

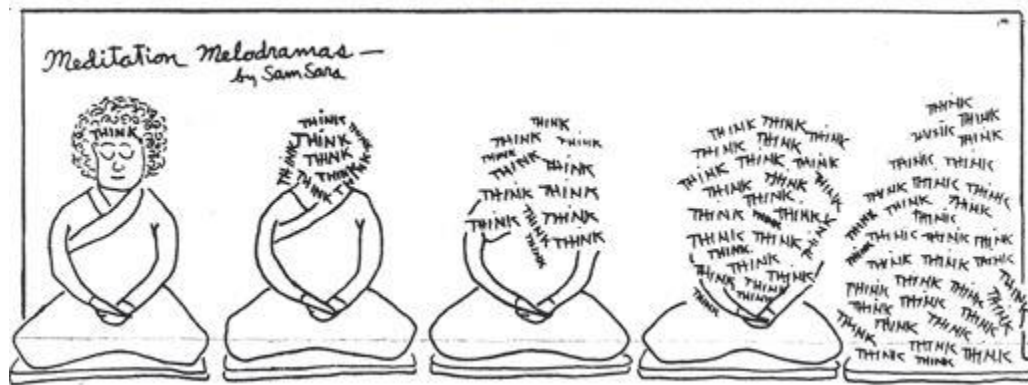
# Quotes from Meditation Made Easy

## Session 2

### **Shiva Sutra 3.1. Atma cittam**

*The individual identifies with – gets completely enmeshed with – the mind (citta).*

(Translation rendered by Swami Nirmalananda)



“During meditation, be very alert and vigilant. There are thought thieves waiting to steal your meditation. If the thoughts are coming, just know that you can think to your heart’s content after you meditate.” ~ *Swami Muktananda*

“Everybody says that the mind never stays in one place, and I entirely agree. But at the same time, have you ever shown it a good place to rest? Take the mind to a worthy place, and it will stay there. It won’t wander here and there

...The mind will always fluctuate until it is completely dissolved in meditation on the Self.” ~ Swami Muktananda

### **Cittam mantra.h ~ Shiva Sutras Verse 2.1**

" *Your own mind is made divine by mantra.*"  
(Translation rendered by Swami Nirmalananda)

### **Additional Notes:**

“The word *mantra* means *that which redeems and protects [you]*.... Mantra is the very life of meditation, the greatest of all techniques.” ~ Swami Muktananda, Meditation: Happiness Lies Within