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Quotes about Peace of Mind

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When one is rising, standing, walking, doing something, stopping, one should constantly concentrate one's mind on the act and the doing of it, not one ones' relation to the act or its character or value... One should simply practice concentration of the mind on the act itself, understanding it to be an expedient means for attaining tranquility of mind, realization, insight, and wisdom.

- Ashvaghosha

For those who wish to climb the mountain of spiritual awareness, the path is selfless work. For those who have attained the summit of union with the Lord, the path is stillness and peace.

- Bhagavad Gita

I've got to have a place where I can find peace of mind.

- Diana, Princess of Wales

A mind at peace, a mind centered and not focused on harming others, is stronger than any physical force in the universe.

- Dyer, Wayne

Inner peace can be reached only when we practice forgiveness. Forgiveness is letting go

of the past, and is therefore the means for correcting our misperceptions.

- Jampolsky, Gerald G.

Peace of mind comes from not wanting to change others.

- Jampolsky, Gerald G.

There is no such thing as inner peace. There is only nervousness or death. Any attempt to prove otherwise constitutes unacceptable behavior.

- Lebowitz, Fran

Peace of mind is that mental condition in which you have accepted the worst.

- Lin Yu-tang

Every goal, every action, every thought, every feeling one experiences, whether it be consciously or unconsciously known, is an attempt to increase one's level of peace of mind.

- Madwed, Sidney

Watch your manner of speech if you wish to develop a peaceful state of mind. Start each day by affirming peaceful, contented and happy attitudes and your days will tend to be pleasant and successful.

- Peale, Norman Vincent

There is nothing so lovely and enduring in the regions which surround us, above and below, as the lasting peace of a mind centered in God.

- Vasishtha, Yoga

Paradise is Where I Am.

- Voltaire



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