

Swami Satchidananda Quotes

*Yoga, Mind, Light, Giving, World, Self, Meditation, Giving Up, Joy, Rivers,
Suffering, Running, Opportunity, Names, Faces, Jesus, Peaceful, Winning,
Real, Bird*

Any kind of expectation creates a problem. We should accept, but not expect. Whatever comes, accept it. Whatever goes, accept it. The immediate benefit is that your mind is always peaceful.

~Swami Satchidananda

Anything that you throw comes back. All your actions are echoes.

~Swami Satchidananda

If your heart is beautiful, your face will be beautiful, your life will be beautiful, everything will be beautiful.

~Swami Satchidananda

Let us accept all the different paths as different rivers running toward the same ocean.

~Swami Satchidananda

Who will be the happiest person? The one who brings happiness to others.

~Swami Satchidananda

Peace comes not from doing, but from undoing; not from getting, but from letting go.

~Swami Satchidananda

Our own true nature is Infinite Joy! Always happy, Always peaceful, Always free.

~Swami Satchidananda

You are the cause of your own joy or your own misery. You hold that power. You are your own friend and your own enemy.

~Swami Satchidananda

Now will never leave. It is always here. Like a clear canvas, it awaits our painting.

~Swami Satchidananda

The greatest victory you can win is over your own mind.

~Swami Satchidananda

Everything begins in the mind. If you want to see clearly, you need clear vision.

~Swami Satchidananda

Do you want to know the secret of life? If you want to have everything, don't want anything. Everything will run after you.

~Swami Satchidananda

Don't depend on something that comes from outside. Outside things are never going to make you happy.

~Swami Satchidananda

True love knows no bargains. It is one-way traffic: giving, giving, giving.

~Swami Satchidananda

God knows your breaking point. You simply don't know your own strength.

~Swami Satchidananda

The light is within. It is already there. Take your time to see it.

~Swami Satchidananda

If you are becoming more easeful, peaceful & useful then you know you are growing.

~Swami Satchidananda

Music is the celestial sound, and it is sound that controls the whole universe, not atomic vibrations. Sound energy, sound power, is much, much greater than any other power in the world.

~Swami Satchidananda

Not only does charity begin at home. Everything begins at home, including spirituality.

~Swami Satchidananda

Don't give up your power to change things. Negativity and unhappiness are caused by you. You can change your attitude.

~Swami Satchidananda

Calming the mind is yoga, not just standing on the head

~Swami Satchidananda

Never give up; nothing is done overnight. Anyone who achieved anything in life always did it after many failures. Don't give up hope.

~Swami Satchidananda

As you are, you see everything else.

~Swami Satchidananda

Give up the drop and gain the whole ocean.

~Swami Satchidananda

Begin with little things daily and one day you will be doing things that months back you would have thought impossible.

~Swami Satchidananda

At various points in our lives, or on a quest, and for reasons that often remain obscure, we are driven to make decisions which prove with hindsight to be loaded with meaning. (225)

~Swami Satchidananda

The stones of a river start out rough, but with the current continually bumping and polishing them, they end up being beautiful.

~Swami Satchidananda

We can see the same spirit in everybody only when we know we are that spirit, Atman or Self. Only a person who has understood his own Self can see that Self in everybody.

~Swami Satchidananda

Mere philosophy will not satisfy us. We cannot reach the goal by mere words alone. Without practice, nothing can be achieved. (3)

~Swami Satchidananda

[T]he period between four and six in the morning is called the Brahmamuhurta, the Brahmic time, or divine period, and is a very sacred time to meditate. (140)

~Swami Satchidananda

Yoga is not only learning to stand on your head but also learning to stand on your feet.

~Swami Satchidananda

We can be serene even in the midst of calamities and, by our serenity, make others more tranquil.

~Swami Satchidananda

You are not given the light by anyoneâ€”not even by a spiritual teacher. You are that light.

~Swami Satchidananda

Yoga believes in transforming the individual before transforming the world.

~Swami Satchidananda

One truth, many paths.

~Swami Satchidananda

When even one virtue becomes our nature, the mind becomes clean and tranquil. Then there is no need to practice meditation; we will automatically be meditating always. (151)

~Swami Satchidananda

Every pain has a gain behind it

~Swami Satchidananda

Yoga began with the first person wanting to be healthy and happy all the time.

~Swami Satchidananda

The dedicated ever enjoy Supreme Peace. Therefore, live only to serve.

~Swami Satchidananda

Food should be a love offering.

~Swami Satchidananda

Just as a little bird cracks open the shell and flies out, we fly out of this shell, the shell of the body. We call that death, but strictly speaking, death is nothing but a change of form.

~Swami Satchidananda

The purification of the mind is very necessary. (72)

~Swami Satchidananda

In not only the physical science, but in the real mental silence, the wisdom dawns.

~Swami Satchidananda

..just do, leave it there, if it comes let it come, but don't look for it.

~Swami Satchidananda

If we only look within, we will see the Light as if we were seeing our own image in a mirror. (122)

~Swami Satchidananda

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