

Ramana Maharshi

Quotes

*Self, Mind, Heart, Real, Yoga, Thinking, Ego, Spiritual, Meditation, Silence,
Light, Men, World, Reality, Mean, Practice, Body, Realization, Inspiration, Doe*

Happiness is your nature. It is not wrong to desire it. What is wrong is seeking it outside when it is inside.

~Ramana Maharshi

The question 'Who am I?' is not really meant to get an answer, the question 'Who am I?' is meant to dissolve the questioner.

~Ramana Maharshi

Silence is truth. Silence is bliss. Silence is peace. And hence Silence is the Self.

~Ramana Maharshi

Why should you trouble yourself about the future? You do not even properly know about the present. Take care of the present, the future will take care of itself.

~Ramana Maharshi

Thoughts come and go. Feelings come and go. Find out what it is that remains.

~Ramana Maharshi

Your true nature is that of infinite spirit. The feeling of limitation is the work of the mind.

~Ramana Maharshi

Your own Self-realization is the greatest service you can render the world.

~Ramana Maharshi

If one's mind has peace, the whole world will appear peaceful.

~Ramana Maharshi

All unhappiness is due to the ego. With it comes all your trouble. If you would deny the ego and scorch it by ignoring it you would be free.

~Ramana Maharshi

No one succeeds without effort... Those who succeed owe their success to perseverance.

~Ramana Maharshi

Peace is the inner nature of humankind. If you find it within yourself, you will then find it everywhere.

~Ramana Maharshi

The greatest obstacle to enlightenment is getting past your delusion that you are not already enlightened.

~Ramana Maharshi

Engage yourself in the living present. The future will take care of itself.

~Ramana Maharshi

Forgetfulness of your real nature is true death; remembrance of it is rebirth.

~Ramana Maharshi

The degree of freedom from unwanted thoughts and the degree of concentration on a single thought are the measures to gauge spiritual progress.

~Ramana Maharshi

A higher power is leading you; be led by the same. It knows what to do and how to do it.

~Ramana Maharshi

Of all the thoughts that rise in the mind, the thought 'I' is the first thought.

~Ramana Maharshi

As you are, so is the world.

~Ramana Maharshi

Mind is consciousness which has put on limitations. You are originally unlimited and perfect. Later you take on limitations and become the mind.

~Ramana Maharshi

Have faith in God and in yourself; that will cure all. Hope for the best, expect the best, toil for the best and everything will come right for you in the end.

~Ramana Maharshi

We are so engrossed with the objects, or appearances revealed by the light, that we pay no attention to the light.

~Ramana Maharshi

Turn your vision inward and then the whole world will be full of the Supreme Spirit.

~Ramana Maharshi

The entire Universe is condensed in the body, and the entire body in the Heart. Thus the Heart is the nucleus of the whole Universe.

~Ramana Maharshi

Without knowing the Knower, all the knowledge that one gathers cannot be valid.

~Ramana Maharshi

You are the Supreme Being, and yet thinking yourself to be separate from it, you strive to become united with it. What is stranger than this?

~Ramana Maharshi

Meditation depends upon the strength of mind. It must be unceasing

even when one is engaged in work. Particular time for it is meant for novices.

~Ramana Maharshi

The end of all wisdom is love, love, love.

~Ramana Maharshi

Transforming yourself is a means of giving light to the whole world.

~Ramana Maharshi

Meditation is sticking to one thought. That single thought keeps away other thoughts; distraction of mind is a sign of its weakness; by constant meditation it gains strength.

~Ramana Maharshi

When we turn the mind inwards, God manifests as the inner consciousness.

~Ramana Maharshi

You and I are the same. What I have done is surely possible for all. You are the Self now and can never be anything else. Throw your worries to the wind, turn within and find Peace.

~Ramana Maharshi

By whatever path you go, you will have to lose yourself in the one. Surrender is complete only when you reach the stage 'Thou art all' and 'Thy will be done'.

~Ramana Maharshi

The self cannot be found in books. You have to find it for yourself, within yourself.

~Ramana Maharshi

Meditation helps concentration of the mind. Then the mind is free from

thoughts and is in the meditated form.

~Ramana Maharshi

Apart from the body does the world exist? Has anyone seen the world without the body?

~Ramana Maharshi

Realisation is not acquisition of anything new nor is it a new faculty. It is only removal of all camouflage

~Ramana Maharshi

What comes will also go. What always is will alone remain.

~Ramana Maharshi

Bliss is a thing which is always there and is not something which comes and goes. That which comes and goes is a creation of the mind.

~Ramana Maharshi

Your duty is to Be, and not to be this or that.

~Ramana Maharshi

The solution to your problem is to see who has it.

~Ramana Maharshi

Seeing God without seeing the Self, one sees only mental image. Only he who has seen Himself has seen God, since he has lost individuality, and now sees nothing but God.

~Ramana Maharshi

Let what comes come, let what goes go.

~Ramana Maharshi

True silence is really endless speech.

~Ramana Maharshi

All activities and events that a body is to go through are determined at the time of conception.

~Ramana Maharshi

Misery does not exist in reality but only in mere imagination.

~Ramana Maharshi

You are already That which you seek.

~Ramana Maharshi

Silence is also conversation.

~Ramana Maharshi

There is nothing wrong with God's creation. Mystery and Suffering only exist in the mind.

~Ramana Maharshi

Grace is ever present. All that is necessary is that you surrender to it.

~Ramana Maharshi

The fact is that you are not the body. The Self does not move but the world moves in it. You are only what you are.

~Ramana Maharshi

What message is needed when heart speaks to heart?

~Ramana Maharshi

You need not aspire for or get any new state. Get rid of your present thoughts, that is all.

~Ramana Maharshi

The source of the ego is God.

~Ramana Maharshi

The ultimate truth is so simple. It is nothing more than being in the pristine state. This is all that needs to be said. Only mature minds can grasp the simple truth in all its nakedness.

~Ramana Maharshi

God illumines the mind and shines within it. One cannot know God by means of the mind. One can but turn the mind inwards and merge it in God.

~Ramana Maharshi

Food affects the mind. For the practice of any kind of yoga, vegetarianism is absolutely necessary since it makes the mind more pure and harmonious.

~Ramana Maharshi

Peace can reign only where there is no disturbance, and disturbance is due to thoughts that arise in the mind.

~Ramana Maharshi

The Self is here and now, it is the only Reality. There is nothing else.

~Ramana Maharshi

There is nothing so simple as being the Self. It requires no effort, no aid. One has to leave off the wrong identity and be in his (her) eternal, natural, inherent state.

~Ramana Maharshi

'I Am' is the name of God, God is none other than the Self.

~Ramana Maharshi

The ultimate truth is so simple; it is nothing more than being in one's natural, original state.

~Ramana Maharshi

You may go on reading any number of books on Meditation. They can only tell you "Realize the Self". The Self cannot be found in books. You have to find it for yourself in yourself.

~Ramana Maharshi

Peace is your natural state. It is the mind that obstructs the natural state.

~Ramana Maharshi

Pleasure and pain are only aspects of the mind. Our essential nature is happiness

~Ramana Maharshi

Take no notice of the ego and its activities, but see only the light behind.

~Ramana Maharshi

Actions themselves form no bondage. Bondage is only the false belief, "I am the do-er."

~Ramana Maharshi

When there are thoughts, it is distraction: when there are no thoughts, it is meditation.

~Ramana Maharshi

The state of self-realization, as we call it, is not attaining something new or reaching some goal which is far away, but simply being that which you always are and which you always have been.

~Ramana Maharshi

That alone is Real which exists by itself, which reveals itself by itself and which is eternal and unchanging.

~Ramana Maharshi

Our identification with the mind and body is the chief reason for our failure to know our self as we truly are.

~Ramana Maharshi

That which is not present in deep dreamless sleep is not real

~Ramana Maharshi

Realization is to get rid of the delusion that you have not realized.

~Ramana Maharshi

Guru, God and Self are One

~Ramana Maharshi

Silence is most powerful. Speech is always less powerful than silence.

~Ramana Maharshi

If you go on working with the light available, you will meet your Master, as he himself will be seeking you.

~Ramana Maharshi

All that is required to realise the Self is to Be Still.

~Ramana Maharshi

To know one's Self is to be blissful always.

~Ramana Maharshi

You are all searching for the silence of the mountain. But you're looking for something outside. This silence is accessible to you right now, inside the center of your own being.

~Ramana Maharshi

He who thinks he is the doer is also the sufferer.

~Ramana Maharshi

There is no seeing. Seeing is only being.

~Ramana Maharshi

Reality is simply the loss of ego. Destroy the ego by seeking its identity. Because the ego is no entity it will automatically vanish and reality will shine forth by itself.

~Ramana Maharshi

A realized one sends out waves of spiritual influence in his aura, which draw many people towards him. Yet he may sit in a cave and maintain complete silence.

~Ramana Maharshi

There is nothing new to gain. On the other hand a man must lose his ignorance. That is all.

~Ramana Maharshi

Realisation is nothing new to be acquired. It is already there, but obstructed by a screen of thoughts. All our attempts are directed to lifting this screen and then realisation is revealed.

~Ramana Maharshi

Wanting to reform the world without discovering one's true self is like trying to cover the world with leather to avoid the pain of walking on stones and thorns. It is much simpler to wear shoes.

~Ramana Maharshi

Having set one's family in consonance with the community, he should make his family prosperous to ensure the prosperity of the community.

~Ramana Maharshi

Discover your undying Self and be immortal and happy.

~Ramana Maharshi

Surrender is to give oneself up to the original cause of one's being.

~Ramana Maharshi

This perception of division between the seer and the object that is seen, is situated in the mind. For those remaining in the heart, the seer becomes one with the sight.

~Ramana Maharshi

If you observe awareness steadily, this awareness itself becomes the Guru that will reveal the Truth.

~Ramana Maharshi

The experience of silence alone is the real and perfect knowledge.

~Ramana Maharshi

There is no greater mystery than this, that we keep seeking reality though in fact we are reality.

~Ramana Maharshi

We are always peace. To get rid of the idea that we are not peace is all that is required.

~Ramana Maharshi

Suffering is the way for Realization of God.

~Ramana Maharshi

Grace is not something outside or you.. In fact, your very desire for grace is due to grace that is already working in you.

~Ramana Maharshi

Remain still, with the conviction that the Self shines as everything yet nothing, within, without, and everywhere.

~Ramana Maharshi

When one makes the mind stick to one thought, the mind becomes rock-steady and the energy is conserved.

~Ramana Maharshi

Calmness is the criterion of spiritual progress. Plunge the purified mind into the Heart. Then the work is over.

~Ramana Maharshi

Call it by any name, God, Self, the Heart, or the Seat of Consciousness, it is all the same.

~Ramana Maharshi

For those who have obtained unobstructed knowledge of Self, the world is seen merely as a bondage causing imagination.

~Ramana Maharshi

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