

Ram Dass

Quotes

*Heart, Spiritual, Mind, Thinking, Soul, People, Ego, Compassion, Mean,
Journey, Looks, Suffering, Moments, Be Here Now, Life, World, Way, Moving,
Consciousness, Want*

The spiritual journey is individual, highly personal. It can't be organized or regulated. It isn't true that everyone should follow one path. Listen to your own truth.

~Ram Dass

I would like my life to be a statement of love and compassion--and where it isn't, that's where my work lies.

~Ram Dass

If you think you're enlightened go spend a week with your family.

~Ram Dass

The game is not about becoming somebody, it's about becoming nobody.

~Ram Dass

We are all affecting the world every moment, whether we mean to or not. Our actions and states of mind matter, because we are so deeply interconnected with one another.

~Ram Dass

The intellect is a beautiful servant but a terrible master. Intellect is the power tool of our separateness. The intuitive, compassionate heart is the doorway to our unity.

~Ram Dass

We're all just walking each other home.

~Ram Dass

As you dissolve into love, your ego fades. You're not thinking about loving; you're just being love, radiating like the sun.

~Ram Dass

I practice turning people into trees. Which means appreciating them just

the way they are

~Ram Dass

Everything changes once we identify with being the witness to the story, instead of the actor in it.

~Ram Dass

If you want to cure the world, don't emanate fear - emanate love.

~Ram Dass

A feeling of aversion or attachment toward something is your clue that there's work to be done.

~Ram Dass

Our journey is about being more deeply involved in life, and yet less attached to it.

~Ram Dass

Ask yourself: Where am I? Answer: Here. Ask yourself: What time is it? Answer: Now. Say it until you can hear it.

~Ram Dass

Now is now. Are you going to be here or not?

~Ram Dass

Everything in your life is there as a vehicle for your transformation. Use it!

~Ram Dass

We are all affecting the world every moment, whether we mean to or not.

~Ram Dass

Every religion is the product of the conceptual mind attempting to

describe the mystery.

~Ram Dass

All spiritual practices are illusions created by illusionists to escape illusion.

~Ram Dass

~Ram Dass

Faith is what is left after all your beliefs have been blown to hell.

~Ram Dass

It's very hard to grow, because it's difficult to let go of the models of ourselves in which we've invested so heavily.

~Ram Dass

The spiritual journey is not about acquiring something outside yourself, rather, you are penetrating deep layers and veils to return to the deepest truth of your own being.

~Ram Dass

The art of life is to stay wide open and be vulnerable, yet at the same time to sit with the mystery and the awe and with the unbearable pain - to just be with it all.

~Ram Dass

~Ram Dass

Healing does not mean going back to the way things were before, but rather allowing what is now to move us closer to God.

~Ram Dass

When someone we love dies, we get so busy mourning what died that we ignore what didn't.

~Ram Dass

It is important to expect nothing, to take every experience, including the negative ones, as merely steps on the path, and to proceed.

~Ram Dass

So your first job is to work on yourself. The greatest thing you can do for another human being is to get your own house in order and find your true spiritual heart.

~Ram Dass

Don't compare your path with anybody else's. Your path is unique to you.

~Ram Dass

If you feel a sense of social responsibility, first of all keep working on yourself. Being peaceful yourself is the first step if you want to live in a peaceful universe.

~Ram Dass

Real happiness lies in that which never comes nor goes, but simply is.

~Ram Dass

Don't take yourself so personally.

~Ram Dass

Let's trade in all our judging for appreciating. Let's lay down our righteousness and just be together.

~Ram Dass

Nature is really important because it's a manifestation of love that hasn't been run through human minds.

~Ram Dass

The shadow is the greatest teacher for how to come to the light.

~Ram Dass

We're fascinated by the words--but where we meet is in the silence behind them.

~Ram Dass

The heart surrenders everything to the moment. The mind judges and holds back.

~Ram Dass

Our thinking minds deprive us of the happiness that comes when we are living fully in the moment.

~Ram Dass

As long as you have certain desires about how it ought to be you can't see how it is.

~Ram Dass

Turn your melodrama into a mellow drama.

~Ram Dass

The reality we live in is selected by our conceptual definitions. You and I may be in the same physical space, but each of us will see it as entirely different.

~Ram Dass

Learn to watch your drama unfold while at the same time knowing you are more than your drama.

~Ram Dass

Suffering only shows where you are attached. That is why, to those on

the path, suffering is grace.

~Ram Dass

Treat everyone you meet like God in drag.

~Ram Dass

Consciousness equals energy = love = awareness = light = wisdom = beauty = truth = purity. It's all the same trip.

~Ram Dass

As we grow in our consciousness.. there will be more compassion and more love. And then... the barriers between people.. between religions.. and between nations will begin to fall.

~Ram Dass

Souls love. That's what souls do. Egos don't, but souls do. Become a soul, look around, and you'll be amazed-all the beings around you are souls. Be one, see one.

~Ram Dass

At the moment when there's nothing more to lose, the Ego breaks open - and then we see who we are behind who we thought we were.

~Ram Dass

I'm a Bhakti, meaning I practice devotional yoga and the heart and love, so I say to people, start with your ego and go down to your heart.

~Ram Dass

Spiritual practices help us move from identifying with the ego to identifying with the soul. Old age does that for you too. It spiritualizes people naturally.

~Ram Dass

Only that in you which is me can hear what I'm saying.

~Ram Dass

You are joy, wisdom, peace, compassion, and love

~Ram Dass

The point isn't to deny our Egos, but to extricate ourselves from our exclusive preoccupation with them.

~Ram Dass

Creativity springs from the yearning to be the fullness of who you are.

~Ram Dass

Suffering is part of our training program for becoming wise.

~Ram Dass

The most exquisite paradox; as soon as you give it all up, you can have it all.

~Ram Dass

Our whole spiritual transformation brings us to the point where we realize that in our own being, we are enough.

~Ram Dass

~Ram Dass

Without remaining open to change , we can not remain open to life

~Ram Dass

If I'm going to die, the best way to prepare is to quiet my mind and open my heart. If I'm going to live, the best way to prepare for it is to quiet my mind and open my heart.

~Ram Dass

The thinking mind is what is busy. You have to stay in your heart. You have to be in your heart. Be in your heart. The rest is up here in your head where you are doing, doing, doing.

~Ram Dass

Your problem is you're... too busy holding onto your unworthiness.

~Ram Dass

This is the pathless path. Where the journey leads is to the deepest truth in you. It is really just returning to where you were initially before you got lost.

~Ram Dass

What you meet in another being is the projection of your own level of evolution.

~Ram Dass

We're sitting under the tree of our thinking minds, wondering why we're not getting any sunshine!

~Ram Dass

There's much more in any given moment than we usually perceive, and that we ourselves are much more than we usually perceive. When you know that, part of you can stand outside the drama of your life.

~Ram Dass

My belief is that I wasn't born into Judaism by accident, and so I needed to find ways to honor that.

~Ram Dass

When we see the Beloved in each person, it's like walking through a garden, watching flowers bloom all around us.

~Ram Dass

The way we regard death is critical to the way we experience life. When your fear of death changes, the way you live your life changes.

~Ram Dass

Maharajji told me, 'Give up anger and I'll help you.' I found that love freed me back into the ocean of love and my righteous anger didn't do that. And I would rather be free than right.

~Ram Dass

Don't think about the past. Just be here now.

~Ram Dass

Emotions are like waves. Watch them disappear in the distance on the vast calm ocean.

~Ram Dass

The Ego is an exquisite instrument. Enjoy it, use it--just don't get lost in it.

~Ram Dass

I am not this body. I am in this body, and this is part of my incarnation and I honor it but that isn't who I am.

~Ram Dass

If you would truly bring peace to the world, identify with that place within you where you are Peace.

~Ram Dass

If you rest in the silence inside, all those you meet will have their spiritual hearts resuscitated.

~Ram Dass

You are loved just for being who you are, just for existing.

~Ram Dass

All you can do for another person is be an environment in which if they wanted to come up for air, they could.

~Ram Dass

Just because you are seeing divine light, experiencing waves of bliss, or conversing with Gods and Goddesses is no reason to not know your zip code.

~Ram Dass

In most of our human relationships, we spend much of our time reassuring one another that our costumes of identity are on straight.

~Ram Dass

The gift you offer another person is just your being.

~Ram Dass

We live life in the marketplace and then we go off to the cave or to the meditation mat to replenish ourselves.

~Ram Dass

I can do nothing for you but work on myself...you can do nothing for me but work on yourself!

~Ram Dass

~Ram Dass

Look at the people you don't love and see them as an exercise for you to open your heart.

~Ram Dass

The next message you need is always right where you are.

~Ram Dass

Thoughts are going by like a river; awareness simply is.

~Ram Dass

If you think you're free, there's no escape possible.

~Ram Dass

In mystical traditions, it is one's own readiness that makes experiences exoteric or esoteric. The secret isn't that you're not being told. The secret is that you're not able to hear.

~Ram Dass

Inspiration is God making contact with itself.

~Ram Dass

When you are completely identified with your thinking mind you are totally separate from everything else in the universe.

~Ram Dass

The soul is not part of the incarnation. It comes into the incarnation. And the soul is not afraid of death because it has done it so many times.

~Ram Dass

My work as a human being is to quiet my mind, open my heart and do what I can to relieve the suffering with as much wisdom, skill, whatever I got.

~Ram Dass

You give up not meditating. It's called meditation action. There's no way out of it. Meditation means to be constantly extricating yourself from the clinging of mind.

~Ram Dass

As you look at many people's lives, you see that their suffering is in a

way gratifying, for they are comfortable in it. They make their lives a living hell, but a familiar one.

~Ram Dass

When the heart is open, it's easier for the mind to be turned toward God.

~Ram Dass

Working on our own consciousness is the most important thing that we are doing at any moment, and being love is a supreme creative act.

~Ram Dass

External silence can be the doorway to inner silence.

~Ram Dass

Who you think you are will always be frightened of change. But it doesn't make any difference to who you truly are.

~Ram Dass

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- Journey Quotes
- Looks Quotes
- Suffering Quotes
- Moments Quotes
- Be Here Now Quotes
- Life Quotes
- World Quotes
- Way Quotes
- Moving Quotes
- Consciousness Quotes
- Want Quotes