

Amit Ray

Quotes

*Heart, Yoga, Meditation, Soul, Compassion, World, Light, Self, Mind, Lying,
Meditation Practice, Inspiration, Song, Perfect, Prayer, Infinite, Spiritual, Giving,
Divinity, Realizing*

Searching outside of you is Samsara (the world). Searching within you leads to Nirvana.

~Amit Ray

If you want to conquer the anxiety of life, live in the moment, live in the breath.

~Amit Ray

You are a cosmic flower. Om chanting is the process of opening the psychic petals of that flower.

~Amit Ray

Science of yoga and ayurveda is subtler than the science of medicine, because science of medicine is often victim of statistical manipulation.

~Amit Ray

When the Sun of compassion arises darkness evaporates and the singing birds come from nowhere.

~Amit Ray

Vipassana meditation is an ongoing creative purification process. Observation of the moment-to-moment experience cleanses the mental layers, one after another.

~Amit Ray

Life is a collection of moments. Mindfulness is beautification of the moments.

~Amit Ray

Earth is the holiest place in the Universe, loving the earth, and loving life is the way to generate positive vibrations.

~Amit Ray

Our wings are small but the ripples of the heart are infinite.

~Amit Ray

There is a God part in you. The consciousness. The pure Self. Learn to listen the voice of that Power.

~Amit Ray

Stand up for who you are. Respect your Self and ignite the divine sparks in you. Access your powers. Choose your rights and work together with others to bring blessings into the lives.

~Amit Ray

Yoga is not a religion. It is a science, science of well-being, science of youthfulness, science of integrating body, mind, and soul.

~Amit Ray

The true miracle lies in our eagerness to allow, appreciate, and honor the uniqueness, and freedom of each sentient being to sing the song of their heart.

~Amit Ray

Whether you know or not, you are the infinite potential of love, peace and joy

~Amit Ray

Suffering is due to our disconnection with the inner soul. Meditation is establishing that connection.

~Amit Ray

In every change, in every falling leaf there is some pain, some beauty. And that's the way new leaves grow.

~Amit Ray

Small mind competes, big mind collaborates and great mind encompasses.

~Amit Ray

Mystical bliss, joy and rapture are part of both yoga and vipassana. When the mind is concentrated, purified, bright, unblemished, free from defects, pliant and steady, this positive joy arises.

~Amit Ray

Success needs vision to see, passion to transcend, patience to withstand and the character to overcome failures.

~Amit Ray

Om is the mysterious cosmic energy that is the substratum of all the things and all the being of the entire universe. It is the eternal song of the Divine.

~Amit Ray

Our heart is wide enough to embrace the world and hands are long enough to encompass the world.

~Amit Ray

Family, friends and relationships are the blessings of the God. They are the best way to access God.

~Amit Ray

You are your master. Only you have the master keys to open the inner locks.

~Amit Ray

Peace is the music of every heart. Our glory lies in understanding, listening and honoring that music.

~Amit Ray

Education is beautification of the inner world and the outer world.

~Amit Ray

A bird is safe in its nest - but that is not what its wings are made for.

~Amit Ray

Just trusting the soul cannot lead you to higher consciousness. You have to pay attention for the beautification of your heart.

~Amit Ray

Life is a mystery - mystery of beauty, bliss and divinity. Meditation is the art of unfolding that mystery.

~Amit Ray

Courage is the hallmark of spirituality. Courage comes when you love yourself for who you are.

~Amit Ray

Vipassana meditation is not just seeing the things inside. It is also seeing the seer.

~Amit Ray

Meditation is realizing and expanding your inner beauty in every direction.

~Amit Ray

Your greatest awakening comes, when you are aware about your infinite nature.

~Amit Ray

Life is not always perfect. Like a road, it has many bends, ups and down, but that's its beauty.

~Amit Ray

The more we practice nonviolence in our words, thoughts and actions the more peaceful will be our inner state.

~Amit Ray

Mind is a flexible mirror, adjust it, to see a better world.

~Amit Ray

When the petals of the heart unfold, fragrance spreads across the valley.

~Amit Ray

Systematic yoga and vipassana opens the "Dasham Dwar" the mystical tenth spiritual gateway located at the top of the skull.

~Amit Ray

Beautify your inner dialogue. Beautify your inner world with love light and compassion. Life will be beautiful.

~Amit Ray

Your dreams are not just the rearrangement of memory. They are the vibrations of your consciousness. Guide them and go for the higher one.

~Amit Ray

Beauty is the purest feeling of the soul. Beauty arises when soul is satisfied.

~Amit Ray

Intuitions are like migratory birds, they come without a map without a reason.

~Amit Ray

Have love for your inner Self and everything else is done for you.

~Amit Ray

Be like a lotus. Let the beauty of your heart speak.

~Amit Ray

Life throws challenges and every challenge comes with rainbows and lights to conquer it

~Amit Ray

Compassion is all inclusive. Compassion knows no boundaries. Compassion comes with awareness, and awareness breaks all narrow territories.

~Amit Ray

Your thoughts are your message to the world. Just as the rays are the messages of the Sun.

~Amit Ray

We all are so deeply interconnected; we have no option but to love all.

~Amit Ray

There is only one all-pervading God. It has no religion, no incarnation. It is free from all contaminations.

~Amit Ray

Self-observation is the first step of inner unfolding.

~Amit Ray

Meditation is listening the inner song. The song of Love, Peace and Light

~Amit Ray

Yoga is the art work of awareness on the canvas of mind, body and the soul.

~Amit Ray

Looking beauty in the world, is the first step of purifying the mind.

~Amit Ray

Beautify your breath - beautify your life.

~Amit Ray

Blaming none, disrespecting nothing is the doorway to Unity
Consciousness.

~Amit Ray

God wanted to make heaven and the earth is that heaven. Nowhere in the universe there is so much love, life, beauty and peace. Enjoy your stay with the fellow beings.

~Amit Ray

At the core of your Heart, you are perfect and pure. No one and nothing can alter that.

~Amit Ray

In one equation you can solve all the puzzles of life. It is the equation of giving.

~Amit Ray

Compassion is the signature of Higher Consciousness. Non-violence is the tool to evolve into the Higher Consciousness.

~Amit Ray

Exercises are like prose, whereas yoga is the poetry of movements. Once you understand the grammar of yoga; you can write your poetry of movements.

~Amit Ray

Om is a living phenomenon and it has its own mood. Depending on its mood the meaning will be revealed to you.

~Amit Ray

Yoga means addition - addition of energy, strength and beauty to body,

mind and soul.

~Amit Ray

Breath is the finest gift of nature. Be grateful for this wonderful gift.

~Amit Ray

Meditation is a way for nourishing and blossoming the divinity within you.

~Amit Ray

Mystical bliss, joy and rapture arises when you realize the inner Sun.

~Amit Ray

World is a dance. Mindfulness is witnessing that dance.

~Amit Ray

Om (AUM) is the truth of all truths, the light of all lights and the destroyer of all illusions.

~Amit Ray

The singing Sun the signing moon the singing stars and the singing galaxies are the direct expression of the divine word AUM.

~Amit Ray

Meditation is re-discovering the inner Kingdom of God. The Kingdom of God lies in our understandings and wisdom.

~Amit Ray

Perfect prayer does not consist in many words, silent remembering and pure intention raises the heart to that supreme Power.

~Amit Ray

Silence is the language of Om. We need silence to be able to reach our Self. Both internal and external silence is very important to feel the

presence of that supreme Love.

~Amit Ray

You are the Golden Witnessing Screen. Meditation is the effortless effort to keep that screen clean, clear and perfect.

~Amit Ray

Echo of your thoughts has greater impact on the world than your actions.

~Amit Ray

Discover your deep inner-self and from that place spread love in every direction.

~Amit Ray

Meditate, Visualize and Create your own reality and the universe will simply reflect back to you.

~Amit Ray

Prayer is the sign of your weakness. Rely on your inner strength. You will be the winner.

~Amit Ray

Only the brave men and women can bring peace to the world, not by practicing war but by practicing nonviolence.

~Amit Ray

AUM or Om is not related to any religion because Om was practiced before the birth of all the religions of the world.

~Amit Ray

Concentration attracts luck factor.

~Amit Ray

Nonviolence is the way to listen to the inner voice.

~Amit Ray

If you want to fly on the sky, you need to leave the earth. If you want to move forward, you need to let go the past that drags you down.

~Amit Ray

Exercises are like prose, whereas yoga is the poetry of movements.

~Amit Ray

Do not live in the shadow of the masters for ever. Learn to live in the light of your soul. Life deserves full expression.

~Amit Ray

If you want to ask one question, ask yourself, what are you giving to the universe and only that will be returned.

~Amit Ray

God is whispering in your heart, in the whole existence, just tune your ears.

~Amit Ray

You are never alone. You are eternally connected with everyone.

~Amit Ray

Prayer should be soundless words coming forth from the center of your heart filled with love.

~Amit Ray

Loving the Om (AUM) is loving yourself, your own Self. Om chanting is a creative art, not just mechanical repetition of a word.

~Amit Ray

Enjoy the limitless bliss consciousness here and now. The reality of

you lies much beyond your sensory perceptions and boundaries.

~Amit Ray

No one to blame because there is no one other than you. Nothing to disrespect because there is nothing other than you.

~Amit Ray

Success comes when you have the trust on self, passion to transcend, and courage to do.

~Amit Ray

Love is the sweetest melody of the soul and anything can be catalyst for that.

~Amit Ray

Give space to life. Give time to sprout your potential - the potential to awaken the beauty in you. Awaken the beauty of your heart - the beauty of your spirit. There are infinite possibilities.

~Amit Ray

The Universe is the creation of the mind. Universe exists inside the mind as the flower exists inside the seed.

~Amit Ray

To transcend the identification with the body one has to realize the auspiciousness and divinity residing within each cell of the body. One needs to realize the illusory nature of the body.

~Amit Ray

Truth is neither in the scripture nor in the words of prophets. It is in your heart, feel it, discover it and expand with it.

~Amit Ray

To realize truth, you must cross all boundaries of all religions and all

prophets

~Amit Ray

Spirituality does not lie in meditating on the body of an ex-master.
Spirituality exists in mediating on your own inner body.

~Amit Ray

Kindness has no religion. It is like an open sky.

~Amit Ray

In the land of light there is only one currency. The currency of love.

~Amit Ray

There is no teacher equal to mother and there's nothing more
contagious than the dignity of a father.

~Amit Ray

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