

## Statements on Peace of Mind

- Peace of mind is experienced when the stormy waves of the mind quell down.
- Real peace of mind is the companion of the silence of the mind.
- You get peace of mind not by thinking about it or imagining it, but by quietening and relaxing the restless mind.
- Your nature is absolute peace. You are not the mind. Silence your mind through concentration and meditation, and you will discover the peace of the spirit that you are, and have always been.
- The mind is like a TV screen. There is always movement and action there. As you can switch off your TV, so you can switch off the TV screen of your mind.
- When you sleep, you entertain no visitors at your house, and your windows and doors are closed. When you want to enjoy peace of mind you have to let your thoughts go, and close the windows and doors of your mind.
- You switch off the engine of your car, so why don't you switch off the engine of your mind?  
Inner peace creates outer peace.
- The mind is like a room that is always full with stuff. There is no free space there. When it becomes vacant, peace of mind prevails.
- Give your brain some rest by switching off the movements of the mind.
- Stop your thoughts, but stay awake, and you will experience the great ocean of peace beyond the mind.
- You are the spirit beyond the mind. By stilling the mind you realize this fact. Then peace of mind will always be with you.
- True peace of mind is not dependent on circumstances. It comes from the inside.

- The wind causes waves to arise at the sea. Restless thoughts are the winds that bring waves and storms into the mind.
- Learn to calm down the winds of your mind, and you will enjoy great inner peace.
- Worries, fears, desires, restlessness, nervousness drive peace of mind away.
- When you sleep deeply, nothing worries you. You enjoy peace. You can enjoy this same peace while awake and active.
- Through concentration and meditation you become the boss of your mind, and gain the ability to tell it when to be active and when to stay silent.
- Constant meditation awakens the ability to enjoy peace of mind while talking, eating, walking, working and throughout any other activity.
- Negative feelings and negative thoughts keep peace of mind away.
- The presence of a true spiritual teacher, reading inspiring words and letting in inspiring thoughts, tend to make the mind peaceful.
- Meditate regularly, think only positively, aspire to find the YOU (spirit) beyond the mind, and peace of mind will be yours.
- Do you need or enjoy fear, worries and restlessness? If you don't, then why do you keep inviting them into your mind?
- As the house is cleaned, so the mind can be cleaned. As you enjoy a clean house, you will enjoy a clean and uncluttered mind.
- When you unclutter your mind, you enjoy peace of mind.