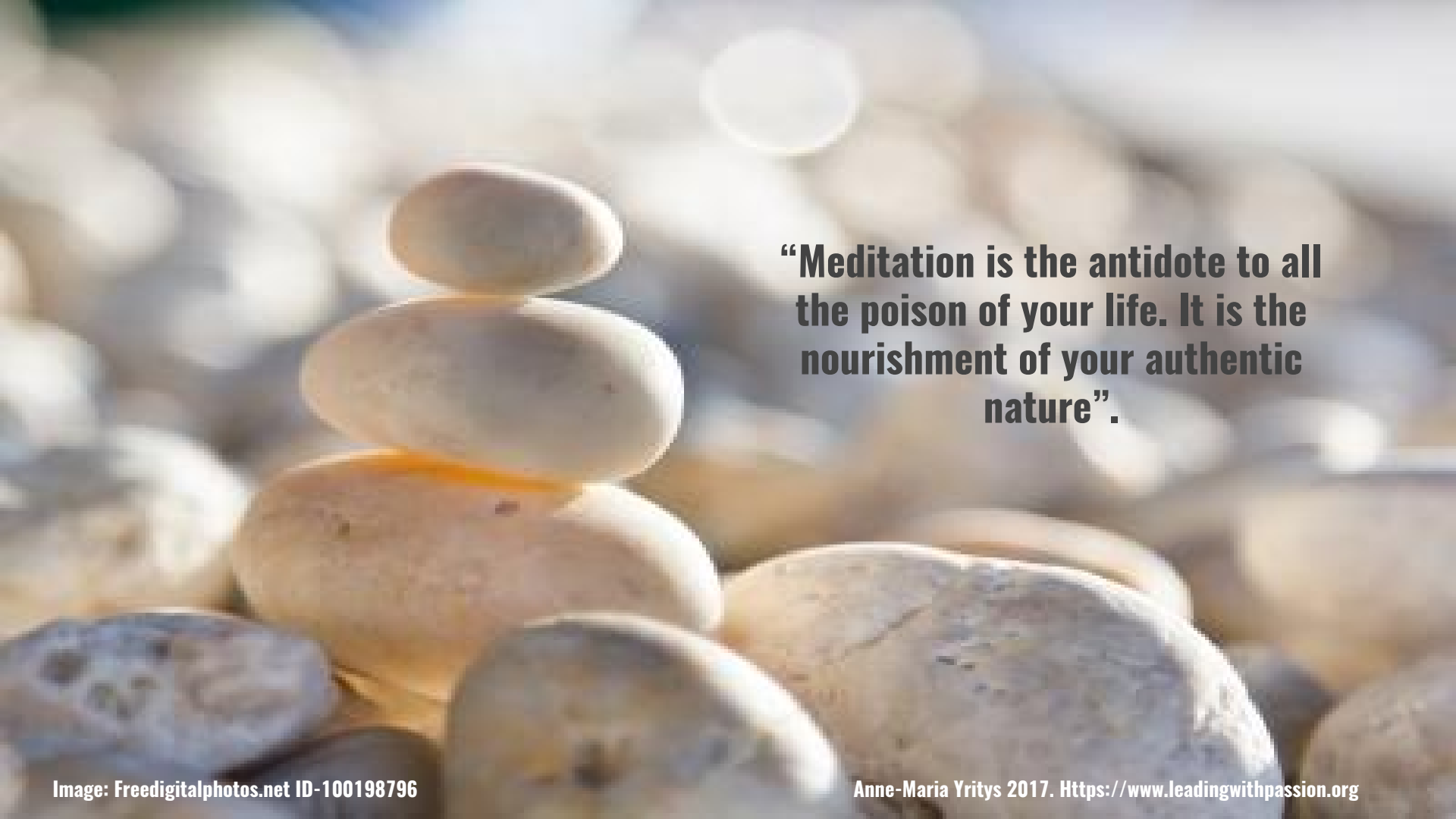
“Once you are meditative, music will naturally be a part of your life. Everything is vibration - everything is sound”. -Sadhguru



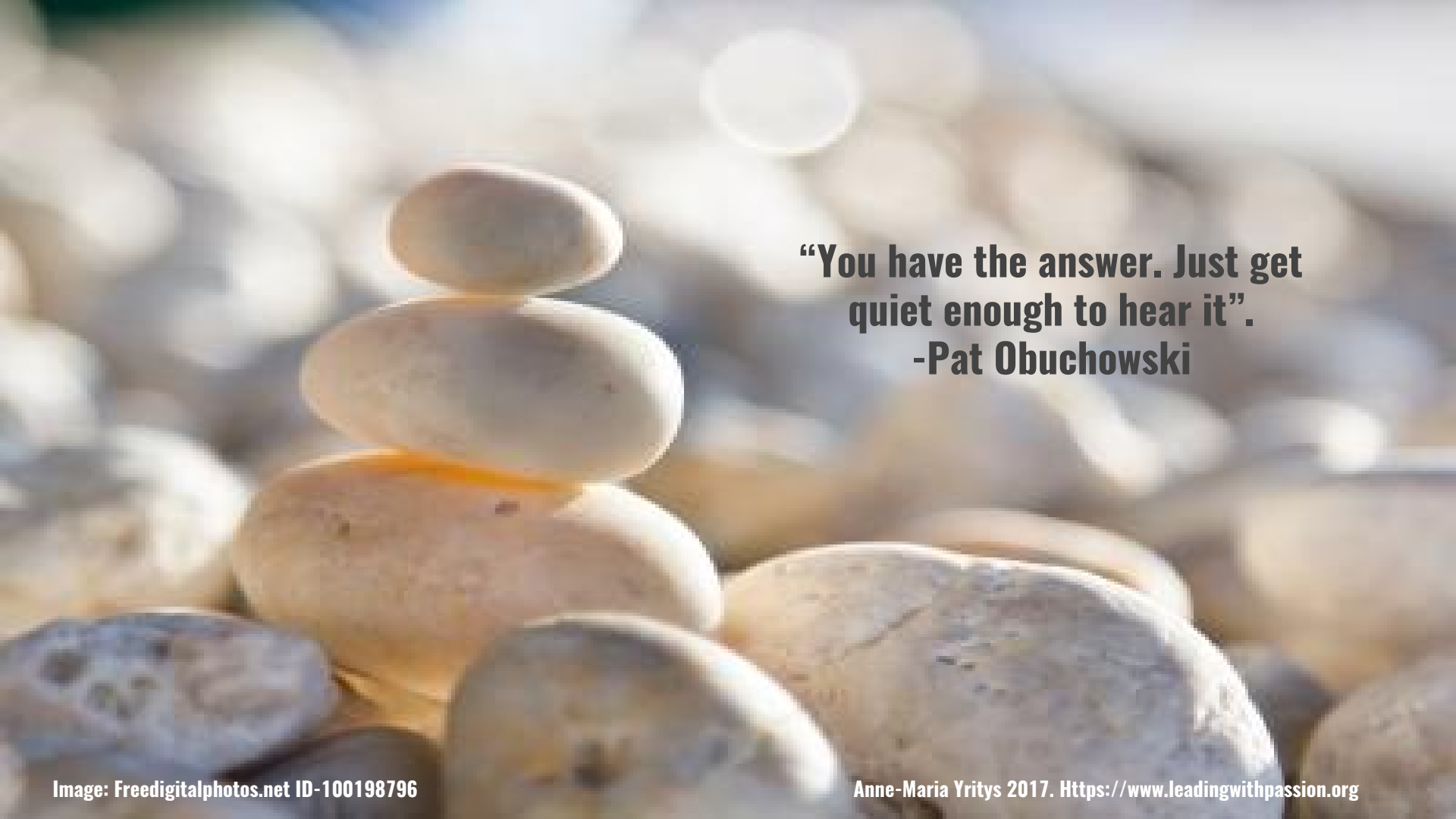
“The more regularly & the more deeply you meditate, the sooner you will find yourself acting from a center of inner peace”.
-J.Donald Walters



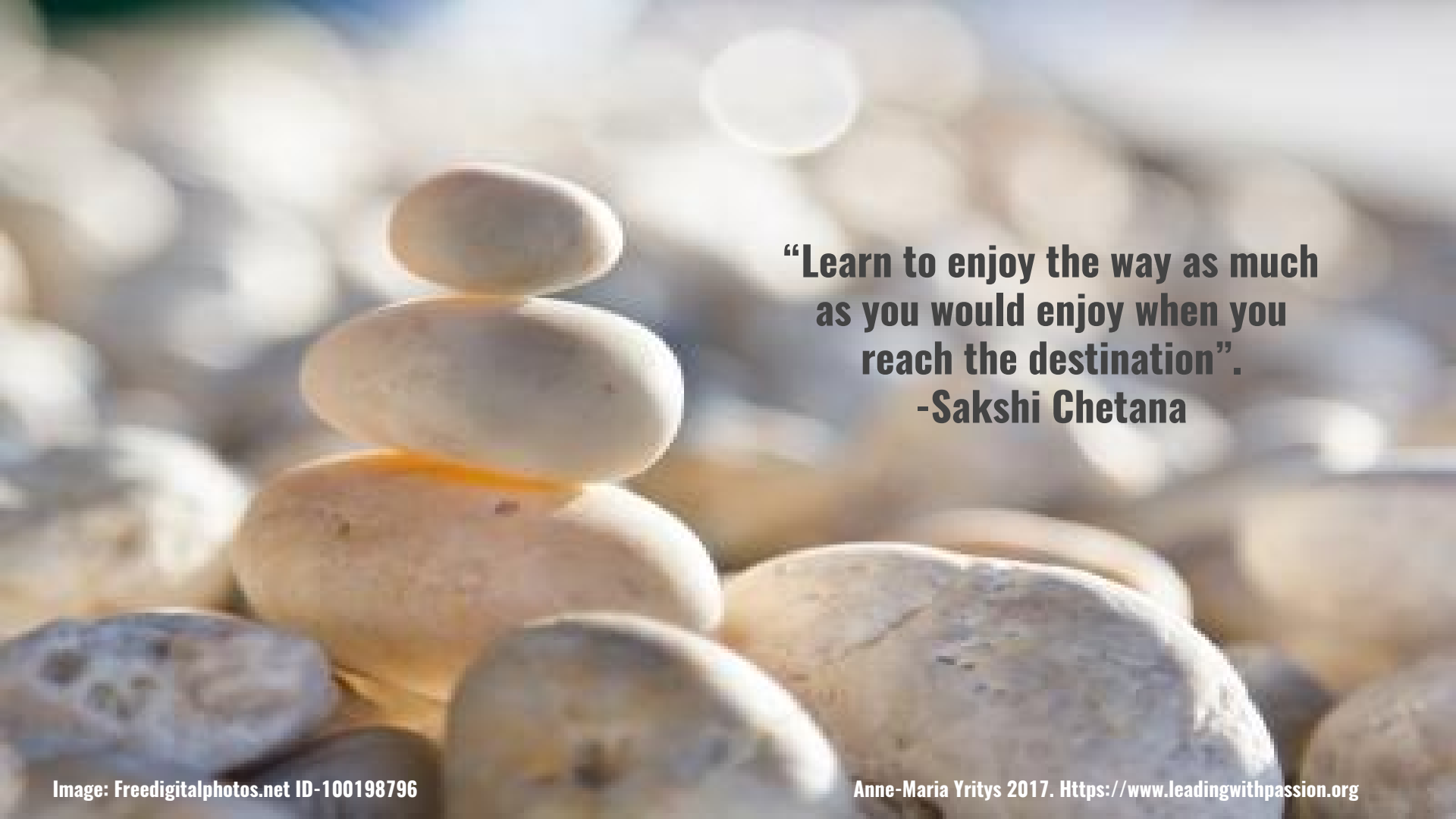
**“Where there is peace &
meditation, there is neither
anxiety nor doubt”.**
-St. Francis de Sales

A stack of four smooth, light-colored stones is balanced on a bed of darker, rounded stones. The background is a soft-focus field of similar stones, creating a sense of depth and tranquility. The lighting is warm and natural, highlighting the textures of the stones.

“Meditation is the antidote to all the poison of your life. It is the nourishment of your authentic nature”.



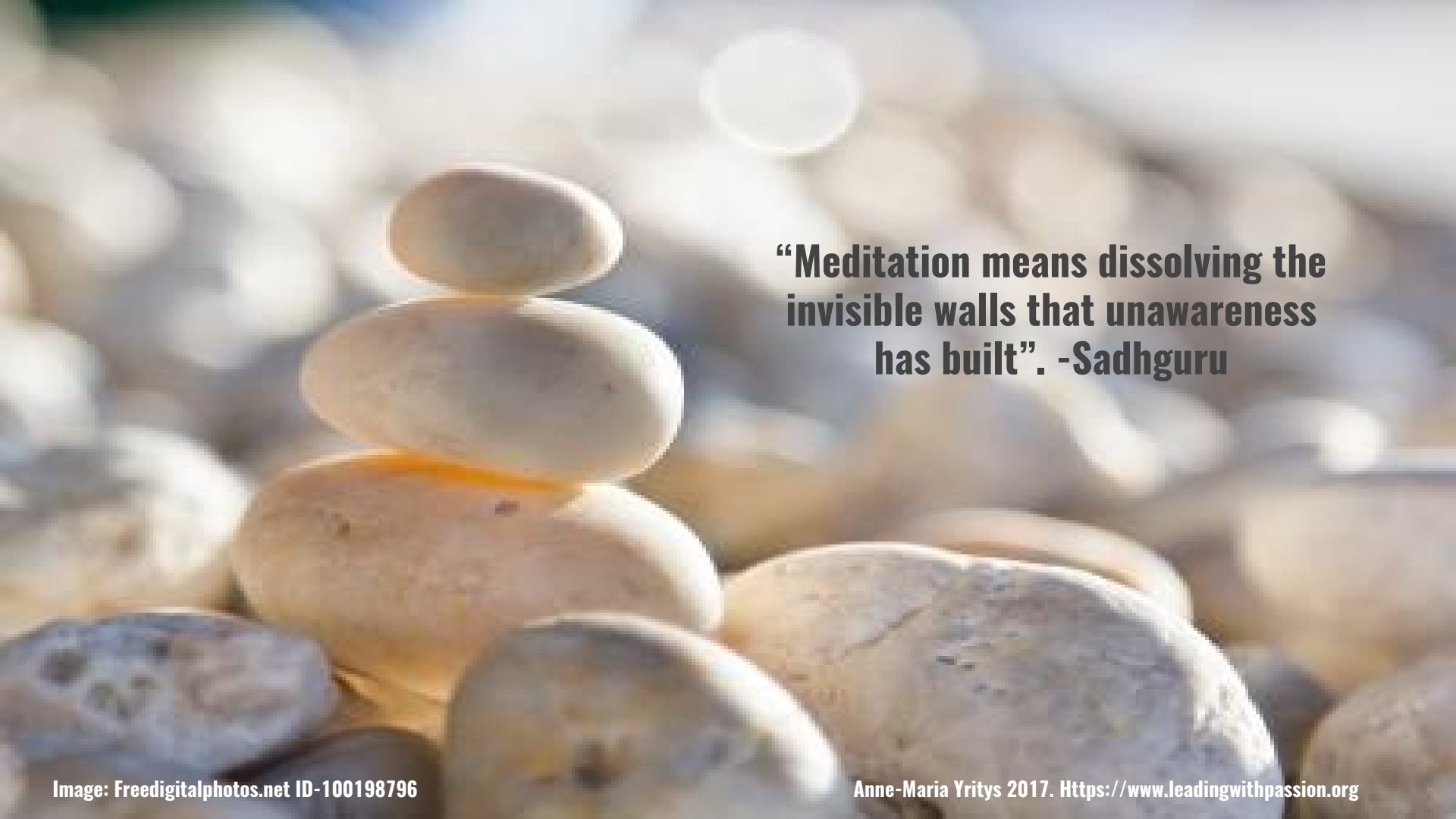
**“You have the answer. Just get
quiet enough to hear it”.
-Pat Obuchowski**




**“Learn to enjoy the way as much
as you would enjoy when you
reach the destination”.**
-Sakshi Chetana



**“I meditate so that my mind
cannot complicate my life”.
-Sri Chinmoy**




**“Meditation means dissolving the
invisible walls that unawareness
has built”. -Sadhguru**



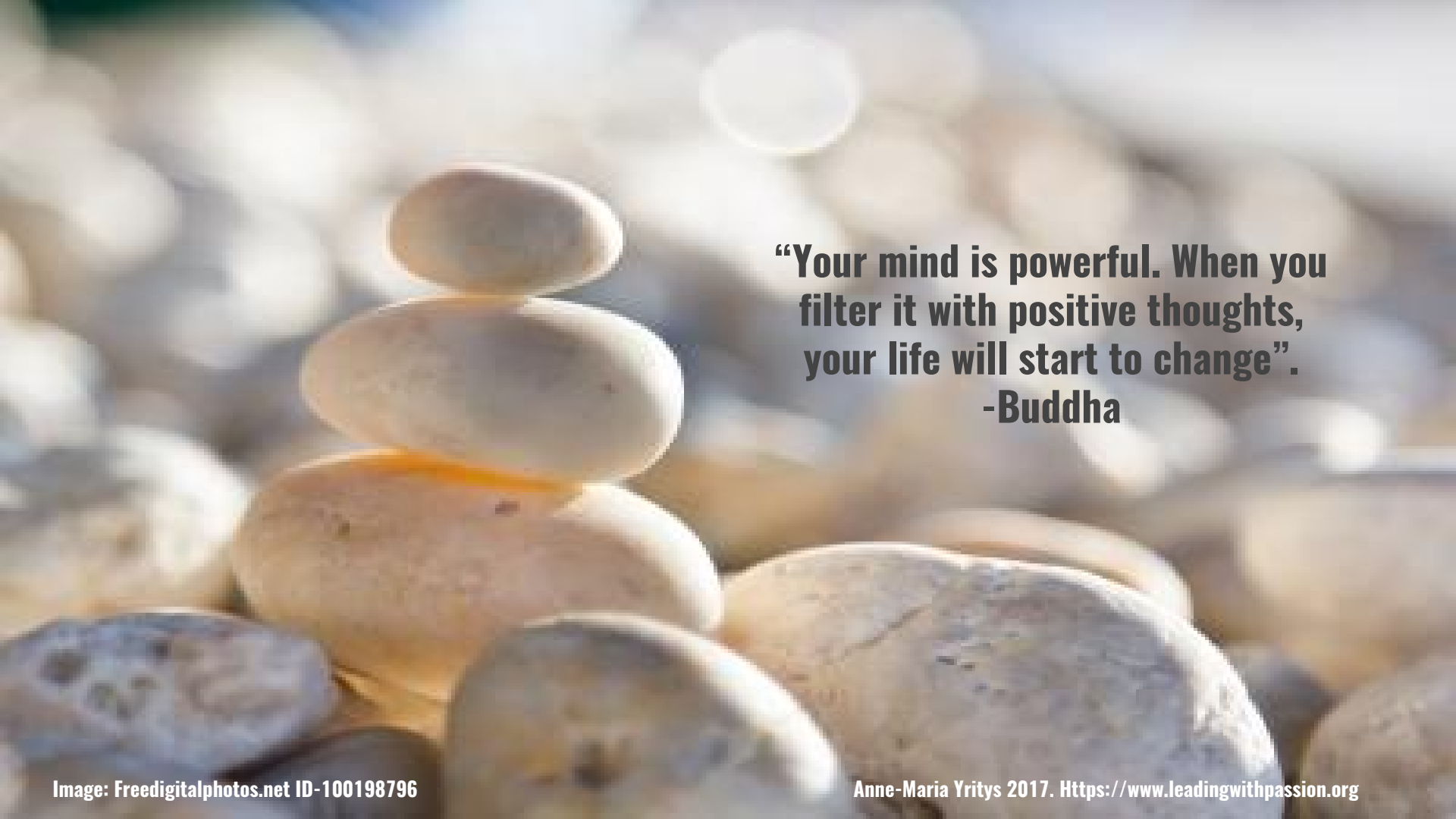
“To a mind that is still the whole universe surrenders”.




**“Meditate. Let the light of the
heart engulf you”.**
-Gurumayi Chidvilasananda




“Meditation is the tongue of the soul and the language of our spirit”.



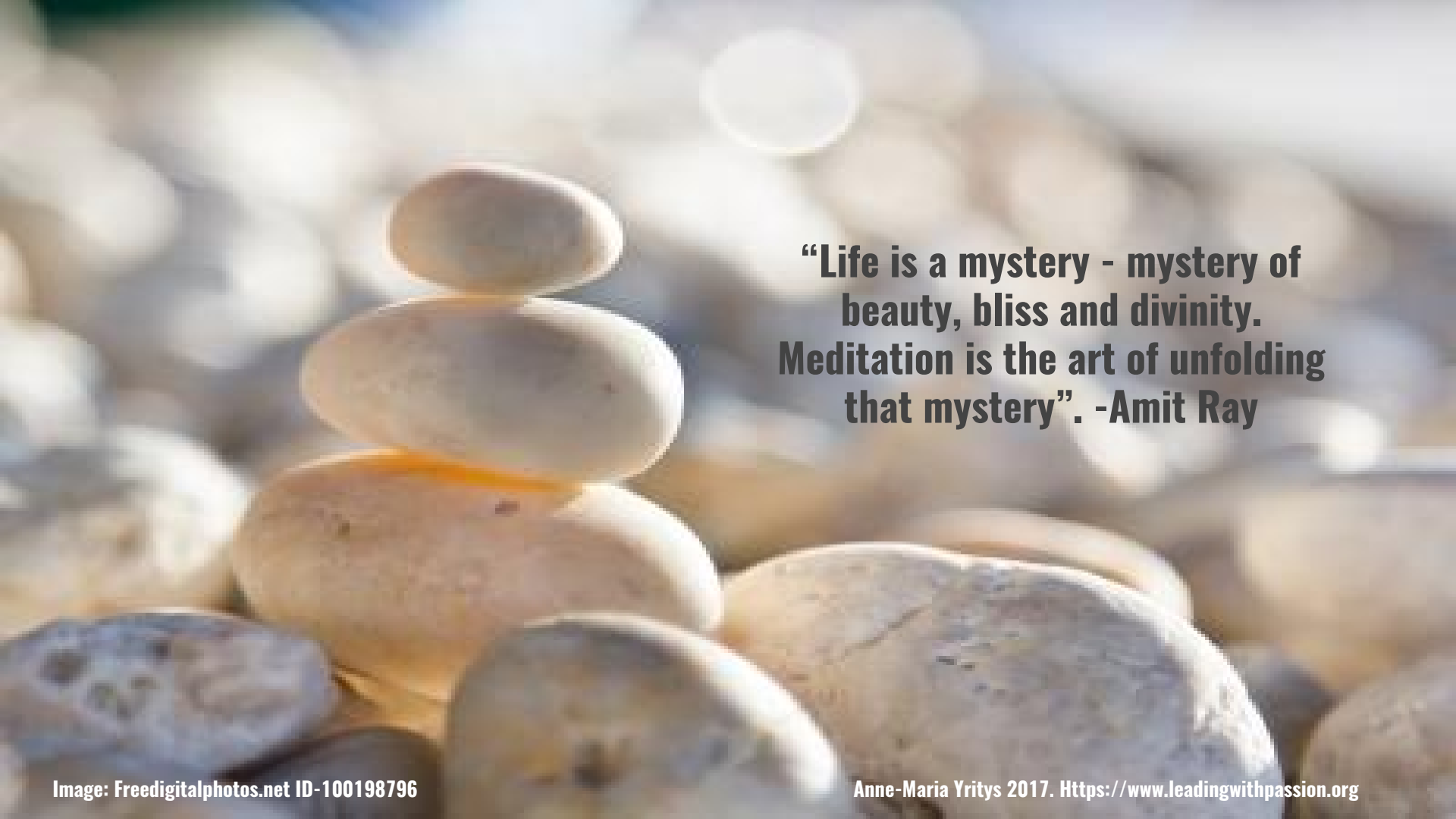
**“Your mind is powerful. When you filter it with positive thoughts, your life will start to change”.
-Buddha**



**“Meditation can reintroduce you
to the part that has been
missing”.**
-Russell Simmons



**“Meditation and concentration are
the way to a life of serenity”.
-Ram Dass**



**“Life is a mystery - mystery of
beauty, bliss and divinity.
Meditation is the art of unfolding
that mystery”. -Amit Ray**



**“Every moment is auspicious.
There is always some magic in it”.**
-Amit Ray

**“Be present in this
moment. Here and now”.**

**“Meditation is being in tune
with our inner energy
source”.**

**“You will not be punished
for your anger. You will be
punished by your anger”.
-Buddha**

**“One conscious breath - in
and out - is meditation”.
-Eckhart Tolle**

**“Sleep is the best
meditation”. -Dalai Lama**

**“Breathe and release
anything that doesn’t serve
you”.**

“Don’t promise when you are happy. Don’t answer when you are angry. Don’t decide when you are sad”.

**“Meditation is listening to
the divine within”.
-Edgar Cayce**

“Let every thought come and hug you, but you don’t hug anything. Then, gradually, the noise will start to back off”. -Mooji

**“We try many ways to be
awake, but our society still
keeps us forgetful. Meditation
is to help us remember”.**
-Thich Nhat Hanh

“While meditating we are simply seeing what the mind has been doing all along”. -Allan Lokos

“All that we are is the result of what we have thought. The mind is everything. What we think we become”. -Buddha

“Meditate. Live purely. Be quiet. Do your work with mastery. Like the moon, come out from behind the clouds. Shine”. -Buddha

“Smile. Breathe. Go slowly”. -Thich Nhat Hanh

“I meditate so that I can inundate my entire being with the omnipotent power of peace”. -Sri Chinmoy

“Memories never die”.

**“Meditation is not a means
to an end. It is both the
means and the end”.**
-Jiddu Krishnamurti

**“The true practice of meditation is to sit as if you were drinking water when you are thirsty”.
-Shunryu Suzuki**

**“If you are facing in the
right direction, all you have
to do is to keep walking”.**
-Buddha

**“He who lives in harmony
with himself, lives in
harmony with the
universe”. -Marcus Aurelius**

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Anne-Maria Yritys 2017. <https://www.leadingwithpassion.org>

“Happiness is not determined by what happens around you, but by what happens within you”.



Image: Freedigitalphotos.net ID-100317522
Anne-Maria Yritys 2017. <https://www.leadingwithpassion.org>

**“Your goal is not to battle the mind but
to witness the mind”.**
-Swami Muktananda



Image: Freedigitalphotos.net ID-100317522
Anne-Maria Yritys 2017. <https://www.leadingwithpassion.org>

**“Your worst enemy cannot harm you as
much as your own thoughts,
unguarded”. -Buddha**



Image: Freedigitalphotos.net ID-100317522
Anne-Maria Yritys 2017. <https://www.leadingwithpassion.org>

**“Your body is precious. It is your
vehicle for awakening. Treat it with
care”.**



“Free yourself from the illusion of a good and a bad day. Labeling time makes us nostalgic of the past and demanding of the future. There is only one here and now. Let it be”.

-Ram Dass



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Anne-Maria Yritys 2017. <https://www.leadingwithpassion.org>

**“Meditation is the journey from sound
to silence, from movement to stillness,
from a limited identity to unlimited
space”. -Sri Sri Ravi Shankar**



Image: Freedigitalphotos.net ID-100317522
Anne-Maria Yritys 2017. <https://www.leadingwithpassion.org>

**“If you want to find Spirit, hang out in
the space between your thoughts”.**
-Alan Cohen



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Anne-Maria Yritys 2017. <https://www.leadingwithpassion.org>

“Silence is a fence around wisdom”.
-German Proverb



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Anne-Maria Yritys 2017. <https://www.leadingwithpassion.org>

“Relax. Nothing is in control”.



“Buddha was asked what he had gained from meditation. He responded, nothing, but I lost anger, anxiety, depression, insecurity, and fear of old age and death”.



Image: Freedigitalphotos.net ID-100317522
Anne-Maria Yritys 2017. <https://www.leadingwithpassion.org>

**“Meditation brings grace, peace,
silence, blissfulness, a freedom that no
one can take away from you”.**



**“Buddha’s teachings are scientific
methods to solve the problems of all
living beings permanently”.**
-Geshe Kelsang Gyatso



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Anne-Maria Yritys 2017. <https://www.leadingwithpassion.org>

**“Knowing yourself is the beginning of
all wisdom”. -Aristotle**



“Restore your attention or bring it to a new level by dramatically slowing down whatever you are doing”.
-Sharon Salzberg



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Anne-Maria Yritys 2017. <https://www.leadingwithpassion.org>

“Breathe. The universe is taking care of everything else”.



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**“Meditation is a way of familiarizing
our mind with virtue”.**
-Geshe Kelsang Gyatso



Image: Freedigitalphotos.net ID-100317522
Anne-Maria Yritys 2017. <https://www.leadingwithpassion.org>

“Meditate, visualize & create your own reality and the universe will simply reflect back to you”. -Amit Ray



“Difficulties do come in life. To overcome them, one needs to be strong. Strength comes through spiritual knowledge”.
-Sri Sri Ravi Shankar



Image: Freedigitalphotos.net ID-100317522
Anne-Maria Yritys 2017. <https://www.leadingwithpassion.org>

“Sky above. Earth below. Peace within”.



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**“Learning to live in the present
moment is part of the path of joy”.**



**“Pure happiness can only
be attained through
developing our mind”.**
-Geshe Kelsang Gyatso



**“Meditation helps you take
spiritual responsibility for
yourself”.**



**“In the midst of movement
and chaos, keep stillness
inside of you”.**
-Deepak Chopra



**“If you have time to
breathe, you have time to
meditate”.**
-Ajahn Amaro



**“Don’t wait for everything
to be perfect before you
decide to enjoy your life”.
-Joyce Meyer**



**“Concentration is a
cornerstone of mindfulness
practice. Your mindfulness
will only be as robust as
the capacity of your mind
to be calm and stable”.**
-Jon Kabat-Zinn



**“Meditation is offering you
genuine presence to
yourself in every moment”.**
-Thich Nhat Hanh



**“Put your heart, mind,
intellect, and soul even to
your smallest acts. This is
the secret of success”.**
-Swami Sivananda



**“Comfort is no test of
truth. Truth is often far
from being comfortable”.**
-Swami Vivekananda



**“To understand the
immeasurable, the mind
must be extraordinarily
quiet, still”.**
-Jiddu Krishnamurti



**“This universe is not
outside of you. Look inside
yourself; everything you
want, you already are”.**
-Rumi



**“To observe your thoughts
is the first step in
understanding them, and,
ultimately, taking charge
of them”.**



**“Meditation is a way to let
the noise settle and see
what’s inside”.**
-Russell Simmons



**“If you cannot meditate in
a boiler room, you cannot
meditate”.**
-Alan Watts



**“You cannot travel on the
path until you become the
path itself”.**
-Buddha



**“Whatever is fluid, soft,
and yielding will overcome
what is rigid and hard.
What is soft is strong”.**
-Lao Tzu



**“The things that trouble
our spirits are within us
already. In meditation, we
must face them, accept
them, and set them aside
one by one”.**

-Christopher L. Bennett



**“Mind is there, in front of
you. Don’t log in”.
-Mooji**



**“Everything that irritates
us about others can teach
us something about
ourselves”.**



**“There is never anything
but the present & if one
cannot live there, one
cannot live anywhere”.**
-Alan Watts





“This moving away from comfort and security, this stepping out into what is unknown, uncharted and shaky is called liberation”.

-Pema Chodron



“Every beautiful moment we have is a pearl that we thread on the necklace of our lives. Every moment we enjoy makes our necklace more precious”.



**“Be content with what you have.
Rejoice in the way things are. When
you realize there is nothing lacking,
the whole world belongs to you”.**
-Lao Tzu



“You should sit in meditation for twenty minutes every day. Unless you are too busy. Then you should sit one hour”.



**“A spiritually established life is not
an easy task. But a materially
satisfied life is an impossible task”.**
-Sri Chinmoy



**“One hour of contemplation surpasses
sixty years of worship”.**



“The mind can go in a thousand directions. On this beautiful path, I walk in peace. With each step, the wind blows. With each step, a flower blooms”.

-Thich Nhat Hanh



**“Through meditation the higher self is
experienced”.
-Bhagavad Gita**



**“The softest stuff in the world
penetrates quickly the hardest,
insubstantial, it enters where there is
no room”.**



Image: Freedigitalphotos.net ID-100244928

**“Meditation is the soul’s perspective
glass”.**
-Owen Feltham

Anne-Maria Yritys 2017. <https://www.leadingwithpassion.org>



“Even in the midst of disturbance, the stillness of the mind can offer sanctuary”.
-Stephen Richards



Image: Freedigitalphotos.net ID-100244928

**“True meditation is letting go of
manipulating our experience”.**

Anne-Maria Yritys 2017. <https://www.leadingwithpassion.org>



**“Words are but the shell. Meditation
is the kernel”.**
-Bahya Paquda



“The affairs of the world will go on forever. Do not delay the practice of meditation”.
-Tibet’s Great Yogi Milarepa



**“Peace comes from within. Do not
seek it from without”.
-Buddha**



Image: Freedigitalphotos.net ID-100244928

**“When we run from silence we run
from ourselves”.**
-Michael Jeffreys

Anne-Maria Yritys 2017. <https://www.leadingwithpassion.org>



“Meditation is a surrender. It is not a demand. It is not forcing existence your way. It is relaxing into the way existence wants you to be. It is a let-go”.
-Osho



Image: Freedigitalphotos.net ID-100244928

**“The greatest meditation is a mind
that lets go”.**

Anne-Maria Yritys 2017. <https://www.leadingwithpassion.org>



**“Meditation is to the mind what
exercise is to the body. It warms and
invigorates”.**
-David Lynch



**“Refuge to the man is the mind.
Refuge to the mind is mindfulness”.
-Buddha**