

# H. W. L. Poonja

## Quotes

*Mind, Giving, Quiet, Self, Awareness, Silence, Truth, Thinking, Spiritual, Reality,  
Looks, Negativity, Love Is, Meditation, Imagination, Unhappy, Illusion, Play,  
Sheep, Surface*

If you see the illusion you are enlightened, but if you think that you are enlightened you are in the illusion!

~H. W. L. Poonja

Whatever comes, let it come. What stays, let it stay. What goes, let it go.

~H. W. L. Poonja

You have to simply become aware of the movement of the mind, which begins this endless trouble.

~H. W. L. Poonja

Stop. Stop everything. Then you will realize you are the freedom you have been searching for.

~H. W. L. Poonja

You are all lions - so go your own way. Do not walk the beaten path like sheep, one after another. Do not follow any path. Lions do not follow each other like sheep.

~H. W. L. Poonja

It is all your desires that you see, when you think. But when your mind is quiet, without desire, you are complete and as wonderful as you have always been.

~H. W. L. Poonja

When mind is quiet, all is Self. When mind moves the world arises. So be Still, throw away everything and be Free.

~H. W. L. Poonja

When anybody laughs, he has no mind, no thought, no problem, no suffering.

~H. W. L. Poonja

Look within, There is no difference between yourself, Self and Guru. You are always Free. There is no teacher, there is no student, there is no teaching.

~H. W. L. Poonja

Your nature is to keep quiet. You came from silence and you have to return to silence... you are dancing only for a little while you see... a little while you are dancing.

~H. W. L. Poonja

Stay quiet and the noisy surface dialogues will cease. Then the substratum will rise up to the top. It is simple. Follow this.

~H. W. L. Poonja

Reality is everywhere, and to find It 'you' must first disappear.

~H. W. L. Poonja

Anything that you have imposed on yourself to be unhappy, to be bound, is a concept. It is an imaginary concept, so give it away.

~H. W. L. Poonja

Who is journeying for freedom? The one who is already free. Thoughts are impediments to seeing your own face. Don't give rise to any thought, and discover who you are.

~H. W. L. Poonja

Something is happening because of silence, because of peace, because of silence; if your mind is silent, if your mind is quiet, there is God, there is silence, this is the silence that is contagious.

~H. W. L. Poonja

Always remember: The thieves of Peace are thieves in an empty house because only imagination suffers. You are Peace, that which remains Untouched.

~H. W. L. Poonja

I am your own self and the self of all beings that exist.

~H. W. L. Poonja

Look after everybody So that they are happy to see you. It is better to serve the devotee of god than to serve god himself.

~H. W. L. Poonja

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