

# Nisargadatta Maharaj

"The mind creates time and space, and takes its own creations for reality. All is here and now, but we do not see it. Truly, all is in me and by me. There is nothing else. The very idea of "else" is a disaster and a calamity."

"Learn to look without imagination, to listen without distortion: that is all. Stop attributing names and shapes to the essentially nameless and formless, realize that every mode of perception is subjective, that what is seen or heard, touched or smelled, felt or thought, expected or imagined, is in the mind and not in reality, and you will experience peace and freedom from fear."

"Time is in the mind, space is in the mind. The law of cause and effect is also a way of thinking. In reality all is here and now, all is one. Multiplicity and diversity are in the mind only."

"It is choices you make that are wrong. To imagine that some little thing-- food, sex, power, fame--will make you happy is to deceive yourself."

"Nothing profits the world as much as the abandoning of profits. A man who no longer thinks in terms of loss and gain is the truly non-violent man, for he is beyond all conflict."

"To divide and particularize is the mind's very nature. There is no harm in dividing. But separation goes against fact. Things and people are different, but they are not separate. Nature is one, reality is one. There are opposites, but no opposition."

"You need not worry about your worries. Just be. Do not try to be quiet; do not make 'being quiet' into a task to be performed. Don't be restless about 'being quiet', miserable about 'being happy'. Just be aware that you are and remain aware -- don't say: 'yes, I am; what next?' There is not 'next' in 'I am'. It is a timeless state."

"All real progress is irreversible. Ups and downs merely show that the teaching has not been taken to heart and translated into action fully."

"The memory of the past unfulfilled desires traps energy, which manifests itself as a person. When its charge gets exhausted, the person dies. Unfulfilled desires are carried over into the birth. Self identification with body creates ever fresh desires and there is no end to them unless this mechanism of bondage is clearly seen. It is clarity that is liberating, for you cannot abandon desire unless its causes and effects are clearly seen. I do not say that the same person is reborn. It dies, and dies for good. But its memories remain and their desires and fears. They supply the energy for a new person."

"To nourish the ideas: 'I am a sinner, I am not sinner', is a sin. To identify oneself with the particular is all the sin there is. The impersonal is real, the personal appears and disappears."

"By all means be selfish; the right way. Wish yourself well, labor at what is good for you. Destroy all that stands between you and happiness. Be all; love all; be happy; make happy. No happiness is greater."