

# Mooji Quotes

*Mind, Self, Spiritual, Heart, Wisdom, Inspiration, Practice, Meditation, World,  
Discovery, Dream, Awareness, Real, Ideas, Light, Believe, Joy, Consciousness,  
Play, Giving*

Don't remind the world that it is sick and troubled. Remind it that it is beautiful and free.

~Mooji

No thought has any power. You have power. And when you identify and believe in the thought you give power to the thought.

~Mooji

At the end of the day, you can have something in your head, something in your hand, or something in your heart. What are you choosing?

~Mooji

All the ups and downs are grace in different wrappings, sent to refine consciousness. Say thanks to them all.

~Mooji

Who reminds you to breathe and to beat your heart? Something is there, taking care.

~Mooji

The greatest healing would be to wake up from what we are not.

~Mooji

You need nothing to be happy - you need something to be sad.

~Mooji

If you seek approval from others in this world, you will not know happiness.

~Mooji

If you do not trust life to unfold, the mind takes over and it becomes a game of strategy, motivated by anxiety. This mistrust is unfair. Life has given us so much, and yet we do not trust it.

~Mooji

If I could give you only one advice, I would say: Don't identify with anything. Be completely empty - no one. Be no-body and see if you lose anything but delusion.

~Mooji

When you live guided by intuition rather than thought, your life dances like writing on water, fresh and untraceable.

~Mooji

Feelings are just visitors, let them come and go.

~Mooji

Life cannot be against you, for you are Life itself. Life can only seem to go against the ego's projections, which are rarely the truth.

~Mooji

Your mantra is thank you. Just keep saying thank you. Don't explain. Don't complain. Just say thank you. Say thank you to existence.

~Mooji

Ignoring the mind is a beautiful sadhana. This is what many of the sages did. They ignored the mind out of existence. It loses its influence and its potency when it is ignored.

~Mooji

Your heart is the light of this world. Don't cover it with your mind.

~Mooji

The greatest step towards a life of happiness and simplicity is to let go. Trust in the power that is already taking care of you spontaneously without effort.

~Mooji

Actually, being what you are is the simplest. What is difficult is to stop

being what you are not.

~Mooji

Feelings, by themselves, do not create problems. It is rather the tendency to interpret and analyze them. When out of habit you believe those interpretations, it is there that the suffering begins.

~Mooji

When you can bear your own silence, you are free.

~Mooji

Day by day become more and more intimate with the inner stillness, joy and love which is the fragrance your own pure heart. Keep quiet.

~Mooji

In the spiritual journey, you cannot be a wine taster, you have to become a drunk.

~Mooji

Life is so much wiser and kinder than your mind imagines. Trust & Be Still.

~Mooji

You are learning too much, remembering too much, trying to hard relax a little bit, give life a chance to flow its own way, unassisted by your mind and effort. Stop directing the river's flow!

~Mooji

When the raindrop touches the ocean, can it tell a story.

~Mooji

Let it be whatever it will be. Give up trying to manipulate. This is Freedom.

~Mooji

It is the conditioned mind that says, 'I'm lost.' Let mind be lost. Lose your mind. Lose your mind inside your heart.

~Mooji

Giving energy to the mind, is like giving your neighbour a gun to shoot you with.

~Mooji

Wanting something to make you happy is a sure way to be miserable.

~Mooji

Some people know they are dreaming when they are asleep. You must also know you are dreaming when you wake-up. When you know you are dreaming when you wake up, then you are really waking up

~Mooji

Satsang is the invitation to step into the fire of self-discovery. This fire will not burn you, it will burn only what you are not.

~Mooji

You ask, 'How to live my life?' But with the question you are suffocating life itself, for life is spontaneity.

~Mooji

Trust your Heart. Value its intuition. Choose to let go of fear, and to open to the true and you will awaken to the freedom, clarity and joy of Being

~Mooji

The ocean does not require that the waves are still to be more ocean-like.

~Mooji

When you are free, all who come in contact with you will be blessed.

Some may run away, but still they run away blessed.

~Mooji

When you drop all your ideas, fantasies and projections about who you are and what freedom is and remain completely empty, this is freedom.

~Mooji

When you are free from delusion, you can enjoy illusion. Enjoy the dream but enjoy the dream being free.

~Mooji

Bless everything in existence with your entire being and immediately you recognise your inner state of completeness and harmony.

~Mooji

Don't belong to anything. Don't belong to anyone. Just Be. Feel your Being first and foremost, and don't compare or compete. Just Be your Being.

~Mooji

To change the world is not your mission. To change yourself is not your duty. To awaken to your true nature is your opportunity.

~Mooji

There is an intuitive knowing within us that we are eternal but this gets covered over with the noise we create while identifying with the impermanent.

~Mooji

If you wish to find Love, don't look for the object of love but rather for the source of love. There you will find the Beloved.

~Mooji

Don't try and save yourself. The self that is trying to be saved is not

you.

~Mooji

Surrender is not a weakness it is strength. It takes tremendous strength to surrender life to the supreme - to the cosmic unfolding.

~Mooji

Leave your existence to existence, stop caring for yourself so much and let the universe care for you; it is the best mother.

~Mooji

When you see what is not real, this laughter comes

~Mooji

Attempting to understand consciousness with your mind, is like trying to illuminate the sun with a candle.

~Mooji

The final bridge to cross is to let go of the mind-created 'spiritual' self. Burn that bridge behind you. Stay empty of self-image and cease looking back. Remain in the neutrality of being. That's it!

~Mooji

Face your fears and stop allowing the mind to hold you captive.

~Mooji

I don't have to be anything at all. I don't even have to be myself, because there is no such thing as not being myself. I am inescapably myself.

~Mooji

You are the light of consciousness and also the witness of this light. You are pure awareness.

~Mooji

Everything is just now. Your existence is just now. Just timeless Now. All the rest is just a dream due to conditioning and memory.

~Mooji

We are identifying with what is passing so fear comes. We are trying to make steady and permanent what is by nature impermanent.

~Mooji

When you don't want to be interesting, you are free.

~Mooji

Don't let your mind see through your eyes.

~Mooji

Freedom is to be free of attachments, and the main attachment is to the 'I'-self.

~Mooji

Mind is there, in front of you. Don't log in.

~Mooji

You are the Master, the mind is your servant. That is the correct relationship.

~Mooji

For those whose heart and whose attention is immersed in the truth, they don't need to have to worry.

~Mooji

As far as the search for truth is concerned, 98% of our thinking is rubbish. The remaining 2% is garbage. Throw it all out and be empty! Truth cannot be caught by intellect alone - grace is needed.

~Mooji



The Light of one human being who discovers the Truth has been lighting human existence for thousands of years. Such is the power of a human being who realizes the Truth of who they are.

~Mooji

Marinate in your own being, grow in your wisdom, mature in understanding, be firm in your conviction, be strong in your Self.

~Mooji

Everything is passing ... enjoy its momentariness

~Mooji

Sometimes consciousness devises an obstacle in order to have the experience of transcending it.

~Mooji

Something brought you here. Trust that it will satisfy its own intention to take you Home.

~Mooji

How can you say you are peaceful if you are still identified with mind?

~Mooji

Dying to your own attachments is a beautiful death. Because this death releases you into real life. You have to die as a seed to live as a tree.

~Mooji

Mainly we obsess on fixing or pacifying the mind. I simply ask you to observe it from a place of neutrality.

~Mooji

The way of the mind is to study many things; the way of the Beingness is to focus on one thing.

~Mooji

Mind and body have taken the journey, but the real home place is your own heart. It is infinite and so wherever you go, you are always Home.

~Mooji

We are the space in which thoughts appear, play, and dissolve like clouds drifting in the infinite sky.

~Mooji

It is not about mind-watching; but rather recognizing That which watches the mind.

~Mooji

When you know you know nothing, an air of openness and humility prevails. Then real understanding enters the mind.

~Mooji

Ego is a ghost who is terrified of dying

~Mooji

Nothing belongs to you or me. Nothing belongs. Everything, everything, everything simply IS.

~Mooji

Blessings upon your mind and heart. Let openness, trust and love be your first response. This is the secret to everlasting joy, peace and contentment.

~Mooji

The Self cannot leave You. Awareness cannot leave You. Everything else will leave You. But Awareness is what You Are.

~Mooji

Our illness is often our healing.

~Mooji

The place you are looking for is the place from which you are looking.

~Mooji

Out of the formless the forms appear.

~Mooji

Just as you wash your hands before eating, clear your mind before engaging with the world.

~Mooji

O Lord...Let my knowing of you not just be in my mind, but fully alive inside my heart...remove 'me'...let there be only you

~Mooji

You already are, the peace you are looking for. Be still and know that

~Mooji

Blessed is the mind that jumps over and beyond its own conditioning and lands again into its natural state of unmoving awareness.

~Mooji

God can never be close. God can never be close because it would mean that there is some place where God is not. God is infinite. We cannot exist outside of the infinite. Therefore, God is our Reality.

~Mooji

Learn to leave things. If you don't have an interest in something, you don't need even to transcend it!

~Mooji

If you are curious, you will learn. If you are desperate, you will discover.

~Mooji

Welcome the One that has kissed you from within. It is from inside everything comes.

~Mooji

The mind is like the wind. You're trying to stop the wind, dressed as a kite. How are you going to do it?

~Mooji

It's not what the mind says. It's how seriously it is taken.

~Mooji

The ways of the mind are ancient, but you are timeless

~Mooji

Satsang is here to wash off the mind's face and to reveal the face of God

~Mooji

There's no one there to understand, there's just understanding, which flourishes in you as peace, joy and contentment.

~Mooji

You are not merely the body; you are 100% Pure Being. But you must find this out for yourself. It must become your own discovery, happening in your innermost being.

~Mooji

Let the mind come as it wants; just you don't go with it. The greatest salesman in the world cannot sell you if you don't buy.

~Mooji

You don't have to transcend something that you have no interest in... it

may come but it finds no food.

~Mooji

Something is aware of even the energy of confusion inside of you. There is no need to get unconfused. Leave it - it will pass.

~Mooji

You wake up each day from the dream; but to be free, you must also wake up from the waking state.

~Mooji

Listen soberly: Just be 'I Am'; just stay here! ... There's nothing that can stop you from following this simple advice.

~Mooji

The nature of illusion is that, when you see through it, it disappears.

~Mooji

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