

Embodied Spirituality

“It is only the illusion that we are separate from this great love that causes us to believe that choosing anything other than love makes sense or is even possible. In the relative, dualistic world of positive and negative, darkness and light, male and female, we make choices and we learn from them. This is exactly what we are meant to be doing here on earth. Underlying these relative choices, though, is the choice to be conscious of what we are, which is love, or to be unconscious of it. When we choose to be conscious of it, we choose love. We will still exist in the relative world of opposites and choices and cause and effect, and we will need to make our way here, but doing so with an awareness that we are all made of this love will enable us to be more playful, more joyful, more loving and wise, as we make our way. Ultimately, the choices we make will shed light on the love that makes us all one, enabling those who have forgotten to return to the source.

This world makes it easy to forget this great love, which is part of why we are here. We are here to remember and, when we forget to remember again, to choose love.”

Madisyn Taylor, www.dailyom.com

“Consciousness pervades the body from head to toe; it pervades everywhere. No place is without Consciousness. Everything is made of Consciousness.”

~ Swami Muktananda

“There is a self-existent Reality, which is the basis of your sense of self. That Reality is the knower in all your states of awareness – waking, dreaming, and dreamless sleep. It is aware of the presence or absence of your mind and its functions. This self-existent Reality is called Atman, ...it is your very Self...

“That Reality sees everything by its own light... It gives intelligence to your mind and your intellect... That Reality pervades the universe. It alone shines. The universe shines with its reflected light.

“Here, within your own body, through your own mind, in the secret chamber of intelligence, in the infinite universe within your heart, Atman shines in its captivating splendor, like a noonday sun. By its light, the universe is revealed.”

~ Shankara, *VivekaChudamani*

“See your own body not as a mere physical body, but as the house of God. When you do that, the great experience wants to reveal itself to you. And the moment you touch your own Self, it’s as if a piece of wood has been touched by fire. Everything is lit up with that flame.”

~ Swami Chidvilasananda

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“You have the energy of the sun in you,
but you keep knotting it up at the base of your spine.”

~ Rumi

“...savor the inner experience and allow it to permeate your mind as you expand your awareness into the external world again. As you move into the world, you [can keep] the inner openness and depth that your practice has provided.”

~ Swami Nirmalananda