

# Paramahansa Yogananda Quotes

*Spiritual, Soul, Self, Men, Heart, Death, Mind, Thinking, Yoga, People, World,  
Meditation, Lying, Light, Dream, Happiness, Inspiration, Mean, Energy, Healing*

If you want to be sad, no one in the world can make you happy. But if you make up your mind to be happy, no one and nothing on earth can take that happiness from you.

~Paramahansa Yogananda

Change yourself and you have done your part in changing the world

~Paramahansa Yogananda

Live quietly in the moment and see the beauty of all before you. The future will take care of itself.

~Paramahansa Yogananda

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

I am a spark from the Infinite. I am not flesh and bones. I am light.

~Paramahansa Yogananda

Be kind to others, so that you may learn the secret art of being kind to yourself.

~Paramahansa Yogananda

It is spiritual poverty, not material lack, that lies at the core of all human suffering.

~Paramahansa Yogananda

No one appears on our stage unless the director has placed them there for our benefit

~Paramahansa Yogananda

Be honest with yourself. The world is not honest with you. The world loves hypocrisy. When you are honest with yourself you find the road to inner peace.

~Paramahansa Yogananda

Having lots of money while not having inner peace is like dying of thirst while bathing in the ocean.

~Paramahansa Yogananda

Meet everybody and every circumstance on the battlefield of life with the courage of a hero and the smile of a conqueror.

~Paramahansa Yogananda

The happiness of one's own heart alone cannot satisfy the soul; one must try to include, as necessary to one's own happiness, the happiness of others.

~Paramahansa Yogananda

By the practice of meditation, you will find that you are carrying within your heart a portable paradise.

~Paramahansa Yogananda

Have only love in your heart for others. The more you see the good in them, the more you will establish good in yourself.

~Paramahansa Yogananda

Whatever you want others to be, first be that yourself. Then, you will find others responding in like manner to you.

~Paramahansa Yogananda

There is a magnet in your heart that will attract true friends. That magnet is unselfishness, thinking of others first; when you learn to live for others, they will live for you.

~Paramahansa Yogananda

The season of failure is the best time for sowing the seeds of success.

~Paramahansa Yogananda

Forget the past, for it is gone from your domain! forget the future, for it is beyond your reach! control the present! Live supremely well now!  
This is the way of the wise.

~Paramahansa Yogananda

When the mind is calm, how quickly, how smoothly, how beautifully you will perceive everything.

~Paramahansa Yogananda

Since you alone are responsible for your thoughts, only you can change them.

~Paramahansa Yogananda

Today I forgive all those who have ever offended me. I give my love to all thirsty hearts, both to those who love me and to those who do not love me.

~Paramahansa Yogananda

Be as simple as you can be; you will be astonished to see how uncomplicated and happy your life can become.

~Paramahansa Yogananda

When you learn to get along with yourself, you will know how to get along with everybody.

~Paramahansa Yogananda

Remain calm, serene, always in command of yourself. You will then find out how easy it is to get along.

~Paramahansa Yogananda

I relax and cast aside all mental burdens, allowing God to express through me His perfect love, peace, and wisdom.

~Paramahansa Yogananda

Is a diamond less valuable because it is covered with mud? God sees the changeless beauty of our souls. He knows we are not our mistakes.

~Paramahansa Yogananda

Your trials did not come to punish you, but to awaken you - to make you realise that you are a part of Spirit and that just behind the sparks of your life is the Flame of Infinity.

~Paramahansa Yogananda

Nothing is impossible unless you think it is.

~Paramahansa Yogananda

Never count your faults. Just see that your love for God is deeply sincere. For God doesn't mind your imperfections: He minds your indifference.

~Paramahansa Yogananda

A smooth life is not a victorious life.

~Paramahansa Yogananda

Fearlessness means faith in God: faith in his protection, His justice, His wisdom, His mercy, His love, and His Omnipresence... To be fit for Self-realization man must be fearless.

~Paramahansa Yogananda

The soul's first adventure is the fight between two ideas: the wish to return to earth in a human form, and the desire to feel the freedom of having no form.

~Paramahansa Yogananda

Do not take life's experiences too seriously. For in reality they are nothing but dream experiences. Play your part in life, but never forget that it is only a role.

~Paramahansa Yogananda

The rains of Life's Blessings cannot gather on mountaintops of pride, but flow easily into valleys of humbleness.

~Paramahansa Yogananda

Brotherhood is an ideal better understood by example than precept!

~Paramahansa Yogananda

You do not have to struggle to reach God, but you do have to struggle to tear away the self-created veil that hides him from you

~Paramahansa Yogananda

If you have a strong mind and plant in it a firm resolve, you can change your destiny.

~Paramahansa Yogananda

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

I could not think of being unkind, even to a mortal enemy. It would hurt me. I see so much unkindness in the world, and there is no excuse for me to add to it.

~Paramahansa Yogananda

If you are in a dark room, don't beat at the darkness with a stick, but rather try to turn on the light

~Paramahansa Yogananda

The mother's love is not given to us to spoil us with indulgence, but to soften our hearts, that we may in turn soften others with kindness.

~Paramahansa Yogananda

Kindness is the light that dissolves all walls between souls, families, and nations.

~Paramahansa Yogananda

The kingdom of God is just behind the darkness of closed eyes, and the first gate that opens to it is your peace.

~Paramahansa Yogananda

I am no longer the wave of consciousness thinking itself separated from the sea of cosmic consciousness. I am the ocean of Spirit that has become the wave of human life.

~Paramahansa Yogananda

People are running, running, but there is no place in the world to which they can flee to escape themselves. Ultimately, each one must face himself.

~Paramahansa Yogananda

Incredible amounts of energy are hidden in your brain; enough in a gram of flesh to run the city of Chicago for 2 days. And you say you are tired?

~Paramahansa Yogananda

In that power of self-control lies the seed of eternal freedom.

~Paramahansa Yogananda

We are what we think we are. The habitual inclination of our thoughts determines our talents and abilities, and our personality. So whatever you want to be, start to develop that pattern now.

~Paramahansa Yogananda

Read a little. Meditate more. Think of God all the time.

~Paramahansa Yogananda

If you permit your thoughts to dwell on evil you yourself will become ugly. Look only for the good in everything so you absorb the quality of beauty.

~Paramahansa Yogananda

Through the portals of silence the healing sun of wisdom and peace will shine upon you.

~Paramahansa Yogananda

Analyze yourself. All emotions are reflected in the body and mind. Envy and fear cause the face to pale, love makes it glow.

~Paramahansa Yogananda

Before embarking on important undertakings sit quietly calm your senses and thoughts and meditate deeply. You will then be guided by the great creative power of Spirit.

~Paramahansa Yogananda

Each time a swarm of worries invades your mind, refuse to be affected; wait calmly, while seeking the remedy. Spray the worries with the powerful chemical of your peace.

~Paramahansa Yogananda

Do your best and then relax. Let things go on in a natural way, rather than force them.

~Paramahansa Yogananda

You must not let your life run in the ordinary way; do something that nobody else has done, something that will dazzle the world. Show that God's creative principle works in you.

~Paramahansa Yogananda

Every tomorrow is determined by every today.

~Paramahansa Yogananda



Retire to the center of your being, which is calmness.

~Paramahansa Yogananda

It is blessedness for yourself and others if you are happy.

~Paramahansa Yogananda

To me there is no difference between one person and another; I behold all as soul-reflections of the one God. I can't think of anyone as a stranger, for I know that we are all part of the One Spirit.

~Paramahansa Yogananda

Divisions are imaginary lines drawn by small minds.

~Paramahansa Yogananda

Love cannot be had for the asking; it comes only as a gift from the heart of another

~Paramahansa Yogananda

Everything is Spirit - in essence, though hidden in manifestation. If you had the perception, you would see God in everything.

~Paramahansa Yogananda

When we serve others, we serve ourselves. Do not think, I will help others - think rather, I will help my own, my world, because I cannot otherwise be happy.

~Paramahansa Yogananda

What are you afraid of? You are an immortal being. You are neither a man nor a woman, as you may think, but a soul - joyous, eternal.

~Paramahansa Yogananda

Learn to be calm and you will always be happy.

~Paramahansa Yogananda

Know that this universe is nothing but a dream bluff of nature to test your consciousness of immortality.

~Paramahansa Yogananda

Untrained warriors are soon killed on the battlefield; so also persons untrained in the art of preserving their inner peace are quickly riddled by the bullets of worry and restlessness in active life.

~Paramahansa Yogananda

Success is hastened or delayed by one's habits. It is not your passing inspirations or brilliant ideas so much as your everyday mental habits that control your life.

~Paramahansa Yogananda

Realize that enough hidden strength lies within you to overcome all obstacles and temptations. Bring forth that indomitable power and energy.

~Paramahansa Yogananda

He who conquers the mind, conquers the world.

~Paramahansa Yogananda

If you possess happiness you possess everything: to be happy is to be in tune with God.

~Paramahansa Yogananda

Making others happy, through kindness of speech and sincerity of right advice, is a sign of true greatness. To hurt another soul by sarcastic words, looks, or suggestions, is despicable.

~Paramahansa Yogananda

Stillness is the altar of spirit.

~Paramahansa Yogananda

Freedom means the power to act by soul guidance, not by the compulsions of desires and habits. Obeying the ego leads to bondage; obeying the soul brings liberation.

~Paramahansa Yogananda

To work with God's happiness bubbling in the soul is to carry a portable paradise within you wherever you go.

~Paramahansa Yogananda

Coercion or compulsion never brings about growth. It is freedom that accelerates evolution.

~Paramahansa Yogananda

When you yearn for God with intensity, He will come to you.

~Paramahansa Yogananda

The best methods are those which help the life energy to resume its inner work of healing

~Paramahansa Yogananda

The greater the will, the greater the flow of energy.

~Paramahansa Yogananda

No matter what you are doing, keep the undercurrent of happiness. Learn to be secretly happy within your heart in spite of all circumstances.

~Paramahansa Yogananda

From joy I came, for joy I live, in sacred joy I melt.

~Paramahansa Yogananda

No action is ever an isolated event. Always, it invites from the universe a reaction that corresponds exactly to the type and the force of energy behind the deed.

~Paramahansa Yogananda

As a mortal being you are limited, but as a child of God you are unlimited... Focus your attention on God, and you shall have all the power you want, to use in any direction.

~Paramahansa Yogananda

Do your best and then relax.

~Paramahansa Yogananda

If you open the door to the magnetic power of friendship, souls of like vibrations will be attracted to you.

~Paramahansa Yogananda

I don't want people to think that they can attain realization simply by listening to others or by reading books. They must practice what they read and hear.

~Paramahansa Yogananda

A saint is a sinner who never gave up.

~Paramahansa Yogananda

Whenever you want to produce something, do not depend upon the outside source: go deep and seek the Infinite Source.

~Paramahansa Yogananda

As I radiate love and goodwill to others, I will open the channel for God's love to come to me.

~Paramahansa Yogananda

He is the wisest who seeks God. He is the most successful who has found God.

~Paramahansa Yogananda

Thought is the primary energy and vibration that emanated from God and is thus the creator of life, electrons, atoms, and all forms of energy.

~Paramahansa Yogananda

Remain quiet. Don't feel you have to talk all the time. Go within and you will see the Loveliness behind all beauty.

~Paramahansa Yogananda

Humans become angels on earth, not in heaven.

~Paramahansa Yogananda

Thinkers do not accept the inevitable; they turn their efforts toward changing it.

~Paramahansa Yogananda

When the *mind* is strong and the *heart* is pure, you are free

~Paramahansa Yogananda

Those persons who have perceptive eyes enjoy beauty everywhere.

~Paramahansa Yogananda

Change your life by changing your thoughts.

~Paramahansa Yogananda

A good rule in life is to tell yourself simply, 'What comes of itself, let it come.'

~Paramahansa Yogananda

Love is the Song of the Soul singing to God.

~Paramahansa Yogananda

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