



# Aphorisms of Masters and Spiritual Teachers

## Human Values in Sacred Scriptures. Pick a # between 1-733

1. Feed the hungry and visit the sick and free a captive if he be unjustly confined. Assist any person oppressed whether Muslim or Non-Muslim. ~ Prophet Mohammed
2. Charity is a duty ... He who hath not the means thereto, let him do a good act or abstain from an evil one. That is his charity. ~ Prophet Mohammed
3. Every good deed is charity and to extend consideration towards neighbours and send them presents are charitable acts. ~ Prophet Mohammed
4. You will not enter paradise until you have faith; and you will not complete your faith till you love one another. ~ Prophet Mohammed
5. ... and those who believe and do good works: such are rightful owners of the Garden. They will abide therein. ~ The Holy Koran
6. Goodwill to all beings is True Religion. Cherish in your hearts boundless goodwill to all that lives. ~ Lord Buddha
7. He who recognises the existence of suffering, its cause, its remedy and its cessation, has fathomed the Four Noble Truths. He will walk in the right path. ~ Lord Buddha
8. ...He who has awakened, is free from fear, He has become Buddha. ~ Lord Buddha
9. Happy is He who overcomes all selfishness. ~ Lord Buddha
10. Tolerance, patience and understanding are the highest virtues every man should develop. ~ Lord Buddha
11. There are many rooms in my Father's house. If there were not, I would not have told you.~ Jesus Christ
12. A young man asked Jesus, 'What must I do to inherit eternal life'? Jesus replied, "Honour your mother and father, and love your neighbour as yourself."
13. Jesus spoke of the Kingdom of God: "... for I was hungry, and you fed me, thirsty and you gave me drink, naked and you clothed me. I was sick, and you visited me."
14. Let no man be proud because of his caste. God created all men - all men are moulded of the same clay. ~ Sikhism
15. There is no greater penance than patience, no greater happiness than contentment, no greater evil than greed, no greater virtue than mercy, and no greater potent weapon than forgiveness. ~ Sikhism
16. Those people who love and sow in their hearts the seed of his Name, are liberated from death and birth again and again, and get salvation forever without pain. ~ Guru Nanak
17. True is the Lord, true is his Holy word: His Love has been described as Infinite. ~ Guru Nanak



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18. Without practising virtue, devotion is not possible. Of the things to be renounced, the most to be recommended are lust, hatred and avarice. Hear thus! Meditating on Hari's Name (God's name) - do Charity to all. ~ Guru Nanak
19. Every man should devote much time to meditation between his Creator and himself. ~ Judaism
20. [Every man] should judge himself and determine whether his actions are correct, and whether they are appropriate before the Lord who has granted him life, and Who is gracious to him every moment. ~ Judaism
21. If [a man] finds he has acted properly, he should fear no one - no officials, no robbers, no beasts. ~ Judaism
22. If the poor asks of you and you have nothing in your hand to give him, soothe him with words. ~ Judaism
23. It is forbidden to rebuke a poor man or to raise one's voice against him in a shout, for his heart is shattered and crushed, for it is written, 'A broken and contrite heart, Lord, you will not despise'. ~ Judaism
24. I dwell in the high and holy place and also with him who is of a contrite and humble spirit, to revive the spirit of the humble and to revive the heart of the contrite. ~ Judaism
25. Help me so to live my God, that when death extinguishes my life, I may yet live upon the earth in my good thoughts, and good words and good deeds, when my soul dwells with thee in heaven. ~ Zoroastrianism
26. Life is kind to us, life is cruel to us, life sits light, and life sits heavy upon us, life is sunshine and life is darkness, life is joy and life is sorrow, life blooms and blossoms, life withers and fades. Life upon earth, O Lord, is a blend of contradictions. ~ Zoroastrianism
27. Truth, purity and unselfishness - where ever these are present, there is no power below or above the sun to crush the possessor thereof. Equipped with these, one individual is able to face the whole of the universe in opposition. ~ Swami Vivekananda
28. Where should you go to seek for God? Are not all the poor, the miserable, the weak - Gods? Why not worship them first? ... Let these people be your God - think of them, work for them pray for them incessantly - the Lord will show you the way. ~ Swami Vivekananda
29. Purity, patience and perseverance are the three essentials to success - and above all, Love. ~ Swami Vivekananda
30. Hindus accept every religion, praying in the mosque of the Muslim, worshipping before the fire of Zoroastrians, kneeling before the Cross of Christians, knowing that all the religions, from the lowest fetishism to the highest absolutions, means so many attempts of the human soul to grasp and realise the infinite, each determined by the conditions of its birth and association, and each of them marking a stage of progress. ~ Swami Vivekananda
31. Be thou holy and above all, sincere and do not for a moment give up your trust in the Lord, and you will see the Light. ~ Swami Vivekananda



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32. Whatever others think or do, lower not your standard of purity, morality and love for God.  
~ Swami Vivekananda
33. Truth alone triumphs - not untruth... In this world always take the position of the giver. Give everything and look for no return. Give love, Give help, Give service. Give any little things you can, but keep out barter.  
~ Swami Vivekananda
34. There is only one religion; the religion of Love. ~ Sri Sathya Sai Baba
35. There is only one language; the language of the Heart. ~ Sri Sathya Sai Baba
36. There is only one caste; the caste of Humanity. ~ Sri Sathya Sai Baba
37. There is only one God, He is Omnipresent. ~ Sri Sathya Sai Baba
38. All religions teach one basic discipline - the removal of the blemish of egoism from the mind, and of running after trivial joys. ~ Sri Sathya Sai Baba
39. Every religion teaches man to fill his being with the Glory of God, and evict the pettiness of conceit. It trains him in methods of detachment and discrimination, so that he may aim high and attain liberation.  
~ Sri Sathya Sai Baba
40. Believe that all hearts are motivated by the one God; that all faiths glorify Him alone; that all names in all languages and all forms man can conceive denote the one Supreme Being; His adoration is best done by means of love. ~ Sri Sathya Sai Baba
41. Cultivate that Eka-bhava (attitude of Oneness), between men of all creeds, all countries and all continents. That is the message of love, I bring. That is the message I wish you to take to heart.  
~ Sri Sathya Sai Baba
42. Let the different faiths exist, let them flourish; let the glory of God be sung in all languages in a variety of tunes. ~ Sri Sathya Sai Baba
43. Respect the differences between the faiths and recognize them as valid so far as they do not extinguish the flame of unity. ~ Sri Sathya Sai Baba
44. The AUM symbol in Hinduism means "Listen to the primeval Pranava 'AUM' resounding in your heart as well as in the heart of the universe." ~ Sri Sathya Sai Baba
45. The Cross symbol in Christianity means "Cut the 'I' feeling clean across and let your ego die on the cross, to endow on you eternity." ~ Sri Sathya Sai Baba
46. The wheel symbol in Buddhism means "Remember the wheel of cause and consequence, of deed and destiny and the wheel of Dharma that guides them all." ~ Sri Sathya Sai Baba
47. The star and crescent symbol in Islam means "Be like the star which never wavers from the crescent, but is fixed in steady faith." ~ Sri Sathya Sai Baba
48. The fire symbol in Zoroastrianism means "Offer all bitterness in the sacred fire and emerge grand, great and godly." ~ Sri Sathya Sai Baba



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49. Religion is of immense help in fostering the integral development of the human personality. It underlines the unity in diversity. True religion is the attainment of the purity of mind and heart.  
~ Sri Sathya Sai Baba
50. Every religion has its own precepts and principles. But no religion preaches hatred, untruth or unrighteousness. ~ Sri Sathya Sai Baba
51. You will not enter paradise until you have faith; and you will not complete your faith till you love one another. ~ Prophet Muhammed
52. Honour your mother and father, and love your neighbour as yourself. ~ Jesus Christ
53. Those people who love and sow in their hearts the seed of his Name, are liberated from death and birth again and again, and get salvation forever without pain. ~ Guru Nanak
54. All religions emphasize the human values and serve as beacons for the uplift of mankind. They all facilitate the manifestation of the divinity inherent in man. ~ Sai Baba
55. The truth proclaimed by all religions is one and the same. All have a common ultimate goal.  
~ Swami Vivekananda
56. All religions aim at promoting righteous conduct by transforming the attitude of man, thereby bringing about harmony. ~ Swami Vivekananda
57. The foundation of all religions is morality. Morality is equated with selfless love. Religions were thus instituted to foster the welfare of society through the promotion of love for all beings.  
~ Swami Vivekananda
58. Whenever you always do virtuous and righteous things, righteousness and virtue will always come to your life. So that is the true protection. ~ Supreme Master Ching Hai
59. Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself." ~ Rumi
60. Ask not of things to shed their veils. Unveil yourselves, and things will be unveiled.  
~ The Book of Mirdad
61. How much more infinite a sea is man? Be not so childish as to measure him from head to foot and think you have found his borders. ~ The Book of Mirdad
62. So think as if your every thought were to be etched in fire upon the sky for all and everything to see. For so, in truth, it is. ~ The Book of Mirdad
63. Character is how you treat those who can do nothing for you. ~ James D. Miles
64. God is not a creationist or a fundamentalist but set in motion the process of evolution. All ways of discovering truth are forms of worship. ~ James Bean
65. God gives every bird its food, but He does not throw it into its nest. ~ J.G. Holland



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66. Some persons, relying on the promise of 'tomorrow,' have wandered for years around that door, but 'tomorrow' never comes. My friend, the Sufi is the child of the present moment: to say 'tomorrow' is not our way. ~ Rumi
67. The average person considers their life boring or uninspiring because they've made little or no attempt to gain knowledge and information that will inspire them. ~ Dr. Joseph Dispenza
68. They're so hypnotized by their environment - through the media, through television, through unattainable ideals of physical appearance, beauty and valor that everybody struggles to become but cannot - that most people surrender and live their lives in mediocrity. ~ Dr. Joseph Dispenza
69. Only when you have come to know your true Self will you be fully known -- realizing at last that you are a child of the Living One. ~ Yeshua/Jesus
70. If, however, you never come to know who you truly are, you are a poverty-stricken being, and it is your 'self' which lies impoverished. ~ Yeshua/Jesus
71. When you discover for yourself, however dimly, that you are rooted in something that is infinitely vast potential, you have found the soil wherein you grow unconsciously into a most wonderful tree, the Tree of Life blended with knowledge. ~ Lord Mahavira
72. There is only one time when it is essential to awaken. That time is now. ~ Buddha
73. I tell you truly, your body was made not only to breathe, and eat, and think, but it was also made to enter the Holy Stream of Life. ~ Essene Gospel of Peace
74. And your ears were made not only to hear the words of men, the song of birds, and the music of falling rain, but they were also made to hear the Holy Stream of Sound.  
~ Essene Gospel of Peace
75. And your eyes were made not only to see the rising and setting of the sun, the ripple of sheaves of grain, and the words of the Holy Scrolls, but they were also made to see the Holy Stream of Light. ~ Essene Gospel of Peace
76. One day your body will return to the Earthly Mother; even also your ears and your eyes. But the Holy Stream of Life, the Holy Stream of Sound, and the Holy Stream of Light, these were never born, and can never die. ~ Essene Gospel of Peace
77. Enter the Holy Streams, even that Life, that Sound, and that Light which gave you birth; that you may reach the kingdom of the Heavenly Father and become one with him, even as the river empties into the far-distant sea. ~ Essene Gospel of Peace
78. More than this cannot be told, for the Holy Streams will take you to that place where words are no more, and even the Holy Scrolls cannot record the mysteries therein.  
~ Essene Gospel of Peace
79. Blind thine eyes, that is, to all save My beauty; stop thine ears to all save My Word; empty thyself of all learning save the knowledge of Me; that with a clear vision, a pure heart and an attentive Ear thou mayest enter the court of My holiness. ~ Bahá'u'lláh



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80. All the vibratory centers along the Earth's axis from pole to pole resounded His Call; the Earth trembled; the universe quivered in tune. Thus He made the whole world an instrument of sound, and an instrument for carrying messages, resounding praise to the Creator of all.  
~ Book of the Hopi
81. The person, who is in tune with the universe, becomes like a radio receiver through which the voice of the universe is transmitted. ~ Hazrat Khan
82. Have a sense of pride in your Motherland. Just as your mother has given birth to you, so too the land has given birth to you. Whatever country you belong to, you should have a sense of patriotism.  
~ Sri Sathya Sai Baba
83. You should not indulge in criticising other countries or people belonging to other nations.  
~ Sri Sathya Sai Baba
84. Never bring grief or sorrow to your country. To have pride in one's own motherland is important.  
~ Sri Sathya Sai Baba
85. Never have hatred towards any religion. Honour and respect all religions equally. Even as a citizen of your motherland, respect all countries and all religions equally. ~ Sri Sathya Sai Baba
86. Develop a sense of the brotherhood of man. Look upon each person as your own brother.  
~ Sri Sathya Sai Baba
87. There is only one caste, the caste of humanity. All of us belong to the human race, so everyone is equal. Therefore, love each one equally. ~ Sri Sathya Sai Baba
88. Keep your own house and its surroundings pure and clean. This practice will keep you healthy and benefit your worldly life. ~ Sri Sathya Sai Baba
89. Help the needy with food, clothing, and shelter. Help them become self-reliant where possible.  
~ Sri Sathya Sai Baba
90. Be examples of honesty. Do not participate in any corruption such as bribery. ~ Sri Sathya Sai Baba
91. We must seek ways to solve difficulties such as hatred, envy, and jealousy. To curb this sense of envy and jealousy, we must develop a broader outlook. ~ Sri Sathya Sai Baba
92. Follow your cultural and religious customs in your own home, but do not attempt to impose them on society. Rather than this, love each person as your own brother, not seeing him as belonging to another creed, religion, or country. ~ Sri Sathya Sai Baba
93. Develop self-reliance. ~ Sri Sathya Sai Baba
94. Observe your country's laws and be exemplary citizens. ~ Sri Sathya Sai Baba
95. You must love God and avoid sin. Love God incessantly. As long as you keep committing sins, God will never be yours. ~ Sri Sathya Sai Baba



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96. Our physical and astral bodies, our Indriyas and the mind, all have Sound as their basis. As we penetrate deep into them they only lead us to Sound. As we analyze our individual existence, it takes us to Sound before we reach the transcendent Self. ~ Sri Swami Sivananda
97. The Great Creative Current flows outwards and downwards to create, govern and sustain all regions. ~ Julian P. Johnson
98. A thing of great importance to us is that the music of this ever-flowing current [Audible Life Stream], the stream of life, can be heard by a real Master and also by his students who have advanced even a little on the Path. ~ Julian P. Johnson
99. The qualities (natural tendencies) of the sense organs draw us upward (by withdrawing consciousness) from the darkness to the realms of Light and Sound.  
~ Swami Sant Sevi Ji Maharaj
100. As long as we sleep the sleep of oblivion, we will not be likely to hear when we are called. Awake, we may hear ourselves called to attention by the soft-spoken Voice of the Spirit.  
~ Psalm 46: 10
101. In order to hear this inner Voice and gain spiritual perception, masters and mystics instruct us to, "Be still and know that I am God. ~ Psalm 46: 10
102. When our noisy ego-thoughts come to an end, then, in the silence of meditation we hear the Voice of God speaking in our souls. ~ The Other Bible
103. Some type of contemplative spiritual practice (meditation, listening) is absolutely essential if one is to experience awakening and awareness of the spiritual world. ~ The Other Bible
104. Give ear; withdraw your souls from all that appears but is not truly real; close these eyes of yours, close your ears, withdraw from actions that are outwardly seen; and you shall know the reality of Christ and the whole secret of your salvation. ~ The Other Bible
105. The soul's spiritual senses begin to perceive in the heavenly realms. One becomes progressively more and more receptive to the heavenly Sound and Light with the eyes and ears of the soul.
106. Prayer turns into astonishment and wonder at the appearance of the Light of the Godhead, for all the chambers of the heart are filled with Light. The soul discovers that it is a Light inhabiting a Kingdom of Light. ~ Saying Two of the Gospel of Thomas
107. When the Father, who alone is good, visits the heart, he makes it holy and fills it with Light. And so a person who has such a heart is called 'blessed,' for that person will see God. ~ Valentinus
108. A Light of utmost splendor glows on the eyes of my soul. Therein have I seen the inexpressible ordering of all things, and recognized God's unspeakable glory - that incomprehensible wonder - the tender caress between God and the soul ... ~ Mechthild of Magdeburg
109. Let the different faiths exist, let them flourish, and let the glory of God be sung in all the languages and a variety of tunes. ~ Sri Sathya Sai Baba
110. Respect the differences between the faiths and recognize them as valid as long as they do not extinguish the flame of unity. ~ Sri Sathya Sai Baba



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111. I have come to tell you of this Universal unitary faith, this Atmic principle (principle of the spirit), this path of love, this Dharma of Prema (nature of love), this duty of love, this obligation to love.  
~ Sri Sathya Sai Baba
112. I have come not to disturb or destroy any Faith, but to confirm each in his own Faith, so that the Christian becomes a better Christian, the Muslim a better Muslim and a Hindu a better Hindu.  
~ Sri Sathya Sai Baba
113. I have come to reconstruct the ancient highway to God; to instruct all in the essence of the scriptures, to shower on all this precious gift; to protect the Eternal Righteousness and to preserve it.  
~ Sri Sathya Sai Baba
114. Bear all and do nothing; Hear all and say nothing; Give all and take nothing; Serve all and be nothing. ~ Sri Sathya Sai Baba
115. The inner Master within ourselves will never leave us. We should rely on Her, who is our own Master, our real Self, our original Nature. ~ Supreme Master Ching Hai
116. Every time we extend loving kindness, tolerance, and understanding to others, at that time we create Heaven. ~ Supreme Master Ching Hai
117. The job of servicing others, of course, does not earn any interest or salary. But we have the honor to serve the sentient beings. The job itself means the highest reward and honor.  
~ Supreme Master Ching Hai
118. The outcome of spiritual practice is not just spiritual enlightenment; it's not just individual happiness and blissfulness; it's worldly development as well. ~ Supreme Master Ching Hai
119. Meditation is also work. At that time, we are getting our spirit's food supply and energy replenished for us to go out and fight again tomorrow. ~ Supreme Master Ching Hai
120. We should try our best to do our part and not lower ourselves in order to please others.  
~ Supreme Master Ching Hai
121. It is best that you practice diligently, truly review the inner self and also concentrate on the inner self at all times. ~ Supreme Master Ching Hai
122. We cannot acquire humility overnight. We need to meditate and keep reminding ourselves to be true in recognizing our own faults. Only then will we be able to respect others.  
~ Supreme Master Ching Hai
123. We should rise to the noble position of a saint. And to do that we must possess compassion, love, understanding and unselfish sacrifice at all times. ~ Supreme Master Ching Hai
124. During meditation, if we can concentrate all our attention on one point, and put all problems in front of it, then they can be solved immediately. ~ Supreme Master Ching Hai
125. Our power is great, but we never use it. If we do not use our power by concentrating on it, then it seems we do not have any power at all. ~ Supreme Master Ching Hai



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126. When we observe someone very cheerful in spirit, we know that he has greater wisdom, less arrogance and is very magnanimous. This shows that he is closer to the level of the saints, the Buddhas and Bodhisattvas. ~Supreme Master Ching Hai
127. If we are prepared at all times, we can immediately turn around and change ourselves under any circumstances. In this way our minds will not attach anywhere. We will not be overthrown by any situation. ~Supreme Master Ching Hai
128. Until we know everything we'd better not accuse, blame, or criticize anything, because God is very wise. ~Supreme Master Ching Hai
129. When God makes everything, it's for some purpose. It's just that we don't know. ~Supreme Master Ching Hai
130. The most important thing in this life, in our practice principle is loving others, loving ourselves. ~Supreme Master Ching Hai
131. Liberate yourself from all hatred, prejudices, criticizing attitudes, and negative thinking, because these are the negative things, the burdens that bind us to this physical world or within the three worlds. ~Supreme Master Ching Hai
132. When we are simple and positive at heart, we view things to be positive, comfortable and beautiful. ~Supreme Master Ching Hai
133. Don't be so frustrated, just live every moment with all your heart. Whatever you have to do, do it with total devotion. Have faith in God and the grand plan of the entire universe. ~ Supreme Master Ching Hai
134. The organizing ability of human beings can never surpass God's will. If we are not sincere, do not practice spiritually, and are impure in our actions, speech and thought, then no matter how well we plan, it just won't work. ~ Supreme Master Ching Hai
135. Don't become a sulky Buddha; always be cheerful, be optimistic. ~ Supreme Master Ching Hai
136. If we force ourselves to be optimistic, eventually we will become optimistic. Unless we compel ourselves to advance, no one else can help us. ~ Supreme Master Ching Hai
137. The future is in our hands really. We have to make choices, because that's how we grow, by making good choices. ~ Supreme Master Ching Hai
138. We should always do things in a humble way, like the first time you ever had the honor to do it and like the last time you'll ever have the chance to do it, then I think we have never any problem. ~ Supreme Master Ching Hai
139. If we keep reminding ourselves of what we have done for others, we will be merely doing business transactions like the worldly merchants, and not truly giving selflessly. ~ Supreme Master Ching Hai
140. We should not like or desire anything of this world. If we do then we would cling on to it. Our hearts should not be attached to anything. ~ Supreme Master Ching Hai



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141. When a person is enlightened, he rediscovers his own greatness and inner glory, and he will be satisfied forever. This is the best way to improve our shortcomings and satisfy our desires.  
~ Supreme Master Ching Hai
142. It is very, very important that you come to meditate together because the power is greater; and you sit longer and are more stable when you are in the company of others. That's why Jesus said, 'When two or more sit together in my name, I am with them.'  
~ Supreme Master Ching Hai
143. We can succeed in anything we do only with God's blessing. The more we understand this, the more we will be humble, be grateful to God and our ego will diminish.  
~ Supreme Master Ching Hai
144. Gentleness always defeats toughness in this world; the more tender, formless or supple, the greater the power. ~ Supreme Master Ching Hai
145. What is meant by "enduring insults"? It means to be able to see clearly, in whatever situation, that it is our own karma, and not other's fault. ~ Supreme Master Ching Hai
146. "Death" is not to be feared. At the time of death, we only fear that we have not learnt our lessons. ~ Supreme Master Ching Hai
147. Just do things naturally, with no expectations, nothing! Not just by doing them but by acting intelligently and unconditionally, casually and naturally. ~ Supreme Master Ching Hai
148. Actually enlightenment comes by practice and in dealing with other people.  
~ Supreme Master Ching Hai
149. God's loving power exists forever, and is always surrounding us. ~ Supreme Master Ching Hai
150. There's no such thing as a fixed future. If we're connected with God's Grace, we can change everything. ~ Supreme Master Ching Hai
151. An inferiority complex is very harmful to you, and is the greatest obstacle.  
~ Supreme Master Ching Hai
152. Punishment comes from us, from our own conscience. ~ Supreme Master Ching Hai
153. Everything beautiful, virtuous, and truthful is an expression of the Divine.  
~ Supreme Master Ching Hai
154. The only way for us to survive in this world is to love each other, to have peace within ourselves. ~ Supreme Master Ching Hai
155. Possession is not important, contentedness is. Be contented in any situation, and problems will be kept away. ~ Supreme Master Ching Hai
156. There is a higher level or superior quality called 'love'. ~ Supreme Master Ching Hai
157. When we are pushed into a situation, we realize our wisdom. ~ Supreme Master Ching Hai



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158. There is a higher law than cause and effect. That is the law of love, forgiveness and compassion.  
~ Supreme Master Ching Hai
159. Being quiet doesn't mean being empty of everything. Just be quiet in order for pure Intelligence to appear. ~ Supreme Master Ching Hai
160. Whatever we can share, let's begin. And then more love will pour into our consciousness.  
~ Supreme Master Ching Hai
161. You should not fear anything in this world; you need only fear that your wisdom is not developed enough. ~ Supreme Master Ching Hai
162. We turn lessons into punishments; that's why we are so unhappy. ~ Supreme Master Ching Hai
163. Great people are very humble. When we are not humble, we are not great.  
~ Supreme Master Ching Hai
164. If you are united with the whole universe of which you are a part, you are strong.  
~ Supreme Master Ching Hai
165. True repentance is correcting what you do, doing it well, and then doing it better.  
~ Supreme Master Ching Hai
166. Just remember God even if you don't see God. Just remember so that you can go directly to Heaven. ~ Supreme Master Ching Hai
167. Within the bad there exists the good. Just like roses have thorns, we can't always look at the thorns, we must gaze at the rose. ~ Supreme Master Ching Hai
168. What is meditation? Meditation is worship and adoration. When you are in harmony with the Divine, that is worship. ~ Swami Omkarananda
169. Every speck of space is filled with the infinite Power and Glory of the Divine. Every atom is charged with its Love and Ecstasy. ~ Swami Omkarananda
170. Absolute Peace and absolute Beauty are the two eyes of the Absolute, which is Being-Consciousness-Bliss. ~ Swami Omkarananda
171. The more we are conscious of God's presence in daily life, the more intense is the fullness of the joy we experience. ~ Swami Omkarananda
172. God means infinitely more to our existence than the light of the sun means to the plants and trees. ~ Swami Omkarananda
173. The realm of Bliss belongs to those who give up their assumed separation from God and seek refuge in His perfections. ~ Swami Omkarananda
174. How to know God? By being still. How to be still? By practice of meditation.  
~ Swami Omkarananda



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175. Meditation is the art of being still in body, in mind, in heart, in will, in the entire inner being, and enabling the higher Divine Consciousness in us to have direct, immediate perception of God. ~ Swami Omkarananda
176. Seek the Infinite, for that alone is Joy unlimited, imperishable, unending, self-sustaining, unconditioned, timeless. ~ Swami Omkarananda
177. When you have this Joy, the Light, the Grace, the Power, the Perfections of your supreme inner Consciousness appear in your outer everyday life. ~ Swami Omkarananda
178. The perception of the one Life Principle or God, in all, the merging of the personal self in the Divine Self of all creatures, great and small, is the ultimate meaning and end of life.  
~ Swami Omkarananda
179. To rise from this world of limitations while yet breathing on earth into the boundless world of Freedom and Beauty, Power and Joy, is the purpose of our brief, but meaningful existence.  
~ Swami Omkarananda
180. Every phase of life has in it some poetry. ~ Swami Omkarananda Saraswati
181. Every facet of life is aglow with the eternal Energy and Light of the infinite Truth.  
~ Swami Omkarananda Saraswati
182. Every circumstance of life is rich with the splendour of spiritual glory.  
~ Swami Omkarananda Saraswati
183. The whole world is throbbing with the divine Consciousness that is the source, the soil and the fulfilment of all that is. ~ Swami Omkarananda Saraswati
184. Man's primary duty consists in knowing, and being in harmony with, this all-pervading, all-sustaining, infinite Light of the supreme Reality, Being, Existence, Consciousness.  
~ Swami Omkarananda Saraswati
185. To a mind that is still, the whole universe surrenders. ~ Chuang Tzū
186. If you correct the mind, the rest of your life will fall into place. ~ Lao Tzu
187. Your strength is in your calmness, in the clarity of your mind. ~ Yogi Amrit Desai
188. Strength comes from putting the negative aside without reacting. ~ Yogi Amrit Desai
189. Win in calmness, in consciousness, in balance. Win without fighting. ~ Yogi Amrit Desai
190. We have stopped for a moment to encounter each other, to meet, to love, to share.  
~ Deepak Chopra
191. This is a precious moment, but it is transient. It is a little parenthesis in eternity.  
~ Deepak Chopra
192. If we share with caring, lightheartedness, and love, we will create abundance and joy for each other. And then this moment will have been worthwhile. ~ Deepak Chopra



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193. Meditation is not a way of making your mind quiet. It's a way of entering into the quiet that's already there buried under the 50,000 thoughts the average person thinks every day.  
~Deepak Chopra
194. When you arise in the morning, give thanks for the morning light, for your life and strength. Give thanks for your food, and the joy of living. Give thanks for all that is.  
~ Tecumseh Shawnee Chief
195. It is only when we have the courage to face things exactly as they are, without any self-deception or illusion, that a light will develop out of events, by which the path to success may be recognized. ~ I Ching
196. Since you alone are responsible for your thoughts, only you can change them.  
~ Paramahansa Yogananda
197. Start now to think only those thoughts that will bring you health and happiness.  
~ Paramahansa Yogananda
198. Each day is a different one, each day brings a miracle of its own. It's just a matter of paying attention to this miracle. ~ Paulo Coelho
199. You find peace not by rearranging the circumstances of your life, but by realizing who you are at the deepest level. ~ Eckhart Tolle
200. God makes a way where there is no way. Every step is on the path. ~ Lao Tzu
201. Every creature is a word of God. ~ Meister Eckhart
202. People forget what you say, they forget what you did, but they never forget how you made them feel. ~ Maya Angelou
203. O' Great Spirit, help me always to speak the truth quietly, to listen with an open mind when others speak, and to remember the peace that may be found in silence. ~ Cherokee Prayer
204. You are not separate from nature. We are all part of the One Life that manifests itself in countless forms throughout the universe, forms that are all completely interconnected.  
~ Eckhart Tolle.
205. When you recognize the sacredness, the beauty, the ... incredible stillness and dignity in which a flower or the tree exists, you add something to the flower or the tree. ~ Eckhart Tolle.
206. Through your recognition, your awareness, nature too comes to know itself. It comes to know its own beauty and sacredness through you! ~ Eckhart Tolle.
207. Every day, think as you wake up, "Today I am fortunate to have woken up. I am alive, I have a precious human life. I am not going to waste it." ~ The Dalai Lama
208. Today ... I am going to use all my energies to develop myself, to expand my heart out to others, to achieve enlightenment for the benefit of all beings. ~ The Dalai Lama



## Aphorisms of Masters and Spiritual Teachers

209. Today ... I am going to have kind thoughts towards others, I am not going to get angry, or think badly about others. I am going to benefit others as much as I can. ~ The Dalai Lama
210. Meditation is not a way of making your mind quiet. It's a way of entering into the quiet that's already there buried under the 50,000 thoughts the average person thinks every day.  
~ Deepak Chopra
211. The only way out is.....in. ~ Les Brown
212. Once you realize that the road is the goal and that you are always on the road, not to reach a goal, but to enjoy its beauty and its wisdom, life ceases to be a task and becomes natural and simple, in itself an ecstasy. ~ Nisargadatta Maharaj
213. The quieter you become, the more you can hear. ~ Baba Ram Dass
214. Believe in love's infinite journey, for it is your own, for you are love. Love is life. ~ Rumi
215. The very purpose of religion is to control yourself, not to criticize others. ~ The Dalai Lama
216. How much am I doing about my anger? About my attachment, about my hatred, about my pride, my jealousy? These are the things which we must check in daily life. ~ The Dalai Lama
217. The authentic self is the best part of a human being. It's the part of you that already cares, that is already passionate about evolution. ~ Andrew Cohen
218. When your authentic self miraculously awakens and becomes stronger than your ego, then you will truly begin to make a difference in this world. ~ Andrew Cohen
219. Meditation brings wisdom: lack of meditation leaves ignorance. ~ Gautama Buddha
220. Know well what leads you forward and what holds you back ... and choose the path that leads to wisdom. ~ Gautama Buddha
221. Treat all things as if they were loaned to you without any ownership - whether body or soul, senses or strength, house or home ... everything. ~ Meister Eckhart
222. Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inner peace for anything whatsoever, even if your whole world seems upset. ~ St. Francis de Sales
223. For all the experiences in life that come our way, one of our greatest gifts is the power to transform circumstances into blessings. God makes a way where there is no way. ~ Lao Tzu
224. In respecting all living things, I respect Myself. 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.  
~ Paramahansa Yogananda ~
225. Acknowledging the good that you already have in your life is the foundation for all abundance.  
~ Eckhart Tolle
226. To see God in everyone and every being is the sign of true humanity. ~ Swami Muktananda



## Aphorisms of Masters and Spiritual Teachers

227. Teach this triple truth to all: A generous heart, kind speech, and a life of service and compassion are the things which renew humanity. ~ Prince Gautama Siddhartha
228. Whenever you want to achieve something, keep your eyes open, concentrate and make sure you know exactly what it is you want. No one can hit their target with their eyes closed.  
~ Paulo Coelho
229. There are two mistakes one can make along the road to truth...not going all the way, and not starting. ~ Buddha
230. Kindness and friendliness hold love. ~ Gurumayi Chidvilasananda
231. Gentleness and tenderness offer love. ~ Gurumayi Chidvilasananda
232. Generosity and altruism sustain love. ~ Gurumayi Chidvilasananda
233. Courtesy and respect convey love. ~ Gurumayi Chidvilasananda
234. Perceive the face of love on this earth. ~ Gurumayi Chidvilasananda
235. Grace comes into the soul, as the morning sun into the world: first a dawning, then a light, and at last the sun in his full and excellent brightness. ~ Thomas Adams
236. Meditation speaks. It speaks in silence. It reveals. It reveals to the aspirant that matter and spirit are one... It reveals that life can never be the mere existence of seventy or eighty years between birth and death, but is, rather, Eternity itself. ~ Sri Chinmoy
237. To hold, you must first open your hand, and let go. ~ Lao Tzu
238. The road of life twists and turns and no two directions are ever the same. Yet our lessons come from the journey, not the destination. ~ Don Williams, Jr.
239. There are always flowers for those who want to see them. ~ Henri Matisse
240. The message behind the words is the voice of the heart. ~ Rumi
241. We all have a divine mission on earth. Let that mission be to inspire love and embrace the light within. ~ Micheal Teal
242. Let [our] mission be to have peace in our hearts as we create heaven on earth. ~ Micheal Teal
243. Let [our] mission be to seek empowerment through transformation and to breathe joy into everything we do. ~ Micheal Teal
244. Meditate. Live purely. Be quiet. Do your work with mastery. Like the moon, come out from behind the clouds.....Shine! ~ Gautama Buddha
245. Knowledge of the self is the mother of all knowledge. So it is incumbent on me to know my self, to know it completely, to know its minutiae, its characteristics, its subtleties, and its very atoms. ~ Kahlil Gibran



## Aphorisms of Masters and Spiritual Teachers

246. To make the right choices in life, you have to get in touch with your soul. To do this, you need to experience solitude, which most people are afraid of, because in the silence you hear the truth and know the solutions. ~ Deepak Chopra
247. If you are really not aware that god is constantly hunting for you, then pay close attention to every breath you take. ~ Rumi
248. A tree is known by its fruit; a man by his deeds. ~ St. Basil
249. A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love. ~ St. Basil
250. An ant on the move does more than a dozing ox. ~ Lao Tzu
251. Do the difficult things while they are easy and do the great things while they are small. A journey of a thousand miles must begin with a single step. ~ Lao Tzu
252. He who controls others may be powerful, but he who has mastered himself is mightier still. ~ Lao Tzu
253. If you do not change direction, you may end up where you are heading. ~ Lao Tzu
254. At the center of your being you have the answer; you know who you are and you know what you want. ~ Lao Tzu
255. The Way of Heaven is to benefit others and not to injure. The Way of the sage is to act but not to compete. ~ Lao Tzu
256. To know that you do not know is the best. To pretend to know when you do not know is a disease. ~ Lao Tzu
257. He who knows others is wise; he who knows himself is enlightened. ~ Lao Tzu
258. Nature does not hurry, yet everything is accomplished. ~ Lao Tzu
259. A good traveller has no fixed plans, and is not intent on arriving. ~ Lao Tzu
260. Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love. ~ Lao Tzu
261. Nothing is softer or more flexible than water, yet nothing can resist it. ~ Lao Tzu
262. He who is contented is rich. ~ Lao Tzu
263. When you are content to be simply yourself and don't compare or compete, everybody will respect you. ~ Lao Tzu
264. Love is of all passions the strongest, for it attacks simultaneously the head, the heart and the senses. ~ Lao Tzu



## Aphorisms of Masters and Spiritual Teachers

265. Being deeply loved by someone gives you strength, while loving someone deeply gives you courage. ~ Lao Tzu
266. I have just three things to teach: simplicity, patience, compassion. These three are your greatest treasures. ~ Lao Tzu
267. To the mind that is still, the whole universe surrenders. ~ Lao Tzu
268. There is no calamity greater than lavish desires. There is no greater guilt than discontentment. And there is no greater disaster than greed. ~ Lao Tzu
269. Mastering others is strength. Mastering yourself is true power. ~ Lao Tzu
270. Those who know don't talk. Those who talk don't know. ~ Lao Tzu
271. The truly great man dwells on what is real and not what is on the surface. ~ Lao Tzu
272. Ask yourself constantly, "What is the right thing to do?" ~ Confucius
273. Behave towards everyone as if receiving a great guest. ~ Confucius
274. The more man meditates upon good thoughts, the better will be his world and the world at large. ~ Confucius
275. It does not matter how slowly you go, as long as you do not stop. ~ Confucius
276. Silence is the true friend that never betrays. ~ Confucius
277. Cancelled.
278. Everything has its beauty but not everyone sees it. ~ Confucius
279. Respect yourself and others will respect you. ~ Confucius
280. To see what is right and not to do it is want of courage. ~ Confucius
281. When anger rises, think of the consequences. ~ Confucius
282. By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest. ~ Confucius
283. Life is really simple, but we insist on making it complicated. ~ Confucius
284. Our greatest glory is not in never falling, but in rising every time we fall. ~ Confucius
285. Success depends upon previous preparation, and without such preparation there is sure to be failure. ~ Confucius
286. When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps. ~ Confucius



## Aphorisms of Masters and Spiritual Teachers

287. Those who are firm, enduring, simple and unpretentious are the nearest to virtue. ~ Confucius
288. Forget injuries, never forget kindnesses. ~ Confucius
289. The gem cannot be polished without friction, nor man perfected without trial. ~ Confucius
290. The perfecting of one's self is the fundamental base of all progress and all moral development. ~ Confucius
291. If one learns from others, but does not think, one will be bewildered. If, on the other hand, one thinks but does not learn from others, one will be in peril. ~ Confucius
292. Learning without thought is labor lost. Thought without learning is perilous. ~ Confucius
293. Do not impose on others what you yourself do not desire. ~ Confucius
294. Review the old and deducing the new makes a teacher. ~ Confucius
295. To put the world right in order, we must first put the nation in order; to put the nation in order, we must first put the family in order; to put the family in order, we must first cultivate our personal life; we must first set our hearts right. ~ Confucius
296. This equilibrium is the great root from which grow all the human actions in the world, and this harmony is the universal path which they all should pursue. ~ Confucius
297. To practice five things under all circumstances constitutes perfect virtue; these five are gravity, generosity of soul, sincerity, earnestness, and kindness. ~ Confucius
298. If you want others to be happy, practice compassion. If you want to be happy, practice compassion. ~ The Dalai Lama
299. Sometimes one creates a dynamic impression by saying something, and sometimes one creates as significant an impression by remaining silent. ~ The Dalai Lama
300. Where ignorance is our master, there is no possibility of real peace. ~ The Dalai Lama
301. When I meet people from other cultures I know that they too want happiness and do not want suffering, this allows me to see them as brothers and sisters. ~ The Dalai Lama
302. This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness. ~ The Dalai Lama
303. Love and compassion are necessities, not luxuries. Without them humanity cannot survive. ~ The Dalai Lama
304. When we feel love and kindness towards others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace. ~ The Dalai Lama
305. It is felt that a disciplined mind leads to happiness and an undisciplined mind leads to suffering, and in fact it is said that bringing about discipline within one's mind is the essence of the Buddha's teaching. ~ The Dalai Lama



## Aphorisms of Masters and Spiritual Teachers

306. We are born and reborn countless number of times, and it is possible that each being has been our parent at one time or another. Therefore, it is likely that all beings in this universe have familial connections. ~ The Dalai Lama
307. One can overcome the forces of negative emotions, like anger and hatred, by cultivating their counter forces, like love and compassion. ~ The Dalai Lama
308. It is very important to generate a good attitude, a good heart, as much as possible. From this, happiness in both the short term and the long term for both yourself and others will come. ~ The Dalai Lama
309. Compassion and tolerance are not a sign of weakness, but a sign of strength. ~ The Dalai Lama
310. If you don't love yourself, you cannot love others. You will not be able to love others. If you have no compassion for yourself then you are not able of developing compassion for others. ~ The Dalai Lama
311. With realization of one's own potential and self-confidence in one's ability, one can build a better world. ~ The Dalai Lama
312. In the present circumstances, no one can afford to assume that someone else will solve their problems. Every individual has a responsibility to help guide our global family in the right direction. Good wishes are not sufficient; we must become actively engaged. ~ The Dalai Lama
313. Human beings are of such nature that they should have not only material facilities but spiritual sustenance as well. Without spiritual sustenance, it is difficult to get and maintain peace of mind. ~ The Dalai Lama
314. Whether one believes in a religion or not, and whether one believes in rebirth or not, there isn't anyone who doesn't appreciate kindness and compassion. ~ The Dalai Lama
315. By bringing about a change in our outlook toward things and events, all phenomena can become sources of happiness. ~ The Dalai Lama
316. Nonviolence is the greatest force at the disposal of mankind. It is mightier than the mightiest weapon of destruction devised by the ingenuity of man. ~ Mahatma Gandhi
317. In the attitude of silence the soul finds the path in a clearer light, and what is elusive and deceptive resolves itself into crystal clearness. ~ Mahatma Gandhi
318. One needs to be slow to form convictions, but once formed they must be defended against the heaviest odds. ~ Mahatma Gandhi
319. Always aim at complete harmony of thought and word and deed. Always aim at purifying your thoughts and everything will be well. ~ Mahatma Gandhi
320. Whenever you have truth it must be given with love, or the message and the messenger will be rejected. ~ Mahatma Gandhi
321. Adaptability is not imitation. It means power of resistance and assimilation. ~ Mahatma Gandhi



## Aphorisms of Masters and Spiritual Teachers

322. It is unwise to be too sure of one's own wisdom. It is healthy to be reminded that the strongest might weaken and the wisest might err. ~ Mahatma Gandhi
323. You must be the change you wish to see in the world. ~ Mahatma Gandhi
324. A man is but the product of his thoughts what he thinks, he becomes. ~ Mahatma Gandhi
325. An ounce of practice is worth more than tons of preaching. ~ Mahatma Gandhi
326. Before the throne of the Almighty, man will be judged not by his acts but by his intentions. For God alone reads our hearts. ~ Mahatma Gandhi
327. Constant development is the law of life, and a man who always tries to maintain his dogmas in order to appear consistent drives himself into a false position. ~ Mahatma Gandhi
328. Each one has to find his peace from within. And peace to be real must be unaffected by outside circumstances. In a gentle way, you can shake the world. ~ Mahatma Gandhi
329. Purity of personal life is the one indispensable condition for building up a sound education. ~ Mahatma Gandhi
330. There is nothing that wastes the body like worry, and one who has any faith in God should be ashamed to worry about anything whatsoever. ~ Mahatma Gandhi
331. Truth is by nature self-evident. As soon as you remove the cobwebs of ignorance that surround it, it shines clear. ~ Mahatma Gandhi
332. Whatever you do will be insignificant, but it is very important that you do it. ~ Mahatma Gandhi
333. Strength does not come from physical capacity. It comes from an indomitable will. ~ Mahatma Gandhi
334. When the mind is transcended, the supermental consciousness steps in of itself. ~ Mouni Sadhu
335. Saints and mystics have developed considerable degrees of concentration and ability to exclude the mind's activities from the field of awareness. ~ Mouni Sadhu
336. Although all kinds of mental and emotional vibrations are present around us at all times, men usually respond to those most familiar to them, just as different radio receivers have varying ranges of reception. ~ Mouni Sadhu
337. To the Master the physical world of phenomena is unreal. ~ Mouni Sadhu
338. This Self-Consciousness of the Spirit, Atman, God, or Self is the only reality and the only goal that has to be reached. ~ Mouni Sadhu
339. An omnipotent but unknown power lies latent in every one of us. ~ Mouni Sadhu
340. The mind is a power, and when controlled and directed, its force and subtlety are apparently unlimited. ~ Mouni Sadhu



## Aphorisms of Masters and Spiritual Teachers

341. Whoever has made peace in himself thereby possess power. ~ Mouni Sadhu
342. The mind, devoid of its passions, becomes like a well-tamed animal, obedient, useful, more productive and more exact. ~ Mouni Sadhu
343. You and your mind, together with all its thinking processes are two, never one. ~ Mouni Sadhu
344. If a sage is incarnate, all the powers of the mind are also at his disposal, although he is always reluctant to use them. ~ Mouni Sadhu
345. When the mind is stilled there is no desire to think any more. We become free when there are no clouds covering the horizon of our purified consciousness. ~ Mouni Sadhu
346. Learn to think, when you are compelled to, or when you meditate or try to solve a complicated problem, without forming words and repeating them in your mind. ~ Mouni Sadhu
347. A constant attitude of understanding of every being you encounter on your path is also of great assistance for the purification and stabilization of your meditation. ~ Mouni Sadhu
348. The power that allows us to reach one-pointedness in our mind is called: attention, or interest in a particular subject. ~ Mouni Sadhu
349. The world and ourselves are co-related and bound together, until we set ourselves free from all relativity in the world of unique reality - the eternal illimitable Samadhi. ~ Mouni Sadhu
350. The true Self will not be discovered, but it will transform you utterly in that Self.  
~ Mouni Sadhu
351. There are signs which indicate that our meditation is really leading us to samadhi, when we are free from all thought of the body and of the 'ego', and when thoughts and feelings are stilled.  
~ Mouni Sadhu
352. Today, more than ever before, life must be characterized by a sense of Universal responsibility, not only nation to nation and human to human, but also human to other forms of life.  
~ The Dalai Lama
353. While we try to teach our children all about Life; Our children Teach us what Life is about.  
~ Angela Schwindt
354. If we understood the power of our thoughts, we would guard them more closely. ~ Bettie Eadie
355. If we understood the awesome power of our words, we would prefer silence to almost anything negative. ~ Bettie Eadie
356. In our thoughts and words we create our own weaknesses and our own strengths. ~ Bettie Eadie
357. Our limitations or joys begin in our hearts. ~ Bettie Eadie
358. The present moment is filled with joy and happiness. If you are attentive, you will see it.  
~ Thich Nhat Hanh



## Aphorisms of Masters and Spiritual Teachers

359. Walk as if you are kissing the Earth with your feet. ~ Thich Nhat Hanh
360. The only journey is the journey within. ~ Rainer Maria Rilke
361. Oh Enlightened One, surely Friendship is part of this path. Nay, Ananda, say not that friendship is part of this path; friendship is the whole path! ~ Buddhist Sutra
362. Each species is a masterpiece, a creation assembled with extreme care and genius.  
~ Edward O. Wilson
363. Put your thoughts to sleep, do not let them cast a shadow over the moon of your heart. Let go of thinking. ~ Rumi
364. Love is seeing God in the person next to us, and meditation is seeing God within us.  
~ Sri Sri Ravi Shankar
365. To a mind that is still, the whole universe surrenders. ~ Chuang Tzū
366. Beauty is before me, and beauty is behind me. Above and below me hovers the beautiful. I am surrounded by it. I am immersed in it. ~ Navajo Prayer
367. A humble heart is an empty heart - no obstacles, no ego, no arrogance, having no place to rely on. Only when it is empty, can it accept the precious things that a filled heart cannot contain.  
~ Supreme Master Ching Hai
368. Do not be angry with anyone else; look within your own self instead. ~ Guru Granth Sahib Ji
369. Those who have fallen in love with him, anger, lust and greed do not come near them.  
~ Guru V, Bihagara Rag
370. The body is dead without true love. ~ Guru III, Ramkali Rag
371. A life devoid of love is a flower blooming in the wilderness, with nobody to enjoy its fragrance.  
~ Kabirji, Gauri Rag
372. Due to false love and ego in my heart, I am caught in a whirlpool. ~ Guru V, Bihagara Rag
373. One in whose heart there is love, He attains salvation. ~ Guru III, Majh Rag
374. Get together, my brethren, and remove all misunderstandings through regard for each other.  
~ Guru V, Gauri Rag
375. The soul is immortal. ~ Guru V, Gauri Rag
376. The soul neither dies, nor can it be destroyed. ~ Guru V, Gauri Rag
377. Brave is he, who possessing strength displays it not, and lives in humble ways.  
~ Guru I, Majh Rag
378. He is brave, who fights for the down-trodden. ~ Kabirji, Shalokas



## Aphorisms of Masters and Spiritual Teachers

379. Only the brave person dies a worthy death, for he is accepted by the Lord after his death.  
~ Guru I, Vadhans Rag
380. He is brave in this world, who is coloured with the dye of His Nam. ~ Guru V, Jaitsari Rag
381. Nanak, he is the bravest of the brave, who hath overcome his inner ego. ~ Guru III, Shalokas
382. As you sow, so you shall reap; this body is the result of your actions. ~ Guru V, Jaitsri Rag
383. All your actions without remembering him, are as futile as decorations on a corpse.  
~ Guru V, Jaitsri Rag
384. Cursed be those actions, which are done without remembering the Lord. ~ Guru V, Gauri Rag
385. Foolish mind! Why do you grumble, when you are rewarded according to your own actions?  
~ Guru V, Gauri Rag
386. If your feet are limp, it is because of your own deeds. ~ Guru I, Asa Rag
387. I shall reap the fruit of my labour. ~ Guru I, Asa Rag
388. Whatsoever you sow, you shall reap the fruit thereof. ~ Guru I, Japji
389. We shall all have to render an account of our actions. ~ Guru I, Asa Rag
390. I have been separated from Thee due to my own actions, why should I blame others?  
~ Guru V, Majh Rag
391. He who sings His praises and does good actions will merge into Him. ~ Guru III, GauriI Rag
392. I am slave to him, who does good actions. ~ Guru III, Asa Rag
393. In the end, you will be judged according to your own actions. ~ Kabirji, Sorath Rag
394. Why blame other people? I have to blame my own actions; as I have acted so are the fruits.  
~ Guru I, Asa Rag
395. On the soil of your mind sow the seed of good actions; water this field with His Nam.  
~ Guru I, Sri Rag
396. Life devoid of good actions is all in vain. ~ Guru I, Sri Rag
397. Give up bad actions and only do good ones. ~ Guru, I, Sorath Rag
398. He who encroaches upon another's possessions, how long will his actions remain concealed?  
~ Guru V, Jaijavanthi Rag
399. Why delay doing good, delay if the action is evil. ~ Guru V, Jaijavanthi Rag



## Aphorisms of Masters and Spiritual Teachers

400. I ignoramus, why do you blaspheme God, When you are to get according to your own actions?  
~ Trilochanji, Dhanasri Rag
401. Our actions keep us far, or draw us near Him. ~ Guru I, Japji
402. As are one's deeds, so doth one gather the fruits thereof. ~ Guru V, Gauri Rag
403. In the whole wide world that I see around, nothing can be gained without good actions.  
~ Guru I, Japji
404. There can be no worship, without doing good actions. ~ Guru I, Japji
405. Without pleasing God all actions are worthless. ~ Guru V, Gauri Rag
406. All people are under One Sovereign, who holds them responsible for their actions.  
~ Guru I, Basant Rag
407. Divine knowledge ripeneth, by good acts. ~ Guru I, Majh Rag
408. Do good deeds, and get their reward. ~ Kabirji, Asa Rag
409. If you sing God's glory, all your undertakings will bear fruit. ~ Guru V, Kalyan Rag
410. He alone fears who practices sin, the virtuous is ever happy; Why should we fear anybody,  
When we know the Lord is just? ~ Guru III, Sri Rag
411. He, who is pure of heart, is devoid of all fear. ~ Guru IV, Bihagara Rag
412. He, who remembers the Fearless, has all his fears destroyed. ~ Guru V, Gauri Rag
413. Fear of sin and suffering do not come near those, who remember God's Name.  
~ Guru V, Bihagara Rag
414. By worshipping God, all fears are destroyed. ~ Guru V, Sorath Rag
415. We are born of woman, we are conceived in the womb of woman, we are engaged and married  
to woman. We make friendship with woman and the lineage continued because of woman.  
~ Guru Granth Sahib Ji
416. They are not said to be husband and wife, who merely sit together. Rather they alone are called  
husband and wife, who have one soul in two bodies. ~ Guru Granth Sahib Ji
417. Thou O Lord, art my Father and Thou my Mother. Thou art the Giver of peace to my soul and  
very life. ~ Guru Granth Sahib Ji,
418. If thou seekest thy God, break not the heart of another. ~ Farid
419. He, who harbours envy against another, never gathers good. He's followed by no one and he  
wails ever in the wilderness. ~ Shloka M. 4



## Aphorisms of Masters and Spiritual Teachers

420. They, who destroy life by force and deem it sanctified, what will their state be, when God turns them out of His Court? ~ Kabir
421. If a man who enjoys a lesser happiness beholds a greater one, let him leave aside the lesser to gain the greater. ~ Buddha
422. It is better to conquer yourself than to win a thousand battles. Then the victory is yours. It cannot be taken from you, not by angels or by demons, heaven or hell. ~ Buddha
423. There is nothing so disobedient as an undisciplined mind, and there is nothing so obedient as a disciplined mind. ~ Buddha
424. What we are today comes from our thoughts of yesterday, and our present thoughts build our life of tomorrow: Our life is the creation of our mind. ~ Buddha
425. Better than a thousand hollow words, is one word that brings peace. ~ Buddha
426. He who experiences the unity of life sees his own Self in all beings, and all beings in his own Self, and looks on everything with an impartial eye. ~ Buddha
427. In the sky, there is no distinction of east and west; people create distinctions out of their own minds and then believe them to be true. ~ Buddha
428. Peace comes from within. Do not seek it without. ~ Buddha
429. The mind is the source of happiness and unhappiness. ~ Buddha
430. To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. ~ Buddha
431. If a man can control his mind he can find the way to Enlightenment, and all wisdom and virtue will naturally come to him. ~ Buddha
432. Whatever words we utter should be chosen with care for people will hear them and be influenced by them for good or ill. ~ Buddha
433. The thought manifests as the word. The word manifests as the deed. The deed develops into habit. And the habit hardens into character. So watch the thought and its ways with care. And let it spring from love, born out of concern for all beings. ~ Buddha
434. Meditation brings wisdom; lack of meditation leaves ignorance. Know well what leads you forward and what hold you back, and choose the path that leads to wisdom. ~ Buddha
435. Meditate. Live purely. Be quiet. Do your work with mastery. Like the moon, come out from behind the clouds! Shine. ~ Buddha
436. Look within, thou art the Buddha. ~ Buddha
437. Believe nothing merely because you have been told it. Do not believe what your teacher tells you merely out of respect for the teacher. But whatsoever, after due examination and analysis,



## Aphorisms of Masters and Spiritual Teachers

you find to be kind, conducive to the good, the benefit, the welfare of all beings -- that doctrine believe and cling to, and take it as your guide. ~ Buddha

438. A family is a place where minds come in contact with one another. If these minds love one another the home will be as beautiful as a flower garden. But if these minds get out of harmony with one another it is like a storm that plays havoc with the garden. ~ Buddha
439. Words have the power to both destroy and heal. When words are both true and kind, they can change our world. ~ Buddha
440. 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. ~ Buddha
441. Our life is shaped by our mind; we become what we think. Suffering follows an evil thought as the wheels of a cart follow the oxen that draws it. ~ Buddha
442. Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship. ~ Buddha
443. It is a man's own mind, not his enemy or foe, that lures him to evil ways. ~ Buddha
444. Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment. ~ Buddha
445. He who experiences the unity of life sees his own Self in all beings, and all beings in his own Self, and looks on everything with an impartial eye. ~ Buddha
446. Peace comes from within. Do not seek it without. ~ Buddha
447. The world, indeed, is like a dream and the treasures of the world are an alluring mirage! Like the apparent distances in a picture, things have no reality in themselves, but they are like heat haze. ~ Buddha
448. Our theories of the eternal are as valuable as are those which a chick which has not broken its way through its shell might form of the outside world. ~ Buddha
449. On life's journey faith is nourishment, virtuous deeds are a shelter, wisdom is the light by day and right mindfulness is the protection by night. If a man lives a pure life, nothing can destroy him. ~ Buddha
450. All that we are is the result of what we have thought. If a man speaks or acts with an evil thought, pain follows him. If a man speaks or acts with a pure thought, happiness follows him, like a shadow that never leaves him. ~ Buddha
451. Believe nothing, no matter where you read it, or who said it, no matter if I have said it, unless it agrees with your own reason and your own common sense. ~ Buddha
452. We are formed and molded by our thoughts. Those whose minds are shaped by selfless thoughts give joy when they speak or act. Joy follows them like a shadow that never leaves them. ~ Buddha



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453. Work out your own salvation. Do not depend on others. ~ Buddha
454. Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one getting burned. ~ Buddha
455. When the mind is kept away from its preoccupation, it becomes quiet.  
~ Sri Nisargadatta Maharaj
456. Time is in the mind, space is in the mind. The law of cause and effect is also a way of thinking. In reality all is here and now and all is one. Multiplicity and diversity are in the mind only.  
~ Sri Nisargadatta Maharaj
457. The mind craves for formulations and definitions, always eager to squeeze reality into a verbal shape. ~ Sri Nisargadatta Maharaj
458. A quiet mind is all you need. All else will happen rightly, once your mind is quiet. As the sun on rising makes the world active, so does self-awareness affect changes in the mind. In the light of calm and steady self-awareness inner energies wake up and work miracles without effort on your part. ~ Sri Nisargadatta Maharaj
459. The mind covers up reality, without knowing it. To know the nature of the mind, you need intelligence, the capacity to look at the mind in silent and dispassionate awareness.  
~ Sri Nisargadatta Maharaj
460. Awareness is ever there. It need not be realized. Open the shutter of the mind, and it will be flooded with light. ~ Sri Nisargadatta Maharaj
461. Look at your mind dispassionately; this is enough to calm it. When it is quiet, you can go beyond it. Do not keep it busy all the time. Stop it - and just be. If you give it a rest, it will settle down and recover its purity and strength. Constant thinking makes it decay.  
~ Sri Nisargadatta Maharaj
462. The unchangeable can only be realised in silence. Once realised, it will deeply affect the changeable, itself remaining unaffected. ~ Sri Nisargadatta Maharaj
463. This attitude of silent observation is the very foundation of yoga. You see the picture, but you are not the picture. ~ Sri Nisargadatta Maharaj
464. The mind cannot know what is beyond the mind, but the mind is known by what is beyond it.  
~ Sri Nisargadatta Maharaj
465. You are not in the body, the body is in you! The mind is in you. They happen to you. They are there because you find them interesting. ~ Sri Nisargadatta Maharaj
466. Put your awareness to work, not your mind. ~ Sri Nisargadatta Maharaj
467. To me nothing ever happens. There is something changeless, motionless, immovable, rock-like, unassailable; a solid mass of pure being-consciousness-bliss. I am never out of it. Nothing can take me out of it, no torture, no calamity. ~ Sri Nisargadatta Maharaj
468. All achievements, all earned riches, have their beginning in an idea. ~ Napoleon Hill



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469. Cherish your visions and your dreams as they are the children of your soul, the blueprints of your ultimate achievements. ~ Napoleon Hill
470. If you cannot do great things, do small things in a great way. ~ Napoleon Hill
471. Most great people have attained their greatest success just one step beyond their greatest failure. ~ Napoleon Hill
472. The majority of men meet with failure because of their lack of persistence in creating new plans to take the place of those which fail. ~ Napoleon Hill
473. The way to develop decisiveness is to start right where you are, with the very next question you face. ~ Napoleon Hill
474. When your desires are strong enough you will appear to possess superhuman powers to achieve. ~ Napoleon Hill
475. All achievements, all earned riches, have their beginning in an idea. ~ Napoleon Hill
476. It has always been my belief that a man should do his best, regardless of how much he receives for his services, or the number of people he may be serving or the class of people served. ~ Napoleon Hill
477. Create a definite plan for carrying out your desire and begin at once, whether you are ready or not, to put this plan into action. ~ Napoleon Hill
478. Every person who wins in any undertaking must be willing to cut all sources of retreat. Only by doing so can one be sure of maintaining that state of mind known as a burning desire to win - essential to success. ~ Napoleon Hill
479. Ideas are the beginning points of all fortunes. ~ Napoleon Hill
480. Remember, no more effort is required to aim high in life, to demand abundance and prosperity, than is required to accept misery and poverty. ~ Napoleon Hill
481. Big pay and little responsibility are circumstances seldom found together. ~ Napoleon Hill
482. One of the main weaknesses of mankind is the average man's familiarity with the word "impossible". ~ Napoleon Hill
483. Anybody can do just about anything with himself that he really wants to and makes up his mind to do. We are capable of greater things than we realize. ~ Norman Vincent Peale
484. People become really quite remarkable when they start thinking that they can do things. When they believe in themselves they have the first secret of success. ~ Norman Vincent Peale
485. Our happiness depends on the habit of mind we cultivate. So practice happy thinking every day. Cultivate the merry heart, develop the happiness habit, and life will become a continual feast. ~ Norman Vincent Peale



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486. Watch your manner of speech if you wish to develop a peaceful state of mind. Start each day by affirming peaceful, contented and happy attitudes and your days will tend to be pleasant and successful. ~ Norman Vincent Peale
487. Drop the idea that you are Atlas carrying the world on your shoulders. The world would go on even without you. Don't take yourself so seriously. ~ Norman Vincent Peale
488. The life of inner peace, being harmonious and without stress, is the easiest type of existence. ~ Norman Vincent Peale
489. You can have peace of mind, improved health and an ever-increasing flow of energy. Life can be full of joy and satisfaction. ~ Norman Vincent Peale
490. It is of practical value to learn to like yourself. Since you must spend so much time with yourself you might as well get some satisfaction out of the relationship. ~ Norman Vincent Peale
491. Change your thoughts and you change your world. ~ Norman Vincent Peale
492. The person who sends out positive thoughts activates the world around him positively and draws back to himself positive results. ~ Norman Vincent Peale
493. Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy. ~ Norman Vincent Peale
494. Never talk defeat. Use words like hope, belief, faith, victory. ~ Norman Vincent Peale
495. Any fact facing us is not as important as our attitude toward it, for that determines our success or failure. ~ Norman Vincent Peale
496. Stand up to your obstacles and do something about them. You will find that they haven't half the strength you think they have. ~ Norman Vincent Peale
497. Imagination is the true magic carpet. ~ Norman Vincent Peale
498. Be humble, be big in mind and soul, be kindly; you will like yourself that way and so will other people. ~ Norman Vincent Peale
499. It's always too early to quit. ~ Norman Vincent Peale
500. If you have zest and enthusiasm you attract zest and enthusiasm. Life does give back in kind. ~ Norman Vincent Peale
501. If you paint in your mind a picture of bright and happy expectations, you put yourself into a condition conducive to your goal. ~ Norman Vincent Peale
502. There is real magic in enthusiasm. It spells the difference between mediocrity and accomplishment. ~ Norman Vincent Peale
503. Thoughts are impediments to seeing your own face. Don't give rise to any thought, and discover who you are. ~ Papaji



## Aphorisms of Masters and Spiritual Teachers

504. What is purification of the mind? No thought. This thought-less mind, sattvic mind, no mind, can be called Consciousness itself. Self itself. ~ Papaji
505. If you address the mind with "Who are you?" it will disappear. ~ Papaji
506. Mind is nothing but thought. You can't separate thought itself from the mind. ~ Papaji
507. When we use the word "I", there is ego. Then there is the mind, then there is a body, then there are senses, then there are sense objects, and then all manifestation arises. ~ Papaji
508. Who is journeying for freedom? The one who is already free. Just get rid of the concept, "I am the body, separate from the source." You return to what you always were. ~ Papaji
509. Nothing arises without Self. All existence is one in one's own Self. ~ Papaji
510. Meditation is to effortlessly turn the mind toward that energy which energizes mind. ~ Papaji
511. What I mean by Silence is that there should be no thought rising from the mind. No thought rising from your mind is Silence. ~ Papaji
512. Stillness of mind comes from giving up all attachments except that attachment to Self. ~ Papaji
513. When the mind is quiet, all is Self. ~ Papaji
514. When mind moves the world arises, so be still, throw away everything, and be free. ~ Papaji
515. Self is what you are. You are that fathomlessness in which experience and concepts appear. Self is the moment that has no coming or going. It is the heart, atman, emptiness. It shines to Itself, by Itself, in Itself. ~ Papaji
516. Self is what gives breath to Life. You need not search for it, it is here. You are that through which you would search. You are what you are looking for! And that is all it is. ~ Papaji
517. You are the unchangeable awareness in which all activity takes place. ~ Papaji
518. Kindness is the light that dissolves all walls between souls, families, and nations.  
~ Paramahansa Yogananda
519. The soul loves to meditate, for in contact with the Spirit lies its greatest joy. If, then you experience mental resistance during meditation, remember that reluctance to meditate comes from the ego; it doesn't belong to the soul. ~ Paramahansa Yogananda
520. Smiling away your troubles requires a clear conscience that harbours no insincerity.  
~ Paramahansa Yogananda
521. Thinkers do not accept the inevitable; they turn their efforts toward changing it.  
~ Paramahansa Yogananda
522. Faithfulness in the performance of small duties gives us strength to adhere to difficult determinations that life will someday force us to make. ~ Paramahansa Yogananda



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523. Learn to be calm and you will always be happy. ~ Paramahansa Yogananda
524. The season of failure is the best time for sowing the seeds of success.  
~ Paramahansa Yogananda
525. Let my soul smile through my heart and my heart smile through my eyes, that I may scatter rich smiles in sad hearts. ~ Paramahansa Yogananda
526. Never do anything that taints your mind. ~ Paramahansa Yogananda
527. Wrong actions cause negative or evil mental vibrations that are reflected in your whole appearance and personality. Engage in those actions and thoughts that nurture the good qualities you want to have. ~ Paramahansa Yogananda
528. He who is persistent will realize God. So try your best to make meditation a regular experience in your life. ~ Paramahansa Yogananda
529. Most people consider the course of events as natural and inevitable. They little know what radical change are possible through prayer. ~ Paramahansa Yogananda
530. Every morning I offer my body, my mind and any ability that I possess, to be used by Thee, O infinite creator, in whatever way Thou dost choose to express Thyself through me.  
~ Paramahansa Yogananda
531. I know that all work is Thy work, and that no task is too difficult or too menial when offered to Thee in loving service. ~ Paramahansa Yogananda
532. Many people excuse their own faults but judge other persons harshly. We should reverse this attitude by excusing others' shortcomings and by harshly examining our own.  
~ Paramahansa Yogananda
533. Remain calm, serene, always in command of yourself. You will then find out how easy it is to get along. ~ Paramahansa Yogananda
534. Love is the light that dissolves all walls between souls, families and nations.  
~ Paramahansa Yogananda
535. Do not try to approach God with your thinking mind. It may only stimulate your intellectual ideas, activities, and beliefs. Try to approach God with your crying heart. It will awaken your soulful, spiritual consciousness. ~ Sri Chinmoy
536. If we know the divine art of concentration, if we know the divine art of meditation, if we know the divine art of contemplation, easily and consciously we can unite the inner world and the outer world. ~ Sri Chinmoy
537. When your love is pure or spiritual, there is no demand, no expectation. There is only the sweetest feeling of spontaneous oneness with the human being or beings concerned.  
~ Sri Chinmoy



## Aphorisms of Masters and Spiritual Teachers

538. Let us not worry about the future. Let us only do the right thing today, at this moment, here and now. Let the future take care of itself. ~ Sri Chinmoy
539. Meditation speaks. It speaks in silence. It reveals. It reveals to the aspirant that matter and spirit are one, quantity and quality are one, the immanent and the transcendent are one. ~ Sri Chinmoy
540. [Meditation] ... reveals that life can never be the mere existence of seventy or eighty years between birth and death, but is, rather, Eternity itself. ~ Sri Chinmoy
541. Hope and faith are two intimate brothers; they always go together. Hope nourishes faith and faith treasures hope. ~ Sri Chinmoy
542. He who loves, never grows old. God is a shining example. ~ Sri Chinmoy
543. If we can have a free access to our inmost consciousness, the cosmic energy is bound to come to the fore. If we go deep within, it comes like a spring, a never-failing spring. And when it comes, it permeates the whole body. ~ Sri Chinmoy
544. Whether you accept or reject it, God's Love for you is permanent. ~ Sri Chinmoy
545. Only by our positive thinking, by our bringing the positive qualities of others to the fore, will this world be able to make progress. ~ Sri Chinmoy
546. Spirituality means a seeker's attempt to be better than he was yesterday. ~ Sri Chinmoy
547. What is liberation? It is the extinction of a divided consciousness in the all-pervading oneness of the Supreme. ~ Sri Chinmoy
548. Begin to see yourself as a soul with a body rather than a body with a soul. ~ Wayne Dyer
549. Everything is perfect in the universe - even your desire to improve it. ~ Wayne Dyer
550. I cannot always control what goes on outside. But I can always control what goes on inside. ~ Wayne Dyer
551. You are always a valuable, worthwhile human being -- not because anybody says so, not because you're successful, not because you make a lot of money -- but because you decide to believe it and for no other reason. ~ Wayne Dyer
552. Abundance is not something we acquire. It is something we tune into. ~ Wayne Dyer
553. We are Divine enough to ask and we are important enough to receive. ~ Wayne Dyer
554. A mind at peace, a mind centered and not focused on harming others, is stronger than any physical force in the universe. ~ Wayne Dyer
555. Real magic in relationships means an absence of judgment of others. ~ Wayne Dyer
556. Heaven on Earth is a choice you must make, not a place we must find. ~ Wayne Dyer
557. The state of your life is nothing more than a reflection of your state of mind. ~ Wayne Dyer



## Aphorisms of Masters and Spiritual Teachers

558. You have everything you need for complete peace and total happiness right now. ~ Wayne Dyer
559. The fact that you are willing to say, "I do not understand, and it is fine," is the greatest understanding you could exhibit. ~ Wayne Dyer
560. There's no scarcity of opportunity to make a living at what you love. There is only a scarcity of resolve to make it happen. ~ Wayne Dyer
561. Present-moment living, getting in touch with your "now," is at the heart of effective living. ~ Wayne Dyer
562. It makes no sense to worry about things you have no control over because there's nothing you can do about them, and why worry about things you do control? The activity of worrying keeps you immobilized. ~ Wayne Dyer
563. What we think determines what happens to us, so if we want to change our lives, we need to stretch our minds. ~ Wayne Dyer
564. I use the terms spiritual and non-spiritual in the sense that a spiritual being has a conscious awareness of both the physical and the invisible dimension, while the non-spiritual being is only aware of the physical domain. ~ Wayne Dyer
565. You are here to enable the divine purpose of the universe to unfold. That is how important you are. ~ Eckhart Tolle
566. To the ego, the present moment hardly exists. Only past and future are considered important. This total reversal of the truth accounts for the fact that in the ego mode the mind is so dysfunctional. It is always concerned with keeping the past alive, because without it - who are you? ~ Eckhart Tolle
567. When you no longer perceive the world as hostile, there is no more fear, and when there is no more fear, you think, speak and act differently. Love and compassion arise, and they affect the world. ~ Eckhart Tolle
568. Meet everyone and everything through stillness rather than mental noise. ~ Eckhart Tolle
569. To be conscious of Being, you need to reclaim consciousness from the mind. This is one of the most essential tasks on your spiritual journey. ~ Eckhart Tolle
570. Most people treat the present moment as if it were an obstacle that they need to overcome. Since the present moment is Life itself, it is an insane way to live. ~ Eckhart Tolle
571. Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it. Make it your friend and ally, not your enemy. This will miraculously transform your whole life. ~ Eckhart Tolle
572. Thinking and consciousness are not synonymous. Thinking is only a small aspect of consciousness. Thought cannot exist without consciousness, but consciousness does not need thought. ~ Eckhart Tolle



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573. Focus your attention on the Now and tell me what problem you have at this moment.  
~ Eckhart Tolle
574. The word enlightenment conjures up the idea of some superhuman accomplishment, and the ego likes to keep it that way, but it is simply your natural state of felt oneness with Being.  
~ Eckhart Tolle
575. The mind is a superb instrument if used rightly. Used wrongly, however, it becomes very destructive. To put it more accurately, it is not so much that you use your mind wrongly -- you usually don't use it at all. It uses you. This is the disease. You believe that you are your mind. This is the delusion. The instrument has taken you over. ~ Eckhart Tolle
576. Pleasure is always derived from something outside you, whereas joy arises from within.  
~ Eckhart Tolle
577. To be identified with your mind is to be trapped in time: the compulsion to live almost exclusively through memory and anticipation. ~ Eckhart Tolle
578. At the deepest level of Being, you are one with all that is. ~ Eckhart Tolle
579. Emotion arises at the place where mind and body meet. It is the body's reaction to your mind - or you might say, a reflection of your mind in the body. ~ Eckhart Tolle
580. Mind is consciousness, which has limitations. We are originally unlimited and perfect. Later on we take on limitations and become the mind. ~ Sri Ramana Maharshi
581. Meditation depends upon the strength of mind. It must be unceasing even when one is engaged in work. Particular time for it is meant for novices. ~ Sri Ramana Maharshi
582. When one makes the mind stick to one thought, the mind becomes rock-steady and the energy is conserved. ~ Sri Ramana Maharshi
583. The mind is only a bundle of thoughts. The thoughts have their root in the I-thought. Whoever investigates the True "I" enjoys the stillness of bliss. ~ Sri Ramana Maharshi
584. When the mind is left without anything to cling to, it becomes still. ~ Sri Ramana Maharshi
585. The inquiry "who am I" turns the mind introvert and makes it calm. ~ Sri Ramana Maharshi
586. There is no mind to control if you realize the self. The mind having vanished, the self shines forth. In the realized man, the mind may be active or inactive, the self remains for him.  
~ Sri Ramana Maharshi
587. Meditation helps concentration of the mind. Then the mind is free from thoughts and is in the meditated form. ~ Sri Ramana Maharshi
588. Meditation is sticking to one thought. That single thought keeps away other thoughts; distraction of mind is a sign of its weakness; by constant meditation it gains strength.  
~ Sri Ramana Maharshi



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589. When we turn the mind inwards, God manifests as the inner consciousness.  
~ Sri Ramana Maharshi
590. See who is the doubter, who is the thinker. It is the ego. Hold it; the other thoughts will die away - the ego will be left pure. See the source from where the ego arises and abide in it. That is pure consciousness. ~ Sri Ramana Maharshi
591. The "I" thought is said to be the sum total of all thoughts. The source of the "I" thought has to be enquired into. ~ Sri Ramana Maharshi
592. The mind of one meditating on a single object becomes one-pointed. And one-pointedness of mind leads to abidance in the self. ~ Sri Ramana Maharshi
593. Real attainment is to be fully conscious, to be aware of surroundings and the people around, to move among them all, but not to merge consciousness in the environment. One should remain in inner independent awareness. ~ Sri Ramana Maharshi
594. Once the current of awareness of the self is set afoot, it becomes everlasting and continuous by intensification. ~ Sri Ramana Maharshi
595. Realization is to get rid of the delusion that you have not realized. ~ Sri Ramana Maharshi
596. Good thoughts keep off bad thoughts. They must themselves disappear before the state of realization. ~ Sri Ramana Maharshi
597. Realization is our true nature. It is nothing new to be gained. What is new cannot be eternal. Therefore there is no need to be doubting whether we would gain or lose the self.  
~ Sri Ramana Maharshi
598. A realized one sends out waves of spiritual influence in his aura, which draw many people towards him. Yet he may sit in a cave and maintain complete silence. ~ Sri Ramana Maharshi
599. Turn the mind inward and cease thinking of yourself as the body; thereby you will come to know that the self is ever happy. Neither grief nor misery is experienced in this state.  
~ Sri Ramana Maharshi
600. A new command I give you: Love one another. As I have loved you, so you must love one another. ~ Jesus Christ
601. All my authority in heaven and on earth has been given to me. ~ Jesus Christ
602. All the commandments: You shall not commit adultery, you shall not kill, you shall not steal, you shall not covet, and so on, are summed up in this single command: You must love your neighbor as yourself. ~ Jesus Christ
603. And know that I am with you always; yes, to the end of time. ~ Jesus Christ
604. As surely as I am the living God, everyone will kneel before me, and everyone will confess that I am God. ~ Jesus Christ
605. As the Father has loved me, so have I loved you. ~ Jesus Christ



## Aphorisms of Masters and Spiritual Teachers

606. Behold, I stand at the door and knock. If anyone hears by voice and opens the door, I will come in to him and eat with him, and he with me. ~ Jesus Christ
607. Do not let your hearts be troubled. Trust in God; trust also in me. ~ Jesus Christ
608. Every knee will bend before me, and every tongue shall give glory to God. ~ Jesus Christ
609. For everyone who exalts himself will be humbled, and everyone who humbles himself will be exalted. ~ Jesus Christ
610. For God so loved the World that he gave his only Son, that whoever believes in him should not perish but have eternal life. ~ Jesus Christ
611. For what shall it profit a man, if he gain the whole world, and suffer the loss of his soul?  
~ Jesus Christ
612. I tell you the truth, it is hard for a rich man to enter the kingdom of heaven. Again I tell you, it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of heaven. ~ Jesus Christ
613. If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you. ~ Jesus Christ
614. If you want to be perfect, go, sell your possessions and give to the poor, and you will have treasure in heaven. ~ Jesus Christ
615. It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners to repentance. ~ Jesus Christ
616. Let me into your lives, your world. Live on me, so that you may become truly alive.  
~ Jesus Christ
617. Let the one among you who is without sin be the first to cast a stone. ~ Jesus Christ
618. Little children, you are from God, and have conquered them; for the one who is in you is greater than the one who is in this world. ~ Jesus Christ
619. Man shall not live by bread alone, but by every word that proceeds from the mouth of God.  
~ Jesus Christ
620. My kingdom is not of this world. If it were, my servants would fight to prevent my arrest by the Jews. But now my kingdom is from another place. ~ Jesus Christ
621. Open the door to me, as I have opened myself for you. ~ Jesus Christ
622. See, I have set before you this day life and good, death and evil... I have set before you life and death, blessing and curse; therefore choose life. ~ Jesus Christ



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623. So I say to you, Ask and it will be given to you; search, and you will find; knock, and the door will be opened for you. ~ Jesus Christ
624. Prayer need not be in words, but rather in thought and attitude... words without love mean nothing. ~ Abdu'l-Bahá
625. Q: "Is peace a greater word than love?" Answer: "No! Love is greater than peace, for peace is founded upon love." ~ Abdu'l-Bahá
626. Man is, in reality, a spiritual being, & only when he lives in the spirit is he truly happy. ~ Abdu'l-Bahá
627. Love & kindness have far greater influence than punishment upon the improvement of human character. ~ Shoghi Effendi
628. Why exhibit such greed in amassing the treasures of the earth when your days are numbered? ~ Bahá'u'lláh
629. It is good to laugh. Laughter is spiritual relaxation. ~ Abdu'l-Bahá
630. In all matters, moderation is desirable. If a thing is carried to excess, it will prove a source of evil. ~ Bahá'u'lláh
631. We spend our lives trying to unlock the mystery of the universe, but there was a Turkish prisoner, Bahá'u'lláh, in Akka, Palestine who had the Key. ~ Leo Tolstoy
632. God does not look at colours; He looks at the hearts. ~ Abdu'l-Bahá
633. Arts, sciences & all crafts are worship...if it is prompted by the highest motives & the will to do service to humanity. ~ Abdu'l-Bahá
634. Use your knowledge always for the benefit of others; so may war cease on the face of this beautiful earth... ~ Abdu'l-Bahá
635. Study the sciences, acquire more & more knowledge. Assuredly one may learn 'til the end of one's life! ~ Abdu'l-Bahá
636. God has created the world as 1 ... the boundaries are marked out by man. All are of 1 family, 1 race; all are human beings. ~ Abdu'l-Bahá
637. Pray that the ill-natured become good-natured & the weak become strong. ~ Abdu'l-Bahá
638. Be sincerely kind, not in appearance only. ~ Abdu'l-Baha
639. My hope is that the Divine Light may shine here...so that you may be the cause of the oneness of humanity. ~ Abdu'l-Baha
640. Blessed are such as hold fast to the cord of kindness & tender mercy & are free from animosity & hatred. ~ Baha'u'llah



## Aphorisms of Masters and Spiritual Teachers

641. See ye no strangers, rather see all men as friends, for love & unity come hard when ye fix your gaze on otherness. ~ Abdu'l-Baha
642. In the darksome night of despair, my eye turneth expectant and full of hope to the morn of Thy boundless favor and at the hour of dawn my drooping soul is refreshed and strengthened in remembrance of Thy beauty and perfection. ~ Abdu'l-Bahá
643. Create in me a pure heart, O my God, and renew a tranquil conscience within me, O my Hope! ~ Abdu'l-Baha
644. Be not content in showing friendship in words alone. Let your heart burn with loving-kindness for all who cross your path. ~ Baha'u'llah
645. Consort with the followers of all religions in a spirit of friendliness & fellowship. ~ Baha'u'llah
646. The true lover yearneth for tribulation even as doth the rebel for forgiveness and the sinful for mercy. ~ Baha'u'llah
647. Happy are those who spend their days in gaining knowledge, in discovering the secrets of nature, and in penetrating the subtleties of pure truth! Woe to those who are contented with ignorance, whose hearts are gladdened by thoughtless imitation, who have fallen into the lowest depths of ignorance and foolishness, and who have wasted their lives! ~ Abdu'l-Bahá
648. War & its ravages have blighted the world; the education of women will be a mighty step toward its abolition & ending. ~ Abdu'l-Bahá
649. Be kind to all peoples...strive ye to gladden every soul. ~ Abdu'l-Bahá
650. When our thoughts are filled with the bitterness of this world, let us turn our eyes to the sweetness of God's compassion. ~ Abdu'l-Bahá
651. ...deeds exert greater influence than words. ~ Baha'u'llah
652. This is worship: to serve mankind & to minister to the needs of the people. Service is prayer. ~ Abdu'l-Bahá
653. Love lights a flame in the heart that is cold. ~ Abdu'l-Baha
654. The tongue is for mentioning what is good ... refrain from slander, abuse & whatever causeth sadness in men. ~ Baha'u'llah
655. Not until the world of women becomes the equal to the world of men, can success & prosperity be attained as they ought to be. ~ Abdu'l-Baha
656. Put all your beliefs into harmony with science; there can be no opposition, for truth is one. ~ Abdu'l-Baha
657. Be fair to yourselves and to others, that the evidences of justice may be revealed, through your deeds. ~ Bahá'u'lláh



## Aphorisms of Masters and Spiritual Teachers

658. People of God! Do not busy yourselves in your own concerns; let your thoughts be fixed upon that which will rehabilitate the fortunes of mankind and sanctify the hearts and souls of men. This can best be achieved through pure and holy deeds, through a virtuous life and a goodly behaviour.  
~ Bahá'u'lláh
659. Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it. ~ Rumi
660. Out beyond ideas of wrongdoing and right doing there is a field. I'll meet you there. ~ Rumi
661. When the soul lies down in that grass the world is too full to talk about. ~ Rumi
662. If you are irritated by every rub, how will your mirror be polished? ~ Rumi
663. The minute I heard my first love story, I started looking for you, not knowing how blind that was. Lovers don't finally meet somewhere. They're in each other all along. ~ Rumi
664. What you seek is seeking you. ~ Rumi
665. Ignore those that make you fearful and sad, that degrade you back towards disease and death.  
~ Rumi
666. When I am with you, we stay up all night. When you're not here, I can't go to sleep. Praise God for those two insomnias! And the difference between them. ~ Rumi
667. When you do things from your soul, you feel a river moving in you, a joy. ~ Rumi
668. The wound is the place where the Light enters you. ~ Rumi
669. Don't grieve. Anything you lose comes round in another form. ~ Rumi
670. Dance, when you're broken open. Dance, if you've torn the bandage off. Dance in the middle of the fighting. Dance in your blood. Dance when you're perfectly free. ~ Rumi
671. Knock, And He'll open the door. Vanish, and He'll make you shine like the sun. Fall, and He'll raise you to the heavens. Become nothing, and He'll turn you into everything. ~ Rumi
672. In your light I learn how to love. In your beauty, how to make poems. You dance inside my chest where no-one sees you, but sometimes I do, and that sight becomes this art. ~ Rumi
673. My soul is from elsewhere, I'm sure of that, and I intend to end up there. ~ Rumi
674. Let the beauty we love be what we do. There are hundreds of ways to kneel and kiss the ground.  
~ Rumi
675. Forget safety. Live where you fear to live. Destroy your reputation. Be notorious. ~ Rumi
676. Lovers don't finally meet somewhere. They're in each other all along. ~ Rumi
677. There is a candle in your heart, ready to be kindled. There is a void in your soul, ready to be filled. You feel it, don't you? ~ Rumi



## Aphorisms of Masters and Spiritual Teachers

678. This is love: to fly toward a secret sky, to cause a hundred veils to fall each moment. First to let go of life. Finally, to take a step without feet. ~ Rumi
679. Do not be satisfied with the stories that come before you. Unfold your own myth. ~ Rumi
680. A thousand half-loves must be forsaken to take one whole heart home. ~ Rumi
681. Where there is ruin, there is hope for a treasure. ~ Rumi
682. I want to sing like the birds sing, not worrying about who hears or what they think. ~ Rumi
683. Sell your cleverness and buy bewilderment. ~ Rumi
684. Silence is the language of god, all else is poor translation. ~ Rumi
685. We come spinning out of nothingness, scattering stars like dust. ~ Rumi
686. People want you to be happy. Don't keep serving them your pain! ~ Rumi
687. If you could untie your wings and free your soul of jealousy, you and everyone around you would fly up like doves. ~ Rumi
688. Be grateful for whoever comes, because each has been sent as a guide from beyond. ~ Rumi
689. That which God said to the rose, and caused it to laugh in full-blown beauty, He said to my heart, and made it a hundred times more beautiful. ~ Rumi
690. Let yourself be drawn by the stronger pull of that which you truly love. ~ Rumi
691. Sit, be still, and listen, because you're drunk and we're at the edge of the roof. ~ Rumi
692. Be empty of worrying. Think of who created thought! ~ Rumi
693. Why do you stay in prison when the door is so wide open? ~ Rumi
694. Be like the sun for grace and mercy. Be like the night to cover others' faults. Be like running water for generosity. Be like death for rage and anger. Be like the Earth for modesty. Appear as you are. Be as you appear. ~ Rumi
695. Everything in the universe is within you. Ask all from yourself. ~ Rumi
696. But listen to me. For one moment quit being sad. Hear blessings dropping their blossoms around you. ~ Rumi
697. Two there are who are never satisfied -- the lover of the world and the lover of knowledge. ~ Rumi
698. Reason is powerless in the expression of Love. ~ Rumi



## Aphorisms of Masters and Spiritual Teachers

699. Start a huge, foolish project, like Noah...it makes absolutely no difference what people think of you. ~ Rumi
700. Who could be so lucky? Who comes to a lake for water and sees the reflection of moon. ~ Rumi
701. Listen with ears of tolerance! See through the eyes of compassion! Speak with the language of love! ~ Rumi
702. A mountain keeps an echo deep inside. That's how I hold your voice. ~ Rumi
703. I have lived on the lip of insanity, wanting to know reasons, knocking on a door. It opens. I've been knocking from the inside. ~ Rumi
704. Beauty surrounds us. ~ Rumi
705. I didn't come here of my own accord, and I can't leave that way. Whoever brought me here will have to take me home. ~ Rumi
706. This being human is a guest house. Every morning is a new arrival. A joy, a depression, a meanness, some momentary awareness comes as an unexpected visitor ...Welcome and entertain them all. Treat each guest honorably. The dark thought, the shame, the malice, meet them at the door laughing, and invite them in. Be grateful for whoever comes, because each has been sent as a guide from beyond. ~ Rumi
707. If you cry because the sun has gone out of your life, your tears will prevent you from seeing the stars. ~ Rabindranath Tagore
708. You can't cross the sea merely by standing and staring at the water. ~ Rabindranath Tagore
709. Love's gift cannot be given, it waits to be accepted. ~ Rabindranath Tagore
710. Clouds come floating into my life, no longer to carry rain or usher storm, but to add color to my sunset sky. ~ Rabindranath Tagore
711. The butterfly counts not months but moments, and has time enough. ~ Rabindranath Tagore
712. I seem to have loved you in numberless forms, numberless times, in life after life, in age after age forever. ~ Rabindranath Tagore
713. 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
714. Faith is the bird that feels the light and sings when the dawn is still dark. ~ Rabindranath Tagore
715. Death is not extinguishing the light; it is only putting out the lamp because the dawn has come. ~ Rabindranath Tagore
716. The small wisdom is like water in a glass: clear, transparent, pure. The great wisdom is like the water in the sea: dark, mysterious, impenetrable. ~ Rabindranath Tagore



## Aphorisms of Masters and Spiritual Teachers

717. Don't limit a child to your own learning, for she was born in another time. ~ Rabindranath Tagore
718. It is very simple to be happy, but it is very difficult to be simple. ~ Rabindranath Tagore
719. Let me not pray to be sheltered from dangers, but to be fearless in facing them. Let me not beg for the stilling of my pain, but for the heart to conquer it. ~ Rabindranath Tagore
720. Most people believe the mind to be a mirror, more or less accurately reflecting the world outside them, not realizing on the contrary that the mind is itself the principal element of creation. ~ Rabindranath Tagore
721. Reach high, for stars lie hidden in you. Dream deep, for every dream precedes the goal. ~ Rabindranath Tagore
722. By plucking her petals you do not gather the beauty of the flower. ~ Rabindranath Tagore
723. 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
724. A mind all logic is like a knife all blade. It makes the hand bleed that uses it. ~ Rabindranath Tagore
725. When the heart is hard and parched up, come upon me with a shower of mercy. ~ Rabindranath Tagore
726. When grace is lost from life, come with a burst of song. ~ Rabindranath Tagore
727. When tumultuous work raises its din on all sides shutting me out from beyond, come to me, my lord of silence, with thy peace and rest. ~ Rabindranath Tagore
728. When my beggarly heart sits crouched, shut up in a corner, break open the door, my king, and come with the ceremony of a king. ~ Rabindranath Tagore
729. When desire blinds the mind with delusion and dust, O thou holy one, thou wakeful, come with thy light and thy thunder. ~ Rabindranath Tagore
730. I have spent many days stringing and unstringing my instrument while the song I came to sing remains unsung. ~ Rabindranath Tagore
731. Love is an endless mystery, because there is no reasonable cause that could explain it. ~ Rabindranath Tagore
732. Let your life lightly dance on the edges of time like dew on the tip of a leaf. ~ Rabindranath Tagore
733. We live in the world when we love it. ~ Rabindranath Tagore