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# Quotes about Spirit and Spirituality

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In order to experience everyday spirituality, we need to remember that we are spiritual beings spending some time in a human body.

- Angelis, Barbara De

The sword conquered for a while, but the spirit conquers for ever!

- Asch, Sholem

Don't you believe that there is in man a deep so profound as to be hidden even to him in whom it is?

- Augustine, St.

This latter day work is spiritual. It takes spirituality to comprehend it, to love it, to discern it. Therefore, seek the spirit in all you do. Keep it with you continually. That is our challenge.

- Benson, Ezra Taft

Spirit borrows from matter the perceptions on which it feeds and restores them to matter in the form of movements which it has stamped with its own freedom.

- Bergson, Henri L.

Sages speak of the immutable Tree of Life, with its tape root above and its branches

below.

- Bhagavad Gita

O Krishna, the stillness of divine union which you describe is beyond my comprehension.

How can the mind, which is so restless, attain lasting peace? Krishna, the mind is restless, turbulent, powerful, violent; trying to control it is like trying to tame the wind.

- Bhagavad Gita

Not by might, or power, but by my spirit, says the Lord.

- Bible

There are only two forces in the world, the sword and the spirit. In the long run the sword will always be conquered by the spirit.

- Bonaparte, Napoleon

If that vital spark that we find in a grain of wheat can pass unchanged through countless deaths and resurrections, will the spirit of man be unable to pass from this body to another?

- Bryan, William Jennings

The one who count are those persons who-though they may be of little renown-respond to and are responsible for the continuation of the living spirit.

- Buber, Martin

You cannot travel on the path until you become the path itself.

- Buddha

He is not the same, nor is he another.

- Buddha

Our lives as we lead them as passed on to others, whether in physical or mental forms, tingeing all future lives together. This should be enough for one who lives for truth and service to his fellow passengers on the way.

- Burbank, Luther

The fact that I can plant a seed and it becomes a flower, share a bit of knowledge and it becomes another's, smile at someone and receive a smile in return, are to me continual spiritual exercises.

- Buscaglia, Leo

The spiritual is the parent of the practical.

- Carlyle, Thomas

No ghost was every seen by two pair of eyes.

- Carlyle, Thomas

Be free all worthy spirits, and stretch yourselves, for greatness and for height.

- Champman, George

You are not a human being in search of a spiritual experience. You are a spiritual being immersed in a human experience.

- Chardin, Pierre Teilhard De

The possibility of stepping into a higher plane is quite real for everyone. It requires no force or effort or sacrifice. It involves little more than changing our ideas about what is normal.

- Chopra, Deepak

When you are already in Detroit, you don't have to take a bus to get there.

- Dass, Ram

You cannot have a proud and chivalrous spirit if your conduct is mean and paltry; for whatever a man's actions are, such must be his spirit.

- Demosthenes

I'm aware that people I have loved and have died and are in the spirit world look after me.

- Diana, Princess of Wales

Transformation literally means going beyond your form.

- Dyer, Wayne

What I am trying to do is to unmuddle the metaphysical.

- Dyer, Wayne

They understand but a little who understand only what can be explained.

- Ebner-Eschenbach, Marie

When you examine the lives of the most influential people who have ever walked among us, you discover one thread that winds through them all. They have been aligned first with their spiritual nature and only then with their physical selves.

- Einstein, Albert

The spirit of man is more important than mere physical strength, and the spiritual fiber of a nation than its wealth

- Eisenhower, Dwight D.

The foundations of a person are not in matter but in spirit.

- Emerson, Ralph Waldo

All earthly delights are sweeter in expectation than in enjoyment; but all spiritual pleasures more in fruition than in expectation.

- FeNelon, Francois

The man or woman who concentrated on Things can hardly be trusted to use those things for the essential good of mankind. Only those who have guided the development of their spirit as well as their mind are really; qualified to use wisely the things that man's reason has enabled him to fashion out of nature's raw materials.

- Fields, E. S.

His spiritual life has been exaggerated by a chronic attack of mental gallstones.

- Gogarty, Oliver St. John

Ghosts only exist for those who wish to see them.

- Holtei

I firmly believe that all human beings have access to extraordinary energies and powers. Judging from accounts of mystical experience, heightened creativity, or exceptional performance by athletes and artists, we harbor a greater life than we know. There we go beyond those limited and limiting patterns of body, emotions, volition, and understanding that have been keeping us in dry-dock. Instead we become available to our capacity for a larger life in body, mind, and spirit. In this state we know great torrents of delight.

- Houston, Jean

Every spirit makes its house, but as afterwards the house confines the spirit, you had better build well.

- Hubbard, Elbert

Your treasure house is within; it contains all you'll ever need.

- Hui-Hai

The sensual and spiritual are linked together by a mysterious bond, sensed by our emotions, though hidden from our eyes. To this double nature of the visible and invisible world -- to the profound longing for the latter, coupled with the feeling of the sweet necessity for the former, we owe all sound and logical systems of philosophy, truly based on the immutable principles of our nature, just as from the same source arise the most senseless enthusiasms.

- Humboldt, Karl Wilhelm Von

Pure Spirit, one hundred degrees proof -- that's a drink that only the most hardened contemplation-guzzlers indulge in. Bodhisattvas dilute their Nirvana with equal parts of love and work.

- Huxley, Aldous

Spirit is matter seen in a stronger light.

- Jacks, L. P.

Spiritual energy flows in and produces effects in the phenomenal world.

- James, William

He who interrupts the course of his spiritual exercises and prayer is like a man who allows a bird to escape from his hand; he can hardly catch it again.

- John of the Cross, St.

Without the spiritual world the material world is a disheartening enigma.

- Joubert, Joseph

Nothing is more repulsive than a furtively prurient spirituality; it is just as unsavory as gross sensuality.

- Jung, Carl

There is no easy formula for determining right and wrong livelihood, but it is essential to keep the question alive. To return the sense of dignity and honor to manhood, we have to stop pretending that we can make a living at something that is trivial or destructive and still have sense of legitimate self-worth. A society in which vocation and job are separated for most people gradually creates an economy that is often devoid of spirit, one that frequently fills our pocketbooks at the cost of emptying our souls.

- Keen, Sam

Wherever you go, you will always bear yourself about with you, and so you will always find yourself.

- Kempis, Thomas

The adept may reach one of those rare moments that spell illumination -- aware of the

light of the consciousness that illumines our consciousness as the sun dawns on the sleeping earth and bathes it in effulgence.

- Khan, Pir Vilayat

As long as I can remember I feel I have had this great creative and spiritual force within me that is greater than faith, greater than ambition, greater than confidence, greater than determination, greater than vision. It is all these combined. My brain becomes magnetized with this dominating force which I hold in my hand.

- Lee, Bruce

Whether we name divine presence synchronicity, serendipity, or graced moment matters little. What matters is the reality that our hearts have been understood. Nothing is as real as a healthy dose of magic which restores our spirits.

- Long, Nancy

It must be of the spirit if we are to save the flesh.

- MacArthur, Douglas

Under all that we think, lives all we believe, like the ultimate veil of our spirits.

- Machado, Antonio

At the center of our being is a point of nothingness which is untouched by sin and by illusion, a point of pure truth, a point or spark which belongs entirely to God, which is never at our disposal, from which God disposes of our lives, which is inaccessible to the

fantasies of our own mind or the brutalities of our own will.

- Merton, Thomas

What spirit is so empty and blind, that it cannot recognize the fact that the foot is more noble than the shoe, and skin more beautiful than the garment with which it is clothed?

- Michelangelo

Once spirit was God, then it became man, and now it is even becoming mob.

- Nietzsche, Friedrich

The most spiritual human beings, assuming they are the most courageous, also experience by far the most painful tragedies: but it is precisely for this reason that they honor life, because it brings against them its most formidable weapons.

- Nietzsche, Friedrich

But the thing that I saw in your face no power can disinherit: No bomb that ever burst shatters the crystal spirit.

- Orwell, George

Walking uplifts the spirit. Breathe out the poisons of tension, stress, and worry; breathe in the power of God. Send forth little silent prayers of goodwill toward those you meet. Walk with a sense of being a part of a vast universe. Consider the thousands of miles of earth beneath your feet; think of the limitless expanse of space above your head. Walk in awe, wonder, and humility. Walk at all times of day. In the early morning when the world is just

waking up. Late at night under the stars. Along a busy city street at noontime.

- Peterson, Wilferd A.

As I lived up to the highest light I had, higher and higher light came to me.

- Pilgrim, Peace

The valid research for the future is on the inner side, on the spiritual side.

- Pilgrim, Peace

The spirit of man is the candle of the Lord.

- Proverb

All spiritual disciplines are done with a view to still the mind. The perfectly still mind is universal spirit.

- Ramdas, Swami

He whom God has touched will always be a being apart: he is, whatever he may do, a stranger among men; he is marked by a sign.

- Renan, Ernest

Pilgrimage to the place of the wise is to find escape from the flame of separateness.

- Rumi, Jalal-Uddin

Return from existence to nonexistence. You are seeking the Lord and you belong to him. Nonexistence is a place of income; flee it not. This existence of more and less is a place of expenditure.

- Rumi, Jalal-Uddin

Spiritual power begins by directing animal power to other than egoistic ends.

- Ruskin, John

When the belly is empty, the body becomes spirit; and when it is full, the spirit becomes body.

- Saadi

The spirit's foe in man has not been simplicity, but sophistication.

- Santayana, George

Impart as much as you can of your spiritual being to those who are on the road with you, and accept as something precious what comes back to you from them.

- Schweitzer, Albert

One truth stands firm. All that happens in world history rests on something spiritual. If the spiritual is strong, it creates world history. If it is weak, it suffers world history.

- Schweitzer, Albert

Whatever befalls the earth befalls the son of the earth. Man did not weave the web of life; he is merely a strand of it. Whatever he does to the web, he does to himself.

- Seattle, Chief

In the spiritual world there are no time divisions such as the past, present and future; for they have contracted themselves into a single moment of the present where life quivers in its true sense. The past and the future are both rolled up in this present moment of illumination, and this present moment is not something standing still with all its contents, for it ceaselessly moves on.

- Suzuki, Daisetz T.

But those rare souls whose spirit gets magically into the hearts of men, leave behind them something more real and warmly personal than bodily presence, an ineffable and eternal thing. It is everlasting life touching us as something more than a vague, recondite concept. The sound of a great name dies like an echo; the splendor of fame fades into nothing; but the grace of a fine spirit pervades the places through which it has passed, like the haunting loveliness of mignonette.

- Thurber, James

He that loseth wealth, loseth much; he that loseth friends, loseth more; but he that loseth his spirit loseth all.

- Unknown, Source

Let the spirit of adventure set the tone.

- Unknown, Source

The man is free to rule his world, not his world rule him.

- Unknown, Source

Physical strength is measured by what we can carry; spiritual by what we can bear.

- Unknown, Source

Keep yourself clean and bright. You are the windows through which you must view the world.

- Unknown, Source

People see his pleasure-ground; him no one sees at all.

- Upanishad, Brihadaranyaka

He who doesn't have the spirit of his time, has all its misery.

- Voltaire

There are some people who have the quality of richness and joy in them and they communicate it to everything they touch. It is first of all a physical quality; then it is a quality of the spirit.

- Wolfe, Thomas





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