

Patanjali Quotes

*Yoga, Mind, Spiritual, Meditation, Practice, Heart, Effort, Way, Self, Grief, Hate,
Compassion, Perfection, Life, Sincere, Sex, Waiting, Greed, Light, Wise*

There is always a light within us that is free from all sorrow and grief, no matter how much we may be experiencing suffering.

~Patanjali

Yoga takes you into the present moment, the only place where life exists.

~Patanjali

It is not enough to have intuitions; we must act on them; we must live them.

~Patanjali

Success is nearest to those whose efforts are intense and sincere.

~Patanjali

Be happy for those who are happy, have compassion towards the unhappy, and maintain equanimity towards the wicked.

~Patanjali

The longest journey begins with a single step.

~Patanjali

Undisturbed calmness of mind is attained by cultivating friendliness toward the happy, compassion for the unhappy, delight in the virtuous, and indifference toward the wicked.

~Patanjali

For those who have an intense urge for Spirit and wisdom, it sits near them, waiting.

~Patanjali

If you can control the rising of the mind into ripples, you will experience Yoga.

~Patanjali

Yoga is the practice of quieting the mind.

~Patanjali

Asanas bring perfection in body, beauty in form, grace, strength, compactness, and the hardness and brilliance of a diamond.

~Patanjali

A mind free from all disturbances is Yoga.

~Patanjali

Peace can be reached through meditation on the knowledge which dreams give. Peace can also be reached through concentration upon that which is dearest to the heart.

~Patanjali

Yoga is the stilling of the fluctuations of the mind.

~Patanjali

When you are steadfast in your abstention of thoughts of harm directed toward yourself and others, all living creatures will cease to feel fear in your presence.

~Patanjali

Sexual activity, and the thoughts and fantasies of sex, use up a great portion of our vital force. When that force is conserved through abstinence, it becomes sublimated as spiritual energy.

~Patanjali

The heart and mind can find peace and harmony by contemplating the transcendental nature of the true self as supreme effulgent life.

~Patanjali

Just as the pure crystal takes color from the object which is nearest to it, so the mind, when it is cleared of thought-waves, achieves sameness

or identity with the object of its concentration.

~Patanjali

Yoga is the cessation of mind.

~Patanjali

When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds.

~Patanjali

In deep meditation the flow of concentration is continuous like the flow of oil.

~Patanjali

Progress in meditation comes swiftly for those who try their hardest.

~Patanjali

Everything is sorrow for the wise.

~Patanjali

Chanting is one of the most traditional and first Yoga practices. It helps to open the throat area and is a great way to learn some Sanskrit and the Yoga Sutra.

~Patanjali

Yoga is the cessation of the movements of the mind. Then there is abiding in the Seer's own form.

~Patanjali

Yoga is a practical method for making one's life purposeful, useful and noble.

~Patanjali

It is only when the correct practice is followed for a long time, without

interruptions and with a quality of positive attitude and eagerness, that it can succeed.

~Patanjali

Yoga is mind wave quieting.

~Patanjali

Perfection in asana is achieved when the effort to perform it becomes effortless and the infinite being within is reached.

~Patanjali

The wisdom obtained in the higher states of consciousness is different from that obtained by inference and testimony as it refers to particulars.

~Patanjali

When there is firm conquest over covetousness, they who have conquered it wake up to the how and why of life.

~Patanjali

The activities of the liberated soul transcend the pairs of opposites.

~Patanjali

The Yoga of action, leading to union with the soul is fiery aspiration, spiritual reading and devotion to Ishvara.

~Patanjali

The obstacles that distract thought are disease, apathy, doubt, carelessness, indolence, dissipation, false vision, failure to attain a firm basis in yoga, and restlessness.

~Patanjali

The way to eliminate ignorance is through steady, focused discrimination between the observer and the world.

~Patanjali

With great respect and love, NOW the blessings of Yoga instruction are offered.

~Patanjali

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