

List of Sources for Key Citations

Paradigm Shift

“Your spiritual Self is calling you every day. You must realize that you are not this body, but the Infinite Spirit within.”

Paramahansa Yogananda (1893–1952)

Yogananda, Paramahansa (2010). *How to Have Courage, Calmness and Confidence*. Nevada City: Crystal Clarity Publishers, p. 68.

“The Self is that where there is absolutely no “I” thought. That is called Silence.”

Ramana Maharshi (1879–1950)

Maharshi, Ramana (2004). *The Spiritual Teaching of Ramana Maharshi*. Boulder: Shamballa Publications, Inc., p. 8.

Self, Soul and Mind

“The essential feature of consciousness of the Self is therefore continuity, permanence. But that of the conscious I is only a pale reflection of the eternal, immortal essence of the spiritual I, the Self.”

Roberto Assagioli (1888–1974)

Assagioli, Roberto (2008). *Psychosynthese und transpersonale Entwicklung*. Rümlang / Zürich: Nawo Verlag GmbH, p. 32 [Author’s translation].

“The soul acts as a protector during our lives, and is always with us. It has no wishes of its own. It is not only a witness or guide but also helps our development. Free from the influence of our actions, it remains permanently with us through our lives until we unite with the Divine.”

Mother Meera

Mother Meera (2019). *Answers*. Part I. Dornburg-Thalheim: Mother Meera, p. 125.

The Heart, Love and The Self

“But the moment you have in your heart this extraordinary thing called love and feel the depth, the delight, the ecstasy of it, you will discover that for you the world is transformed.”

Jiddu Krishnamurti (1895–1986)

Krishnamurti, Jiddu (1989). *Think on These Things*. New York: HarperCollins Publishers, p. 192.

“People who truly know and experience the scriptures understand things not just from books but from the heart. And the heart is the greatest library.”

Swami Chidvilasananda

Chidvilasananda, Swami (Gurumayi) (1999). *Courage and Contentment. A Collection of Talks on Spiritual Life*. South Fallsburg: SYDA Foundation, p. 56

Intellect and Intuition

“Intuition is a divine gift, the thinking mind a faithful servant. It is paradoxical that nowadays we have begun to worship the servant and desecrate the divine gift.”

Albert Einstein (1879–1955)

Indirect quotation, source is no longer found [AdB].

Research

“If you want to understand the mind, then meditate.”

Buddhist monk

Morel, Delphine (2016). *Monks in the Laboratory*, 17:37 min

“This is the experience of everyone who starts to meditate [...], that these practices do much more, that they enrich your life in an inexplicable way and help you in things you didn't know you needed help with before.”

Sara Lazar

Lazar, Sara (2015). “Die neurowissenschaftliche Erforschung der Meditation“, in: Zimmermann, Michael / Spitz, Christof / Schmidt, Stefan (Eds.), *Achtsamkeit. Ein buddhistisches Konzept erobert die Wissenschaft*. Bern: Verlag Hans Huber, p. 80 [Author's translation].

“The earth would be a different place if we spent the same amount of time on caring for our mind as we do on brushing our teeth.”

Richard Davidson

Davidson, Richard (2019c). “Interview”, in: *Moment by Moment*, Ausgabe 01. Freiburg: Hammer Solutions Media, p. 49 [Author's translation].

Sitting Meditations

“To achieve an interior act, a man must collect all his powers as if into a corner of his soul where, hiding away from all images and forms, he can get to work. Here, he must come to a forgetting and an unknowing.”

Meister Eckhart (1260–1327)

Meister Eckhart (2009). *The Complete Mystical Works of Meister Eckhart*. New York: The Crossroad Publishing Company, p. 43.

“The highest meditation is the state of complete inner stillness. In that state, not a single thought arises in the mind. However, most people cannot attain this state of stillness right away. For that reason, it is of the greatest importance for a meditator to understand how to deal with the mind.”

Swami Muktananda (1908-1982)

Muktananda, Swami (1999). *Meditate. Happiness Lies Within You*. South Fallsburg: SYDA Foundation, p. 18.

Mindfulness in Daily Life

“To allow ourselves to be truly in touch with where we already are, no matter where that is, we have got to pause in our experience long enough to let the present moment sink in; long enough to actually feel the present moment, to see it in its fullness, to hold it in awareness and thereby come to know and understand it better.”

Jon Kabat-Zinn

Kabat-Zinn, Jon (1994). *Wherever You Go, There You Are. Mindfulness Meditation for Everyday Life*. London: Piatkus, p. xi-xii.

Mindful Cooking and Eating

“Learning to eat and live mindfully is the key to experiencing health and peace.”

Thich Nhat Hanh / Lilian Cheung

Thich Nhat Hanh / Cheung, Lilian (2010). *Savor. Mindful Eating, Mindful Life*. New York: HarperCollins Publishers, p. 1.

Mindful Communication

“It's helpful to remember at the beginning of every communication with another person that there is a Buddha inside each of us.”

Thich Nhat Hanh

Thich Nhat Hanh (2013). *The Art of Communicating*. London: Rider, p. 39 f.

Body Scan

“When we put energy into actually experiencing our body and we refuse to get caught up in the overlay of judgmental thinking about it, our whole view of it and of ourself can change dramatically.”

Jon Kabat-Zinn

Kabat-Zinn, Jon (2013). *Full Catastrophe Living. Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. New York: Bantam Books, p. 76.

Loving Kindness

“All of spiritual practice is a matter of relationship: to ourselves, to others, to life’s situations. We can relate with a spirit of wisdom, compassion, and flexibility, or we can meet life with fear, aggression, and delusion. Whether we like it or not, we are always in relationship, always interconnected.”

Jack Kornfield

Kornfield, Jack (1993). *A Path with Heart. A Guide Through the Perils and Promises of Spiritual Life*. New York: Bantam Books, p. 287.

Walking Meditation

“The first thing to do is to lift your foot. Breathe in. Put your foot down in front of you, first your heel and then your toes. Breathe out. Feel your feet solid on the Earth. You have already arrived.”

Thich Nhat Hanh

Thich Nhat Hanh (2016). *How to Walk*. London: Rider, p. 11.

Sutras

“The more deeply we observe, the greater our mental concentration becomes. Stopping and collecting our mind, we naturally become able to see.”

Thich Nhat Hanh

Thich Nhat Hanh (2008). *Breathe, you are alive! The Sutra on the Full Awareness of Breathing*. Berkeley: Parallax Press, p. 140.

Sound Meditation

“Hearing draws in more, but seeing rather leads outward – the very act of seeing does this. Therefore in eternal life we shall rejoice far more in our power of hearing than in that of sight.”

Meister Eckhart (1260–1327)

Meister Eckhart (2009). *The Complete Mystical Works of Meister Eckhart*. New York: The Crossroad Publishing Company, p. 43 f.

