



Hinduism

360



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360

宗教經典三六〇



Hinduism

360

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Preface

It was a great pleasure and a privilege to have been asked by PureLand Learning College Association to compile this collection of '360 Quotes from Hinduism'. While looking for these gems of wisdom, I found it necessary to revisit a lot that I had learnt in my younger days about my religion. During the course of compiling this book, I gained fresh insights about Hinduism and am grateful for having been given the opportunity to bring back into my life many of the truths I had forgotten.

As is well-known, Hinduism has no single founder or one great teacher, but comprises hundreds, if not thousands, of sages and teachers. Much of Hindu wisdom is also to be found in written volumes; mostly in Sanskrit or other ancient languages. I was fortunate that I was able to find many English translations.

This compilation comprises short quotes from the Vedas, the Upanishads, the Bhagavad Gita,



the Thirukkural, the Ramayana and other sacred texts. I was further helped by books written by several great teachers or their followers. The quotes are from Ramakrishna, Vivekananda, Shirdi Sai Baba, Satya Sai Baba, Ramana Maharshi, Osho, Amirthanandamayi, Gandhi, Adi Shankara, Sivananda, Yogananda, Meher Baba, Tagore and several others. The quotes are mostly on Hindu philosophy and on how Hindus think and act. For variety I have included comments on Hinduism, including a few from western thinkers like Aldous Huxley and Carl Sagan and even one from Albert Einstein.

I sincerely hope that readers will get as much pleasure from reading this compilation as I got from compiling it.

K. Rajamanikam

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Introduction to Hinduism

The original name of Hinduism is 'Sanathana Dharma' meaning 'The Eternal Truth'. The term 'Hinduism' is used to describe that the followers originated from the region of the Indus River and the Indus Valley civilisation (3300-1700 BC). It has no known founder and is a conglomerate of diverse beliefs and ideas, with one basis for being united – all its beliefs originate from the Vedas. Hinduism is considered the world's oldest religion and has about a billion followers. It focuses on self-improvement with the general aim of attaining first hand spiritual experiences, and it recognises that there are several methods (*yogas*) for reaching the goals.

Hinduism relies on the concept of Brahman and Atman (spirit or soul, the true 'Self' of every person). Hindus worship celestial entities called Devas (the shining ones), and the particular deity worshipped as one's chosen ideal is



a matter of individual preference and needs, influenced by regional and family traditions. They believe in Karma, Samsara and Moksha.

- Karma, the moral law of cause and effect, relates to reincarnation, notions of free will and destiny.
- Escaping the world of Samsara (cycle of birth, death and rebirth) through Moksha is believed to ensure lasting peace and happiness.
- Moksha, the ultimate goal of life also referred to as *nirvana*, is described as realisation of the unity of all existence.
- It is based on the accumulated treasury of spiritual laws discovered by different persons in different times.

The scriptures were initially transmitted orally, and later written in the Sanskrit language. The scriptures are collectively referred to as *Shastras* and are classified into two classes: *Shruti* and *Smriti*.

- The Shruti (that which is heard) or re-



ceived through revelations consists of four Vedas (books) – *Rig-*, *Sāma-* *Yajus-* and *Atharva-*. The Rig Veda is considered the most important.

- The Smriti (that which is remembered) or traditions consist of all texts that are not Shruti, and include the Upanishads, *Mahabharata* and the Ramayana, Bhagavad Gita and *Hindu Āgamas*.



360 Quotes of Hinduism



- 1 Asato Maa Sat-Gamaya;
Tamaso Maa Jyotir-Gamaya;
Mrtyor Maa Amirtham-Gamaya;
Om Shaanti, Shaanti, Shaanti.

Meaning:

From unreality (this illusory world),
lead me to Reality.

From darkness (ignorance of You),
lead me to Light (Knowledge of
You).

From death (fear of death), lead
me, to Deathlessness (Eternal life),

Om Peace, Peace, Peace

Upanishads



2 There is no existence for what is unreal, and there is no non-existence for what is real. To know the correct conclusion for both of these things is to know the truth. What pervades all of this is inexhaustible and indestructible; nothing can bring about its destruction.

Bhagavad Gita



3 The Supreme Spirit or the Brahman is alone real and the individual Self is only the Supreme Self and no other. Brahman is Supreme Intelligence, devoid of attributes, form, changes or limitations. It is self-luminous and all pervading and is without a second. The empirical world is unreal, an illusion born of ignorance. The jiva (Self) continues in Samsara (earthly life) only as long as it retains attachment due to ignorance or Maya (illusion). If it casts off the veil of Maya through knowledge or Jnana it will realize its identity with the Brahman and get merged into it.

Adi Shankaracharya



- 4 HInduism... gave itself no name, because it set itself no sectarian limits; it claimed no universal adhesion, asserted no sole infallible dogma, set up no single narrow path or gate of salvation; it was less a creed or cult than a continuously enlarging tradition of the God-ward endeavour of the human spirit. An immense many-sided and many staged provision for spiritual self-building and self-finding; it had some right to speak of itself by the only name it knew, Santana Dharma; the Eternal Truth.

Aurobindo



- 5 Whenever dharma declines and the purpose of life is forgotten, I manifest myself on earth. I am born in every age to protect the good, to destroy evil, and to re-establish dharma.

Bhagavad Gita

- 6 Which is as poison in the beginning, but is like nectar in the end; that is declared to be good pleasure, born from the serenity of one's own mind. That which is like nectar in the beginning from the connection of the sense-object with the senses, but is as poison in the end, is held to be of passion.

Bhagavad Gita



- 7 So long as God seems to be outside and far away, so long there is ignorance. But where God is realized within, that is true knowledge.

Ramakrishna

- 8 Only when human beings are able to perceive and acknowledge the Self in each other can there be real peace.

Amirthanandamayi

- 9 Happiness is your nature. It is not wrong to desire it. What is wrong is seeking it outside when it is inside.

Ramana



- 10 The greatest fear man can have, is the fear of losing God's Love.

Satya Sai Baba

- 11 Put your heart, mind, and soul into even your smallest acts. This is the secret of success.

Sivananda

- 12 I get angry with none. Will a mother get angry with her children? Will the ocean send back the waters to the several rivers?

Shirdi Sai Baba



- 13 You have to grow from the inside out. None can teach you, none can make you spiritual. There is no other teacher but your own soul.

Vivekananda

- 14 Truth cannot be suppressed and always is the ultimate victor.

The Yajur Veda

- 15 See how it was with those who came before; how it will be with those who are living. Like corn mortals ripen and fall; like corn they come up again.

Katha Upanishad



- 16 **A**s the letter A is the first of all letters, so Eternal God is first in the world.

Thirrukkural Couplet 1

- 17 **A**s they approach me, so I receive them. All paths, Arjuna, lead to me.
I am the beginning, middle, and end of creation.

Bhagavad Gita



- 18 **H**induism is therefore not a definite dogmatic creed, but a vast, complex, but subtly unified mass of spiritual thought and realization. Its tradition of the God-ward endeavour of the human spirit has been continuously enlarging through the ages.

S. Radhakrishnan

- 19 **I**n the kingdom of God, reason, intellect and learning are of no avail. There the dumb speaks, the blind sees, and the deaf hears.

Ramakrishna



- 20 For me, everything in creation is God, there is nothing but God. Every single object is a wonder for me.

Amirtanandamayi

- 21 Every experience that is drawn through any of the senses has an effect on one's health.

Satya Sai Baba



22 The wise who knows the Self as bodiless within the bodies, as unchanging among changing things, as great and omnipresent, does never grieve. That Self cannot be gained by the Veda, nor by understanding, nor by much learning. He whom the Self chooses, by him the Self can be gained. The Self chooses him (his body) as his own. But he who has not first turned away from his wickedness, who is not tranquil, and subdued, or whose mind is not at rest, he can never obtain the Self (even) by knowledge.

Katha Upanishad



23 Your own Self-Realization is the greatest service you can render the world.

Ramana

24 The great secret of true success, of true happiness, is this: the man or woman who asks for no returns, the perfectly unselfish person, is the most successful.

Vivekananda

25 Terrible is the fight put up by the senses. Fight bravely! Conquer them you must.

Sivananda



26 Know the Self to be sitting in the chariot, the body to be the chariot, the intellect the charioteer, and the mind the reins. The senses they call the horses, the objects of the senses their roads. When he (the Highest Self) is in union with the body, the senses, and the mind, then wise people call him the Enjoyer.

Katha Upanishad



27 I am formless and everywhere

I am in everything and beyond. I fill
all space.

All that you see taken together is
Myself.

I do not shake or move.

Shirdi Sai Baba

28 When the family is ruined

The timeless laws of family duty
perish

And when duty is lost,

Chaos overwhelms the family.

Bhagavad Gita



- 29 What profit have those derived from learning, who worship not the good feet of Him who is possessed of pure knowledge?

Thirukkural Couplet 2

- 30 All the powers in the universe are already ours. It is we who have put our hands before our eyes and cry that it is dark.

Vivekananda



31 That one is dear to me who runs not after the pleasant or away from the painful, grieves not, lusts not, but lets things come and go as they happen.

Bhagavad Gita

32 Discipline is the mark of intelligent living.

Satya Sai Baba



33 Your duty is to be and not to be this or that. 'I am that I am' sums up the whole truth. The method is summed up in the words 'Be still'. What does stillness mean? It means destroy yourself. Because any form or shape is the cause for trouble. Give up the notion that 'I am so and so'. All that is required to realize the Self is to be still. What can be easier than that?

Ramana

34 Since you alone are responsible for your thoughts, only you can change them.

Yogananda



- 35** Perseverance in seeking to gain the knowledge of the Supreme Spirit, and perception of the gain that comes from knowledge of the truth. This is called knowledge; all that is contrary to this is ignorance.

Bhagavad Gita

- 36** You see many stars at night in the sky, but find them not when the sun rises. Can you say that there are no stars, then, in the heaven of day? So, O man, because you behold not the Almighty in the days of your ignorance, say not that there is no God.

Ramakrishna



37 The great secret of true success, of true happiness, is this: the man or woman who asks for no return, the perfectly unselfish person, is the most successful.

Vivekananda

38 If I were asked to define the Hindu creed, I should simply say: Search after truth through non-violent means. A man may not believe in God and still call himself a Hindu. Hinduism is a relentless pursuit after truth. Hinduism is the religion of truth. Truth is God. Denial of God we have known. Denial of truth we have not known.

Mahatma Gandhi



- 39 Perform all thy actions with mind concentrated on the Divine, renouncing attachment and looking upon success and failure with an equal eye. Spirituality implies equanimity.

Bhagavad Gita

- 40 Feel nothing, know nothing, do nothing, have nothing, give up all to God, and say utterly, 'Thy will be done.' We only dream this bondage. Wake up and let it go.

Vivekananda



- 41 The two-fold deeds that spring from darkness shall not adhere to those who delight in the true praise of God.

Thirukkural Couplet 5

- 42 As large as this ether (all space) is, so large is that ether within the heart. Both heaven and earth are contained within it, both fire and air, both sun and moon, both lightning and stars; and whatever there is of him (the Self) here in the world, and whatever is not (i.e. whatever has been or will be), all that is contained within it.

Chandogya Upanishad



- 43 Only two kinds of people can attain self-knowledge: those who are not encumbered at all with learning; that is to say, whose minds are not over-crowded with thoughts borrowed from others; and those who, after studying all the scriptures and sciences, have come to realise that they know nothing.

Ramakrishna

- 44 When I read the Bhagavad-Gita and reflect about how God created this universe, everything else seems so superfluous.

Albert Einstein



- 45 We have to regain our original faces rather than wear masks. We go more and more after the external world and we miss the inner Self.

Amirtanandamayī

- 46 My treasury is open but no one brings carts to take from it. I say, Dig! But no one bothers.

Shirdi Sai Baba

- 47 This earth is the honey (*madhu*, the effect) of all beings, and all beings are the honey (*madhu*, the effect) of this earth.

Brihadaranyaka Upanishad



48 **W**hatever is destined not to happen will not happen, try as you may. Whatever is destined to happen will happen, do what you may to prevent it. This is certain. The best course, therefore, is to remain silent.

Ramana

49 **Y**ou are what your deep, driving desire is

As your desire is, so is your will

As your will is, so is your deed

As your deed is, so is your destiny.

Brihadaranyaka Upanishad



- 50 None can swim the great sea of births but those who are united to the feet of God.

Thirukkural Couplet 10

- 51 We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far.

Vivekananda

- 52 All things in creation are subject to the law of change, and man, too, is subject to this law.

Satya Sai Baba



- 53 It (Hinduism) was my first meeting with a philosophy that confirmed my vague speculations and seemed at once logical and boundless.

William Butler Yeats

- 54 Do not brood over your past mistakes and failures as this will only fill your mind with grief, regret and depression. Do not repeat them in the future.

Sivananda



- 55 Behold, Arjuna, a million Divine forms, with an infinite variety of colour and shape. Behold the Gods of the natural world, and many more wonders never revealed before. Behold the entire cosmos turning within my body, and the other things you desire to see.

Bhagavad Gita

- 56 Our goal is to live in the present moment.

Amirtanandamayi



57 As one and the same material, viz. water, is called by different names by different people--one calling it 'water,' another 'vari,' a third 'aqua,' and another 'pani'--so the one Sat-chit-ananda, the Everlasting-Intelligent-Bliss, is invoked by some as God, by some as Allah, by some as Hari, and by others as Brahman and hundreds of other names.

Ramakrishna

58 God is not to be spoken of as coming down or going up, since He is everywhere.

Satya Sai Baba



59 Just as a reservoir is of little use when the whole countryside is flooded, scriptures are of little use to the illumined man or woman, who sees the Lord everywhere.

Bhagavad Gita

60 The Bhagavad-Gita is the most systematic statement of spiritual evolution of endowing value to mankind. It is one of the most clear and comprehensive summaries of perennial philosophy ever revealed; hence its enduring value is subject not only to India but to all of humanity.

Aldous Huxley



61 Every living creature is the son of the supreme Lord, and He does not tolerate even ants being killed.

Prabhupada

62 When the speech of this dead person enters into the fire, breath into the air, the eye into the sun, the mind into the moon, the hearing into space, into the earth the body, into the ether the Self, into the shrubs the hairs of the body, into the trees the hairs of the head, when the blood and the seed are deposited in the water, where is then that person?

Brihadaranyaka Upanishad



63 Two persons were hotly disputing as to the colour of a chameleon. One said, 'The chameleon on that palm-tree is of a beautiful red colour.' The other, contradicting him, said, 'You are mistaken, the chameleon is not red, but blue.' Not being able to settle the matter by arguments, both went to the person who always lived under that tree and had watched the chameleon in all its phases of colour.

One of them said, 'Sir, is not the chameleon on that tree of a red colour?' The person replied, 'Yes, sir.' The other disputant said, 'What do you say? How is it? It is not red, it is blue.' That person again humbly replied, 'Yes, sir.' The person knew that the chameleon is an animal



that constantly changes its colour; thus it was that he said 'yes' to both these conflicting statements. The Sat-chit-ananda likewise has various forms. The devotee who has seen God in one aspect only, knows Him in that aspect alone. But he who has seen Him in His manifold aspects, is alone in a position to say, 'All these forms are of one God, for God is multiform.' He has forms and has no forms, and many are His forms which no one knows.

Ramakrishna



- 64 One man may read the Bhagavata by the light of a lamp, and another may commit a forgery by that very light; but the lamp is unaffected. The sun sheds its light on the wicked as well as on the virtuous.

Ramakrishna

- 65 He that does everything for Me, whose supreme object I am, who worships Me, being free from attachment and without hatred to any creature, this man, Arjuna, comes to Me.

Bhagavad Gita



66 Wanting to reform the world without discovering one's true Self is like trying to cover the world with leather to avoid the pain of walking on stones and thorns. It is much simpler to wear shoes.

Ramana

67 The will is not free; it is a phenomenon bound by cause and effect, but there is something behind the will which is free.

Vivekananda



- 68 In order to approach a creation as sublime as the Bhagavad Gita with full understanding it is necessary to attune our soul to it.

Rudolf Steiner

- 69 The first step in spiritual life is to have compassion. A person who is kind and loving never needs to go searching for God. God rushes toward any heart that beats with compassion; it is God's favourite place.

Amirtanandamayī



70 **K**now that all this, whatever moves in this moving world, is enveloped by God. Therefore, find your enjoyment in renunciation; do not covet what belongs to others.

Ishavasya Upanishad

71 **T**he harder the struggle, the more glorious the triumph. Self-realization demands very great struggle.

Sivananda

72 **I**f you are wealthy, be humble. Plants bend when they bear fruit.

Shirdi Sai Baba



73 You speak of doing good to the world. Is the world such a small thing? And who are you, pray, to do good to the world? First realise God, see Him by means of spiritual discipline. If He imparts power you can do good to others; otherwise not.

Ramakrishna

74 They alone see truly who see the Lord the same in every creature, who see the deathless in the hearts of all that die. Seeing the same Lord everywhere, they do not harm themselves or others. Thus they attain the supreme goal.

Bhagavad Gita



75 **A**nxiety of mind cannot be removed, except from those who are united to the feet of Him who is incomparable.

Thirukkural Couplet 7

76 **T**here can be no greater source of good than (the practice of) virtue; there can be no greater source of evil than the forgetfulness of it.

Thirukkural Couplet 32



77 I enter into each planet, and by My energy they stay in orbit. I become the moon and thereby supply the juice of life to all vegetables.

Bhagavad Gita

78 Supreme Lord, let there be peace in the sky and in the atmosphere. Let there be peace in the plant world and in the forests. Let the cosmic powers be peaceful. Let the Brahman, the true essence and source of life, be peaceful. Let there be undiluted and fulfilling peace everywhere.

The Atharva Veda



79 Whenever and wherever you put yourself in touch with God, that is the state of meditation.

Satya Sai Baba

80 Thinking evolves the objective. All the three worlds exist through thinking. The Cosmos melts away on its dissolution. This thinking should carefully be diagnosed.

Yogavasishtha



81 **A**s the same sugar is made into various figures of birds and beasts, so one sweet Mother Divine is worshipped in various climes and ages under various names and forms. Different creeds are but different paths to reach the Almighty.

Ramakrishna

82 **W**ith a drop of my energy I enter the earth and support all creatures. Through the moon, the vessel of life-giving fluid, I nourish all plants. I enter breathing creatures and dwell within as the life-giving breath. I am the fire in the stomach which digests all food.

Bhagavad Gita



83 When a poet sees a flower, he will write poetry about it; a scientist will conduct research on it; a boyfriend will give it to his girlfriend; a worm will eat it; a devotee of God will offer it to God. Similarly, each person comes with his own attitude. It's their right.

Amirtanandamayi

84 Knowledge of the Divine dissolves all bonds, and gives freedom from every kind of misery including birth and death.

Svetasvatar Upanishad



85 What Brahman is cannot be described. All things in the world — the Vedas, the Puranas, the Tantras, the six systems of philosophy — have been defiled, like food that has been touched by the tongue, for they have been read or uttered by the tongue. Only one thing has not been defiled in this way, and that is Brahman. No one has ever been able to say what Brahman is.

Ramakrishna



86 Have faith in God and in yourself; that will cure all. Hope for the best, expect the best, toil for the best and everything will come right for you in the end.

Ramana



87 **A**nd whenever the mind unsteady and restless strays away from the Spirit, let him ever and forever lead it again to the Spirit.

Thus joy supreme comes to the Yogi whose heart is still, whose passions are peace, who is pure from sin, who is one with Brahman, with God.

The Yogi who pure from sin ever prays in this harmony of soul soon feels the joy of Eternity, the infinite joy of union with God.

Bhagavad Gita



88 What is the unmistakable mark of a wise man? It is Love, Love for all humanity.

Satya Sai Baba

89 If faith in ourselves had been more extensively taught and practised, I am sure a very large portion of the evils and miseries that we have would have vanished.

Vivekananda

90 Virtue will confer heaven and wealth; what greater source of happiness can man possess?

Thirukkural Couplet 31



- 91 **T**he Lord dwells in the hearts of all creatures and whirls them round upon the wheel of Maya. Run to him for refuge with all your strength, and peace profound will be yours through his grace.

Bhagavad Gita

- 92 **A** spiritually illumined soul lives in the world, yet is never contaminated by it.

Bhaskarananda



93 It is at the base of the lighthouse that it is the darkest. A mosquito will never get milk from the udder of a cow, only blood. The bee draws honey from the flower, but the beetle only drubs through the dirt.

Amirtanandamayi

94 Leaving Me where I really am, they search for Me everywhere I am not; they do not know anything, O Wise One.

Chitthar



- 95 **A** desire arises in the mind. If it is satisfied immediately another comes. In the interval which separates two desires a perfect calm reigns in the mind. It is at this moment freed from all thought, love or hate. Complete peace equally reigns between two mental waves.

Sivananda

- 96 **I**n the Vedas, saints and holy people are compared to trees, which give charity to everyone. Trees never complain, but freely give fruit, shade from the sun, shelter from the storm and even their own bodies for fuel.

Rasamandala Das



- 97 **N**ever think there is anything impossible for the soul. It is the greatest heresy to think so. If there is sin, this is the only sin; to say that you are weak, or others are weak.

Vivekananda

- 98 **H**e who hates no single being, is friendly and compassionate, free from self-regard and vanity, the same in good and evil, patient; contented, ever devout, subdued in soul, firm in purpose, fixed on Me in heart and mind, and who worships Me is dear to Me.

Bhagavad Gita



99 There is neither creation nor destruction,

Neither destiny nor free will,

Neither path nor achievement.

This is the final truth.

Ramana

100 There is neither Past nor Future.
There is only the Present.

Ramana



- 101 God has revealed to me that only the Paramatman, whom the Vedas describe as the Pure Soul, is as immutable as Mount Sumeru, unattached, and beyond pain and pleasure. There is much confusion in this world of His Maya. One can by no means say that 'this' will come after 'that' or 'this' will produce 'that'.

Ramakrishna

- 102 Mind being nearest mind, those who abandoning the true secret, apply themselves only to the body, are described as lost in physical attachment.

Yogavasishtha.



103 Here is a Hindu story about a cobbler who was once visited by a great teacher.

“I have just been to see Vishnu”, said the teacher. And he thought you might have some questions. The cobbler’s mind went blank, but he dredged up a question. “What was Vishnu doing when you saw him?” he asked at last. “He was threading an elephant through the eye of a needle”, came the answer. “Oh yes. Only Vishnu could do that!” the cobbler laughed.

“Surely you don’t believe it”, said the teacher, “I was just teasing”. “But why can’t he? asked the cobbler, picking up a seed from beneath the banyan tree that was shading them. “Inside this seed is a tree as big as



this one. If Vishnu can squeeze a whole banyan tree into such a tiny seed, then surely he can thread an elephant through the eye of a needle.” And the teacher realised that this was a wise man because he could see the hand of God in everything.

Ranchor Prime

104 You may drink the ocean dry; you may uproot from its base the mountain Meru; you may swallow fire. But more difficult than all these, oh Good One, is control over the mind.

Panchadasi.



- 105 Let him who does virtuous deeds
be of spotless mind; to that extent
is virtue; all else is vain show.

Thirukkural Couplet 34

- 106 Go beyond science, into the region
of metaphysics. Real religion is be-
yond argument. It can only be lived
both inwardly and outwardly.

Sivananda

- 107 Get on with your worldly activities
cheerfully, but do not forget God.

Shirdi Sai Baba



108 See the Divine in the human being.

Shirdi Sai Baba

109 Those who worship other Gods with faith and devotion also worship me, Arjuna, even if they do not observe the usual forms. I am the object of all worship, its enjoyer and Lord.

Bhagavad Gita

110 He whom the world troubles not, and who troubles not the world, who is free from the emotions of joy, wrath, and fear, is dear to Me.

Bhagavad Gita



- 111 Once we surrender our mind to God completely, He will take care of us in every way.

Satya Sai Baba

- 112 The Vedanta recognizes no sin it only recognizes error. And the greatest error, says the Vedanta is to say that you are weak, that you are a sinner, a miserable creature, and that you have no power and you cannot do this and that.

Vivekananda



113 No one is completely bad in this world. However bad someone is said to be, there will be something good in him. One of you could see the good in a murderer, a robber, and a prostitute. If there is goodness in us, we will also see it in others. Those are the kind of eyes we need.

Amirtanandamayi

114 Those who remember me at the time of death will come to me. Do not doubt this. Whatever occupies the mind at the time of death determines the destination of the dying; always they will tend toward that state of being.

Bhagavad Gita



- 115 There is no end of craving. Hence contentment alone is the best way to happiness. Therefore, acquire contentment.

Sivananda

- 116 Crave for a thing, you will get it. Renounce the craving, the object will follow you by itself.

Sivananda

- 117 In one word, this ideal is that you are Divine.

Vivekananda



- 118** The man who is guileless, pure, upright, unconcerned, free from distress of mind, who renounces every enterprise and worships Me, is dear to Me.

Bhagavad Gita

- 119** If one allows no day to pass without some good being done, his conduct will be a stone to block up the passage to other births.

Thirukkural Couplet 38



120 The common expression is 'I love you.' But instead of 'I love you,' it would be better to say, 'I am love — I am the embodiment of pure love.' Remove the I and you, and you will find that there is only love. It is as if love is imprisoned between the I and you. Remove the I and you, for they are unreal; they are self-imposed walls that don't exist. The gulf between I and you is the ego. When the ego is removed the distance disappears and the I and you also disappear. They merge to become one — and that is love. You lend the I and you their reality. Withdraw your support and they will disappear. Then you will realise, not that 'I love you,' but that 'I am that all-embracing love.'

Amirtanandamayī



121 Truth can be stated in a thousand different ways, yet each one can be true.

Vivekananda

122 As with one gold various ornaments are made, having different forms and names, so one God is worshipped in different countries and ages, and has different forms and names. Though He may be worshipped variously, some loving to call him Father, others Mother, etc, yet it is one God that is being worshipped in all these various relations and modes.

Ramakrishna



123 Life is a pilgrimage. The wise man does not rest by the roadside inns; he marches direct to the illimitable domain of eternal bliss, his ultimate destination.

Sivananda

124 He who has neither delight nor aversion, who neither mourns nor desires, who renounces good and evil fortune, and worships Me, is dear to Me.

Bhagavad Gita



- 125 That conduct is virtue which is free from these four things, viz, malice, desire, anger and bitter speech.

Thirukkural Couplet 35

- 126 Give food to the hungry, water to the thirsty, and clothes to the naked. Then God will be pleased.

Shirdi Sai Baba



127 **H**e who is the same to friend and foe, and also in honour and dishonour, who is the same in cold and heat, pleasure and pain, who is wholly free from attachment; To whom praise and blame are equal, who is silent, content with every fortune, home-renouncing, steadfast in mind, and worships Me; that man is dear to me.

Bhagavad Gita



128 When there are no desires, there are no sorrows. We must be able to love without expecting anything in return, or without expecting anything from anyone else. We must always be thinking that we are the servants of all.

Amirtanandamayi

129 Whatever you do, make it an offering to me – the food you eat, the sacrifices you make, the help you give, even your suffering.

Bhagavad Gita



130 Our highest, most important duty in this world is to help our fellow beings.

Amirtanandamayī

131 In a potter's shop there are vessels of different shapes and forms--pots, jars, dishes, plates, etc; but all are made of one clay. So God is one, but is worshipped in different ages and climes under different names and aspects.

Ramakrishna



132 The moment I have realized God sitting in the temple of every human body; the moment I stand in reverence before every human being and see God in him - that moment I am free from bondage, everything that binds vanishes, and I am free.

Vivekananda

133 Where there is Faith, there is Love;
Where there is Love; there is Peace;
Where there is Peace; there is God;
Where there is God; there is Bliss.

Satya Sai Baba



134 Mine, not thine; this sense of greed is the root of all evil. This distinction is applied even to God! -- my God, not yours! Your God, not mine!

Satya Sai Baba

135 Realisation is not acquisition of anything new nor is it a new faculty. It is only removal of all camouflage.

Ramana



- 136** If the mind falls asleep, awaken it. Then if it starts wandering, make it quiet. If you reach the state where there is neither sleep nor movement of mind, stay still in that, the natural (real) state.

Ramana

- 137** He who guides his five senses by the hook of wisdom will be a seed in the world of heaven.

Thirukkural Couplet 24



138 The whole secret of existence is to have no fear. Never fear what will become of you, depend on no one. Only the moment you reject all help are you freed.

Vivekananda

139 As different streams having different sources all mingle their waters in the sea, so different tendencies, various though they appear, crooked or straight, all lead to God.

Vivekananda



140 Devout men who are intent thereon see the spirit seated in themselves; but the senseless, whose minds are unformed, see it not.

Bhagavad Gita

141 Aim high, aim at the highest, and all lower aims are thereby achieved. It is looking below on the stormy sea of differences that makes you sink. Look up, beyond these and see the One Glorious Real, and you are saved.

Ramana



- 142 We should serve others without any expectations whatsoever. When others throw thorns at us, we should be able to throw flowers back at them.

Amirtanandamayi

- 143 If you go on working with the light available, you will meet your Master, as he himself will be seeking you.

Ramana

- 144 There are three gates to this self-destructive hell: lust, anger, and greed. Renounce these three.

Bhagavad Gita



- 145** God is not so far away. He is not in the heavens above, nor in hell below. He is always near you.

Shirdi Sai Baba

- 146** The little space within the heart is as great as the vast universe.

The heavens and the earth are there, and the sun and the moon and the stars. Fire and lightening and winds are there, and all that now is and all that is not.

Prabhavananda



147 There is no failure in spiritual life. We find that clearly set forth as well in the Bhagavad Gita. Even if you seem to fail or stop, what has been gained will not be lost. It is stored—put in a kind of deposit from which you can draw the next time around.

Prabhavananda

148 Live quietly in the moment and see the beauty of all before you. The future will take care of itself.

Yogananda,



- 149** The universe is the outcome of imagination, so why try to acquire knowledge of the imaginative universe, instead of plumbing the depths of your real Self?

Meher Baba

- 150** One may admit clearly and openly, I have not been able to achieve the ideal. But one should never attempt to justify one's performance in terms of lowering the ideal—for success reasons, or for reasons of comfort, or for any other sort of reason.

Prabhavananda



151 Oh Mother, I don't want name and fame;

I don't want the eight occult powers;

Oh Mother, I have no desire for creature comforts;

Please, Mother,

Grant me the boon that I may have pure love

For Thy lotus feet.

Ramakrishna

152 Life and death, joy and sorrow, gain and loss; these dualities cannot be avoided. Learn to accept what you cannot change.

The Ramayana



153 If faith in ourselves had been more extensively taught and practised, I am sure a very large portion of the evils and miseries that we have would have vanished.

Vivekananda

154 Do not be obsessed by egotism, imagining that you are the cause of action: everything is due to God.

Shirdi Sai Baba



155 Merely to say 'I want to see God' or 'I want to realize God' is similar to an ant saying 'I want to become an elephant!' Mere words have nothing in them; the heart must thirst to seek God.

Meher Baba

156 When meditation is mastered, the mind is unwavering like the flame of a lamp in a windless place.

Bhagavad Gita



157 None can swim the sea of vice, but
those who are united to the feet of
that gracious Being who is a sea of
virtue.

Thirukkural Couplet 8



158 You may control a mad elephant;
You may shut the mouth of the bear
and the tiger;
Ride the lion and play with the
cobra;
By alchemy you may learn your live-
lihood;
You may wander through the uni-
verse incognito;
Make vassals of the Gods; be ever
youthful;
You may walk in water and live in
fire;
But control of the mind is better
and more difficult.

Yogananda



159 Every tomorrow is determined by
every today.

Yogananda

160 Do not be led by others,
Awaken your own mind,
Amass your own experience,
And decide for yourself your own
path.

The Atharva Veda



161 Always do good to others. Be selfless. Mentally remove everything and be free. This is Divine life. This is the direct way to Moksha or salvation.

Sivananda

162 A spiritually illumined soul lives in the world, yet is never contaminated by it.

Swami Bhaskarananda



163 We can never have any vigorous world culture by merely piling together certain isolated elements, selected from the present diversity of culture; that way, we shall only succeed in getting a patchwork of little vitality. A hodge-podge of collected ideas can never be a substitute for a direct and fresh perception of the Goal. The new world-culture will have to emerge from an integral vision of the Truth independent of existing traditions and not from the laborious process of selection and compilation of conserved values.

Meher Baba



164 One should, perform karma with nonchalance

Without expecting the benefits because

Sooner or later one shall definitely get the fruits.

The Rig Veda

165 Love all beings; that is enough.

SatyaSai Baba



166 They are forever free who renounce all selfish desires and break away from the ego-cage of I, me and mine to be united with the Lord. This is the supreme state. Attain to this, and pass from death to immortality.

Bhagavad Gita

167 Making others happy, through kindness of speech and sincerity of right advice, is a sign of true greatness. To hurt another soul by sarcastic words, looks, or suggestions, is despicable.

Yogananda



- 168** The meaning of Karma is in the intention. The intention behind action is what matters. Those who are motivated only by desire for the fruits of action are miserable, for they are constantly anxious about the results of what they do.

Bhagavad Gita

- 169** We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far.

Vivekananda



- 170** They live in wisdom who see themselves in all and all in them, who have renounced every selfish desire and sense-craving tormenting the heart.

Bhagavad Gita

- 171** Live quietly in the moment and see the beauty of all before you. The future will take care of itself.

Yogananda

- 172** Whatever creature comes to you, human or otherwise, treat it with consideration.

Shirdi Sai Baba



- 173** It is true that God is even in the tiger, but we must not go and face the animal. So it is true that God dwells even in the most wicked, but it is not meet that we should associate with the wicked.

Ramakrishna

- 174** If the married life possesses love and virtue, these will be both its duty and reward.

Thirukkural Couplet 45

- 175** A man's well-being depends upon his degree of contentment.

Satya Sai Baba



- 176 Real religion is beyond argument.
It can only be lived both inwardly
and outwardly.

Sivananda

- 177 Remain in a good mood and be
cheerful, despite your reeling brain.

Meher Baba



178 On this Earth do I stand,
Unvanquished, unslain, unhurt.
Set me, O Earth, amidst the nour-
ishing strength
That emanates from thy body.
The Earth is my mother,
Her child am I!

The Atharva Veda

179 All that is required to realise the
Self is to Be Still.

Ramana



- 180** If money help a man to do good to others, it is of some value; but if not, it is simply a mass of evil, and the sooner it is got rid of, the better.

Vivekananda

- 181** You have the right to work, but never to the fruit of work. You should never engage in action for the sake of reward, nor should you long for inaction. Perform work in this world, Arjuna, as a man established within himself – without selfish attachments, and alike in success and defeat. For yoga is perfect evenness of mind.

Bhagavad Gita



- 182 Be as simple as you can be; you will be astonished to see how uncomplicated and happy your life can become.

Yogananda

- 183 Whoever makes me the sole object of their love, merges in me like a river in the ocean.

Shirdi Sai Baba



- 184** The manifestation of the Divinity must be understood to be in greater degree in those who are honoured, respected, and obeyed by a large following, than in those who have gained no such influence.

Ramakrishna

- 185** The flute is sweet, the lute is sweet; thus say only those who have not heard the prattle of little children.

Thirukkural Couplet 66



186 Real happiness lies within you.

Satya Sai Baba

187 Be selfless. Mentally remove everything and be free. This is Divine life. This is the direct way to Moksha or salvation.

Sivananda

188 Distance between a drop here and a drop there in the ocean makes no difference to each drop's relation to the ocean.

Meher Baba



189 One should strongly resent miser-
liness

And indulge in charity

Because one can acquire the nev-
er-ending wealth

Of immortality by doing so.

The Rig Veda



190 Illusion? To whom is the illusion?
Find it out. Then illusion will vanish.

Generally people want to know about illusion and do not examine to whom it is. It is foolish. Illusion is outside and unknown. But the seeker is considered to be known and is inside. Find out what is immediate, intimate, instead of trying to find out what is distant and unknown.

Ramana



191 Time is only an idea. There is only the Reality. Whatever you think it is, it looks like that. If you call it time, it is time. If you call it existence, it is existence, and so on. After calling it time, you divide it into days and nights, months, years, hours, minutes, etc.

Time is immaterial for the Path of Knowledge. But some of these rules and discipline are good for beginners.

Ramana

192 Strive to move away from untruth towards truth.

The Atharva Veda



- 193** What is the meaning of God-Realization? It means to become one with God. By thinking and imagining, one can never become one with God. Union is possible only after the death of thoughts and imagination — the mind must die.

Meher Baba

- 194** Do not love leisure. Waste not a minute. Be bold. Realize the Truth, here and now!

Sivananda

- 195** Learn to speak what you feel, and act what you speak.

Satya Sai Baba



- 196 The virtuous are truly called Happy Ones; because in their conduct towards all creatures they are clothed in kindness.

Thirukkural Couplet 30

- 197 God, His scripture, and His devotee are all to be regarded as one, i.e. in one and the same light.

Ramakrishna

- 198 I am the slave of those who hunger and thirst after me and treat everything else as unimportant.

Shirdi Sai Baba



199 You must not let your life run in the ordinary way; do something that nobody else has done, something that will dazzle the world. Show that God's creative principle works in you.

Yogananda

200 Live each moment completely and the future will take care of itself. Fully enjoy the wonder and beauty of each moment.

Yogananda



201 The ignorant work for their own profit, Arjuna; the wise work for the welfare of the world, without thought for themselves.

Bhagavad Gita

202 Where can we go to find God if we cannot see Him in our own hearts and in every living being?

Vivekananda

203 The pure mind is itself Brahman; it therefore follows that Brahman is not other than the mind of the sage.

Ramana



204 An ignorant man is lost, faithless,
and filled with self-doubt;

A soul that harbours doubt has no
joy, not in this world or the next.

Bhagavad- Gita

205 How does a person know that he
has realized God? It is automatic.
You are a human being. Do you ever
think to yourself, 'Am I a human
being?' You do not ask yourself this
because you are a human being. In
the same way, once a man realizes
God, he spontaneously knows that
he is God. He has the full experience
of it by personal experience.

Meher Baba



206 Be like a solitary peak high in the sky. Why should you hanker to belong? You are not a thing! Things belong!

Osho

207 Wherever you are afraid, try to explore, and you will find death hiding somewhere behind. All fear is of death. Death is the only fear source.

Osho

208 God is to be worshipped as the one beloved, dearer than everything in this and next life.

Vivekananda



209 The senses are higher than the body, the mind higher than the senses; above the mind is the intellect, and above the intellect is the Atman. Thus, knowing that which is supreme, let the Atman rule the ego. Use your mighty arms to slay the fierce enemy that is selfish desire.

Bhagavad Gita

210 You have come to earth to entertain and to be entertained.

Yogananda



211 Take life easily, lovingly, playfully, non-seriously. Seriousness is a disease, the greatest disease of the soul and playfulness the greatest health.

Osho

212 There is a magnet in your heart that will attract true friends. That magnet is unselfishness, thinking of others first; when you learn to live for others, they will live for you.

Yogananda



213 A mountain is composed of tiny grains of earth. The ocean is made up of tiny drops of water. Even so, life is but an endless series of little details, actions, speeches, and thoughts. And the consequences whether good or bad of even the least of them are far-reaching.

Sivananda

214 Every being is Narayana. Man or animal, sage or knave, nay, the whole universe, is Narayana, the Supreme Spirit.

Ramakrishna



- 215** That body alone which is inspired with love contains a living soul. If void of it, (the body) is bone overlaid with skin.

Thirukkural Couplet 80

- 216** Know that the eradication of the identification with the body is charity, spiritual austerity and ritual sacrifice; it is virtue, Divine union and devotion; it is heaven, wealth, peace and truth; it is grace; it is the state of Divine silence; it is the deathless death; it is jnana, renunciation, final liberation and bliss.

Ramana



- 217** Small minds select narrow roads; expand your mental vision and take to the broad road of helpfulness, compassion and service.

Satya Sai Baba

- 218** Never ask, “Who is my real friend?” Ask, “Am I a real friend to somebody?” That is the right question. Always be concerned with yourself.

Osho



219 If you permit your thoughts to dwell on evil, you yourself will become ugly. Look only for the good in everything so you absorb the quality of beauty.

Yogananda

220 You and I have passed through many births, Arjuna. You have forgotten, but I remember them all.

Bhagavad Gita

221 Mind is the illusion that which is not but appears, and appears so much that you think that you are the mind.

Osho



222 Our duty is to encourage everyone in his struggle to live up to his own highest ideal, and strive at the same time to make the ideal as near as possible to the Truth.

Vivekananda

223 Condemn none: if you can stretch out a helping hand, do so. If you cannot, fold your hands, bless your brothers, and let them go their own way.

Vivekananda

224 You must learn to endure fleeting things they come and go!

Bhagavad Gita



225 As the lamp does not burn without oil, so man cannot live without God.

Ramakrishna

226 Love is happy when it is able to give something. The ego is happy when it is able to take something.

Osho

227 No one succeeds without effort. Those who succeed owe their success to perseverance.

Ramana



- 228 Sweet speech, with a cheerful countenance is better than a gift made with a joyous mind.

Thirukkural Couplet 92

- 229 What God gives is never exhausted; what man gives never lasts.

Shirdi Sai Baba

- 230 Themselves all differences in this world are of degree, and not of kind, because oneness is the secret of everything.

Vivekananda



231 My true being is unborn and changeless. I am the Lord who dwells in every creature. Through the power of my own Maya, I manifest myself in a finite form.

Bhagavad Gita

232 Man is born only as a potential. He can become a thorn for himself and for others, he can also become a flower for himself and for others.

Osho



233 There is something good in all seeming failures. You are not to see that now. Time will reveal it. Be patient.

Sivananda

234 Arise, awake, sleep no more; within each of you there is the power to remove all wants and all miseries. Believe this, and that power will be manifested.

Vivekananda



235 Hail, Water;
Ye bring health and bliss;
Ye help us to energise;
That we may look on great delight!

The Sama Veda

236 In order to appreciate truth, approach it through itself, without any game of hide and seek.

Meher Baba

237 It will come all right in the end.

Ramana



238 As fishes playing in a pond covered over with reeds and scum cannot be seen from outside, so God plays in the heart of a man invisibly, being screened by Maya from human view.

Ramakrishna

239 We do not know which weight is worse to bear
our conquering them or their conquering us.

Bhagavad Gita



240 Forget the past, for it is gone from your domain. Forget the future, for it is beyond your reach. Control the present; live supremely well now. This is the way of the wise.

Yogananda

241 Desire disappears as you become more and more aware. When awareness is one hundred percent, there is no desire at all.

Osho



242 Once you open your wings to fly, you must fly straight like the swan. Do not flit from tree to tree like the sparrow, or many things will distract you on the way, and the journey is long.

Meher Baba

243 Be not in despair, the way is very difficult, like walking on the edge of a razor; yet despair not, arise, awake, and find the ideal, the goal.

Vivekananda



244 Moral values, and a culture and a religion, maintaining these values are far better than laws and regulations.

Sivananda

245 Persistence guarantees that results are inevitable.

Yogananda

246 Each man carries his destiny in his own hands.

Satya Sai Baba



247 One should perform karma for the benefit of humanity

with an unbiased approach because bias gives birth to evil,

which creates thousands of obstacles in our path.

The Rig Veda

248 Hell is our creation, and we create hell by trying to do the impossible. Heaven is our nature; it is our spontaneity. It is where we always are.

Osho



249 If we see all actions as God's doing, we will be unattached and free from karmic bondage.

Shirdi Sai Baba

250 The power of unfulfilled desires is the root of all man's slavery

Yogananda

251 The person who is always involved in good deeds experiences incessant Divine happiness.

The Rig Veda



252 Come out into the broad open light of day, come out from the little narrow paths, for how can the infinite soul rest content to live and die in small ruts? Come out into the universe of Light. Everything in the universe is yours, stretch out your arms and embrace it with love. If you ever felt you wanted to do that, you have felt God.

Vivekananda

253 You can only stop the flow of thoughts by refusing to have any interest in it.

Ramana



254 Those who know me as their own Divine Self break through the belief that they are the body and are not reborn as separate creatures. Such a one, Arjuna, is united with me.

Bhagavad Gita

255 Delivered from selfish attachment, fear, and anger, filled with me, surrendering themselves to me, purified in the fire of my being, many have reached the state of unity in me.

Bhagavad Gita



256 Real love is not an escape from loneliness, real love is an overflowing aloneness. One is so happy in being alone that one would like to share.

Osho

257 People must give and then receive. First give and then you will have all. But instead, people want to first have all and then think of giving. This is not the right way.

Meher Baba



258 Life is a pilgrimage. The wise man does not rest by the roadside inns. He marches direct to the illimitable domain of eternal bliss, his ultimate destination.

Sivananda

259 Humility and sweetness of speech are the ornaments of man; all others are not.

Thirukkural Couplet 95

260 Self-control will place a man among the Gods; the want of it will drive him into the thickest darkness of hell.

Thirukkural Couplet 121



261 Kindness is the light that dissolves all walls between souls, families, and nations.

Yogananda

262 Approach those who have realized the purpose of life and question them with reverence and devotion; they will instruct you in this wisdom.

Bhagavad Gita

263 Remain still, with the conviction that the Self shines as everything yet nothing, within, without, and everywhere.

Ramana



264 Silence is the speech of the spiritual seeker.

Satya Sai Baba

265 Do not wait for anybody or anything. Do whatever you can. Build your hope on none.

Vivekananda

266 When you are different the whole world is different. It is not a question of creating a different world. It is only a question of creating a different you.

Osho



267 Everyone, no matter how depraved, can gradually become better and better until he becomes the best example for all mankind. There is always hope for everyone; none is utterly lost, and none need despair. It remains true, however, that the way to Divinity lies through the renunciation of evil in favor of good.

Meher Baba

268 The season of failure is the best time for sowing the seeds of success.

Yogananda



269 Harsh words cannot pierce your body. If anybody speaks ill of you, just continue on unperturbed.

Shirdi Sai Baba

270 It is our own mental attitude which makes the world what it is for us. Our thoughts make things beautiful, our thoughts make things ugly. The whole world is in our own minds. Learn to see things in the proper light.

Vivekananda



271 There is nothing like 'within' or 'without.' Both mean either the same thing or nothing.

Ramana

272 Even if you were the most sinful of sinners, Arjuna, you could cross beyond all sin by the raft of spiritual wisdom.

Bhagavad Gita

273 Eventually, all that one has learnt will have to be forgotten.

Ramana



274 **A** man sitting under the shade of the Kalpa-vriksha (wishing-tree) wished to be a king, and in an instant he was a king. The next moment he wished to have a charming damsel, and the damsel was instantly by his side. The man then thought within himself, if a tiger came and devoured him, and alas; in an instant he was in the jaws of a tiger! God is like that wishing-tree: whosoever in His presence thinks that he is destitute and poor, remains as such, but he who thinks and believes that the Lord fulfils all his wants, receives everything from Him.

Ramakrishna



275 A favour conferred in the time of need, though it be small in itself, is, in value, much larger than the world.

Thirukkural Couplet 102

276 You should not stay for even one second at a place where people are speaking disrespectfully of a saint.

Shirdi Sai Baba



277 The end of knowledge is LOVE.
The end of education is character.

Satya Sai Baba

278 Don't be unnecessarily burdened
by the past. Go on closing the chap-
ters that you have read; there is no
need to go back again and again.

Osho

279 As the heat of a fire reduces wood
to ashes, the fire of knowledge
burns to ashes all karma.

Bhagavad Gita



280 To those who surrender to Brahman, all selfish attachments are like the leaf of a lotus floating clean and dry in water. Sin cannot touch them.

Bhagavad Gita

281 Accept yourself as you are. And that is the most difficult thing in the world, because it goes against your training, education, your culture.

Osho



- 282** Remain calm, serene, always in command of yourself. You will then find out how easy it is to get along.

Yogananda

- 283** Man never dies, nor is he ever born; bodies die, but he never dies.

Vivekananda

- 284** It is Divinity that shapes, not only your ends, but also your acts, your words and thoughts.

Sivananda



285 Be afraid of nothing. Hating none, giving love to all, feeling the love of God, seeing His presence in everyone, and having but one desire - for His constant presence in the temple of your consciousness - that is the way to live in this world.

Yogananda

286 When you see with your inner eye; then you realize that you are God and not different from Him.

Shirdi Sai Baba



287 Those who renounce attachment in all their deeds live content in the city of nine gates, the body, as its master. They are not driven to act, nor do they involve others in action.

Bhagavad Gita

288 You can go on changing the outer for lives and you will never be satisfied. Unless the inner changes, the outer can never be perfect.

Osho



289 If you work without love, you are working like a slave. When you work with love, you work like an emperor. Your work is your joy; your work is your dance.

Osho

290 The apparent is not real. Under many of life's complicated problems are hidden some of the simplest truths which the veil of ignorance obscures from human vision.

Meher Baba



291 **M**editation leads to eternal bliss.
Therefore, meditate, meditate.

Sivananda

292 **G**od is the Absolute and Eternal Brahman, as well as the Father of the Universe. The indivisible Brahman is like a vast shoreless ocean, without bounds and limits, in which I can only struggle and sink. But when I approach the always sportive personal Deity (Hari), I get peace, like the sinking man who nears the shore.

Ramakrishna



293 Whatever you think, that you will be.

If you think yourselves weak, weak you will be;

if you think yourselves strong, strong you will be.

Vivekananda

294 You do not have to struggle to reach God, but you do have to struggle to tear away the self-created veil that hides him from you.

Yogananda



295 Those who possess this wisdom have equal regard for all. They see the same Self in a spiritual aspirant and an outcaste, in an elephant, a cow, and a dog.

Bhagavad Gita

296 To bear with those who revile us, just as the earth bears up those who dig it, is the first of virtues.

Thirukkural Couplet 151

297 Have constructive thoughts, consoling words, compassionate acts.

Satya Sai Baba



298 Truth is not something outside to be discovered; it is something inside to be realized.

Osho

299 The explorers seek happiness in finding curiosities, discovering new lands and undergoing risks in adventures. They are thrilling. But where is pleasure found? Only within. Pleasure is not to be sought in the external world.

Ramana



300 It is not your passing thoughts or brilliant ideas so much as your plain everyday habits that control your life. Live simply; don't get caught in the machine of the world— it is too exacting. By the time you get what you are seeking your nerves are gone, the heart is damaged, and the bones are aching. Resolve to develop your spiritual powers more earnestly from now on. Learn the art of right living. If you have joy you have everything, so learn to be glad and contented. Have happiness now.

Yogananda



301 Tolerance is the homage which the finite mind pays to the inexhaustibility of the Infinite.

Radhakrishnan

302 My religious sense did not allow me to speak a rash or a profane word of anything which the soul of man holds or has held sacred. The attitude of respect for all creeds, this elementary good manner in matters of spirit, is bred into the marrow of one's bones by the Hindu tradition.

Radhakrishnan



303 The great are strongest when they stand alone, A God-given might of being is their force.

Aurobindo

304 Let your life lightly dance on the edges of Time like dew on the tip of a leaf.

Rabindranath Tagore

305 Faith is the bird that feels the light and sings when the dawn is still dark.

Rabindranath Tagore



306 If you hold this feeling of 'I' long enough and strongly enough, the false 'I' will vanish leaving only the unbroken awareness of the real, immanent 'I', consciousness itself.

Ramana

307 Forget like a child any injury done by somebody immediately. Never keep it in the heart. It kindles hatred.

Sivananda



308 The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly.

Yogananda

309 It is imperfect, and that's why it is growing; if it was perfect it would have been dead. Growth is possible only if there is imperfection.

Osho



310 Everything comes to us that belongs to us if we create the capacity to receive it.

Rabindranath Tagore

311 As a boy begins to learn writing by drawing big scrawls, before he can master the small-hand, so we must learn concentration of the mind by fixing it first on forms; and when we have attained success therein, we can easily fix it upon the formless.

Ramakrishna



312 All spiritual practice must be directed to the removal of the husk and the revelation of the kernel.

Satya Sai Baba

313 I have become my own version of an optimist. If I can't make it through one door, I'll go through another door – or I'll make a door. Something terrific will come no matter how dark the present.

Rabindranath Tagore



314 In a virtuous life, evil is suppressed and good surfaces; but the evil is still there. The bad sanskaras remain and have to be worked out, if not in this life then in the next or the one after. In the spiritual life, both good and bad sanskaras express themselves, and both get nullified.

Meher Baba



315 Self-realization is the knowing in all parts of body, mind, and soul that you are now in possession of the kingdom of God; that you do not have to pray that it come to you; that God's omnipresence is your omnipresence; and that all that you need to do is improve your knowing.

Yogananda

316 The wise see that there is action in the midst of inaction and inaction in the midst of action. Their consciousness is unified, and every act is done with complete awareness.

Bhagavad Gita



317 Oh, if only you knew yourselves!
You are souls; you are Gods. If ever
I feel like blaspheming, it is when I
call you man.

Vivekananda

318 There is a wall of separation
between oneself and others and
between you and me. Destroy this
wall!

Shirdi Sai Baba



319 What is called mind is a wondrous power existing in Self. It projects all thoughts. If we set aside all thoughts and see, there will be no such thing as mind remaining separate; therefore, thought itself is the form of the mind. Other than thoughts, there is no such thing as the mind.

Ramana

320 The butterfly counts not months but moments, and has time enough.

Rabindranath Tagore



321 It is not a question of learning much. On the contrary, it's a question of unlearning much.

Osho

322 Love is the only reality and it is not a mere sentiment. It is the ultimate truth that lies at the heart of creation.

Rabindranath Tagore



323 The wave is the same as the ocean, though it is not the whole ocean. So each wave of creation is a part of the eternal Ocean of Spirit. The Ocean can exist without the waves, but the waves cannot exist without the Ocean.

Yogananda

324 The process of offering is Brahman; that which is offered is Brahman. Brahman offers the sacrifice in the fire of Brahman. Brahman is attained by those who see Brahman in every action.

Bhagavad Gita



325 The mind will subside only by means of the enquiry 'Who am I?'. The thought 'Who am I?', destroying all other thoughts, will itself finally be destroyed like the stick used for stirring the funeral pyre.

Ramana

326 If you love a flower, don't pick it up. Because if you pick it up it dies and it ceases to be what you love. So if you love a flower, let it be. Love is not about possession. Love is about appreciation.

Osho



327 A mind all logic is like a knife all blade. It makes the hand bleed that uses it.

Rabindranath Tagore

328 Meditation is painful in the beginning but it bestows immortal Bliss and supreme joy in the end.

Sivananda

329 God is formless, and is with form too, and He is that which transcends both form and formlessness. He alone can say what else He is.

Ramakrishna



330 Pleasures conceived in the world of the senses have a beginning and an end and give birth to misery, Arjuna. The wise do not look for happiness in them. But those who overcome the impulses of lust and anger which arise in the body are made whole and live in joy. They find their joy, their rest, and their light completely within themselves. United with the Lord, they attain nirvana in Brahman.

Bhagavad Gita



331 Having lots of money while not having inner peace is like dying of thirst while bathing in the ocean.

Yogananda

332 When there is harmony in the home, there will be order in the nation. When there is order in the nation, there will be Peace in the world.

Satya Sai Baba

333 If you love yourself, you love others. If you hate yourself, you hate others. In relationship with others, it is only you mirrored.

Osho



334 Long for what is real. You will then have no time for worrying over what may never happen.

Meher Baba

335 Reach high, for stars lie hidden in you. Dream deep, for every dream precedes the goal.

Rabindranath Tagore



336 If other thoughts rise, one should, without attempting to complete them, enquire, 'To whom did they arise?', it will be known 'To me'. If one then enquires 'Who am I?', the mind (power of attention) will turn back to its source. By repeatedly practising thus, the power of the mind to abide in its source increases.

Ramana

337 Humility is not cowardice. Meekness is not weakness. Humility and meekness are indeed spiritual powers.

Sivananda



338 Wealth is really a means to work out dharma. If one uses it merely for personal enjoyment, it is vainly spent.

Shirdi Sai Baba

339 We are responsible for what we are, and whatever we wish ourselves to be, we have the power to make ourselves. If what we are now has been the result of our own past actions, it certainly follows that whatever we wish to be in future can be produced by our present actions; so we have to know how to act.

Vivekananda



340 If you cry because the sun has gone out of your life, your tears will prevent you from seeing the stars.

Rabindranath Tagore

341 When you really laugh for those few moments you are in a deep meditative state. Thinking stops. It is impossible to laugh and think together.

Osho

342 Wherever the mind wanders, restless and diffuse in its search for satisfaction without, lead it within; train it to rest in the Self.

Bhagavad Gita



343 I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy.

Rabindranath Tagore

344 Life is a series of experiences which need innumerable forms. Death is an interval in that one long life.

Meher Baba



345 The true basis of religion is not belief, but intuitive experience. Intuition is the soul's power of knowing God. To know what religion is really all about, one must know God.

Yogananda

346 God gave you the time, space, cause, material, idea, skill, chance and fortune. Why should you feel as if you are the doer?

Satya Sai Baba

347 Let me not pray to be sheltered from dangers, but to be fearless in facing them.

Rabindranath Tagore



348 Thinking of disease constantly will intensify it. Feel always 'I am healthily in body and mind'.

Sivananda

349 When the men, the embodied beings treat each other with equal respect and have good brotherly feelings amongst themselves, great peace and harmony abound. Then all this earth shines like one house. The whole world shines like the one dwelling house of the entire human family.

Ramana



350 Don't be angry at life. It is not life that is frustrating you, it is you who are not listening to life.

Osho

351 There should not be any trace of dislike or distrust on the score of nationality, language, caste, economic status, scholarship, age or sex.

Satya Sai Baba

352 The burden of the Self is lightened when I laugh at myself.

Rabindranath Tagore



353 Your duty is to treat everybody with love as a manifestation of the Lord.

Sivananda

354 So long as we believe in our heart of hearts that our capacity is limited and we grow anxious and unhappy, we are lacking in faith. One who truly trusts in God has no right to be anxious about anything.

Yogananda



355 **K**nowingly or unknowingly, consciously or unconsciously, in whatever state we utter His name, we acquire the merit of such utterance. A man who voluntarily goes into a river and bathes therein gets the benefit of the bath; so does likewise he who has been pushed into the river by another, or who while sleeping soundly has water thrown upon him by another.

Ramakrishna

356 **D**o not say, it is morning, and dismiss it with a name of yesterday. See it for the first time as a new-born child that has no name.

Rabindranath Tagore



357 Be. Don't try to become. Within these two words, be and becoming, your whole life is contained. Being is enlightenment, becoming is ignorance.

Osho

358 Before embarking on important undertakings, sit quietly, calm your senses and thoughts and meditate deeply. You will then be guided by the great creative power of Spirit.

Yogananda



359 Bigotry tries to keep truth safe in its hand with a grip that kills it.

Rabindranath Tagore

360 Faith is like our life's breath. It is impossible to live even for a minute in this world without faith.

Satya Sai Baba



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Prepared by Sarwan Narayan
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高貴的心靈
是把自己奉獻
給促進他人
平靜快樂
即使這些人
曾傷害他

印度教 釋淨空

With a noble soul, one devotes himself to bringing happiness and peace to others, including those who once hurt him.

- Hinduism