

Ekknath Easwaran

Quotes

*Mind, Spiritual, Meditation, Self, Giving, Heart, Needs, Running, Thinking,
Compassion, People, Home, Joy, Firsts, Relationship, Character, Love, Moving,
Race, Selfish*

A calm mind releases the most precious capacity a human being can have: the capacity to turn anger into compassion, fear into fearlessness, and hatred into love.

~Ekknath Easwaran

Meditation is warm-up exercise for the mind, so that you can jog through the rest of the day without getting agitated or spraining your patience.

~Ekknath Easwaran

When someone at peace and free from hurry enters a room, that person has a calming effect on everyone present.

~Ekknath Easwaran

Patience can't be acquired overnight. It is just like building up a muscle. Every day you need to work on it.

~Ekknath Easwaran

Nothing really worth having comes quickly and easily. If it did, I doubt that we would ever grow.

~Ekknath Easwaran

Through meditation and by giving full attention to one thing at a time, we can learn to direct attention where we choose.

~Ekknath Easwaran

When we go slower, we are more patient and when we are more patient we have a choice in how we respond.

~Ekknath Easwaran

When we meditate every morning we are putting on armor for the day's battle against our own impatience, inadequacy, resentment, and hostility.

~Ekknath Easwaran

The real essentials of life - compassion, kindness, good will, forgiveness - are what is fundamental to living as a true human being.

~Ekknath Easwaran

Every angry thought makes it a little easier to get angry the next time, and a little more likely.

~Ekknath Easwaran

Love is so exquisitely elusive. It cannot be bought, cannot be badgered, cannot be hijacked. It is available only in one rare form: as the natural response of a healthy mind and healthy heart.

~Ekknath Easwaran

Lasting change happens when people see for themselves that a different way of life is more fulfilling than their present one.

~Ekknath Easwaran

When we try to get ourselves out of the way, we can understand much better the needs of the people closest to us.

~Ekknath Easwaran

The Lord is a good psychologist: he knows the way our minds run. Turmoil can be the Lord's way of tapping us on the shoulder and saying, 'Don't forget me.'

~Ekknath Easwaran

This is the central principle of meditation: we become what we meditate on.

~Ekknath Easwaran

We have to have a purpose greater than the endless struggle to satisfy personal desires.

~Ekknath Easwaran

Whatever we have done, we can always make amends for it without ever looking back in guilt or sorrow.

~Ekknath Easwaran

Human relationships are the perfect tool for sanding away our rough edges and getting at the core of divinity within us.

~Ekknath Easwaran

Activity is not achievement. It is not enough to rush about beginning a lot of things and keeping busy. A well-spent life is one that rounds out what it has begun.

~Ekknath Easwaran

Imagine a hot tub for the mind. That is what meditation is; it can bathe your mind in relaxing thoughts.

~Ekknath Easwaran

Our deepest need is for the joy that comes with knowing we are of genuine use to others.

~Ekknath Easwaran

The spiritual life is a call to action. But it is a call to ... action without any selfish attachment to the results.

~Ekknath Easwaran

The capacity to be patient, to bear with others through thick and thin, is within the reach of anyone.

~Ekknath Easwaran

When we truly are putting others first, we cannot but feel at peace with ourselves.

~Ekknath Easwaran

As we get deeper, we move closer and closer to other people; we feel

closer to life as a whole.

~Ekknath Easwaran

God made the senses turn outwards, man therefore looks outwards, not into himself. But occasionally a daring soul, desiring immortality, has looked back and found himself.

~Ekknath Easwaran

When the mind is still, we can become an instrument of peace.

~Ekknath Easwaran

When we are at home with ourselves, we are at home everywhere in the world. When we have found peace within ourselves, peace and love follow us wherever we go.

~Ekknath Easwaran

The ancestor of every destructive action, every destructive decision, is a negative thought.

~Ekknath Easwaran

Like Gandhi, like the Buddha, like all great spiritual teachers, Easwaran had no use for beliefs unless they generated actions. Doing, not saying, is what counts.

~Ekknath Easwaran

Wisdom may be perennial, but to see its relevance we must see it lived out.

~Ekknath Easwaran

We become in part what our senses take in.

~Ekknath Easwaran

Instead of looking at difficulties as deprivations, we can learn to recognize them as opportunities for deepening and widening our love.

~Ekknath Easwaran

Mastery does not come from dabbling. We have to be prepared to pay the price. We need to have the sustained enthusiasm that motivates us to give our best.

~Ekknath Easwaran

Having come to realize in the first stage of meditation that we are not our bodies, in the second stage we make an even more astounding discovery; we are not our minds either.

~Ekknath Easwaran

Everything beautiful has to be worked for.

~Ekknath Easwaran

By removing that which is petty and self-seeking, we bring forth all that is glorious and mindful of the whole.

~Ekknath Easwaran

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