

Nirmala Srivastava

Quotes

Love, Wisdom, Yoga, Beautiful, Meditation, Ocean, Spiritual, Mother, Fun, Real, Children, Flower, Self, Believe, Country, Lying, Fashion, Running, Reality, Jobs

Sahaja Yoga is the spontaneous union of the individual consciousness with the All-Pervading Divine Power.

~Nirmala Srivastava

You cannot know the meaning of your life until you are connected to the power that created you.

~Nirmala Srivastava

Whatever you have to have, try to have something which is handmade.

~Nirmala Srivastava

We are on this earth to become the Spirit, to be a channel of God's love and above all, to enter into the Kingdom of God.

~Nirmala Srivastava

What do we have to achieve? Not your position, not your wealth, not all these outward things, but you have to achieve a loving heart.

~Nirmala Srivastava

"I don't like it" or "I like it". This sentence must go away from your tongue. Likes and dislikes are only for people who have limited vision. You should learn to appreciate.

~Nirmala Srivastava

Unless and until you introspect you cannot even respect yourself. You cannot even love yourself. If you love yourself you will introspect and find out what's wrong.

~Nirmala Srivastava

There is no solution to any world problem, to any national problem, to any city problem or to any local problem, unless and until people get their Realization.

~Nirmala Srivastava

Self Realization is the first encounter with reality.

~Nirmala Srivastava

To allow your Spirit to manifest, you have to understand Its nature. Spirit can never be aggressive, can never dominate. It respects the freedom of another person because It's a free being.

~Nirmala Srivastava

One has to practice wisdom through living in the present.

~Nirmala Srivastava

The mind creates all the problems for an individual or for the collective. One has to go beyond the mind into thoughtless awareness, where there is peace.

~Nirmala Srivastava

To achieve your ethereal state, you have to expand your thoughtless awareness.

~Nirmala Srivastava

Your own attention is important, not the attention of others or your attention on others.

~Nirmala Srivastava

We are all part and parcel of one country. And that country is of love.

~Nirmala Srivastava

Wisdom means that it gives you detachment, detachment from all that is selfishness, self-centredness, self-obsession, ego - all connected with self.

~Nirmala Srivastava

If you could stop reflecting, immediately you establish yourself in the ocean of peace.

~Nirmala Srivastava

If we do not know how to respect the Mother Earth, we do not know how to respect ourselves.

~Nirmala Srivastava

Meditation is the only way you can grow. Because when you meditate, you are in silence, you are in thoughtless awareness. Then the growth of awareness takes place.

~Nirmala Srivastava

Freedom is when you really get your own powers which are within you.

~Nirmala Srivastava

The truth is you are the pure Spirit. The second truth is that there is a all-pervading Divine power of love. This power of love does all the living work.

~Nirmala Srivastava

Spirit is like a mirror where you see yourself clearly and you start changing yourself.

~Nirmala Srivastava

So there is nothing to be proud of these worldly possessions. What you are to be proud of, or to be conscious of is your spirit. Spirit is the only thing that can kindle another spirit.

~Nirmala Srivastava

Once you start growing in your self-realization, you develop such a personality that you see the whole world as one.

~Nirmala Srivastava

Integration is nothing but your complete connection with your spirit.

~Nirmala Srivastava

The truth which can be actualized after Self Realization is that you are not this body, this mind, this conditioning from the past, this ego, these emotions, but that you are the pure spirit.

~Nirmala Srivastava

Spirit is the source of peace. It is the source of joy. It is not a duality of happiness and unhappiness, but singular joy.

~Nirmala Srivastava

Kundalini cures you, she improves you, she bestows all the blissful things upon you. She takes you away from the worries of grosser level.

~Nirmala Srivastava

In modern times, what impresses one is not a simple and unassuming statement of the truth, but superficial showmanship and display.

~Nirmala Srivastava

Within us lies the peace, the beauty, the glory of our being. There is an ocean of all that. We cannot seek it outside, we have to go within.

~Nirmala Srivastava

Whatever adventure you are into, whatever you are doing, your attention should be on your spirit.

~Nirmala Srivastava

I call that person the most intelligent who sees the benevolence, the ascent and the ultimate goal.

~Nirmala Srivastava

If you learn how to make fun of yourself, your ego will go down.

~Nirmala Srivastava

A star is shining within us and that is our Spirit.

~Nirmala Srivastava

Now the stage today is to know that Self Realization gives you experiences and then your faith is established. Not blind but open enlightened faith.

~Nirmala Srivastava

You should be able to use your intellect and not to be dominated by your intellect.

~Nirmala Srivastava

Without satisfaction, you cannot have compassion. You have to be satisfied souls, then your compassion will act.

~Nirmala Srivastava

The spirit is the only thing that is free within, which has no hang-ups, which has no habits, which does not stick on to anything, is completely detached and emitting joy to us.

~Nirmala Srivastava

If you want to know the reality, you have to become the spirit.

~Nirmala Srivastava

If your body wants comfort, you try to make it learn to give up that. Try to make your body your slave and not you the slave of the body.

~Nirmala Srivastava

This is also the age of science and technology in which human beings have progressed beyond the stage of blind faith.

~Nirmala Srivastava

Surrendering means cleansing yourself completely, getting completely detached. Detachment is the only way you can rise.

~Nirmala Srivastava

Enjoyment is only possible when you are beyond your mind.

~Nirmala Srivastava

When you are realized, you can start feeling your own chakras and the chakras of other people. This is enlightenment.

~Nirmala Srivastava

Only after Realization you are connected with reality.

~Nirmala Srivastava

Now the best thing is to put attention to your Spirit. If you start putting your attention to Spirit, the sweetness of the Spirit itself will make the whole thing very sweet and beautiful.

~Nirmala Srivastava

Joy only can be achieved through complete detachment, the detachment which is egoless and superegoless.

~Nirmala Srivastava

Innately within us, resides the Spirit which wants to enlighten you, to give the peace, the bliss and the joy of our being.

~Nirmala Srivastava

Wisdom can only come through honest introspection.

~Nirmala Srivastava

Like small children you must have a very clean heart to accept, to absorb the beauty of peace that is within you and also the beauty of purity. Without purity, you cannot enjoy anything.

~Nirmala Srivastava

..the self-knowledge that I am talking about is concrete, verifiable and is tangible like science itself and completely understandable in rational terms.

~Nirmala Srivastava

The enjoyment of life is only possible if the world could get connected to the spirit... you become the spirit as Christ has said in simple words that you have to be born again.

~Nirmala Srivastava

By meditation we develop that strength within us, so automatically we start solving the problem.

~Nirmala Srivastava

Your nervous system has to become collectively conscious.

~Nirmala Srivastava

You can do marvels and miracles if you have developed the understanding of love.

~Nirmala Srivastava

Matter can never give you joy. It's the Spirit that gives you joy.

~Nirmala Srivastava

Either you lead a life which is luxurious on the material level or you lead a luxurious life of God's blessings. One of these two you have to choose, the time has come.

~Nirmala Srivastava

Pure faith in the benevolence of the Divine can also degenerate into destructive forms of religion like orthodoxy, fundamentalism, sectarianism, fanaticism, black magic and witchcraft.

~Nirmala Srivastava

Everything is illusion, except for the Divine Love of God that is all-pervading which you can feel through your Spirit.

~Nirmala Srivastava

The more innocent you are, the more blissful you will be.

~Nirmala Srivastava

True and lasting solution to correct ills can be found only by inner, collective transformation of human beings.

~Nirmala Srivastava

The ascent is the aim of your life and to perfect it is your job.

~Nirmala Srivastava

The enjoyment of life is only possible if we could get connected to the spirit.

~Nirmala Srivastava

Blossom time has come and many ancient seekers are today getting their Self Realization.

~Nirmala Srivastava

The only way one can really understand what we are is by knowing yourself.

~Nirmala Srivastava

Freedom is when you really get your own powers which are within you. In your central nervous system and in your conscious mind, you must feel the existence of the spirit.

~Nirmala Srivastava

This all-pervading divine power of love is the ocean of knowledge, is the ocean of bliss and compassion, but above all it is the ocean of forgiveness.

~Nirmala Srivastava

If possible, try to talk good about others, always. By telling good about another person, you will help yourself and another person.

~Nirmala Srivastava

...one need not, and should not, believe blindfolded in whatever is said about ascent or salvation, but should treat it like a hypothesis, and observe the facts with an open mind like a scientist.

~Nirmala Srivastava

Divinity is not a fashion. It is the way of life. It is the need of your being. You have to become that.

~Nirmala Srivastava

It is one of the main teachings of the profound traditional wisdom of India, that the Primordial Mother is the origin of all things and everything tends to flow naturally back towards her.

~Nirmala Srivastava

Without knowing your Spirit you cannot know God.

~Nirmala Srivastava

..if the beginning of the thought or theory is not rooted in reality, the end or the final results of such a thought or theory could well be disastrous in practice.

~Nirmala Srivastava

What you have to do as soon as you know about somebody, then you have to think what goodness he has got, how can I imbibe that goodness within myself?

~Nirmala Srivastava

Love is not something dead, like a stone. When it melts, it encompasses everything.

~Nirmala Srivastava

Ego and conditionings are created by mind, which is a myth.

~Nirmala Srivastava

So the first thing in democracy, people must have satisfaction. If you don't have satisfaction, it's not going to work out.

~Nirmala Srivastava

To be generous is the best way to live in this world.

~Nirmala Srivastava

Whatever you have to say, you say it from your heart.

~Nirmala Srivastava

Meditating together is the best way to feel the collectivity.

~Nirmala Srivastava

Auspiciousness comes only through balance.

~Nirmala Srivastava

You cannot intellectualize the Divine. You have to experience it on your central nervous system.

~Nirmala Srivastava

The more I know about myself the more dynamic I become, the more expansive I become.

~Nirmala Srivastava

The best way to be with your spirit is to forgive.

~Nirmala Srivastava

To get rid of greed, you should try to do some sort of a collective social work.

~Nirmala Srivastava

When we are not realized, we are moving on the periphery, like a wheel and we are disturbed. But a realized soul is on the axis, which is silent. So he has the peace within himself.

~Nirmala Srivastava

The reality of en-masse inner transformation of human beings by self-realisation is the most revolutionary discovery of the present age.

~Nirmala Srivastava

When you become thoughtless, then you can see, feel Reality.

~Nirmala Srivastava

Only your ascent is important. Once you ascend, everything is saved

~Nirmala Srivastava

An innocent person is really like a magnet and it attracts, he attracts, the people towards himself, just like a flower attracts a bee towards itself.

~Nirmala Srivastava

Your attention has to be on your Spirit.

~Nirmala Srivastava

One should be prepared to surrender completely, absolutely to the will of God. Whatever He does is for our good.

~Nirmala Srivastava

If love is killed, joy is lost. You cannot have joy without love.

~Nirmala Srivastava

Reality is only possible if you are in the realm of joy.

~Nirmala Srivastava

Through Sahaja Yoga what happens to you, that you become a collective personality.

~Nirmala Srivastava

Sahaja Yoga is like a tree which requires love as the water.

~Nirmala Srivastava

The beauty of self realization lies in secretly working out within you everything that is virtuous, that is beautiful, that is joyful.

~Nirmala Srivastava

If you get frustrated and unhappy with yourself, then there is going to be a problem. You have to laugh at yourself and laugh at your mechanism that is out of gear.

~Nirmala Srivastava

Sahaja Yoga is nothing but love, love, love. How much you love others is the main point.

~Nirmala Srivastava

As a mother would see her child, you should see the whole world as a beautiful place that God has created for you.

~Nirmala Srivastava

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