

Sivananda Quotes

*Heart, Mind, Spiritual, Men, Self, Yoga, Thinking, Meditation, Character, Giving,
Practice, Life Is, Light, World, Giving Up, Buddhist, Inspiration, Sleep, Pain,
Laughter*

Put your heart, mind, and soul into even your smallest acts. This is the secret of success.

~Sivananda

Love expects no reward. Love knows no fear. Love Divine gives - does not demand. Love thinks no evil; imputes no motive. To Love is to share and serve.

~Sivananda

If you do not find peace within, you will not find it anywhere else. The Goal of Life is the attainment of Peace and not the achievement of power, name, fame and wealth.

~Sivananda

Forget like a child any injury done by somebody immediately. Never keep it in the heart. It kindles hatred.

~Sivananda

Giving is the secret of abundance.

~Sivananda

Life is short. Time is fleeting. Realize the Self. Purity of the heart is the gateway to God. Aspire. Renounce. Meditate. Be good; do good. Be kind; be compassionate. Inquire, know Thyself.

~Sivananda

There is no end of craving. Hence contentment alone is the best way to happiness. Therefore, acquire contentment.

~Sivananda

Always do good to others. Be selfless. Mentally remove everything and be free. This is divine life. This is the direct way to Moksha or salvation.

~Sivananda

Humility is not cowardice. Meekness is not weakness. Humility and meekness are indeed spiritual powers.

~Sivananda

The mind is responsible for the feelings of pleasure and pain. Control of the mind is the highest Yoga.

~Sivananda

Illness begins with "I", Wellness begins with "we"

~Sivananda

You should always keep your word. All the setbacks in life come only because you don't keep your word.

~Sivananda

Learn to give, give in plenty, give with love, give without any expectation, one does not lose anything by giving, on the other hand you get back a thousand fold.

~Sivananda

Do not brood over your past mistakes and failures as this will only fill your mind with grief, regret and depression. Do not repeat them in the future.

~Sivananda

Patient and regular practice is the whole secret of spiritual realization. Do not be in a hurry in spiritual life. Do your utmost, and leave the rest to God.

~Sivananda

Conquer your thoughts and you will conquer the world.

~Sivananda

Individual Peace paves the way for world peace. The attainment of

inner calm is the greatest work you can do for humanity.

~Sivananda

Why do you read many books? The great book is within your heart. Open the pages of this inexhaustible book, the source of all knowledge. You will know everything.

~Sivananda

Moral values, and a culture and a religion, maintaining these values are far better than laws and regulations.

~Sivananda

Love beautifies the giver and elevates the receiver.

~Sivananda

There is something good in all seeming failures. You are not to see that now. Time will reveal it. Be patient.

~Sivananda

One can realize God through kirtan alone.

~Sivananda

Music is the medium for expressing emotion. Music kindles love and infuses hope. It has countless voices and instruments. Music is in the hearts of all men and women

~Sivananda

Don't fear the darkness if you carry the light within.

~Sivananda

Life is a series of awakenings

~Sivananda

Life is a pilgrimage. The wise man does not rest by the roadside inns.

He marches direct to the illimitable domain of eternal bliss, his ultimate destination.

~Sivananda

A wise person laughs and smiles through the eyes. . . . The smile and laughter through the eyes influence people tremendously. No energy leaks if you smile through the eyes.

~Sivananda

The harder the struggle, the more glorious the triumph. Self-realization demands very great struggle.

~Sivananda

Beauty is essentially spiritual. The authentic beauty lies in the heart.

~Sivananda

To make the mind obey you is a spiritual discipline.

~Sivananda

Eating, drinking, sleeping a little laughter ! much weeping! Is that all ?
Do not die here like a worm. Wake up! Attain immortal bliss!

~Sivananda

The mind is a product of experience. It is the result of past thinking and is modified by present thinking.

~Sivananda

Meditation is the royal road to the attainment of freedom, a mysterious ladder that reaches from earth to heaven, darkness to light, mortality to Immortality.

~Sivananda

Tolerance is a sign of growth on the spiritual path

~Sivananda

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

~Sivananda

The language of silence is the language of God, the language of silence is the language of the heart.

~Sivananda

This world is your body. This world is a great school, This world is your silent teacher.

~Sivananda

Fear is only in duality. Fear is Mind. When you are your Self, there is no fear.

~Sivananda

Let each man take the path according to his capacity, understanding and temperament. His true guru will meet him along that path.

~Sivananda

Meditation is the dissolution of thoughts in eternal awareness or pure consciousness.

~Sivananda

The human intellect has not been able to conceive of anything more noble and sublime in the history of the world than the teachings of the Upanishads.

~Sivananda

An ounce of practice is worth a ton of theory!

~Sivananda

There is some truth in everything. Views and opinions are different aspects. Do not quarrel with others.

~Sivananda

Faith is a belief in the unknown. Faith heals, faith creates, faith works wonders, faith moves mountains. Faith is the searchlight for God-finding.

~Sivananda

Thinking of disease constantly will intensify it. Feel always 'I am healthily in body and mind'.

~Sivananda

Arrogance is a mixture of impertinence, disobedience, indiscipline, rudeness, harshness, and a self-assertive nature.

~Sivananda

Crave for a thing, you will get it. Renounce the craving, the object will follow you by itself.

~Sivananda

Change the mind, and you can change the body.

~Sivananda

Your sole purpose in life is to attain God-realization. All else is useless and worthless.

~Sivananda

Go beyond science, into the region of metaphysics. Real religion is beyond argument. It can only be lived both inwardly and outwardly.

~Sivananda

The practice of 'asanas' and 'pranayama' wards off disease and helps to maintain alertness.

~Sivananda

Live in the present, forget the past. Give up hopes of future.

~Sivananda

The benefits of Mouna (Silence) are incalculable.

~Sivananda

Faith induces one to pray. Prayer purifies the heart. In the purified heart is reflected the light of Lord. When the Light shines the mortal becomes immortal.

~Sivananda

An evil man is a saint of the future. See good in everything. Destroy the evil-finding quality. Develop the good-finding quality. Rise above good and evil.

~Sivananda

The secret of life is in love the love of God and the service of humanity.

~Sivananda

Man is a bridge between the two worlds - the visible and the invisible.

~Sivananda

There is a tricycle in man. He knows, he feels and acts. He has emotion, intellect and will. He must develop head, heart and hand.

~Sivananda

Terrible is the fight put up by the senses. Fight bravely! Conquer them you must.

~Sivananda

The real spiritual progress of the aspirant is measured by the extent to which he achieves inner tranquility.

~Sivananda

The inward battle--against our mind, our wounds, and the residues of the past--is more terrible than outward battle.

~Sivananda

Serve, Love, Give, Purify, Meditate, Realize.

~Sivananda

Be Good, Do Good. Do thou always without attachment perform action which should be done, for by performing action without attachment, man reaches the Supreme.

~Sivananda

Man needs now no more degrees, but character, No more study, but wisdom.

~Sivananda

Do not store in your brain useless information. Learn to unmind the mind. Unlearn whatever has been of no use to you. Then only can you fill your mind with divine thoughts.

~Sivananda

Desire nothing, give up all desires and be happy.

~Sivananda

Today is your own. Tomorrow perchance may never come.

~Sivananda

The secret of life is not enjoyment but education through experience.

~Sivananda

You are the Master of your own Destiny

~Sivananda

Modern civilisation is complicated and artificial. Simple folk live in a

world of love and peace. Let no one hate another or harm another.

~Sivananda

Your duty is to treat everybody with love as a manifestation of the Lord.

~Sivananda

Intuition transcends reason, but does not contradict it

~Sivananda

Be tolerant. Behold the unity of all faiths, cults, creeds and religions.
Respect the views, opinions and sentiments of all.

~Sivananda

When you have succeeded in enshrining God within your heart, you will see Him everywhere.

~Sivananda

Practice meditation regularly. Meditation leads to eternal bliss.
Therefore meditate, meditate.

~Sivananda

A purified mind can grasp anything. It can dive deep into the subtlest subject and understand even transcendental things.

~Sivananda

Life is the unfolding of the latent capacities of the soul.

~Sivananda

If you do not know the laws of right conduct, you cannot form your character.

~Sivananda

Meditation is painful in the beginning but it bestows immortal Bliss and supreme joy in the end.

~Sivananda

Be for ever a student. He and he alone is an old man who feels that he has learnt enough and has need for no more knowledge.

~Sivananda

Sow love, reap peace. Sow meditation, reap wisdom.

~Sivananda

When all desires of heart die, mortal man becomes Immortal.

~Sivananda

It is divinity that shapes, not only your ends, but also your acts, your words and thoughts.

~Sivananda

Pain, sorrow, ignorance are all illusory; they cannot live. Bliss, joy, knowledge are true; they cannot die.

~Sivananda

You are already free. You only have to know and realize this truth.

~Sivananda

Do not love leisure. Waste not a minute. Be bold. Realize the Truth, here and now!

~Sivananda

Desire is poverty. Desire is the greatest impurity of the mind. Desire is the motive force for action. Desire in the mind is the real impurity. Even a spark of desire is a very great evil.

~Sivananda

Complete peace equally reigns between two mental waves.

~Sivananda

Fame is the penalty of success. Jealousy is the penalty of fame.

~Sivananda

God is all-full. He is self-contained. He is eternal satisfaction.

~Sivananda

Still the bubbling mind; herein lies freedom and bliss eternal.

~Sivananda

Rise above the deceptions and temptations of the mind. This is your duty. You are born for this only; all other duties are self-created and self-imposed owing to ignorance.

~Sivananda

Eradicate self-justification. Then alone can you annihilate your ego.

~Sivananda

Common sense is the fundamental factor in all spiritual disciplines. No rule is an eternal rule. Rules change from place to place, time to time and from one condition to another condition.

~Sivananda

Bear insult, bear injury.

~Sivananda

The goal of life is god realisation.

~Sivananda

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