

## **Goal of Meditation**

“Nearly all mankind is more or less unhappy because nearly all do not know the true Self. Real happiness abides in Self-knowledge alone. All else is fleeting. To know one’s Self is to be blissful always.” Ramana Maharshi (1879 – 1950):

“Incomplete, empty, lonely, afraid, not good enough ... Everyone experiences [these feelings]... At the root, you are feeling separation from God.” ~ Swami Nirmalananda

“When you stop chasing things in the world outside of you, you experience who you already are. Your inherent nature is bliss and Consciousness. For the whole of Consciousness is there, right there, within you. Know your own Self.” ~ Swami Nirmalananda

Shiva Sutras 1.1 Caitanyam-aatmaan

Your own Self is the whole of Consciousness itself, completely free...(SN)

“When you realize that you are the Self, it’s like the ocean realizing it has depths.” ~ Swami Nirmalananda

## **On Practice**

“Practice becomes firmly established by being continued for a long time without interruption and with devotion.” ~ Patanjali Yoga Sutra, 1.14