



## Dr. Michael Mamas Quotes

### Enlightenment

- The longing inside of you is your path home... the path to finding your true Self.
- To know it, you must become it.
- If you understand anything, you understand everything.
- All things find fulfillment in their own annihilation.
- What is fulfillment? It is a state of being, a state of human physiology you can attain.
- Enlightenment means staying in touch with the Transcendent 24 hours a day.
- Real Knowledge only exists in the awareness of enlightened individuals.



### Evolution

- As you help the world evolve, you evolve. As you evolve, you help the world evolve.
- Evolution means increasing integration of the surface of life with the depth of being.
- Proper meditation is the biggest engine you have available to propel your growth. It feeds your whole life by awakening you to your essence.
- Spirituality is best understood as the vessel that holds all fields of life. To grow spiritually is to unfold your full potential.
- True evolution is a lifestyle.



### Feelings

- Feelings are what really count. Thoughts matter little. How you feel about those thoughts makes all the difference.
- Patience is just impatience tempered by reality.
- May fear of the unknown be replaced by awe for the unknowable.



### Healing

- The light of awareness heals.
- Healing starts with that place within where you are already healthy and awakens the rest of you to that. It imposes nothing. It only removes the resistances.
- To attain health, leave no stone unturned. Stay open to all possibilities...
- Healing is all about exploring your inner being.

## Humility

- Humility is the flip side of wisdom.
- Do not pursue answers. Pursue understanding.
- To *know all about* is one thing. To *embody* is quite another.
- Secret doctrines are not secret because they have been hidden away. They are secret because their true meaning remains a secret even to those who have read, memorized, and studied them for decades.
- For the bud to become a blossom, the bud must cease to be. To grow spiritually, you must move past your current spirituality.
- You can justify anything with the intellect, and people do.
- Echoes of Truth, perceived as Truth, hold Truth at bay.



## Inside Look

- To live better, you must look deeper.
- It's the oblivion to your issues that gets you.
- The best of what you are goes unnoticed by you.
- The Wheel of Karma is the cycle of identities we go through until we reach true Self-awareness which lies beyond identity.
- You are not who you think you are.
- Personal development is not about changing yourself. It is about having a healthy relationship with yourself.



## Life

- Nature organizes best.
- Decide what you truly believe in. Then just do it.
- Get the depth right, and all else takes care of itself.
- Tend to the vibrations in your life.
- Think, ponder, reflect... cultivate discernment.
- By aligning with your true nature, you harmonize with all nature, thereby receiving the support of Mother Nature.



## Mount Soma

- Contained within the Veda is the knowledge of how to construct an Enlightened City that will radiate coherence and harmony to our entire world. Mount Soma is that place.
- Mount Soma is a place that expresses the Knowledge in a manner that is consistent with the current mentality of the people. It has to make sense.

- Mount Soma will be a city that brings forth on a daily basis business on an enlightened level, family units on an enlightened level, community on an enlightened level, temples on an enlightened level – everything...
- Imagine a place where you could take your family that would bring a person from no knowledge of Veda to having a deep appreciation of the depth and breadth of Vedic Knowledge and what it can offer the world.
- The Shastras say that an Enlightened City has the potential to transform the world. Let it be so. Now is the time.
- Mount Soma is a place that is unifying humanity, while feeding cultural integrity. Unity within diversity.
- Vedic technology, the technology of Divinity, does exist. It is our mission to bring it forth. It is what we are here to do.



### **Perspective**

- It's not the thing. It's your relationship with the thing.
- The world is not as you have been led to believe.
- Deep inside, everything is fine.
- The gods dwell within you.
- No one really perceives. We all project onto.
- The subtle difference makes all the difference.
- Most of your karma is between your ears and in your heart. Most of your karma comes in the form of what you think and how you feel. Thusly, you create your own world.



### **Relationships**

- Relationship is 90% timing.
- It's all about people.
- Communication requires communion.
- Key to relationships: Basic respect.
- To understand another... is to see that person's divine essence... is to love that person.



### **Spiritual Teacher**

- A true teacher holds up a mirror, through which you more clearly see for yourself.
- The Guru shows you your own grandeur.
- When the Master speaks, it immediately ceases to be what the Master said and becomes what the listener heard.
- True Knowledge exists eternally in the Transcendent. However, the way it is expressed must change eternally to interface with the mentality of the people.
- You will never know what a strawberry tastes like until you eat one. Intellectual understanding is no substitute for direct experience. You do not know God until you have merged with God.

- True spirituality has little to do with a mellow or peaceful demeanor. It has everything to do with that which lies deeper than demeanor.
- We are conditioned from childhood to think and feel certain ways. We become very identified with those conditionings. We hang onto that identity for dear life. We seek out people who can reinforce our current identity and call them teachers.
- A real Guru will teach you proper meditation and greatly assist you in your cultivation of discernment. Gurus are everywhere and common. Real Gurus are extremely rare.