

Retreat Quotes



What is the highest and most direct
spiritual guidance for the aspirant?

To keep under observation relentlessly, the sense of being
—the ‘I Am’—until one finds oneself beyond, as the Ineffable.

~ *Moojibaba*



What you see is never real.
You who sees cannot be seen.
This formless Seer alone is real.
Confirm.

~ *Moojibaba*



My nature is imperishable. I am always the same.

~ *Moojibaba*



What and how I feel inside this body is *not* what I am.
I am That which is aware of this and all else.
I am formless, unborn and unbound Awareness Absolute.

~ *Moojibaba*



Both the thoughts and the ‘person’ involved in them are together unreal.
That which remains, which is not affected or altered by the act of
perceiving or experiencing—that is the Self.

~ *Moojibaba*



Nothing touches you, the impersonal witness.
You have no past; you were never born, you never die.
You are only this unborn, imperishable Awareness.

~ *Moojibaba*



Whatever I can perceive, I am before that.
That which perceives the I Am, must be beyond I Am.
I am formless and can never be seen as an object of perception.

~ *Moojibaba*



I am not an entity. I am the uncreated,
all pervading, imperishable Reality.

~ *Moojibaba*



The real seer is not trying to do anything. Even the one trying to
stabilise in the beingness is also seen. The person has to abide,
but what the person abides in, doesn't have to abide in Itself.

~ *Moojibaba*



This Great Emptiness or Nothingness is the only constant.
Whatever is perceived arises in the great expanse of the Great Nothing.

~ *Moojibaba*



I am That which knows 'I Am'.

~ *Moojibaba*



You are That which knows emptiness itself.
Reflect. What, actually, is there to confirm this?
Can That itself be recognised?
And if so, by what? Seek within.
It must, Itself, be That which knows, and That which knows it knows.

~ *Moojibaba*



The one Self is of the nature and identity of everyone.

~ *Moojibaba*



We can only be lost when we are something.
We can never be lost when we are nothing.
This nothingness is the God Self.

~ *Moojibaba*



Be the alive but non-reactionary witness to the mind pictures
and its seemingly incessant play. Be this alive emptiness awareness.

~ *Moojibaba*



Everything perceivable is a movement in the unmoving Awareness.
That which perceives movement, is that moving?
And what are you?

~ *Moojibaba*



Abide in and as That which is before all things.
It is before, during and after the ending of all appearances
yet it has no shape to be recognised.

~ *Moojibaba*



The vastness that is seen by the mind is not the real vastness.
The vastness in which the mind is seen—that is the Supreme.

~ *Moojibaba*



When you see that you appear to be on the screen,
yet you are off-screen as the witness of all things,
then you have truly fulfilled the virtue
and the great opportunity of a human life.

~ *Moojibaba*



Deeper than stillness is the unmoving Essence.
When even stillness is watched in That,
which Itself is before chaos and stillness,
are you not That which can confirm this?
Know: you are That—the indescribable, immaterial Reality.

~ *Moojibaba*



You know what you are not; you cannot know what you are. You can
only be That, for it is beyond all states of duality.

~ *Moojibaba*



Everything is in front; everything is arising within the Source.
Do not let the Source be a concept. The Ultimate cannot be seen.
It is where looking out happens.

~ *Moojibaba*



Consciousness itself is an object to something else, to a deeper knowing.
What knows this consciousness? You have to use the fact that the
consciousness is observable. If you follow that, it is unspeakable.

~ *Moojibaba*



Don't be pulled around and about by the mind—abide in and as the
formless, inner Self. Mind is transcended not by force but by remaining
as its impersonal witness.

~ *Moojibaba*



People are so accustomed to using the mind to get somewhere,
but the true Self is not somewhere apart from you to reach.
The Self cannot be discovered by the mind and senses.

The Self is that which is aware of mind and personal self.
You are not the body, mind, or sense—you are the uncreated Self
—That which you can never not be.
You are here to discover this.

~ *Moojibaba*



I am the essence, the all-pervading essence.
I have no form of my own.
I am beyond the division of subject and object.
How can I possibly be an object to myself?

~ *Avadhuta Gita*



Beyond all speech, beyond all names,
Beyond the subtlest of all subtle things;
Beyond mind, intellect, and the five senses,
The stainless Lord of the universe remains ever One.

~ *Avadhuta Gita*