The living principle in you is the same as the living principle in Sun or plant or animal. Recognize this identity, meditate upon it and attain Immortality.

Do not be slack in your Sadhana. It is Sadhana that will help you in the long run. It is the only asset in this life. Be regular in your Spiritual practice and attain Self-realization in this very birth.

Hold on to Prayer, no matter how numerous the temptations that assail thee may be. Thou shalt build an impregnable fortress by prayer. Prayer is thy refuge and sheet anchor.

Love is harmony. It prolongs life. Fear, jealousy, envy and discord shorten life. Love is the great panacea for all ills that this flesh is heir to.

The images of all objects are contained in the mind. The mind plays with these images when it cannot get the objects and does great havoc. If you constantly think of the image of the Lord, the images of objects will die by themselves.

Remove the light from your room and meditate in darkness. Darkness often helps towards concentration.
Mere physical austerity will not help you much in the spiritual path. A rigorous inner discipline is necessary to attain success in Yoga. The whole lower nature must be thoroughly transformed.

If you hear a story against anyone, do not repeat it. It may not be true, and even if it is, it is better to be silent.

Take wholesome Sattvic food half stomach-full. Fill a quarter with pure water. Allow the remaining quarter free for expansion of gas and for propitiating the Lord.

Every endeavor to attain wealth or power by deceit, crookedness, cunningness, underhand dealing will eventually reach upon your own peace and prosperity. The Law of Retribution is absolute.

To see the Self is Jnana, wisdom; to love the Self is Bhakti, devotion; to serve the Self is Karma, action. Jnana Yoga, Bhakti Yoga, Karma Yoga are the three ways to Moksha or final emancipation.

The sweet fruit of Life is God-realization. The rich treasure of life is Japa or recitation of the names of the Lord.
Free yourself from position-vanity, status-vanity, money-vanity, erudition-vanity. Be simple and unostentatious.

A man who has no devotion to God, who does not do Japa, Kirtan, meditation, who does not serve the humanity, who does not share what he has with others, what matters if he lives or dies?

O Lord! You are life, light, and way for me. Your patience is limitless. I know none else. You alone are mine. You are my father, mother, friend, relative and Guru.

Newton discovered Law of Gravitation; Einstein the Law of Relativity. Greater than these discoveries was the Rishis’ discovery of the Law of Karma.

Do not walk in the road travelled by the Pundit. You will be led astray. Walk in the path trodden by saints and sages. You will reach the abode of eternal bliss.

Anger and tongue are your arch enemies. Ride on the horse of Vairagya-Abhyasa (renunciation-practice) and trample them down in triumph.
The attainment of Chitta-Suddhi or purity of heart and other virtuous qualities is the A B C of Yoga Sadhana.

Self-sacrifice, Self-surrender and Self-denial are the instruments to perform Ego-dectomy, a vital surgery in spiritual life.

Restrain speech and the senses and practice meditation and Japa during the hours after dusk, the hours before dawn and at dawn of day. These periods are quite congenial for the practice of Yoga.

Do not put on serious face always. Be humorous occasionally. Humor is a Divine gift. Let it be educative and instructive, not worldly or belittling.

When you practice Yoga, certain siddhis like celestial scents, sounds, sights, very intoxicating taste and touch, sensations of coolness and warmth will come to you. Disregard them! Shun them, as they will blind you and cause your downfall.

When you repeat “Ra”, the currents of Raga-dvesha get out of the mind and the closing of the mouth with “Ma” does not allow them re-entering. Rama is the abode of bliss wherein Yogins and devotees sport in joy and ecstasy.
Sadhana will bear no fruit if it is not aided by dispassion or Vairagya. It will be like water kept in an unbaked earthern pot.

The mind is like the sensitive plate of the photographic camera. Whatever you see, hear, feel or taste is at once printed on the mind.

Do not discuss on Divine matters. Discussions form the food for Pundits, and not of the spiritual aspirants. A spiritual aspirant believes. Faith is the foot-hold for him.

Giving up salt on Sundays will train the organ of taste to take anything that is offered to it. It will remove sexual excitement and calms surging emotions and passions.

There is no short cut in spiritual Sadhana. There is no aeroplane service to Self-realisation. You will have to do rigorous Sadhana and Tapas. Shake of lethargy and be energetic, patient and persevering.

Bear insult. Bear injury. This is the highest Sadhana. This will give you immense peace and strength of will.
During meditation, do not lean against the wall and use pillows. You will soon be overpowered by sleep. Sit erectly always during meditation.

Just as children take mirage for a sheet of water, so also the thoughtless take Maya or the world or body for reality.

Have unswerving faith in the Name. If the faith is flickering, strengthen the flame by Satsanga and study of Bhagavata and Ramayana. Keep on repeating the Name. He will surely reveal Himself before you. This is a great Secret of Secrets!

The practice of remembrance of God should be constantly pursued. It does not matter if the remembrance is interrupted in the beginning. The flow will become continuous through regular practice.

Physical beauty is illusory, false and decaying. The charms of lovely forms are treacherous. Do not be duped. Be on the alert always.

Avoid extremes in Tapas. Walk on the middle path. The body should be well looked after so that it may help in doing Sadhana. It is the instrument through which the goal of life is reached.
You rejoice at the rise of the Sun and feel delighted at the approach of night; but do you not understand that your life by this time has been shortened? Engage in Japa, Meditation and Kirtan before death snatches you away.

Repeat the names of the Lord always even during sensual enjoyments. This will help a good deal in checking the actions of impure mind. See and feel that He is always watching you in thought, word and deed.

Sirhasana (head-stand) is always good for all types of people. It increases and strengthens memory, sharpens the intellect, and makes the eye-sight keen. It renovates the brain cells. Practise it daily.

Do not waste much time in mere outward show through dress. Be simple in your dress. Have high thinking.

In the quest for material progress and sensual enjoyments, do not lose sight of the goal.

See the Lord in the poor, the down-trodden and the oppressed and serve them with Narayan Bhava. The Lord will be highly pleased with you.
Follow not the joyless quest of the mind. Do self-surrender. Repeat the Name of Lord regularly. Your heart will blossom soon.

Be regular and systematic in your meditation. Prolong the period of meditation gradually. Then only meditation will become automatic or habitual.

Wherever there are saints, there you will find all Teerthas or sacred places and holy rivers. Such is the greatness and glory of saints and sages.

Self-control, sweet and pleasant speech, good manners and behavior, Satsanga with Mahatmas, good spiritual preceptor – this is a supreme blessing.

Have your own conviction. Stick to your resolves. Never be afraid of anybody. Feel the guiding invisible hand of your Indweller.

The mind is the seed of the world. Fry this seed in the fire of devotion and knowledge.
If you entertain some dislike for anybody, it also spreads its roots deep in the subconscious mind and gradually grows into a big tree. Your duty, therefore, lies in loving one and all and hating none.

University knowledge is mere husk or chaff. Approach the sages. Sit at their feet with faith and Bhava. Learn to discriminate. Become wise.

Mere reading of Vedanta texts, Upanishads and Brahma-Sutras without purity of heart will neither bring true understanding nor other fruitful result.

If you entertain some dislike for anybody, it also spreads its roots deep in the subconscious mind and gradually grows into a big tree. Your duty, therefore, lies in loving one and all and hating none.

The Lord is not so well pleased with sacrifices, or a celibate life, with Tapas or with a life of self-denial and contemplation or with that of an ascetic as He is with the services rendered to the Preceptor or Guru.

Failures are stepping-stones to success. You fall only to rise. You stumble only to get up and march with renewed strength. Be courageous ! Cast off despondency. March boldly till you behold the Light Divine.
Be patient if there is delay in the descent of the Divine Light. Be not troubled. Be not anxious. The whole nature has to be changed. Purification of heart, eradication of Vasanas are of paramount importance.

Do not worry yourself with doubts. Doubts are obstacles in the path. Think of the Lord. Meditate on His form. Sing His praise. Repeat His name. All doubts will be answered from within.

Every breath, every action, and every thought should be consecrated to His service so that He may be pleased to lift you up and embrace you to His bosom. Completely divinise your life so that you may be filled with divine grace and splendor.

You will not be in any way benefitted by knowing your past samskaras and destined future. Please do not bother about past and future, but work in the living present.

Austerity devoid of compassion, charity devoid of faith, spiritual Sadhana devoid of purity, a heart devoid of fellow-feeling, a life without prayer are all as fruitless as waters of the sandy desert.

Do not give room for lethargy. Be always vigilant to destroy the anti-currents of material life. Remember the Lord at all times.
Whenever sublime thoughts or truths or divine ideas rise in your mind, record them at once in a good note book. Cultivate this habit. You will evolve quickly.

Inhale whatever you find good in the world. Retain whatever is beneficial. Exhale whatever you find bad in you. This in essence is Pranayama.

Shake off despair. Woe or joy, pleasure or pain is not observed to be constant in this world.

No other person is the author of one’s misery or happiness, because every man eats the fruit of his own action.

Sadhana is at first mechanical and looks as a drudgery in the beginning. In the later stage, it becomes part and parcel of one’s own life and imparts joy, peace, strength, courage and wisdom.

When you write the Mantra, always observe Silence. Feel that Divine Energy is entering your whole being. Do not change your seat until you finished the day’s number of pages.
When you maintain a spiritual diary, you will have a clear idea of the Sadhana that is done and mistakes you have committed. The diary will serve as a check on you.

If you fast, do not lie down. Do some kind of work or other. Keep yourself very busy. This is a secret. Hunger will not trouble you.

The salt of life is selfless Service. The bread of life is Universal Love. The water of life is Purity. The sweetness of life is Devotion. The pivot of life is Meditation.

Beauty is skin-deep. The tailor, the weaver, the embroider, the makeup artist and the goldsmith make us beautiful for few seconds. Never trust this Maya!

Overloading the stomach, work that produces fatigue or overwork, too much talking, taking heavy food at night, too much mixing with people, are obstacles in the path of Yoga.

If emotions disturb you during concentration, do not mind them. They will pass away soon. Have an indifferent attitude. Use the formula “I don’t care. I am witness to the mental modifications.”
Always give the best things, best food, best fruits, best milk, best clothes to friends, neighbors, strangers, guests and home-helpers. You will derive immense joy, strength and happiness.

People say “We will practice Meditation, Devotion, etc. when we retire from service.” This is a serious mistake. How can you do serious Sadhana after all your energy is squeezed out?

Renunciation must proceed from inner urge and spiritual development, but not from trivial disappointments and difficulties.

Be calm and contented wherever you are and under whatever circumstances you are placed in. Cultivate this state of mind, by striving to abide in your own Self.

Your ambition should be to increase good samskaras and decrease the bad samskaras. You will not be benefitted at all by knowing your past lives and destined future.

The world is the best training ground and every day makes us face a new situation and stand as a test for your spiritual growth.
The underlying principle of all spiritual Sadhana is to keep the one thought of God ever-flowing in the mind.

Watch the thoughts. Control the thoughts. Be a witness of your thoughts. Rise above thoughts and dwell in that pure consciousness where there is no thought.

A worldly man is a spiritual bankrupt, though he may be very wealthy and extremely intelligent.

Do not try to embrace happiness in a thousand ways. The faster you will follow it, the swifter it will fly away from you.

Just as colored water penetrates freely and nicely a piece of pure white cloth, so also the instructions of a Sage can settle down in the heart of aspirants only when their minds are calm and pure.

Spiritual progress is not easily perceptible. It is the slow purification of the heart and the mind.
Be frank and candid. Speak out your heart. Do not try to bottle up your emotions. But be careful and judicious in expressing them. You will have peace of mind.

There is no enemy like anger. There is no teacher like pain. There is no friend like Guru. There is no virtue like purity. There is no vice like conceit. There is no abode like Brahman.

If you want to grow in the spiritual path, give up all preconceived notions, wrong conceptions, errors, biased opinions and pet theories.

Be frank and candid. Speak out your heart. Do not try to bottle up your emotions. But be careful and judicious in expressing them. You will have peace of mind.

Desire is as fickle as monkey. It is never satisfied with the object which is already in the hand, but jumps to other unattained one. The more it is satisfied, the more intense it grows.

Do not tell anybody except your Guru, the realizations and the visions, and other experiences that you get during your Sadhana.
You cannot detect your own defects, eccentricities or whims, even though you practice introspection. It is only your Guru who can find them out. Sit at his feet and remove them through prayer and proper methods.

Energy, success, happiness, abundant health, strength and peace depend upon the practice of Asana, Pranayama, Japa and Meditation.

Honor those who are worthy of honor. Serve the sages and devotees. Your heart will be purified quickly.

When you are angry, do not give any judgment between two parties. Anger clouds your understanding and produces turbidity of intellect.

Be regular and systematic in your meditation. Prolong the period of meditation. Then only meditation will become automatic or habitual.

He who says that Bhakti and Jnana are different is an ignorant man. He who says that Rama and Siva are different is a very big fool.
Remember God at all times. If you cannot do this, remember death at all times. Either of the two will lead to emancipation and freedom.

No suffering, no sorrow, no pain will befall the man who has controlled his anger, who has abandoned his pride, who is not attached to anything and who calls nothing his own.

You think that some place is better and some other is not. Not so. Every where you will have to create your own spiritual atmosphere. There lies the spiritual power of a real seeker after Truth.

Celibacy is your best companion in the spiritual path. Truth and non-injury are his brothers. Desirelessness is the Kernel. Make friendship with these and reach the illimitable domain of eternal bliss.

Time is most precious. If one minute is lost in vain, it is lost forever. Make the best use of it. Spend it in Japa, meditation, Kirtan and Study of sacred scriptures.

It takes 40 muscles to frown, and only 15 to smile. Why do you make the extra effort?
Ill-health, lack of confidence, depression, worry, all these obstruct the aspirant’s path. Carry on resolutely even amidst all disadvantages.

Life is uncertain like the bubble. Sensual enjoyments are like flash of lightning. Wealth passes away quickly. Diseases attack you swiftly. Rise above worldliness and attain knowledge of Imperishable.

Real householder aspirants should leave their house for a few days in winter and roam about in unknown places, living on alms. They will become humble, compassionate, and will develop will-power and endurance.

Strive rigorously for the full emancipation, when you are young, when you have full strength and energy. It does not profit a man who starts digging a well when the house is already on fire.

Abuse no one. Do not abuse the dead. Despise not anything. If a man reviles at you and reproaches you, do not reproach him in return. Annihilate vindictive nature entirely.

Never meddle with other’s affairs. Mind your own business and learn the virtue of silence.
Do not attach much importance to the visions. You will have to ignore them if you wish to attain the High Realization. They are distractions. They put a check on your onward spiritual path. They do not bear any spiritual value.

Parents should not force marriage or worldly life on their children. They should not stamp out the spiritual Samskaras of their children.

Be watchful. Let not your thoughts be dissipated. Collect or gather the dissipated rays of the mind through Japa, Kirtan, meditation.

People praise you now and censure you the next moment. There never was a man who is always praised or censured. Therefore, be above praise or censure, honor and dishonor.

A word once uttered can never be recalled. Therefore think thrice before you speak.

There is no fire like lust, no evil like anger, no vice like hatred and no sword like abuse.
Do not be afraid of death. Be happy to embrace death. Be dead to the world and flesh. Only then can you find eternal life.

The cold climate is best suited one to have perpetually steady concentration and thought. Solitude coupled with cool climate is most conducive to Sadhana.

Sadhana will bear no fruit if it is not aided by dispassion. It will be like water kept in an unbaked earthen pot. The energy will leak through the rat holes of the senses.

All rivers find their center in ocean, all touches in skin, all tastes in tongue, all smells in nose, all colors in eye, all sounds in ear, all precepts in mind, all knowledge in heart, all actions in hands, all movement in feet, and all beings in Brahman.

Though you may not feel much elevation on certain days, the latent effects of Sadhana will bestow added bliss on other days. No effort goes in vain.

During practice of Silence, you should try to control the thoughts by doing Japa or meditation or fixing thoughts on one deity; because even if you do not speak out loud, you tend to think a lot about various things in the world.
Let there be a little irritability in the mind. But do not give vent to anger at any time. Practice this again and again. Gradually the little irritability will also vanish.

Receive everybody in this world with love, respect, kindness and cheerfulness. You do not know in what form the Lord may appear before you.

Wealth, fame, enjoyments are transitory. They are like a flash of lightning. They are like the shadow. Do not run after these.


Never speak ill of others. Also never hear ill of others. Never listen to one man blaming another in private.

No man is absolutely bad. Everyone has some good trait or other. Try to see the good in everyone. Develop the good-finding nature.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td><strong>October 1</strong></td>
<td>Give, Give, Give in plenty, in humility and with joy. Thus in the very process of giving, enrich yourself too.</td>
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<tr>
<td><strong>October 29</strong></td>
<td>Do not argue much. Speak only measured words. If anyone abuses or insults, keep quiet. Identify yourself with Atman, that can never be hurt or insulted.</td>
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<tr>
<td><strong>October 30</strong></td>
<td>The right indication of a self-conquered person is an unbroken sweetness of conduct. This is the sign of wisdom and practical proof of the possession of Truth.</td>
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Spiritualize all activities. Feel you are an instrument in the Lord’s hands. Repeat the formula: “I am Thine, all is Thine. Thy will be done.”

The life of an aspirant must be dynamic and creative. It should not be a life of inertia and passivity.

Body, heaven, hell, bondage, liberation, fear — all these are mere imaginations. Brahman alone is real.
Have friendliness with equals; compassion for those in sorrow; joy in the joy of others and superiors; indifference and absence of ill-will and anger for the wicked men. You will be peaceful and happy.

Never let a day pass without meditation. Be regular and systematic. Take Sattvic food. Fruits and milk will help mental focusing. Give up meat, fish, eggs, smoking, liquors etc.

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. Hence pay constant attentions to these.

Generate in you an all-absorbing and earnest yearning for something higher and nobler. This will prevent the downward pull of the animal instincts.

During the period of Sadhana, avoid the company of those who ridicule and speak ill of the Sages, Saints, Devotees, Obstinacy or stubbornness is not strong will. It is born of Tamas. It should be ruthlessly slain if you want to have progress in the spiritual path.
Do not get false contentment when you see some lights and hear sounds in meditation. Do not stop your Sadhana. Do not be puffed up with self-sufficiency.

Just as rain exists in clouds, butter in milk, fragrance in flowers, so also this Atma is hidden in all these names and forms.

Do not be carried away by science and its inventions. It is tinsel and broken glass-pieces. Study Upanishads, Gita and Brahma Sutras. You will find priceless treasures here.

When sentimentality assails you from inside, be wary, be still. Do not foolishly run amidst your friends and colleagues. Rather go and commune with nature.

There is no such thing as sin. Sin is only a mistake. Sin is a mental creation. The baby-soul must commit some mistakes during the process of evolution. The idea of sin will be blown away if you think: “I AM THE IMMORTAL SELF.”

Sleep on your left side at night. This will allow the Solar Nadi or right nostril to work at night and digest the food. You will not get any disease and life will also be prolonged.
Wish good to all beings. This will enrich you life and make you happy and peaceful.

Action without a motive alone can check the current of desires and direct the flow of life to proper channel.

Keep quiet when another abuses you. An abuse is nothing. It is mere jugglery of words. He who abuses wastes his energy and spoils his tongue and character.

Book learning or erudition is only chaff. Knowledge of Self alone is the kernel or essence.

Wish good to all beings. This will enrich you life and make you happy and peaceful.

Uncongenial atmosphere, unfavorable environments and obstacles will help one only in carrying on the struggle more vigorously.

Turn aside from controversy and put away heavy loads of judgment and criticism and censorship. Free yourself from the burden of opinion and become desire-less.
Aspirants should always be sweet, gentle, tolerant and humble. He should not even frown, or make a disgruntling face, or give a slight retort.

Yoga is not running away from home and human habitation, but a process of moulding one’s attitude to home and society with a new understanding.

MYOB is an excellent principle—Mind Your Own Business.

To know thy Self is your only one business.

Build your life on the great ideal of selfless service. All other ideals will manifest in life through this ideal of selfless service.

Do not be hasty. Restrain your emotions. Think quietly. Have a serene mind. Act prudently, cautiously, intelligently.

There is no greater error than spiritual pride. Moral and spiritual pride is more dangerous than the ordinary pride of wealth and power.
Your strength should not be the strength of gun and bank-balance. It should be the invisible strength born of wisdom and discrimination.

Never worry about what other people say or think about you. Do the right thing. Have a clear conscience and roam about happily.

Peace and bliss are not to be found in books, churches or monasteries. It is realized when knowledge of the Self or Atma dawns.

Drive this body-car intelligently. Relax perfectly. Breathe rhythmically. Meditate regularly. You will enjoy happiness, health and long life.

Constant thought of your weakness and disease will intensify your defect and disease. Hence think of strength and health again and again.

Absence of ambition leads to fatalism, inefficiency and dejection. Hence embrace an Yogic attitude towards life.
Meditation demands an extraordinary inner strength, a gigantic will and absolute self-discipline.

Introspect. You will know what virtues you lack and what evil lurks within yourself. You can work on to cultivate virtues and eradicate the vices.

Do not complain that there is no time for Sadhana. Reduce sleep and tall talk. Utilize every minute of the day.

Let your service be free from the taint of seeking recognition, power or position. Let your motive be altruistic.

Feel that the whole world is manifestation of the Lord and you are serving the Lord in all names and forms. Whatever you do, consecrate them all to the Lord at the end of each day.

Constant association with the wise and study of scriptures under a Guru will slowly wipe out the wrong and worldly Samskaras.
Never mind repeated failures in your Sadhana. *Nil desperandum.* Despair not. Do not give up the struggle for Sadhana. Stand up and fight again.

Choose one virtue for every month and keep it before you as an ideal to be achieved throughout. Meditate on it morning and evening just after getting up from bed and just before retiring at night.

Divine life is to be lived in small details. If you are divine in small details, you can be divine in big things.

Every temptation that is resisted, every evil thought that is cured, every bitter word that is withheld, every noble aspiration that is encouraged, adds to the development of will-force and good character.

Do not run from sect to sect. Do not jump from creed to creed. You will derive no peace. Peace does not come from fretting and fuming. Out of calmness and strength ensues peace.

The first thing the disciple has to learn is to be humble and obedient.
Abandon greed for wealth, love of sensual pleasures, lust for power. These are three great obstructions in the spiritual path.

Real spiritual progress is really and accurately measured by the peacefulness, serenity and calmness that you manifest in the waking state.

There is no eye like that of Knowledge, no penance like Truth, no sorrow like attachment, no happiness like renunciation, no friend like Guru.

Minus skin, dress and ornaments, beauty is nothing. Physical beauty is superficial, illusory and fading.

Two letters leads to death; three letters lead to eternal Brahman. “Mama” or “mine” leads to death. “Na-mama” or “not mine” leads to Eternity.

Don’t speak without thinking. Don’t act without reflecting. Don’t seek to accomplish a great work without adapting proper measures.
Heaven and hell are internal states of mind. Where there are love and selflessness, there is heaven. Where there are hatred and selfishness there is hell.

You will easily get illumination in solitude if you have the right attitude. Solitude has its charms. Prepare yourself for life in seclusion.

Let your eyes look with kindness, your tongue speak with sweetness, your hand touch with softness.

Smile with the flowers and the green grass. Shake hands with the shrubs, ferns and twigs. Develop friendship with all neighbors, dogs, cats, trees, people and with all nature's creation. You will have perfect and rich life.

Mind finds no lasting satisfaction of desires. Cool this fire of desire by the nectar of Atman obtained through meditation.

Worldly life is a bed of roses till a thorn pricks you in your foot. When the thorn starts pricking you, then you will realize that the world is a bed of thorns.
Return love for hatred. If you are not able to do that, be indifferent. But never meet hatred with hatred.

Do not twist words, facts and topics. Do not try to guise the truth. If the truth be unpleasant, be silent. But do not resort to support untruth.

Divine life is not a rejection of life and its activities, but a transformation of it into the Divine.

Meditate on this formula: “Nothing exists; nothing belongs to me. I am neither body, nor mind. Immortal Self I am.”

Do not be pessimistic. Do not be negative in your approach. Be always optimistic and positive.

You should not postpone charity and prayer. You should do both the very moment the idea occurs in your mind.
Remember that Lord alone is acting the part of a rogue, thief and prostitute in the world’s drama. This is His Lila (sporting).

Stick to your principles and resolves. This will sustain you through the storm and tempest on the path. It will break the fetters of the lower self.

There is butter in milk, but it can be got only after churning. Similarly, if you want to realize the Self, do Sadhana and worship.

Give up curiosities in the spiritual path. Conserve your energy and concentrate. Think little of food, body and relatives. Think more of the Atma.


Have a separate meditation-room under lock and key. Never allow anybody to enter the room. Wash your feet and then enter the room.
If an aspirant wants to grow, he must admit his defects when they are pointed out by others. He must thank the man who has pointed his defects and must try his best to eradicate them. Be serene and tranquil under all circumstances. Cultivate this virtue — Sama (serenity) — again and again. Serenity is like a rock; waves of irritation may dash on it, but cannot affect it.

Cultivate peace in the garden of your heart by removing the weeds of lust, hatred, greed and selfishness. Do not shake the body. Keep it as firm as rock. Breathe slowly. Do not scratch the body every now and then.

When an idea exclusively occupies the mind, it is transformed into an actual physical or mental state. Hence if you keep the mind fully occupied with the thought of God alone, you will be purified quickly. Keep daily spiritual diary regularly and stick to your daily spiritual routine at all cost.
God’s will expresses itself everywhere as law. The laws of gravitation, cohesion, relativity, cause and effect, the laws of electricity, chemistry, physics, all psychic laws are all expressions of God’s will.

Devotion is constant remembrance of God with one thought, with one ideal that flows like an unbroken stream of oil poured from one vessel to the other.

He who practices renunciation and meditation serves the world more than the social and political leaders, platform lecturers and founders of institutions.

There are pitfalls in every step in Yoga. Therefore have a Guru or guide to lead you on.

Spiritual Sadhana is an uphill work. You must have tremendous patience and perseverance.

The Lord’s ways are mysterious. There is something good in all seeming failures. You are not to see that now. Time will reveal it. Be patient.
Obstacles and unfavorable circumstances are God-sent chances to make you more steady and strong in will.

People worry about their household needs and the future of the family as if they are solely responsible for running this world and have taken contract for maintaining the household. It is God alone who directs everything and so be at ease.

Immortality and eternal bliss are not the fruits of a happy-go-lucky spirit of adventure. External and unremitting vigilance is the price of freedom.

Association with saints and sages is difficult to get. They are inaccessible. Such association is unfailing in results.

People worry about their household needs and the future of the family as if they are solely responsible for running this world and have taken contract for maintaining the household. It is God alone who directs everything and so be at ease.

Pay a constant and scrupulous attention to the minutest speeches, actions and thoughts of every day life. The consequences whether good or bad of even the least of them are far-reaching.

Most of the faults committed by Spiritual seekers arise from their not maintaining a sufficiently constant recollection of the presence of the Lord.
Suffering purifies and turns the mind towards God. Suffering strengthens the will, softens the heart and generates the power of endurance.

Man’s future is absolutely in his own hands, and entirely depends upon his will, right thinking and right exertion.

Pure as the snow of the Himalayas, bright as sunlight, expansive as the sky, all-pervading as the ether, unfathomable as the ocean, is the Immortal Atman.

In Tapasya or penance, observe the caution of not going into extremes. Cultivate Sattvic austerity of body, speech and mind.

Keep sublime mottos like “All is One. All is Self” written in several places on the walls of your house in bold letters. Even if you forget, they will remind you.

Take care of essentials. Do not pay too much attention to non-essentials. Do not throw away precious grain with the chaff. Watch the mind.
Forget the past, give up planning for the future, live in the solid present. This is because real Tyaga lies in the renunciation of Sankalpa-Vikalpa (intention and non-intention).

Do not seek to test God’s mercy. No doubt He protects you when you are in danger for no fault of yours. But it is not good to deliberately put yourself in positions of danger and then see if He helps or not.

Quoting Scriptures is not a sign to indicate the spiritual advancement of a person. A man may recite the whole Vedas, the Upanishads, the Brahma Sutras, yet he may be the greatest and most abominable scoundrel.

It is from within you get happiness. Therefore rejoice in the Self within by meditation. Be contented in the Self within. Be satisfied in the Self within.

Do not judge the enlightenment of a person by his psychic powers or Siddhis. These are by-products of concentration and have nothing to do with Self-realization.

Years are advancing; hands are trembling; intellect is waning; limbs are not moving; eye-sight is getting dim; diseases are trampling; death is coming close. Pray, meditate. All miseries will come to an end.
Sound sleep for an hour is quite sufficient to refresh the body and revitalize the mind. The moment you go to bed, simply relax the mind and give it the suggestion, “I will have good sleep now.”

Take the fullest advantage of the human birth. Have a rich inner Divine Life. May Divine grace illumine your spiritual path.

Concentration will give you great power. Collect the scattered rays of the mind like focusing Sun’s rays through a lens.

God walks in the garb of a beggar. He moans in pain in the guise of sick. Open your eyes. See Him in all. Serve all and Love all.

An hour’s service of the sick with divine attitude is better than a year’s pilgrimage to sacred and holy places.

The objects of the world act as intoxicants. Money is opium. Man to woman, and woman to man is wine. Position is ganjah. Power is brandy. Landed property is champagne. Beware.
To be wise before an action is wisdom; to be wise in the course of an action is cautiousness; but to be wise after an action is folly.

If you see your own mistakes and defects, you will have no time to think of the mistakes and defects of others.

In the mind is the temple of God; in the mind is the essence, in the mind are the flowers of worship. Do mental worship with intense devotion and realize God.

Keep yourself in positive state. Overcome negative thoughts by entertaining positive divine thoughts.

Constantly dwell on these ideas: “The whole world is my body. All bodies are mine. All lives are mine. All pains are mine. All joys are mine.” Jealousy, anger, hatred, egoism, all will vanish.

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. Strengthen yourself with new vigor and virtues.
Five things are indispensable if you want to meditate and attain Self-realization quickly. They are Silence, light diet, solitude, personal contact with Guru and a cool place.

Forgive those who speak ill of you. Do not harm anyone who injures you. If anybody from aversion speaks disparagingly of you, greet him courteously without minding those disagreeable words.

If you meditate for one hour and feel that you are Brahman, but if you feel for the remaining 23 hours that you are the body, the Sadhana cannot produce the desired result. At all times, you must try to keep up the idea that you are Brahman.

Do away with depression and gloom. There is nothing more contagious than depression. A depressed and gloomy man can radiate only unpleasant and morbid vibrations all around.

As soon as you sit for meditation, chant “OM” 3 to 6 times like a roar of lion. This will drive away all worldly thoughts and remove tossing of mind.

There is no easy path to enlightenment except through small improvements, correction, purity, Japa and celibacy.
As a weaver drives his threads into a cloth by means of his shuttle, so also the threads that constitute the fabric of this world are woven by the shuttle of desire.

Laughter and sleep give strength, solace and rest to the tired man of the world.

Lose no time; be always employed in something useful; cut off all unnecessary actions.

Remember the three Gs—Ganga, Gayatri, Gita. Bow to them daily. They are your three mothers. They are destroyers of sins and bestowers of Divine Knowledge.

The formula for Success is: $D + E + F$

$D$ is Discrimination

$E$ is Exertion

$F$ is Faith
This world which consists of friends, enemies, neutrals, which affects you with pleasure and pain, is only a creation of your mind which is a product of ignorance.

The cloud gives rain without being asked for, so do virtuous people do good to others unsolicited.

Sow the seed of faith in your heart. Water it with the water of love. Fence it with the repetition of Lord’s name. You will reap a rich harvest of Divine Grace.

Scriptures or Sruthis and the words of Guru are the two eyes with which alone you can see your way and reach your destination.

This world which consists of friends, enemies, neutrals, which affects you with pleasure and pain, is only a creation of your mind which is a product of ignorance.

Whatever you give, you will have in abundance. Whatever you hoard, you have lost.

Study by heart one sublime verse from the Bhagavad Gita everyday.
<table>
<thead>
<tr>
<th>Date</th>
<th>Text</th>
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</thead>
<tbody>
<tr>
<td>Aug 22</td>
<td>Vow is beneficial to prevent you from lapsing into error. If you take a vow, you should stick to it at all costs. Otherwise vows will lose their sanctity.</td>
</tr>
<tr>
<td>Aug 23</td>
<td>Escape from world is not a solution, but freedom from worldliness is what is desired.</td>
</tr>
<tr>
<td>Aug 24</td>
<td>He who eats, drinks and sleeps, he who lives to fill his belly, who gossips and back-bites is really an untouchable.</td>
</tr>
<tr>
<td>Aug 25</td>
<td>Eat less, masticate more. Clothe less, bathe more. Sit less, serve more. Hate less, love more. Take less, give more. Worry less, laugh more. Rest less, work more.</td>
</tr>
<tr>
<td>Aug 26</td>
<td>The only way you can make tomorrow a better day is to think and do today what would be conducive to make a better tomorrow.</td>
</tr>
<tr>
<td>Aug 27</td>
<td>Rely on your own Self, your own inner spiritual strength. Stand on your own feet. Do not depend on money, friends or any one.</td>
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</tbody>
</table>
Do not lose temper when anybody insults, taunts or rebukes you. It is a mere play of words and a variety of sound.

Sit by the side of a river where you can hear a roaring sound like OM. Concentrate on that sound as long as you like. This is very thrilling and inspiring.

Memory of the past retards an aspirant’s spiritual advancement. Hence let go of past.

Do not lose temper when anybody insults, taunts or rebukes you. It is a mere play of words and a variety of sound.

Systematic and regularity in Spiritual practice is the key to the success in leading a Divine Life.

The mind should be trained to concentrate on gross objects in the beginning, and later on you can successfully concentrate on subtle objects and abstract ideas.

Meditation brings on changes in the cells of brain, nerves etc. Old cells are replaced by new vigorous cells filled with Sattva. New channels for Sattvic thought-currents are formed in the brain and mind.
Diseases are generated in the body through sleeping in daytime, late vigils overnight, excess of sexual intercourse, irregular bowel movement, unwholesome food, laborious mental work and lack of regular exercise, etc.

In pure food, there is pure nature. In pure nature, there is firm fixation of memory. In firm memory, there is release of all knots of heart.

Jealousy is like fire; it eats up goodness just as fire consumes fuel. Therefore, abandon jealousy totally and develop magnanimity and large heartedness.

Ojas is spiritual energy that is stored up in brain. By sublime thoughts, meditation, japa, worship and Pranayama, the sexual energy can be transmuted into Ojas power and used for spiritual pursuit.

The first thing that the disciple has to learn is to be humble and obedient.

The phenomena of birth and death mean only change and variety in the desires and interests of the individuals.

Not to hurt others is not so difficult as not to be hurt by others. You will have to become mindless. You will have to develop patience to a maximum degree to not to be hurt mentally.

Do not exaggerate. Exaggeration is untruth.

On your birthday repeat one lakh of Maha Mrutyunjaya Mantra or atleast five thousand. Perform Havan and feed Sadhus and the sick. This will bestow on you long life, peace and prosperity.

The phenomena of birth and death mean only change and variety in the desires and interests of the individuals.

An ant has its own world. An elephant, a dog have their own worlds. Every person has also his own world. When he attains liberation, he destroys his own world created by the mind.

Everything is perishable. Every rise has its fall. Where there is composition, there is decomposition. Where there is life, there is death.
As the wind unites masses of clouds, grass, cotton and dust particles and again disunites them, so the creator does with all beings.

Do not look at a poor man with contempt and disrespect. Beware that one day you may be poor.

Try to have no mental attachment to the objects which you possess. The idea of possession is in the mind only. Develop mental non-attachment and dispassion.

The books written by great persons will serve as Holy Company. Wise people comprehend this truth and do not waste time.

Just as a lump of salt is a homogeneous mass of saltish taste without interior or exterior, so also Brahman is a homogenous mass of pure intelligence without interior or exterior.

To earn a few rupees, you have to work for several hours daily. Then how much more hard work you will have to do it you wish to attain Immortality?
To a sage or a devotee, all the days are one, all the days are the same, every day is like every other day.

Stick to one center of concentration. Cling to it tenaciously. If you concentrate on the heart center, never change it.

Just as you saturate the salt or sugar with the water, you will have to saturate the mind with thoughts of God.

Too much talking is one of the bad habits which lessen the spiritual power. If a man talks too much, he suffers from diarrhea of the tongue.

Have no attachment for this body. But keep it clean, strong and healthy for constant, rigid Sadhana. The body is a boat to cross to the other shore of Immortality.

Work is worship. Work is meditation. Serve everyone with intense love, without any idea of agency, without any expectations of fruits or reward.
Speak out only what may benefit others or yourself; avoid trifling conversation.

Criticism shows you your weak points and forewarns you against troubles and failures. Take it positively.

Unless you are inspired by spiritual ideals, it is difficult to keep the sexual instinct in check.

Each time you yield to the dictates of sensual pleasure, you weaken your power of resistance.

Vain Pundits with pedantry get the whey only while churning the Scriptures, but devotees get the butter.

To want nothing is the great and most efficacious way to attain the Highest Good.
You can be a very good scholar, you can perform religious ablutions, but still you may be far from true religion or the pious life.

A good man’s anger lasts for a second; a mediocre man’s for three hours; a base man’s for a day and night; a great fool’s until death.

Yoga is not running away from one’s home and human habitation, but a process of moulding one’s attitude to home and society with new understanding.

Live in the present. The past is dead. The future is a fancy of the mind. The present alone is.

Absence of work or occupation is not rest. Change of work gives rest. A vacant mind is ever distressed. It is the devil’s workshop.

A good deed is never lost. It purifies the heart and leads to the divine light and the dawn of divine grace.
Peace should be at home first, and in the heart of man, and then let him talk of world peace.

Do charity—amounting to at least one tenth of your income or ten paisa in a rupee.

To behold the Atman or Self in all creatures, in a saint and a rogue, in all forms, ugly and beautiful, is Knowledge or Jnana.

Do not read Scriptures for display of learning, but to turn your mind to God.

Diseases, worldly losses, death of relatives are all trials on path of devotion.

The body with its organs, etc., is no other than mind. The mind manifests itself as the external world in the shape of pains and pleasures, bondage and liberation, right and wrong. Time, space and causation are the creations of the mind.
Serve. Love. Give. Meditate. This is Sadhana or Spiritual practice in a nutshell.

The world is not bad in itself. The objects of the world are not bad in themselves. It is man’s perception thereof that causes his misery.

The light of devotion that radiates from the halo around the great personality touches the distant corners of the world.

There is no penance like the practice of Non-violence; no vow like that of speaking the Truth; no discipline like the disciplines of the senses and the mind.

Self-control increases one’s energy. The man of self-control becomes sinless and fearless and acquires great merits.

Build your life on the great ideal of selfless service. All other ideas will manifest in life through this ideal of selfless sacrifice.
Many spiritual aspirants neglect the preliminaries of cultivating virtues and jump out of curiosity to Yogic Kriyas for getting psychic powers. This is a serious blunder.

Egoism is the root of the tree of ignorance. It is nourished by the currents of likes and dislikes.

Money can help you get medicines, but not health; soft pillows, but not sleep; ornaments, but not beauty; electric ear-phone, but not natural hearing. Only with wisdom, you will have everything.

What your heart feels no shame to do, what satisfies your conscience and there is no pin-prick, is indeed the righteous action.

Bear enmity to none. Do not vex others and do not be vexed by others.

Walk and talk with God. See and smell God. Take in God and assimilate God. Be God. Behave God. This is Divine Life.
Man publishes his character in his speech, actions, letters and in his face.

Without self-effort, one does not obtain Grace and the self-effort is a mark of the descent of the Grace.

The practice of Hatha Yoga reduces excess fat and develops a beautiful body, removes constipation and rheumatism, increases circulation in arteries and keeps them elastic.

To the Brahmin priests, God is in fire; to saints, in the heart; to dull-headed men, in idol; and to the equal-minded sages, everywhere.

Without self-effort, one does not obtain Grace and the self-effort is a mark of the descent of the Grace.

Who sees extreme essence-lessness in all objects is one in whom wisdom had dawned.

Conquest by arms and weapons is no conquest; conquer the hearts of others through love and kindness. This is real conquest.
The daily strokes which you will receive in ordinary life are meant to turn a clod of earth into a fine pot.

When the disciple is ready to receive the higher light, he is brought into contact with a suitable Guru by the Supreme Dispensation.

Powerful tonic to succeed:
- Enthusiasm: 4 tsp
- Perseverance: 4 tsp
- Prayer: 4 tsp
- Patience: 2 tsp
- Calmness: 2 tsp
- Confidence: 1 oz

If needed, call Drs Courage & Faith.

All that you are, all that you have, all that you shall be, is the result of your desires. Your destiny is mapped out by your own desires.

The common obstacles to Self-realization are desire for property, desire for wealth and desire for name and fame.
Do not postpone a good deed. Do it now. Think not that there is time enough in the future. What guarantee is there that you will live tomorrow?

Saying one thing and doing another thing does not impress anybody and is of no value at all. He who does as he preaches is to be worshipped; otherwise the preaching becomes ridiculous.

Vedanta is not a miraculous cure to help the removal of weakness. It is a dynamic philosophy that has to be lived in every unit of our life.

No spiritual practice is successful without detachment and desirelessness.

Luck is not mere chance. Fate or luck is the sum total of one’s self-effort of the last birth. It is the fruit of one’s own previous actions.

Just as in the vast ocean or river, one piece of wood comes in contact with another by the force of current but in time gets separated, so also are your relations with spouse, wealth and children.
Limit and narrow down the mind—wandering first by reducing your wants and not fulfilling unnecessary desires; the mind moves in smaller circles. Gradually it can be concentrated on one object.

Resignation of a job is easy, but resignation of the self to God is difficult. Renunciation of landed property is easy, but renunciation of egoism is difficult.

Yesterday is gone, today is flying fast, tomorrow is ready at hand. With every breath, life is decreasing. What have you done to attain the goal? How many good actions have you done? How far have you advanced in the spiritual path?

Consider work as worship. Even at the office table, you can just close your eyes for a few minutes and think of the Lord.

There are many ups and downs in spiritual practice. It is constant practice alone that makes the mind steady and sharp.

Giving up of salt on Sundays improves eye-sight and removes diseases of the eye. Giving up of salt removes sexual excitement and calms the surging emotions and passions.
Solitude is beneficial for a sincere aspirant who wants to meditate, but it only feeds the flame of lust and passion in a passionate man.

BA, MS, PhD, MD are no qualifications for the spiritual path or practice of Yoga. There is a danger it will only thicken the veil of ignorance and instill vanity in the heart.

The Philosopher’s stone (Paras) can convert an iron piece into gold. But it cannot change it into Paras itself. But a Guru can make his disciple like himself.

See that the balance sheet of your life shows an increasing profit every year. Increase the profit by investing all available energies in Divine Work.

Solitude is beneficial for a sincere aspirant who wants to meditate, but it only feeds the flame of lust and passion in a passionate man.

He who repeats “Ram”, he who sows “Ram” never puts forth the buds of wrath and lust.

Have perfect belief in all the Saints and Sages and all messengers of God. They were sent to elevate and inspire the people and show them the path to God.
In dream also, you will begin to exercise control gradually. The force of your Sadhana done in the wakeful state will come to your aid in the dream. This is a sign of your spiritual growth. Watch the dream carefully.

A quarrelsome man is the most despicable man. He pollutes the atmosphere. He is a burden on this earth.

One ounce of practice is better than several tons of theory or big talk. Become a practical man.

A wicked man sees another’s faults even if they are so small as a mustard seed. But he is willfully blind to this own faults, though they are as big as a cocoanut.

In dream also, you will begin to exercise control gradually. The force of your Sadhana done in the wakeful state will come to your aid in the dream. This is a sign of your spiritual growth. Watch the dream carefully.

Every action, every enjoyment and every experience will leave in the camera-plate of your subconscious mind subtle impressions which are root cause of future births, pleasure and pain experiences, and death again.

A spiritual novice should fill two parts his mind with objects of enjoyment, one part with philosophy and Scriptural knowledge, and the remaining part with devotion to the Teacher.
Plough with truth. Plant the seeds of desire for Self Knowledge. Irrigate the mind with water of purity. Build the fence of right conduct. You will reap the rich harvest of Self-Realization.

A whole pot of milk can be spoiled by a drop of lemon juice. So also bad company for even ten minutes can nullify the positive effects of Satsang for ten years.

The Divine Life is the life in the awareness of your essential, ever pure and ever-perfect Divine Nature.

Swami Sivananda (1887-1963) was a great dynamic Spiritual force who inspired many seekers on the path of Yoga, Vedanta and spiritual practice. These Gems of inspirational sayings will be highly beneficial for a sincere spiritual aspirant.

Happy New Year

Daily Inspirations

by
Sri Swami Sivananda
If you regard even the slightest lapse as of the gravest nature, the smallest defect as the greatest obstacle, you will soon attain perfection.

Pray to God daily for fifteen minutes as soon as you get up from bed and before you go to bed.

Care not for criticism from the world when you are in the spiritual path. Yield not to flattery.