

# Paul Brunton

## Quotes

*Spiritual, Men, Self, Heart, Growth, Peace, Ego, Yield, Meditation, Inspirational, Character, Grace, Gratitude, Acceptance, Serenity, Mean, Luxury, Silence, May, Mind*

Solitude is strength; to depend on the presence of the crowd is weakness. The man who needs a mob to nerve him is much more alone than he imagines.

~Paul Brunton

Man is more miserable, more restless and unsatisfied than ever before, simply because half his nature--the spiritual--is starving for true food, and the other half--the material--is fed with bad food.

~Paul Brunton

Every morning is like a new reincarnation into this world. Let us take it then for what it is and live each moment anew.

~Paul Brunton

When it seems humanly impossible to do more in a difficult situation, surrender yourself to the inner silence and thereafter wait for a sign of obvious guidance or for a renewal of inner strength.

~Paul Brunton

Your self is sacred; be true to it.

~Paul Brunton

That deep silence has a melody of its own, a sweetness unknown amid the harsh discords of the world's sounds.

~Paul Brunton

When every situation which life can offer is turned to the profit of spiritual growth, no situation can really be a bad one.

~Paul Brunton

The Quest not only begins in the heart but also ends there.

~Paul Brunton

Worry is spiritual short sight... Its cure is intelligent faith.

~Paul Brunton

You may accept the inevitable with bitterness and resentment or with patience and grace. Mere acceptance is not sufficient.

~Paul Brunton

Meditation is THE fundamental practice of the Quest.

~Paul Brunton

The world is our school for spiritual discovery.

~Paul Brunton

Let us accept the invitation, ever-open, from the Stillness, taste its exquisite sweetness, and heed its silent instruction.

~Paul Brunton

Our greatest illusion is disillusion. We imagine that we are disillusioned with life, when the truth is that we have not even begun to live.

~Paul Brunton

He is beginning to master wisdom when he tries to learn how not to try.

~Paul Brunton

Study everything, join nothing.

~Paul Brunton

The succession of thoughts appears in time, but the gap between two of them is outside time. The gap itself is normally unobserved. The chance of enlightenment is missed.

~Paul Brunton

Peace is a costly privilege-to be fought for, attained and won. It comes only from a conquered mind.

~Paul Brunton

Appetite has really become an artificial and abnormal thing, having taken the place of true hunger, which alone is natural. The one is a sign of bondage but the other, of freedom.

~Paul Brunton

All methods and techniques - and of course all human beings who propound them - are merely instruments to help the student obtain a methodless, technique-free, teacherless state.

~Paul Brunton

Every test successfully met is rewarded by some growth in intuitive knowledge, strengthening of character, or initiation into a higher consciousness.

~Paul Brunton

Accept the long night patiently, quietly, humbly, and resignedly as intended for your true good. It is not a punishment for sin committed but an instrument of annihilating egoism.

~Paul Brunton

No man who has lived through a temporary spiritual experience is ever likely to forget it. His days will be haunted until he sets out to seek ways and means of repeating it.

~Paul Brunton

The artist must raise the cup of his vision aloft to the gods in the high hope that they will pour into it the sweet mellow wine of inspiration.

~Paul Brunton

God needs no worship, no praise, no thanksgiving. It is man himself who needs the benefit to be derived from these activities.

~Paul Brunton

Whoever wants the "I" to yield up its mysterious and tremendous secret

must stop it from looking perpetually in the mirror, must stop the little ego's fascination with its own image.

~Paul Brunton

This withdrawal from the day's turmoil into creative silence is not a luxury, a fad, or a futility. It dissolves mental tensions and heals negative emotions.

~Paul Brunton

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