

श्री सिद्धाश्रम



# Gurubani

Sadhguru's Wisdom Quotes in English



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# *Sadhguru's Bani*

## **Selected quotations from Sadhguru's discourses and speeches**



***Shree Siddhashram***

## **Gurubani**

Selected quotations from Sadhguru's  
discourses and speeches

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**For Truth Seekers**

## **The Preface**

It is with profound joy that we present this wisdom quotes and selected speeches of our Revered Sadhguru, meticulously drawn from His myriad discourses delivered on sacred and auspicious occasions.

Spiritual contemplation serves as the cornerstone of our existence, an eternal truth that illuminates the essence of life. To navigate the profound journey of human existence, the guiding light of divine wisdom is indispensable—a beacon that reveals The Truth and The Beautiful, while imbuing life with purpose and meaning. With such illumination, fear dissipates, for the path becomes clear, and the inner conscience—our unwavering sentinel—alerts us should we stray.

The distilled essence of this enlightened Yogi's profound realizations, attained through His austere Sadhana, is encapsulated within this collection of golden utterances. These pearls of wisdom unravel unparalleled solutions to life's complexities. As the Sadhguru's has emphasized:

“The self is not a seeker; it is the sought.” For those truly devoted to the path of spiritual discipline, the cultivation of the inner self far outweighs the mere outward articulation of words.

These timeless messages are a testament to the grandeur of His lifelong spiritual odyssey. Every sentence resounds with the quintessence of true religion, purposeful action, and the pursuit of human excellence. This translated edition of His immortal discourses is humbly offered at the lotus feet of the Revered Sadhguru’s, a tribute to His boundless vision and spiritual magnificence.

We fervently hope and ardently pray that the luminous consciousness and eternal insights of our Sadhguru will continue to inspire and guide us in our ceaseless quest for spiritual realization.



- ❖ Feelings are teachers, not tyrants; listen to their lessons and release them with gratitude.
  
- ❖ You are always larger than your activity. Never think that your activity is greater than yourself. It generates your ego.
  
- ❖ Every step taken in simplicity brings us closer to the divine.



- ❖ In meditation, you do not find yourself; you dissolve into your true self.
  
- ❖ The question “Who am I?” is the beginning of all wisdom.
  
- ❖ To see others as ourselves is the first step toward unbinding the soul from the shackles of ego.





- ❖ The journey within is not to eliminate darkness but to learn to walk peacefully through its depths.
  
- ❖ Seva is a path of inner freedom, where each act of giving opens our hearts to the limitless love that connects us all.
  
- ❖ Planting a tree is a whisper to the universe that we care for the generations yet to come.



- ❖ The Yogi who masters silence in Nath Yoga hears the unstruck sound of existence.
  
- ❖ Awakening begins with a single realization You are the light you seek.
  
- ❖ The more we thank, the deeper we sink into devotion.



- ❖ Awakening is not about becoming; it's about unbecoming all that you are not.
  
- ❖ Devotion without gratitude is a flame without warmth.
  
- ❖ A balanced lifestyle is the key to long-term happiness and well-being



- ❖ In the silence between breaths, find the sacred dance of existence.
  
- ❖ The journey to enlightenment begins with a single step inward.
  
- ❖ Gratitude is the key that unlocks the abundance of the universe



- ❖ Spiritual awakening is the death of illusion and the birth of clarity.
  
- ❖ Your mornings shape your destiny—rise with purpose, act with intention.
  
- ❖ When we step into the light of self-awareness, we no longer seek destiny—we become it.



- ❖ You are not a drop in the ocean; you are the entire ocean in a drop.
  
- ❖ Spiritual awakening is the art of seeing the infinite in the finite.
  
- ❖ The art of living is not in clinging to emotions but in letting them flow freely, like leaves on a river.



- ❖ The journey inward is the only path to true freedom.
  
- ❖ Freedom is not a destination to be reached, but a state of being to be realized within.
  
- ❖ In silence, the soul whispers the truths your mind cannot fathom.
  
- ❖ Ego's greatest deception is that it pretends to be the key to success while quietly locking the door to growth.



- ❖ Seva is the language of the soul, spoken through the heart, a reminder that in serving others, we find ourselves.
  
- ❖ Ego fears failure so much that it paralyzes action, while the truly successful embrace risks as stepping stones.
  
- ❖ In each quantum connection and each Tantric revelation, we glimpse the infinite, a reminder that all beings resonate in the same cosmic.





- ❖ True freedom begins not in mastering the mind but in surrendering it to the heart's quiet wisdom.
  
- ❖ Intensity is not about the force you exert, but the depth of presence you bring to each moment.
  
- ❖ Niyat (intention) is the seed; Niyati (destiny) is the tree it grows into — what you plant today shapes the path you walk tomorrow.



- ❖ True honesty is not an effort; it is the natural expression of a heart aligned with truth.
  
- ❖ Control is a cage built by fear; trust is the freedom of knowing we are guided.
  
- ❖ In the stillness of surrender, we hear the whispers of the universe guiding us toward a destiny greater than we could imagine.



- ❖ Every soul we serve reflects our own; each act of kindness is a revelation of our shared humanity.
  
- ❖ True seva is an offering from the soul, a service that heals the server as much as the served.
  
- ❖ Gratitude is the heart's melody in the grand symphony of life.



- ❖ Dreams don't work unless you do.
  
- ❖ You are under the control of your mind when your mind is oscillated.
  
- ❖ Life is neither suffering nor joy; it is a canvas where your thoughts and choices paint the reality you experience.
  
- ❖ Your soul is the compass that leads you to your true path.



- ❖ You are the author of your own story; write it with love and compassion.
  
- ❖ Ego builds walls with pride, while wisdom finds strength in vulnerability
  
- ❖ Manifestation is a spiritual journey—each step towards your goal brings you closer to your true self.





**Shree Siddhashram**

Baranti Purulia