

Rupert Spira

Quotes

World, Mind, Love Is, Positive, Life, Spiritual, Inspirational, Wisdom, Waiting, Attention, Diversity, Consciousness, Views, Happiness And Love, Honesty, Ideas, Important, Feeler, Feelings, Being Real

Give your attention to the experience of seeing rather than to the object seen and you will find yourself everywhere.

~Rupert Spira

In ignorance, I am something; in understanding, I am nothing; in love, I am everything.

~Rupert Spira

Happiness is simply to allow everything to be exactly as it is from moment to moment.

~Rupert Spira

The world is known by the senses
The senses are known by the mind
The mind is known by Consciousness
And Consciousness is known by itself

~Rupert Spira

Many of our ideas and beliefs about ourselves and the world are so deeply ingrained that we are unaware that they are beliefs and take them, without question, for the absolute truth.

~Rupert Spira

The greatest discovery in life is to discover that our essential nature does not share the limits nor the destiny of the body and mind.

~Rupert Spira

Love is the natural condition of all experience before thought has divided it into a multiplicity and diversity of objects, selves and others.

~Rupert Spira

Love is the experience that others are not others. Beauty is the experience that objects are not objects.

~Rupert Spira

The mind, the body and the world are made out of Consciousness but Consciousness is not made out of them. It is made out of itself. Therefore everything is made only out of Consciousness.

~Rupert Spira

We don't have to wait for the right circumstances to have happiness.

~Rupert Spira

Time is the eternal now, seen through the narrow slit of the mind.

~Rupert Spira

We take that which is unreal to be real and that which is real to be unreal.

~Rupert Spira

When feeling is divested of the feeler and the felt, it shines as love; when seeing is divested of the seer and the seen, it shines as beauty.

~Rupert Spira

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