**Quotes of Sri Swami Satchidananda’s Teachings**

1. If you don't get it, immediately forget it! (Avvaiyar)
2. Contentment is golden.
3. *Yogas chitta vritti nirodhah* “The restraint of the modifications of the mind-stuff is Yoga.” (Yoga Sutras)
4. The hardest thing in the world is to train one's own mind.
5. The greatest victory you can win is the victory over your own mind.
6. The biggest miracle is to become humble.
7. Equanimity of mind is Yoga. (Bhagavad Gita)
8. Perfection in action is Yoga. (Bhagavad Gita)
9. The dedicated ever enjoy Supreme Peace. Therefore, live only to serve.
10. Practice becomes firmly grounded when well attended to for a long time, without break, and in all earnestness. (Yoga Sutras)
11. Achievement in life is based on devotion, dedication, and discipline.
12. As you think, so you become. Think well, you will be well. Think ill, you will be ill.
13. Substitute positive thoughts for negative ones.
14. Just have faith.
15. Faith and fear don't go together.
16. If you have complete faith, nothing is impossible.
17. Adversities are blessings in disguise.
18. Whatever comes, accept it as God's will.
19. Prayers are powerful, good thoughts.
20. Pray sincerely and trust in a Higher Power.
21. A sincere prayer that comes from a faithful heart can perform miracles.
22. Through sincere prayer, you tune your heart to God.
23. Trust in God.
24. If you have complete trust in God, you learn to accept whatever comes to you.
25. The more you trust God, the more you are tested. Trust and test go together.
26. See God's hand working through every other hand.
27. True love knows no bargains. It is one-way traffic: giving, giving, giving.
28. Everything is God. See God in all creation.
29. God is like the sun, shining on everyone equally.
30. God is consciousness itself.
31. You are never alone. God is nearer to you than your own heart.
32. Man proposes, God disposes.
33. God is the only reality; all the rest is a dream.
34. The only real help comes from God.
35. Peace is my God.
36. God is in you in the form of Peace and Joy.
37. Learn to keep your peace.
38. I don't believe in fighting for peace, but in finding it within.
39. To retain your peace always, renounce all selfishness.
40. If you keep giving, the world will take care of you.
41. If you are free from selfishness, you will be a good instrument in God's hands.
42. When you give up everything, you get everything.
43. Sacrifice is the law of life.
44. Make no appointments, and you'll have no dis-appointments.
45. "Thy right is to work only, but never to its fruits." (Bhagavad Gita)
46. If you want to be happy in life, you have to renounce the fruits of your actions.
47. Do everything for the sake of others.
48. Live only to serve.
49. Work is worship.
50. May the entire universe be filled with peace and joy, love and light.
51. Coming together is the beginning. Working together is progress. Living together is success.
52. Truth is One, paths are many.
53. God is always One, but is called by different names.
54. "Truth is One; seers express it in many ways." (Upanishads)
55. Real spiritual experience is to see the unity in diversity.
56. Failures are stepping-stones to success.
57. Experience is the best teacher.
58. The entire universe is a university.
59. The entire Nature is the omnipresent guru; draw silent lessons from all around you.
60. Come together, live together, talk together, walk together.
61. We are all One.
62. We are one in Spirit.
63. Enlighten our paths, O Light of Lights, Lord of Lords. Help us; guide us.
64. Health is your birthright.
65. You are what you eat.
66. The best remedy for any illness is laughter.
67. The best form of healing is prayer.
68. God is ready to help you. Don't allow your pride to get between you and God's help.
69. "Seek ye first the kingdom of God, and all else will be added unto you." (Holy Bible)
70. Never, never, never give up. Everything is possible.
71. Renounce the fruits of your actions.
72. If you do your duty with non-attachment, you will realize the Truth.
73. As you sow, so shall you reap.
74. Every action has a reaction.
75. Let your entire life be a sacrifice for humanity. That is the secret of Yoga.
76. It's all Your name, it's all Your form, it's all Your deed, and it's all for good.
77. There is only one purpose in life: realizing the Self, the God within.
78. When the disciple is ready, the guru appears.
79. The goal of Yoga is to have an easeful body, a peaceful mind, and a useful life.
80. "Ask and it shall be given." (Holy Bible)
81. "Blessed are the pure in heart; they shall see God." (Holy Bible)
82. Always remember: "I'm not the body, not the mind, immortal Self I am! In all conditions I am Knowledge Bliss Absolute!"
83. A perfect act brings some benefit to somebody and harm to nobody.
84. Everything is God's work.
85. Happiness never comes from outside.
86. "As the mind, so the individual; bondage and liberation are in the mind."
87. Our real nature is to be loving and giving.
88. Complete surrender means to give up totally and depend entirely on God.
89. Do everything as an instrument in the hands of God.
90. Speak what is true; speak what is pleasant.
91. Take it easy, but not lazy.
92. Do your best and leave the rest.
93. A guru is simply a laundryman.
94. Your conscience is the guru within.
95. You are happiness personified.
96. Who will be the happiest person? The one who brings happiness to others.
97. Your own true nature is happiness.
98. Love has no boundaries; it is the greatest force on earth.
99. Love everything and everybody as God would love: unconditionally.

100. Real marriage is when two people agree on one goal or purpose in life.

101. Living together happily as one beautiful family with total love is God.

102. The ultimate quest of the entire world is peace. Only in peace do we have joy.

103. Our first and foremost duty is to take care not to lose our peace.

104. Your first duty is to find the peace in you.

105. It is not how much you earn, but how you earn it that is important.

106. Do everything as an instrument in the hands of God.

107 .With every minute, every breath, every atom of our bodies, we should repeat this mantra: “dedication, dedication, giving, giving, loving, loving.” That is the best yoga which will bring us permanent peace and joy.”

108. The whole world exists in love. We come with love and we go with love. And in between we live with love. Love is the basis of everything.

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