

# Goswami Kriyananda

## Quotes

*Happiness, Self, Attitude, People, Thinking, Mistake, Heart, Consciousness,  
Joy, Reality, Jesus, Laughter, Mean, Understanding, Kindness, Wall, Spiritual,  
Life, Book, Running*

Happiness is not a brilliant climax to years of grim struggle and anxiety. It is a long succession of little decisions simply to be happy in the moment.

~Goswami Kriyananda

If you want to do one good thing in the world, the best thing you can do is give other people joy.

~Goswami Kriyananda

Happiness is like a plant: It must be watered daily with giving thoughts and actions.

~Goswami Kriyananda

Be thou a true yogi. A yogi who understands that everything he's looking for is really inside himself. Learn to live more in the Self.

~Goswami Kriyananda

The "kingdom of heaven" to which he referred was the state of God-consciousness, not the beautiful astral heavens that most people visualize, where virtuous souls go after death.

~Goswami Kriyananda

Even-minded and cheerful. When things go bad, you'll find that the same kind of attitude comes to you naturally.

~Goswami Kriyananda

Happiness is a question of attitude, not a question of what's happening out there.

~Goswami Kriyananda

Happiness is reverence for all life.

~Goswami Kriyananda

Spirituality means seeking experience. Not just belief.

~Goswami Kriyananda

Trust life, even if you cannot trust people. For human nature is unreliable, but life itself is ruled by immutable law. Right action leads always, in the end, to victory.

~Goswami Kriyananda

Happiness is an attitude of mind, born of the simple determination to be happy under all outward circumstances.

~Goswami Kriyananda

A deliberate attitude that you have to hold in your mind as one of the basic rules of yoga is to remain even-minded and cheerful.

~Goswami Kriyananda

The secret of happiness is the determination to be happy always, rather than wait for outer circumstances to make one happy.

~Goswami Kriyananda

Whatever you experience outwardly, take it within yourself and say 'I'm happy because I'm happy. I'm happy because God is in my heart.'

~Goswami Kriyananda

Live more quietly. Live more seeking God's presence in your own heart.

~Goswami Kriyananda

The mastery of any subject requires that one identify himself with the particular state of consciousness appropriate to that subject.

~Goswami Kriyananda

Leadership is an opportunity to serve. It is not a trumpet call to self-importance.

~Goswami Kriyananda

My master's visualizations were so powerful their condensation into matter was mere signature. Donald Walters, formerly Kriyananda, author of *The Path* about his guru Yogananda.

~Goswami Kriyananda

Become more and more centered in the Self. To live more and more in the thought that God is here in your consciousness.

~Goswami Kriyananda

You can accept it that it may be true what somebody else says, but until you have experienced it, it is not dynamic to your own awareness.

~Goswami Kriyananda

Maturity is the ability to relate appropriately to other realities than one's own.

~Goswami Kriyananda

Happiness is understanding that friendship is more precious than mere things, more precious than getting your own way, more precious than being in situations where true principles are not at stake.

~Goswami Kriyananda

Realize that to have friends one must first be a friend. Make friendship a priority in your life.

~Goswami Kriyananda

The secret of friendship is expressing kindness with your eyes and through the tone of your voice, not only with words.

~Goswami Kriyananda

If it (the good circumstances) changes will you be able to keep onto your happiness just as much? Because if not then your happiness is really built on sand.

~Goswami Kriyananda

Society cannot but depend to a disproportionate degree on its capable few to develop and flourish.

~Goswami Kriyananda

Happiness is a smile of comfort to the sorrowful.

~Goswami Kriyananda

That's what life is for, to find that joy in yourself.

~Goswami Kriyananda

The greatest thing that will please God is that you maintain an attitude of unshakable joy.

~Goswami Kriyananda

Master said if you want to be happy no one in the world can take happiness from you; if you want to be unhappy, no one in the world can make you happy. So choose to be happy.

~Goswami Kriyananda

Your enemy is still yourself. You don't have enemies. They may be self-styled. I have plenty of self-styled enemies. I don't wish them harm.

~Goswami Kriyananda

Be able to laugh at difficulties.

~Goswami Kriyananda

It's not insincere to say you're happy if your determined to make it true and live in that consciousness.

~Goswami Kriyananda

Laughter is a medicine you've got to use to drive away blues.

~Goswami Kriyananda

The two-fold goal of all human striving is the avoidance of pain, and the fulfillment of happiness.

~Goswami Kriyananda

Happiness is self-generated. It depends on one's attitude of mind. The basis of happiness, is the simple fact that the deepest reality of our own nature is ever-existing, ever-conscious, ever-new joy.

~Goswami Kriyananda

Until you've tasted it [anything], you can't really know it.

~Goswami Kriyananda

Attachment is the state of ignorance or forgetfulness, and thus clinging to a memory of enjoyment

~Goswami Kriyananda

Learn to live more in the Self. Come down a little bit to eat and talk as necessary.

~Goswami Kriyananda

Feel that you are happy without any cause for happiness.

~Goswami Kriyananda

To be happy, you must live in, but not for, the present moment.

~Goswami Kriyananda

The secret of success is doing things not merely because they are popular, but because you deeply believe in them.

~Goswami Kriyananda

If you want to know me, listen to my music.

~Goswami Kriyananda

Those who walk, run, or slide downhill eagerly would rather not think

about the long, hard climb back up the hill again.

~Goswami Kriyananda

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