

# Surya Das

## Quotes

*Spiritual, Thinking, Heart, Mean, People, Names, Buddhism, Buddhist, Moving,  
Long, Want, Real, Sex, May, Patience, Journey, Children, Compassion,  
Becoming, Dream*

We each need to make peace with our own memories. We have all done things that make us flinch.

~Surya Das

Everything passes, nothing remains. Understand this, loosen your grip and find serenity.

~Surya Das

We all have spiritual DNA; wisdom and truth are part of our genetic structure even if we don't always access it.

~Surya Das

before speaking, notice what motivates your words.

~Surya Das

You have to go through the darkness to truly know the light. This may sound like a cliché, but it's true nonetheless. Often the greatest doubts occur just before a breakthrough.

~Surya Das

Don't wait to find solid ground. Dance in emptiness.

~Surya Das

Enlightenment is not about becoming divine. Instead it's about becoming more fully human. . . . It is the end of ignorance.

~Surya Das

The heart is an organ of perception.

~Surya Das

The Pearl Principle - no inner irritation, no pearl.

~Surya Das

We're human beings trying to understand and cultivate what it means to

feel divine love. We have to start with small, realistic goals.

~Surya Das

Our lack of compassion stems from our inability to see deeply into the nature of things.

~Surya Das

I realize that was becoming a contradiction in terms, especially after my friend Alison Krauss was shot and killed in Kent State in 1970 on campus by the National Guard.

~Surya Das

One-half plus one-half does not equal one; one whole plus one whole equals relational wholeness.

~Surya Das

We cannot expect miracles of mindfulness in our own lives without preparation, commitment & continuing to energetically progress along our spiritual way.

~Surya Das

Well there were other Maharajis, so Neem Karoli Baba was his technical name, like there are a thousand Lamas called Rinpoche.

~Surya Das

Spiritual joy is devotion, it's like a virus you know? It's a benevolent virus, but it spreads. It's infectious. Ram Dass was like a mentor in those days.

~Surya Das

So we have to be ready, willing, and able to really transform ourselves, and each other in the world, not just say it and affirm it, "Oh, I want to change". Intention is important, but so is action.

~Surya Das

Embracing our environment is a good direction, a very spiritual direction. It's too Aristotelian to separate man from the animals and man; humans from the environment.

~Surya Das

So we're all living spirit. It's not about isms and schisms or religions. Religions are almost like political institutions, but the heart of it is the spirituality.

~Surya Das

Like many others, I sometimes find that cooking can be naturally grounding.

~Surya Das

Spiritually speaking, everything that one wants, aspires to, and needs is ever-present, accessible here and now - for those with eyes to see.

~Surya Das

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