

Contemplation Quotes for May 2022

Self & Self #5

Psychology & Spirituality

Psychology is the study of the mind, while spirituality is about getting beyond your mind.

— Gurudevi Nirmalananda

What you really need is to know your expansive inner essence, even while you use your mind.

— Gurudevi Nirmalananda

The point is to live in your own multi-dimensionality all the time.

— Gurudevi Nirmalananda

Yoga looks at the mind from a deeper vantage point, from the inner dimension of pure Beingness, your own Self. — Gurudevi

The deeper dimension of your own existence is Existence-Itself, that which is being all that exists. This is the One Self being all, including you. — Gurudevi Nirmalananda

It's very good news when you realize that you are not your mind. Neither are you your body. You are not even your mind and your body put together. You are more, so much more.

— Gurudevi Nirmalananda

Your body and mind are made of the same primal substance of which everything is made.

— Gurudevi Nirmalananda

citireva cetana-padaad avaruu.dhaa cetyasa.mkocinii cittam. — Pratyabhij~nah.rdayam 5  
Supreme Consciousness becomes the individual mind, by descending from the plane of pure Consciousness, contracting in accordance with the object perceived.

Though your mind is made of Consciousness, it is a contracted form of Consciousness.

— Gurudevi Nirmalananda

Like a mirror, your mind reflects the objects it perceives. It can even reflect them when the object is absent, which is memory or fantasy, even worry. — Gurudevi

Your mind has the creative power of Consciousness, but uses it to create limited scenarios and lopsided narratives. Then it obsesses on them. — Gurudevi

When I found yoga, I saw that was trying to understand my own mind's patterns, specifically so I could get beyond them.

— Gurudevi Nirmalananda

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<p>Yoga's sages often compare your mind to the waves on the ocean's surface, while your spirituality is found in the depths of the sea.</p> <p>— Gurudevi Nirmalananda</p>	<p>Instead of studying the activity of the waves, see what they are made of.</p> <p>— Gurudevi Nirmalananda</p>
<p>Instead of escaping in the ocean's depths, see what it is made of.</p> <p>— Gurudevi Nirmalananda</p>	<p>Ask yourself, even out loud, "Who am I really?" Every answer you offer is accurate.</p> <p>— Gurudevi Nirmalananda</p>
<p>You are the ocean and the sky; you are the land that surrounds the ocean and is under it.</p> <p>— Gurudevi Nirmalananda</p>	<p>You are all, you are beyond all and you are the source of all. You are Shiva. You are Self.</p> <p>— Gurudevi Nirmalananda</p>
<p>While being Self, you continue to have a mind. When you use your mind, don't leave the ocean of Consciousness. Stay wet.</p> <p>— Gurudevi Nirmalananda</p>	<p>You are the whole, the source of it all, and every one and every thing.</p> <p>— Gurudevi Nirmalananda</p>
<p>Every blade of grass is like a hair on your head. Every star is another twinkle in your eye.</p> <p>— Gurudevi Nirmalananda</p>	<p>You are cosmic, even while being logical, practical and grounded.</p> <p>— Gurudevi Nirmalananda</p>
<p>Live in the multi-dimensionality of your own Beingness. This is your future. If you do this yoga, you will come to know who you really are.</p> <p>— Gurudevi Nirmalananda</p>	<p>Your inner knowing begins as brief glimpses, subtle knowings, inner impulses, flashes of insight and currents of bliss. They grow on you; they grow in you. — Gurudevi Nirmalananda</p>
<p>Instead of analyzing the waves that churn across the ocean's surface, be the one who has the waves. The one who says "my mind" is necessarily different from the mind that you have.</p> <p>— Gurudevi Nirmalananda</p>	<p>When your mind is doing what it does, simply own it. Say, "My mind." You are not your mind; you are the owner of your mind.</p> <p>— Gurudevi Nirmalananda</p>
<p>When you know who you are, you are free from your mind. You can still see what your mind does, but you are the one who has a mind. You are your own Self. This is yoga. — Gurudevi Nirmalananda</p>	<p>Do more yoga.</p> <p>— Gurudevi Nirmalananda</p>