

Chapter 9

Inspirational quotes & sayings

~ from around the world & through the ages ~



I was free and I had shrunk. I was so tiny, almost like a minute particle of dust.

Everything was within me. The whole Universe was inside me.

Light beings disappeared and new ones appeared.

We were linked together with connecting radiating beams.

We were as one. We are all connected with each other.

If we only realised how closely we are connected,

we would never be able to hurt each other.

~ Shanti Devi ~

Desiderata

*Go placidly amid the noise and the haste
And remember what peace there may be in silence.*

*As far as possible, without surrender, be on good terms with all persons.
Speak the truth clearly, and listen to others, even the dull and ignorant:
They too have their story.*

*Avoid loud and aggressive persons; they are vexations to the spirit.
If you compare yourself to others you may become vain and bitter,
For always there will be greater and lesser persons than yourself.*

*Enjoy your achievements as well as your plans.
Keep interested in your career however humble;
It is a real possession in the changing fortunes of time.*

*Exercise caution in your business affairs, for the world is full of trickery.
But let this not blind you from what virtue there is;
Many persons strive for high ideals, and everywhere life is full of heroism.*

*Be yourself, especially do not feign affection.
Neither be cynical about love;
For in the face of all aridity and disenchantment, it is as perennial as the grass.
Take kindly the counsel of years gracefully surrendering the things of youth.*

*Nurture the strength of spirit to shield you in sudden misfortune.
But do not stress yourself with imaginings.
Many fatigues are born of fear and loneliness.
Beyond a wholesome discipline, be gentle with yourself.*

*You are a child of the universe, no less than the trees and the stars:
You have a right to be here.
And whether or not it is clear to you,
No doubt the universe is unfolding as it should.*

*Therefore be at peace with God,
Whatever you conceive Him to be.
Whatever your labours and aspiration, in the noisy confusion of life,
Keep peace with your soul.
With all its shams, drudgery and broken dreams, it is still a beautiful world.
Be careful.
Strive to be happy.*

Unknown

*Learn to be silent.
Let your quiet mind listen and absorb.*

Pythagoras

All man's miseries derive from not being able to sit quietly in a room alone.

Blaise Pascal

*Do not be desirous of having things done quickly.
Do not look at small advantages.*

*Desire to have things done quickly prevents their being done thoroughly.
Looking at small advantages prevents great affairs from being accomplished.*

Confucius

*When you are inspired by some great purpose,
some extraordinary project,
all your thoughts break their bonds;
your mind transcends limitations,
your consciousness expands in every direction,
and you find yourself in a new, great and wonderful world.
Dormant forces, faculties and talents become alive,
and you discover yourself to be a greater person by far
than you every dreamed yourself to be.*

Patanjali

*Men are disturbed not by things that happen,
but by their opinions of the things that happen.*

Epictetus

*God sleeps in the minerals,
awakens in the plants,
walks in the animals,
and thinks in you.*

Ancient Sanskrit saying

*Before enlightenment; chopping wood, carrying water.
After enlightenment; chopping wood, carrying water.*

Zen proverb

*Every now and then go away, have a little relaxation,
For when you come back to your work your judgement will be surer;
Since to remain constantly at work will cause you to lose power of judgement...
Go some distance away because the work appears smaller and more of it can be taken in
at a glance, and a lack of harmony or proportion is more readily seen.*

Leonardo Da Vinci

*The greatest danger for most of us is not that our aim is too high and we miss it, but that
it is too low and we reach it.*

Michelangelo

Great spirits have always encountered violent opposition from mediocre minds.

Albert Einstein

*Look well to this day for it is life; the very best of life.
In its brief course lie all the realities and truths of existence.
The joy of growth; the splendour of action; the glory of power.
For yesterday is only a memory and tomorrow is only a vision,
But today, if well lived, makes every yesterday a memory of happiness
and every tomorrow a vision of hope.
Look well therefore to this day.*

Ancient Sanskrit poem

To live a creative life we must lose our fear of being wrong.

Joseph Chilton Pearce

In creating, the only hard part is to begin.

James Russell Lowell

Emotions are like guests. They should be treated very nicely and gently, and sent away if they don't fit in.

Yogi Bhaajan

*Your heart has not to open to others.
Your heart has to open to yourself.*

Yogi Bhaajan

*If somebody is terribly bad, thank God that it is not you.
And if somebody is terribly good, thank God that you have seen something good, and that it could be you.*

Yogi Bhaajan

Your brain will release thoughts, one thousand per wink of the eye. So you have no thinking power; you only have pursuing power. It is up to you which thoughts you will pursue.

Yogi Bhaajan

When a negative thought hits you, hit it with a positive thought - you will come out the best.

Yogi Bhaajan

You will be tested - but that is the nature of life. When it is rough, be very calm. Go inside and find your soul. Be neutral and meditate, and the way will become more clear.

Yogi Bhaajan

Go inside and listen to your inner voice. Every question has an answer. Your soul is full of wisdom and knows the way.

It is very important that we work to develop our intuitive power (which comes through meditation), for without intuition, we have doubt, which in turn creates duality and leads us into crisis in our lives.

Yogi Bhaajan

*Going through life without intuition is like driving a car which has no side mirror and no rear-view mirror. All you can see is just straight ahead. *Yogi Bhaajan**

*If you can't see God in All,
Then you can't see God at all.*

Yogi Bhaajan

*If we think of defeat, that is what we get
If we are undecided, nothing will happen to us.
We must just pick something great and do it.
Never think of failure at all,
For as we are now, that is what we get.*

Maharishi Mahesh Yogi

*Enjoy your life and be happy,
Being happy is of utmost importance.
Success in anything is through happiness,
More support of nature comes through being happy.
Under all circumstances be happy,
Even if you have to force it a little to change long-standing habits.
Just think of any negativity that comes to you*

*As a raindrop falling on your ocean of bliss.
You may not always have an ocean of bliss,
But think that way anyway as it will help it to come.
Doubting is not blissful and does not create happiness.
Be happy, healthy and let all that love
Flow through your heart.*

Maharishi Mahesh Yogi

*Keep your desires turning within and be patient.
Allow the fulfilment to come to you
Gently resist the temptation to chase your dreams into the world.
Pursue them in your heart until they disappear into the self,
And leave them there.
It may take a little discipline - be simple, be kind, stay rested.
Attend to your own inner health and happiness.
Happiness radiates like the fragrance from a flower
And draws all good things towards you.
Allow your love to nourish yourself as well as others.
Do not strain after your needs in life -
It is sufficient to be quietly alert and aware of them.
In this way life proceeds more naturally, effortlessly.
Life is here to enjoy.*

Maharishi Mahesh Yogi

*When we live in the present nature works out our destiny.
Nature is the best organiser.
Simplicity and naturalness will bring success.
Naturalness is the basis of happiness.
If one poses to be someone else, one loses the charm of naturalness.
The result is that one accumulates a stress.
We do not think of life, we live it.
We do not think of ourselves too much.
We do not think of others too much.
We just behave in a natural way.
We do not make moods, or wonder what anyone thinks of us.
We do not live life on the remarks of others.
What others think is not our concern - it is their concern.
If we are weak we will always put ourselves at the whim of others.
We do not base our lives on the opinions of others.
But if we are not clear in our conscience, then we will always be weak
And will always mind the looks and remarks of other people.
It is important only that we radiate life.
Every individual must be a joy to himself, to his family and to society.*

Maharishi Mahesh Yogi

*Do not oppose, because in opposing the tenderness of the feeling level is crushed.
All action should be to develop the fine feelings developed in the Sidhis.
This is why we say speak the Truth; but see that you are speaking delicately.
Do not speak non-truth and do not speak in a non-sweet way,
So that the feeling is nourished.
The whole effect of activity is to enrich the feeling of the other.
Be as delicate as possible.
If a communication accomplishes something on the gross*

*But damages something on the level of feeling, then it is a spiritual loss.
The feeling is more important to life.
Nourishment of the feeling is the basis for growth of spiritual holistic value.
Delicate behaviour on the surface should be as to nourish, uphold and enhance
The transcendental value where feelings merge into a common source.
Do not oppose; opposition is dangerous to immortality.*
Maharishi Mahesh Yogi

*If a man does not keep pace with his companions,
perhaps it is because he hears a different drummer.
Let him step to the music which he hears, however measured and far away.*
Henry David Thoreau

*When the mind is calm
How quickly, how smoothly, how beautifully
You will perceive everything!*
Paramahansa Yogananda

*We are the very consciousness
Out of which this universe has been created*
Paramahansa Yogananda

*We are gathered here to travel together for a while.
Then in diverse direction we have to go;
But if we have divine love in our souls,
No matter where we go we shall meet again.
We can never remain apart.*
Paramahansa Yogananda

*Infinity is our home.
We are just sojourning awhile
In the caravanserai of the body.*
Paramahansa Yogananda

*What seems true to reason and perception is not always true in fact.
The only sure way to know truth is to realise it intuitively.*
Paramahansa Yogananda

*Most people imitate others.
You should be original.
And whatever you do, do well.*
Paramahansa Yogananda

Stillness is the vast spirit that lies behind all created things.
Paramahansa Yogananda

Live more simply, so that you can find time to enjoy the little pleasures of life.
Paramahansa Yogananda

*Be always with people who inspire you;
Surround yourself with people who lift you up.*
Paramahansa Yogananda

Love is the silent conversation between two hearts.
Paramahansa Yogananda

Happy are those who are wise enough to seek contentment by cultivating true joy and peace in a simple environment.

Paramahansa Yogananda

Remember that not getting what you want is sometimes a wonderful stroke of luck.

Dalai Lama

Don't let a little dispute injure a great friendship.

Dalai Lama

When you realise that you've made a mistake, take immediate steps to correct it.

Dalai Lama

Remember that silence is often the best answer.

Dalai Lama

Live a good, honourable life. Then when you get older and think back, you'll be able to enjoy it a second time.

Dalai Lama

Remember that the best friendship is one in which your love for each other, exceeds your need for each other.

Dalai Lama

A man and a woman were walking along a beach where thousands of starfish had washed up.

The woman kept bending down and throwing starfish back into the water.

The man asked her, "Why do you bother throwing some back, there are thousands, what difference are you making."

She bent down again and threw another into the water, replying, "It made a difference to that one."

Unknown

"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."

Thomas Edison

"Let thy food be thy medicine, and thy medicine be thy food."

Hippocrates, the Father of Modern Medicine

"Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all."

Dale Carnegie

*If there is light in the soul,
There will be beauty in the person,
If there is beauty in the person,
There will be harmony in the house.
If there is harmony in the house,
There will be order in the nation.
If there is order in the nation,
There will be peace in the world.*

Chinese Proverb

Constant kindness can accomplish much.

*As the sun makes ice melt,
kindness causes misunderstanding, mistrust, and hostility to evaporate.*

Albert Schweitzer

*The difference between great people and everyone else
is that great people create their lives actively,
while everyone else is created by their lives,
passively waiting to see where life takes them next.
The difference between the two is the difference
between living fully and just existing.*

Michael E. Gerber

*Too often we underestimate the power of a touch,
a smile, a kind word, a listening ear, an honest compliment,
or the smallest act of caring,
all of which have the potential to turn a life around.*

Leo Buscaglia

*If you don't follow through on your creative ideas,
someone else will pick them up and use them.
When you get an idea of this sort, you should jump in with both feet,
not just stick your toe in the water...
Be daring, be fearless,
and don't be afraid that somebody is going to criticise you or laugh at you.
If your ego is not involved no one can hurt you.*

Guru R.H.H

*Nothing would be done at all
if a man or woman waited
until they could do it so well
that no one could find fault with it.*

Cardinal Newman

*Things turn out best for the people who make
the best out of the way things turn out*

Art Linkletter

*They may forget what you said,
but they will never forget how you made them feel.*

Carl W. Buechner

The quickest way to do many things is to do only one thing at once

Samuel Smiles

*Yesterday is history.
Tomorrow is a mystery.
And today?
Today is a gift.
That's why we call it The Present.*

Babatunde Olatunji

*An old man was walking along the beach,
when he came upon a part of the sand
where thousands of starfish had washed ashore.
A little further down the beach he saw a young woman,
who was picking up the starfish one at a time
and tossing them back into the ocean.*

*"Oh you silly girl," he exclaimed.
"You can't possibly save all of these starfish. There's too many."
The woman smiled and said, "I know. But I can save this one,"
and she tossed another into the ocean,
"and this one"; toss, "and this one..."
'The Starfish' by Randy Poole*

*Your vision will become clear
only when you look into your heart.
Who looks outside, dreams.
Who looks inside, awakens.
Carl Jung*

*Vision without action is a daydream.
Action without vision is a nightmare.
Japanese Proverb*

*Detachment is not indifference.
It is the prerequisite for effective involvement.
Often what we think is best for others
is distorted by our attachments to our opinions.
We want others to be happy in the way we think they should be happy.
It is only when we want nothing for ourselves
that we are able to see clearly into others needs
and understand how to serve them.
Mahatma Gandhi*

*There is no greater loan than sympathetic ear
Frank Tyger*



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