

Mata Amritanandamayi Quotes

*Spiritual, Meditation, Children, Heart, Love, Mind, Relationship, Real, Nature,
Food, Attitude, Compassion, Self, Kids, Giving, World, Mother, Flower, Thinking,
Yoga*

Be like the honeybee who gathers only nectar wherever it goes. Seek the goodness that is found in everyone.

~Mata Amritanandamayi

Most people are concerned only with what they can get from the world, but it is what we are able to give to others that determines the quality of our life

~Mata Amritanandamayi

When humanity serves Nature, Nature serves humanity. When we serve animals and plants, they too serve us in return.

~Mata Amritanandamayi

Make a firm decision: 'Whatever happens, I will be happy. I will be strong. God is always with me.'

~Mata Amritanandamayi

Happiness depends on how you accept, understand and surrender to situations.

~Mata Amritanandamayi

Learn to be thankful to everyone, to the entire creation, even to your enemy and also to those who insult, because they all help you to grow

~Mata Amritanandamayi

Our attitude should be: Whatever happens I will remain strong, courageous and happy.

~Mata Amritanandamayi

Whether we laugh or cry, the days are going to pass by. So why not choose to laugh?

~Mata Amritanandamayi

Don't be discouraged by your incapacity to dispel darkness from the

world. Light your little candle and step forward.

~Mata Amritanandamayi

Those that have an attitude of service towards others are the beauty of society.

~Mata Amritanandamayi

When we come to know who we truly are, we will see ourselves in all people.

~Mata Amritanandamayi

In this universe it is Love that binds everything together. Love is the very foundation, beauty and fulfillment of life.

~Mata Amritanandamayi

Love one another without any expectations. Then, there is no need to go anywhere in search of heaven.

~Mata Amritanandamayi

Nowadays everybody wants to become a leader. No one wants to become a servant. In reality, the world is badly in need of servants, not leaders. A real servant is a real leader.

~Mata Amritanandamayi

The intellect always cuts and divides like a pair of scissors. The heart sews things together and unites like a needle. The tailor uses both.

~Mata Amritanandamayi

Love is the only medicine that can heal the wounds of the world.

~Mata Amritanandamayi

Our efforts to remove hatred and indifference from the world begin by trying to remove them from our own mind.

~Mata Amritanandamayi

Transcending the cycle of death and rebirth is the real purpose of this life in human form.

~Mata Amritanandamayi

Real love is the complete absence of any negative feelings towards anyone.

~Mata Amritanandamayi

Surrender and living in the present are one and the same.

~Mata Amritanandamayi

Our compassion and acts of selflessness take us to the deeper truths.

~Mata Amritanandamayi

We must remember that man is not an island, totally isolated and disconnected from others. We are all part of a universal chain, or the universal consciousness. What happens to one happens to all.

~Mata Amritanandamayi

The change will only happen outside once we change within ourselves.

~Mata Amritanandamayi

Pray to God: It's all right if you don't love me, but please let me love you!

~Mata Amritanandamayi

Amidst sorrows, the only thing that enlivens us is optimistic faith. Never lose that faith.

~Mata Amritanandamayi

Grace is openness. By remaining open, you let go of your ego and narrow-minded views, and allow divine grace to express itself through you.

~Mata Amritanandamayi

Look carefully at what is of value in others and respect that.

~Mata Amritanandamayi

Keep a constant awareness and a conscious effort to say good words, perform good actions, and to practice patience and compassion.

~Mata Amritanandamayi

Every night, contemplate: What good did I do today? How can I do better tomorrow?

~Mata Amritanandamayi

Love and spiritual values received from parents are the strongest assets for a child to face the various trials of adulthood.

~Mata Amritanandamayi

When someone is full of Love and Compassion, he cannot draw a line between two countries, two faiths or two religions.

~Mata Amritanandamayi

Thinking that God wants something from us is like showing a candle to the sun.

~Mata Amritanandamayi

We are all beads strung together on the same thread of love.

~Mata Amritanandamayi

To awaken spiritual unity, and to spread to others the love that is our inherent nature, is the true goal of human life.

~Mata Amritanandamayi

True happiness is when the love that is within us finds expression in external activities.

~Mata Amritanandamayi

The impermanent, which is the body, is given too much importance. The permanent, which is the Atman, is completely forgotten. This should change.

~Mata Amritanandamayi

One should see any opportunity to serve as a rare and precious gift...and never waste such an opportunity.

~Mata Amritanandamayi

By living in harmony with Nature one gains a healthy mind and body.

~Mata Amritanandamayi

Look at Nature. Nature is a book from which we must learn. Each object in it is a page of that book.

~Mata Amritanandamayi

Look upon others as being part of yourself.

~Mata Amritanandamayi

Intellectual prowess has its limitations. Thus, do not limit the scope of your learning to the realm of the intellect.

~Mata Amritanandamayi

God is standing at the door of every heart. Call Him. He is waiting to come in.

~Mata Amritanandamayi

If we have some pet animals, we should feed them also before taking our food. Perceive God in every living being and feed them with that attitude.

~Mata Amritanandamayi

Keep the child within alive. A child never tires of hearing the birds sing, never gets bored looking at flowers.

~Mata Amritanandamayi

Too much reasoning has spoiled the contemporary mind. People have lost their hearts and faith.

~Mata Amritanandamayi

If we approach Nature with , it will serve us as our best friend, a friend that won't let us down.

~Mata Amritanandamayi

Just as armor protects the soldier, spiritual knowledge protects us from the difficulties of life.

~Mata Amritanandamayi

Our circumstances will continually change. It is out of our control. It is more important to change our attitude, which we have control of.

~Mata Amritanandamayi

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

~Mata Amritanandamayi

Love sustains everything.

~Mata Amritanandamayi

Married life, if lived with the proper love and understanding, helps awaken the feminine within a man, and the masculine within a woman.

~Mata Amritanandamayi

Go out and serve the suffering. Learn to place others in front of yourself.

~Mata Amritanandamayi

Each and every object in Nature teaches us something. Renunciation

and selflessness are the greatest lessons to learn from Nature.

~Mata Amritanandamayi

Animals too experience sorrow, love, anger and other emotions.

~Mata Amritanandamayi

Have the conviction that God is your only real relative and friend.

~Mata Amritanandamayi

May your thoughts, words and actions arise from love.

~Mata Amritanandamayi

Just as food and sleep are necessary for the body, spiritual understanding is needed for a healthy mind.

~Mata Amritanandamayi

Finding fault in others, just for the sake of finding fault, we will pollute our own minds.

~Mata Amritanandamayi

One who goes after the taste of the tongue does not get to know the taste of the heart.

~Mata Amritanandamayi

Traveling by bus, we see many things on the way and just let them pass by. Watch the thoughts of your minds in the same way.

~Mata Amritanandamayi

When people live in accordance with Nature, the song of life becomes sweet.

~Mata Amritanandamayi

What we need is peace of mind. We can gain that only through the control of our mind.

~Mata Amritanandamayi

Children, meditation is not just sitting with our eyes closed. We should take every action as worship. We should be able to experience His presence everywhere.

~Mata Amritanandamayi

In God's vision, no inside or outside exists. Still, in the beginning, Mother is asking all to meditate on Him in the heart, in order to achieve concentration.

~Mata Amritanandamayi

Whatever you see, hear or experience in the world is ephemeral. Get in touch with the eternal substratum of everything.

~Mata Amritanandamayi

We should never forget that after every night, there is a dawn. We should never lose our optimistic faith.

~Mata Amritanandamayi

When we raise one hand to say "bye-bye" we are gesturing that we are going apart from each other, whereas when we join our palms and bow our head, our hearts become closer.

~Mata Amritanandamayi

Unfortunately, the only meaning that society attributes to life today is an opportunity to make money.

~Mata Amritanandamayi

Do no talk while eating.

~Mata Amritanandamayi

Spirituality, as expounded by the great saints and sages of the past, is a very broad path. It accommodates all types of belief systems. You

need to satisfy everyone.

~Mata Amritanandamayi

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

~Mata Amritanandamayi

God realization and self-realization are one and the same. God-realization is nothing but the ability and expansiveness of heart to love everything equally.

~Mata Amritanandamayi

Problems arise when you identify with your thoughts and emotions. Try to be a witness to the thoughts instead of being totally identified with them.

~Mata Amritanandamayi

If you have patience, then you'll also have love. Patience leads to love.

~Mata Amritanandamayi

Feel your prayers, feel your mantra and you will feel God.

~Mata Amritanandamayi

If we are not able to fix the Lord firmly in our hearts, even a lifetime of temple-going does not do us any good.

~Mata Amritanandamayi

If we keep holding on to God, there is nothing to fear.

~Mata Amritanandamayi

Being aware of the bondage is enough to free you from its clutches.

~Mata Amritanandamayi

Any pleasure gained by means other than mental control weakens the body.

~Mata Amritanandamayi

What the world needs are servants, not leaders. Everyone's wish is to become a leader....Let us become a real servant instead.

~Mata Amritanandamayi

Be content and happy with whatever comes to you.

~Mata Amritanandamayi

First, the human mind should be harmonized, then the harmony of Nature will spontaneously take place.

~Mata Amritanandamayi

Crying to God for five minutes is equal to one hour of meditation.

~Mata Amritanandamayi

Peace is not a product of an intellectual exercise. It is an inner blossoming that occurs with meditation.

~Mata Amritanandamayi

Children, do not listen to those who malign masters and sages. Never listen to or indulge in derogatory talk about anyone. When we harbor negative thoughts about others, our minds become impure.

~Mata Amritanandamayi

Do your actions in the world, without forgetting that your final goal in life is to break free from all bondage and limitations. Always 'remember that you have a higher goal to attain.

~Mata Amritanandamayi

Children, we should simplify our life's needs and use the resulting savings for charity.

~Mata Amritanandamayi

Just as the right hand comes to dress the wound on the left hand, we should see another person's sorrows as our own and come to his or her aid.

~Mata Amritanandamayi

Loving words and deeds are the best alms.

~Mata Amritanandamayi

Try to make others happy, and don't despair over all the evil in the world. Instead of cursing the dark, let us each light one small lamp.

~Mata Amritanandamayi

Our educational system needs to give equal importance to the intellect and the heart.

~Mata Amritanandamayi

Lessen the quantity of unnecessary thoughts and allow more space for the energy of love to flow within you.

~Mata Amritanandamayi

Pure love transcends the body. It is between hearts. It has nothing to do with bodies.

~Mata Amritanandamayi

Pray: O Lord, make my eyes see only the good in everyone.

~Mata Amritanandamayi

Spiritual love is without limits or boundaries. Worldly love is superficial and fluctuating.

~Mata Amritanandamayi

Consoling a miserable soul, wiping the tears of a crying person is

greater than any worldly achievement.

~Mata Amritanandamayi

If you see deficiencies in others, your duty is to forgive instead of pointing at it.

~Mata Amritanandamayi

Take a vow for a life of service to others.

~Mata Amritanandamayi

Progress can be slow and gradual. Continue putting in effort with patience, enthusiasm and faith.

~Mata Amritanandamayi

Parents need to nourish spiritual values in their children from a very young age.

~Mata Amritanandamayi

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