



Where there is separateness, one sees another, smells another, tastes another, speaks to another, hears another, touches another, thinks of another, knows another.

But where there is unity, one without a second, that is the world of Brahman. This is the supreme goal of life, the supreme treasure, the supreme joy. Those who do not seek this Supreme goal live on but a fraction of this joy.

-Brihadaranyaka Upanishada



This supreme Self is without a beginning, undifferentiated, deathless. Though it dwells in the body, Arjuna, it neither acts nor is touched by action. As akasha pervades the cosmos but remains unstained, the Self can never be tainted though it dwells in every creature.

-Bhagavad Gita 13:31-32



A learned man's learning shines the brightest among luminaries capable of critiquing his language.

Speaking to an audience of thinking men is like watering a bed of growing plants.

-Tirukkural 72: 717-718



Before you speak, ask yourself, is it kind, is it necessary, is it true, does it improve on the silence?

-Sai Baba



Those who see all creatures in themselves And themselves in all creatures know no fear.

Those who see all creatures in themselves And themselves in all creatures know no grief.

How can the multiplicity of life Delude the one who sees its unity?

-Isha Upanishad



Among the wealthy, compassionate men claim the richest wealth,
For material wealth is possessed by even contemptible men.

Find and follow the good path and be ruled by compassion.
For if the various ways are examined, compassion will prove the means to liberation.

-Tirukkural 25: 241-242



Whatever befalls him,
He is always happy.
He wanders where he will.
And wherever he finds himself
When the sun sets,
There he lies down to rest.
He does not care if the body lives or dies.
He is so firmly set in his own being,
He rises above the round of birth and death.

-Ashtavakra Gita 18:85-86



The Self is hidden in the lotus of the heart.
Those who see themselves in all the creatures go
day by day into the world of Brahman hidden
in the heart. Established in peace, they rise
above body consciousness to the supreme
light of the Self. Immortal, free from fear, this
Self is Brahman, called the True. Beyond the
mortal and the immortal, he binds both worlds
together. Those who know this live day after
day in heaven in this very life.

-Chandogya Upanishad



Through constant efforts over many lifetimes, a person becomes purified of all selfish desires and
attains the supreme goal of life.

-Bhagavad Gita 6:45


DAILY HINDU WISDOM

The sage Vamadeva declared of old:
"While dwelling in the womb I understood
The birth of all the gods. A hundred forms,
Strong as steel, held me prisoner. But I
Broke loose from them, like a hawk from the cage,
And came out swiftly." While still in the womb,
Vamaveda made this declaration.
He emerged from his mother's womb, fully
Illuminated, to live in abiding joy,
And went beyond death. Indeed
He went beyond death.

-Aitareya Upanishad


DAILY HINDU WISDOM

As the intense fire of the furnace
refines gold to brilliancy, so does
The burning suffering of austerity
purify the soul to resplendence.

-Tirukkural 27:267


DAILY HINDU WISDOM

Freedom is that triumphant state of consciousness that is beyond the influence of desire. The mind ceases to thirst for anything it has seen or heard of; even what is promised in the scriptures.

And supreme freedom is that complete liberation from the world of change that comes of knowing the unbound Self.

-The Yoga Sutras of Patanjali, 1:15-16


DAILY HINDU WISDOM

The Self is hidden in the hearts of all,
As butter lies hidden in cream. Realize
The Self in the depths of meditation—
The Lord of Love, supreme Reality,
Who is the goal of all knowledge.

-Shvetashvatara Upanishad


ॐ
DAILY HINDU WISDOM

May the Lord of day grant us peace.
May the Lord of night grant us peace.
May the Lord of sight grant us peace.
May the Lord of might grant us peace.
May the Lord of speech grant us peace.
May the Lord of space grant us peace.
I bow down to Brahman, source of all power.
I will speak the truth and follow the law.
Guard me and my teacher against all harm.
Guard me and my teacher against all harm.

-Taittiriya Upanishad


ॐ
DAILY HINDU WISDOM

When the Self is known,
All illusions vanish.
The veil falls,
And you see clearly.
Your sorrows are dispelled.
For the Self is free
And lives forever.
Everything else is imagination,
Nothing more!
Because he understands this,
The master acts like a child.

-Ashtavakra Gita 18:6-7

*From "The Heart of Awareness: A Translation of the Ashtavakra Gita," by Thomas Byrom, 1990.
Reprinted by arrangement with Shambhala Publications, Inc., Boston. www.shambhala.com.*


ॐ
DAILY HINDU WISDOM

Those who know truly are free from pride and deceit. They are gentle, forgiving, upright, and pure, devoted to their spiritual teacher, filled with inner strength, and self-controlled. Detached from sense objects and self-will, they have learned the painful lesson of separate birth and suffering, old age, disease, and death.

-Bhagavad Gita 13:7-8

Excerpted from The Bhagavad Gita, translated by Eknath Easwaran, copyright 1985. Reprinted with permission from Nilgiri Press, www.nilgiri.org. To order the book, please call 1-800-475-2369.





Birth ceases when all attachments are severed;
Otherwise, one beholds unceasingly the transitoriness of life.

Attach yourself to Him who is free from all attachments.
Bind yourself to that bond in order that all other bonds may be broken.

-Tirukkural 35: 349-350



By this invocation of peace may peace bring peace!
With this peace the dreadful I now appease,
with this peace the cruel I now appease,
with this peace all evil I now appease,
so that peace may prevail, happiness prevail!
May everything for us be peaceful!

-Athara Veda



Having taught the Vedas, the teacher says:
"Speak the truth. Do your duty. Neglect not
The scriptures. Give your best to your teacher.
Do not cut off the line of progeny. Swerve not
From the truth. Swerve not from the good.
Protect your spiritual progress always.
Give your best in learning and teaching.
Never fail in respect to the sages.
See the divine in your mother, father,
Teacher, and guest. Never do what is wrong.
Honor those who are worthy of honor.
Give with faith. Give with love. Give with joy.
If you are in doubt about the right conduct,
Follow the example of the sages,
Who know what is best for spiritual growth.
This is the instruction of the Vedas;
This is the secret; this is the message."

-Taittiriya Upanishad

ॐ
DAILY HINDU WISDOM

He is pure of heart,
He knows the whole world is only the Self.

So who can stop him
From doing as he wishes?

-Ashtavakra Gita 4:4

ॐ
DAILY HINDU WISDOM

Riches retained by generous men
Resemble a fruit tree ripening in the heart of a village.

In the hands of a benevolent man,
Wealth is like a medicinal tree whose healing gifts help all.

-Tirukkural 22:216-217

ॐ
DAILY HINDU WISDOM

Light illumines the Sun,
But the Sun itself
creates that light.
The glorious Sun and its light
are one and the same.

-Jnaneshwar (also known as Jnanadeva)

ॐ
DAILY HINDU WISDOM

Wherever the mind wanders, restless and diffuse in its search for satisfaction without, lead it
within; train it to rest in the Self.

-Bhagavad Gita 6:26

ॐ
DAILY HINDU WISDOM

Those who dwell on and long for sense-pleasure
Are born in a world of separateness.
But let them realize they are the Self
And all separateness will fall away.

-Mundaka Upanishad



Wisdom speaks well, conveying each meaning clearly,
And listens for the subtlest sense in others' speech.

Men of wisdom befriend the wise and keep that friendship constant,
Not opening and closing like the petaled lotus.

-Tirukkural 43:424-425



The ultimate Consciousness
is always present everywhere.
It is beyond space and time,
with not before or after.
It is undeniable and obvious.
So what can be said about it?

-Abhinavagupta



A king asked a sage to explain the Truth. In response the sage asked the king how he would convey the taste of a mango to someone who had never eaten anything sweet. No matter how hard the king tried, he could not adequately describe the flavor of the fruit, and, in frustration, he demanded of the sage "Tell me then, how would you describe it?" The sage picked up a mango and handed it to the king saying "This is very sweet. Try eating it!"

-Hindu teaching story



"I do this, I do that."
The big black snake of selfishness
Has bitten you!

"I do nothing."
This is the nectar of faith,
So drink and be happy!

-Ashtavakra Gita 1:8



A *satyagrabi* has no enemies. He discovers Truth by fasting and prayer. God alone is his abode, refuge, and friend.

-Mohandas Gandhi



A man who is advancing (spiritually) will begin to enjoy the deeper beatitude whether he is at work or not. While his hands are in society, he keeps his head cool in solitude.

-Ramana Maharshi



All is change in the world of the sense,
But changeless is the supreme Lord of Love.
Meditate on him, be absorbed in him,
Wake up from this dream of separateness.

Fire is not seen until one firestick rubs
Against another, though fire is still there,
Hidden in the firestick. So does the Lord
Remain hidden in the body until
He is revealed through the mystic mantram.

-Shvetashvatara Upanishad



As there can be no water without the sea,
No touch without the skin, no smell without
The nose, no taste without the tongue, no form
Without the eye, no sound without the
Ear, no thought without the mind, no wisdom
Without the heart, no work without hands, no
Walking without feet, no scriptures without the
Word, so there can be nothing without the Self.

-Brihadaranyaka Upanishad


DAILY HINDU WISDOM

All things arise,
Suffer change,
And pass away.

This is their nature.

When you know this,
Nothing perturbs you,
Nothing hurts you.

You become still.

It is easy.

-Ashtavakra Gita 11:1


DAILY HINDU WISDOM

When ignorance is destroyed, the Self is liberated from its identification with the world.

This liberation is Enlightenment.

-The Yoga Sutras of Patanjali, 2:25


DAILY HINDU WISDOM

Virtue yields heaven's honor and earth's wealth.
What is there then that is more fruitful for a man?

There is nothing more rewarding than virtue,
Nor anything more ruinous than its neglect.

-Tirukkural 4:31-32


DAILY HINDU WISDOM

Brahman creates the game of life by breaking Himself into parts that undergo transformation and extinction.

Yet while he takes on all the roles required by the game, He also always remains free of the game and intact as Brahman.

-Abhinavagupta



Conscious spirit and unconscious matter
Both have existed since the dawn of time,
With maya [illusion] appearing to connect them,
Misrepresenting joy as outside us.

When all these three are seen as one, the Self
Reveals his universal form and serves
As an instrument of the divine will.

-Shvetashvatara Upanishad



Arjuna: O Krishna, it is right that the world delights and rejoices in your praise, that all the saints and sages bow down to you and all evil flees before you to the far corners of the universe.

How could they not worship you, O Lord? You are the eternal spirit, who existed before Brahman the Creator and who will never cease to be. Lord of the gods, you are the abode of the universe. Changeless, you are what is and what is not, and beyond the duality of existence and nonexistence.

-Bhagavad Gita 11:36-37



Arjuna: "What is the force that binds us to selfish deeds, O Krishna? What power moves us, even against our will, as if forcing us?"

Sri Krishna: "It is selfish desire and anger, arising from the guna of rajas; these are the appetites and evils which threaten a person in this life."

-Bhagavad Gita 3:36-37



Children, when they have long lived in ignorance, consider themselves happy. Because those who depend on their good works are, owing to their passions, improvident, they fall and become miserable when their life (in the world which they had gained by their good works) is finished.

Considering sacrifice and good works as the best, these fools know no higher good, and having enjoyed (their reward) on the height of heaven, gained by good works, they enter again this world or a lower one.

But those who practice penance and faith in the forest, tranquil, wise, and living on alms, depart free from passion through the sun to where that immortal Person dwells whose nature is

imperishable.

-Mundaka Upanishad



An intimate of any strength will never listen to faults said of friends;
and on the day a friend offends, he is content to keep silent.

The world cherishes faithful men who never forsake
old friendships, worn by time but unbroken.

-Tirukkural 81: 808-809



He is the inner Self of all,
Hidden like a little flame in the heart.
Only by the stilled mind can he be known.
Those who realize him become immortal.
He has thousands of heads, thousands of eyes,
Thousands of feet; he surrounds the cosmos
On every side. This infinite being
Is ever present in the hearts of all.
He has become the cosmos. He is what was
And what will be. Yet he is unchanging,
The lord of immortality.

-Shvetashvatara Upanishad



An object has a reflection: When looking we see two images, yet there is only one thing. Likewise,
this world is a reflection of the Supreme Lord. We may see two, yet only One exists...

-Jnaneshwar



Hidden in the cave of the heart,
Leave pain and pleasure far behind.
Those who know they are neither body nor mind
But the immemorial Self, the divine
Principle of existence, find the source
Of all joy and live in joy abiding.
I see the gates of joy are opening
For your Nachiketa.

-Katha Upanishad


DAILY HINDU WISDOM

A jubilant heart rejoices upon seeing
those who give without scoffing or scorning.

Deprived of beggars, this vast and verdant Earth would
become uncharitable, a ball for the play of wooden puppets.

-Tirukkural 106: 1057-1058


DAILY HINDU WISDOM

But he who is truly wise
Always sees the absolute Self.

Celebrated, he is not delighted.
Spurned, he is not angry.
Pure of heart,
He watches his own actions
As if they were another's.

How can praise or blame disturb him?

-Ashtavakra Gita 3:9-10


DAILY HINDU WISDOM

As a wave,
Seething and foaming,
Is only water

So all creation,
Streaming out of the Self,
Is only the Self.

Consider a piece of cloth.
It is only threads!

So all creation,
When you look closely,
Is only the Self.

-Ashtavakra Gita 2:4-5


DAILY HINDU WISDOM

But not those who are free from desire; they
Are free because all their desires have found
Fulfillment in the Self. They do not die like the
Others; but realizing Brahman, they merge in

Brahman.

-Brihadaranyaka Upanishad



Even as rock remains rock, carved or uncarved, consciousness remains consciousness whether the world appears or not. The world-appearance is but an empty expression; its substance is nothing but consciousness.

In fact, even these manifestations and modifications are but Brahman, the cosmic consciousness—though not in the sense of manifestation or modification. Even this distinction—modification in the sense of modification, or any other sense—is meaningless in Brahman. When such expressions are used in relation to Brahman, the meaning is quite different, like water in the mirage.

-From the Yoga Vasishtha



If you do not cut the noose of your karma while living, what hope is there of liberation when you are dead?

It is a hopeless dream to think that union will come after the soul leaves the body.

-Kabir



Dedicate yourself to the Lord of Life,
Who is the cause of the cosmos. He will
Remove the cause of all your suffering
And free you from the bondage of karma.

-Shvetashvatara Upanishad



First I gave up action,
Then idle words,
And lastly thought itself.

Now I am here.

Ridding my mind of distraction,
Single-pointed,
I shut out sounds and all the senses,
And I am here.

-Ashtavakra Gita 12:1-2



As great as the infinite space beyond is the space within the lotus of the heart. Both heaven and earth are contained in that inner space, both fire and air, sun and moon, lightning and stars. Whether we know it in this world or know it not, everything is contained in that inner space.

-Chandogya Upanishad



If you desire destruction, simply ignore the rules and provoke those who, if they desire, can destroy you.

For the powerless to wreak harm upon the powerful is to summon Death with a gesturing hand.

-Tirukkural 90: 893-894



All minds are created by ego--the separative sense of "I."
All these expressions of individuality, however highly developed, are the impulses of the force of evolution.
And of these, only the mind born of meditation is free from the latent impressions that generated desire.

-The Yoga Sutras of Patanjali, 4:4-6



As a great fish swims between the banks of a river as it likes, so does the shining Self move between the states of dreaming and waking.

-Brihadaranyaka Upanishad



When the Self is unknown
The world arises,
Not when it is known.

But you mistake
The rope for the snake.

When you see the rope,
The snake vanishes.

-Ashtavakra Gita 2:7



Arjuna: O Krishna, you have said that knowledge is greater than action; why then do you ask me to wage this terrible war? Your advice seems inconsistent. Give me one path to follow to the supreme god.

Sri Krishna: At the beginning of time I declared two paths for the pure heart; *jnana yoga*, the contemplative path of spiritual wisdom, and *karma yoga*, the active path of selfless service.

-Bhagavad Gita 3:1-3



Even as the sun shines and fills all space
With light, above, below, across, so shines
The Lord of Love and fills the hearts of all created beings.

From him the cosmos comes, he who teaches
Each living creature to attain perfection
According to its own nature. He is
The Lord of Love who reigns over all life.

-Shvetashvatara Upanishad



All sorrow comes from fear.
From nothing else.

When you know this,
You become free of it,
And desire melts away.

You become happy
And still.

-Ashtavakra Gita 11:5



Although the limitations of the world disappear for one who knows the Self, they are not destroyed, because they continue to exist for others.

-The Yoga Sutras of Patanjali, 2:22



Arjuna: You are Vayu, god of wind; Yama, god of death; Agni, god of fire; Varuna, god of water.
You are the moon and the creator Prajapati, and the great-grandfather of all creatures. I bow
before you and salute you again and again.

You are behind me and in front of me; I bow to you on every side. Your power is immeasurable.
You pervade everything; you are everything.

-Bhagavad Gita 11:39-40



He is the source of all powers of life.
He is the lord of all, the great seer
Who dwells forever in the cosmic womb.
May he purify our consciousness!
O Lord, in whom alone we can find peace,
May we see your divine Self and be freed
From all impure thoughts and all fear.

-Shvetashvatara Upanishad



Amassing great wealth is gradual, like the gathering of a
theater crowd.
Its dispersal is sudden, like that same crowd departing.
Wealth's nature is to be unenduring.
Upon acquiring it, do that which is enduring right away.

-Tirukkural 34: 332-333



I honor the God and the Goddess,
The eternal parents of the universe.
The Lover, out of boundless love,
takes the form of the Beloved.
What Beauty!
Both are made of the same nectar
and share the same food.

-Jnaneshwar (also known as Jnanadeva)


DAILY HINDU WISDOM

Desire and aversion are of the mind.
The mind is never yours.
You are free of its turmoil.

You are awareness itself,
Never changing.

Wherever you go,
Be happy.

-Ashtavakra Gita 15:5


DAILY HINDU WISDOM

Arjuna: O Krishna, you have recommended both the path of selfless action and sannyasa, the path of renunciation of action. Tell me definitely which is better.

Sri Krishna: Both renunciation of action and the selfless performance of action lead to the supreme goal. But the path of action is better than renunciation.

Those who have attained perfect renunciation are free from any sense of duality; they are unaffected by likes and dislikes, Arjuna, and are free from the bondage of self-will.

-Bhagavad Gita 5:1-3


DAILY HINDU WISDOM

Even if you have nothing,
It is hard to find that contentment
Which comes from renunciation.

I accept nothing.
I reject nothing.

And I am happy.

-Ashtavakra Gita 13:1


DAILY HINDU WISDOM

Hear, O children of immortal bliss,
You are born to be united with the Lord.
Follow the path of the illumined ones
And be united with the Lord of Life.

Kindle the fire of kundalini deep

In meditation. Bring your mind and breath
Under control. Drink deep of divine love,
And you will attain the unitive state.

Dedicate yourself to the Lord of Life,
Who is the cause of the cosmos. He will
Remove the cause of all your suffering
And free you from the bondage of karma.

-Shvetashvatara Upanishad



High Truth, unyielding Order, Consecration,
Ardor and Prayer and Holy Ritual
uphold the Earth; may she, the ruling Mistress
of what has been and what will come to be,
for us spread wide a limitless domain.

-Rig Veda



Om Sarve Bhavanthu Sukhina
Sarve Santhu Nira Maya
Sarve Bhadrani Pashyanthu
Ma Kashchith Dukkha Bhaag Bhaveth

[Oh Lord, may all of mankind be safe,
Let no one experience pain or suffering.]

-Hindu mantra



Mother of the Universe,
I have no desire to exercise power.
I would not even care to be an emperor.
Sweet Mother, please grant me
two simple meals each day
and wealth enough to thatch the palm roof
of my clean earthen house,
where I offer dreaming and waking
as red flowers at your feet

-Ramprasad



Arjuna: Of those steadfast devotees who love you and those who seek you as the eternal formless

Reality, who are the more established in yoga?

Sri Krishna: Those who set their hearts on me and worship me with unfailing devotion and faith are more established in yoga.

-Bhagavad Gita 12:1-2



He is free of duality.

Wealth or pleasure,
Duty or discrimination
Mean nothing to him.

What does he care
What is accomplished or neglected?

-Ashtavakra Gita 18:12



I am not detachment nor salvation,
Nor anything reached by the senses;
I am behold all thought and form.
I am everywhere, and nowhere at all-
I am Consciousness and Bliss.

I am Shiva! I am Shiva!

-Shankaracharya



Ignorant of their ignorance, yet wise
In their own esteem, these deluded men,
Proud of their vain learning go round and round
Like the blind led by the blind. Far beyond
Their eyes, hypnotized by the world of sense,
Opens the way to immortality.
"I am my body; when my body dies,
I die." Living in this superstition
They fall life after life under my sway.

-Katha Upanishad



Negative feelings, such as violence, are damaging to life, whether we act upon them ourselves, or

cause or condone them in others.

They are born of greed, anger, or delusion, and may be slight, moderate, or intense.

Their fruit is endless ignorance and suffering. To remember this is to cultivate the opposite.

-The Yoga Sutras of Patanjali, 2:34



I am forever pure.

What is illusion,
Or the world?

What is the little soul,
Or God Himself?

One without two,
I am always the same.

I sit in my heart.

-Ashtavakra Gita 20:11-12



Not by the weak, not by the unearnest,
Not by those who practice wrong disciplines
Can the Self be realized. The Self reveals
Himself as the Lord of Love to the one
Who practices right disciplines.

-Mundaka Upanishad



As the man and the woman in me
Unite in love,
The brilliant beauty
Balanced on the two-petalled lotus
Within me
Dazzles my eyes.
The rays
Outshine the moon
And the jewels
Glowing on the hoods of snakes.

My skin and bone
Are tuned to gold.
I am the reservoir of love
Alive as the waves.

A single drop of water
Has grown into a sea,
Unnavigable.

-Lalan



I am neither the mind, the intellect, nor the silent voice within;
Neither the eyes, the ears, the nose, nor the mouth.
I am not water, fire, earth, nor ether—
I am Consciousness and Bliss.
I am Shiva! I am Shiva!

-Shankaracharya



As a flawless crystal absorbs what is placed before it, so the settled mind is transparent to whatever it meets--the seer, the process of seeing, or the object seen.

-The Yoga Sutras of Patanjali, 1:41



Fire is not seen until one firestick rubs
Against another, though fire is still there,
Hidden in the firestick. So does the Lord
Remain hidden in the body until
He is revealed through the mystic mantram.

Let your body be the lower firestick;
Let the mantram be the upper. Rub them
Against each other in meditation
And realize the Lord.

-Shvetashvatara Upanishad



But O how wonderful!

I am the unbounded deep
In whom all living things
Naturally arise,
Rush against each other playfully,
And then subside.

-Ashtavakra Gita 2:25

ॐ
DAILY HINDU WISDOM

I see people who talk about religion constantly quarreling with one another. Hindus, Mussulmans [Muslims], Brahmos, Shaktas, Vaishnavas, Shaivas all quarrel with one another. They haven't the intelligence to understand that He who is called Krishna is also Shiva and the Primal Shakti, and that it is He, again, who is called Jesus and Allah. "There is only one Rama and He has a thousand names."

-Ramakrishna

ॐ
DAILY HINDU WISDOM

From the heart there radiate a hundred
And one vital tracks. One of them rises
To the crown of the head. This way leads
To immortality, the others to death.

-Katha Upanishad

ॐ
DAILY HINDU WISDOM

It is but few who hear about the Self
Fewer still dedicate their lives to its
Realization. Wonderful is the one
Who speaks about the Self; rare are they
Who make it the supreme goal of their lives.

-Katha Upanishad

ॐ
DAILY HINDU WISDOM

I am boundless space.
The world is a clay pot.

This is the truth.

There is nothing to accept,
Nothing to reject,
Nothing to dissolve.

-Ashtavakra Gita 6:1

ॐ
DAILY HINDU WISDOM

Instill in me abundantly that fragrance,
O Mother Earth, which emanates from you

and from your plants and waters, that sweet perfume
that all celestial beings are wont to emit,
and let no enemy ever wish us ill!

-Rig Veda



The great teacher Prajapati said: "The Self is pure, free from decay and death, free from hunger and thirst, and free from sorrow. The Self desires nothing that is not good, wills nothing that is not good. Seek and realize the Self! Those who seek and realize the Self fulfill all their desires and attain the goal supreme."

-Chandogya Upanishad



The moon is one, but on agitated water it produces many reflections.
Similarly ultimate reality is one, yet it appears to be many in a mind agitated by thoughts.

-Maharamayana



Many are the men who piously bathe in purifying waters,
While in their dark hearts impure conduct lies concealed.

Neither shaven head nor long locks are required,
Provided one refrains from conduct condemned by the world.

-Tirukkural 28: 278, 280



The Self cannot be known by anyone
Who desists not from unrighteous ways,
Controls not his senses, stills not his mind,
And practices not meditation.
None else can know the omnipresent Self,
Whose glory sweeps away the rituals
Of the priest and the prowess of the warrior
And puts death itself to death.

-Katha Upanishad

ॐ
DAILY HINDU WISDOM

The senses are tigers.

When a timid man catches sight of them,
He runs for safety to the nearest cave,
To practice control and meditation.

-Ashtavakra Gita 18:45

ॐ
DAILY HINDU WISDOM

He who loves Me is made pure;
his heart melts in joy.
He rises to transcendental consciousness
by rousing his higher emotions.
Tears of joy flow from his eyes,
his hair stands on end,
his heart melts in love.

-Srimad Bhagavatam

ॐ
DAILY HINDU WISDOM

I am the ocean.
All the worlds are like waves.

This is the truth.

Nothing to hold on to,
Nothing to let go of,
Nothing to dissolve.

-Ashtavakra Gita 6:2

ॐ
DAILY HINDU WISDOM

Just as rivers flow from east and west
to merge with the one sea,
forgetting that they were ever separate rivers,
so all beings lose their separateness
when they eventually merge into pure Being.

-Chandogya Upanishad

ॐ
DAILY HINDU WISDOM

Behold the man who shields his family from all suffering.
Has not his body become a willing vessel for affliction.

Without good men to hold it up,
The family house will fall when misfortune descends.

-Tirukkural 103: 1029-1030



Imagine Brahman as a sea without shores. Through the cooling love of the bhakta some of the water becomes frozen into blocks of ice. Now and then, God assumes a form and reveals Himself to his lovers as a Person. But when the sun of Knowledge rises, the blocks of ice melt away and God is without form, no more a Person. He is beyond description. Who could describe Him? Anyone who tries disappears, unable to find his "I" any more.

-Ramakrishna



When we see that we have gone wrong, it is our duty to retrace our footsteps and proceed again by the right path.

-Mohandas Gandhi



Know the Self as lord of the chariot,
The body as the chariot itself,
The discriminating intellect as charioteer,
And the mind as reins.
The senses, say the wise, are the horses;
Selfish desires are the roads they travel.
When the Self is confused with the body,
Mind, and senses, they point out, he seems
To enjoy pleasure and suffer sorrow.

-Katha Upanishad



Finding freedom in this life,
The seeker takes nothing to heart,
Neither duty nor desire.

He has nothing to do
But to live out his life.
The master lives beyond the boundaries of desire.

Delusion or the world,
Meditation on the truth,

Liberation itself--
What are they to him?

-Ashtavakra Gita 18: 13-14



For I have no bounds.

I am Shiva.

Nothing arises in me,
In whom nothing is single,
Nothing is double.

Nothing is,
Nothing is not.

What more is there to say?

-Ashtavakra Gita 20:14



Illness is not cured by saying the word "medicine," but by taking medicine. Enlightenment is not achieved by repeating the word "God" but by directly experiencing God.

-Sankara



Food, clothing and such are not much different among people,
It is modesty that distinguishes good men from others.
All life clings to a body,
Perfect goodness clings to all that is modest.

-Tirukkural 102:1012-1013



He who bestows life-force and hardy vigor,
Whose ordinances even the Gods obey,
Whose shadow is immortal life—and death—
What God shall we adore with our oblation?

-Rig Veda

ॐ
DAILY HINDU WISDOM

He longs to be free...

He has no care for this world
Or the next,
And he knows what is passing
Or forever.

And yet how strange!
He is still afraid of freedom.

-Ashtavakra Gita 3:8

ॐ
DAILY HINDU WISDOM

I believe that he is the true warrior who does not die killing but who has mastered the mantra of living by dying.

-Mohandas Gandhi

ॐ
DAILY HINDU WISDOM

Impart to us those vitalizing forces
that come, O Earth, from deep within your body,
your central point, your navel; purify us wholly.
The Earth is mother; I am son of Earth.
The Rain-giver is my father; may he shower on us
blessings!

-Rig Veda

ॐ
DAILY HINDU WISDOM

I see only one.

Many men,
One wilderness.

Then to what may I cling?

-Ashtavakra Gita 2:21

ॐ
DAILY HINDU WISDOM

In paradise there is [no such thing as] fear;
Thou art not there, nor shrinks one from old age.
Hunger and thirst, these two transcending,
Sorrow, surpassing, a man makes merry in paradise.

-Katha Upanishad



By a single word of injury
Do all a man's virtues lose their goodness.

The wound caused by fire heals in its time;
The burn inflicted by an inflamed tongue never heals.

-Tirukkural 13: 128-129



In deep meditation aspirants may
See forms like snow or smoke. They may feel
A strong wind blowing or a wave of heat.
They may see within them more and more light:
Fireflies, lightning, sun, or moon. These are signs
That one is far on the path to Brahman.

-Shvetashvatara Upanishad



If you think you are free,
You are free.

If you think you are bound,
You are bound.

For the saying is true:
You are what you think.

-Ashtavakra Gita 1:11



In that unitive state there is neither father
Nor mother, neither worlds nor gods nor even
Scriptures. In that state there is neither thief
Nor slayer, neither low caste nor high, neither
Monk nor ascetic. The Self is beyond good
And evil, beyond all the suffering of the human
Heart.

-Brihadaranyaka Upanishad



It is all the same to him.
Man or woman,
Good fortune or bad,
Happiness or sorrow.

It makes no difference.
He is serene.

-Ashtavakra Gita 17:15



In the world people think they can attain glory by having cows and horses, elephants and gold, family and servants, fields and mansions. But I do not call that glory, for here one thing depends on another. Utterly independent is the Infinite.

-Chandogya Upanishad



My mind fell like a hailstone
into the vast expanse of Brahman's ocean.
Touching one drop of it.
I melted away and became one with Brahman.
This is wonderful indeed!
Here is the ocean of Brahman,
full of endless joy.

-Sankara



Indeed,
I am neither bound nor free.

An end to illusion!
It is all groundless.

For the whole of creation,
Though it rests in me,
Is without foundation.

-Ashtavakra Gita 2:18


ॐ
DAILY HINDU WISDOM

Like strangers in an unfamiliar country
walking over a hidden treasure, day by day
we enter the world of Brahman while in deep
sleep but never find it, carried away by what
is false.

-Chandogya Upanishad


ॐ
DAILY HINDU WISDOM

Approach someone who has realized the purpose of life and question him with reverence and devotion; he will instruct you in this wisdom. Once you attain it, you will never again be deluded. You will see all creatures in the Self, and all in me.

-Bhagavad Gita 4:34-35


ॐ
DAILY HINDU WISDOM

What can be gained by thinking about the scriptures? What fools! They think themselves to death with information about the path, but never take the plunge!

-Ramakrishna


ॐ
DAILY HINDU WISDOM

Whatever decision we think we are making is actually being made for us, because the decision is the end result of a thought and we have no control over the arising of the thought.

-Ramesh Balsekar


ॐ
DAILY HINDU WISDOM

Before undertaking a project, ponder what will be gained,
Lost and ultimately achieved.

There is nothing too difficult for a man who, before he acts,
Deliberates with chosen friends and reflects privately.

-Tirukkural 47: 461-462


ॐ
DAILY HINDU WISDOM

Whatever takes form is false.
Only the formless endures.

When you understand
The truth of this teaching,
You will not be born again.

For God is infinite,
Within the body and without,
Like a mirror,
And the image in a mirror.

As the air is everywhere,
Flowing around a pot
And filling it,
So God is everywhere,
Filling all things
And flowing through them forever.

-Ashtavakra Gita 1: 18-20



When the world arises in me,
It is just an illusion:
Water shimmering in the sun,
A vein of silver in mother-of-pearl,
A serpent in a strand of rope.

From me the world streams out
And in me it dissolves,
As a bracelet melts into gold,
A pot crumbles into clay,
A wave subsides into water.

-Ashtavakra Gita 2: 9-10



What is the cause of the cosmos? Is it Brahman?
From where do we come? By what live?
Where shall we find peace at last?

What power governs the duality
Of pleasure and pain by which we are driven?

Time, nature, necessity, accident,
Elements, energy, intelligence--
None of these can be the First Cause.
They are effects, whose only purpose is
To help the self rise above pleasure and pain.

-Shvetashvatara Upanishad

ॐ
DAILY HINDU WISDOM

Indeed,
I am neither bound nor free.

An end to illusion!
It is all groundless.

For the whole of creation,
Though it rests in me,
Is without foundation.

-Ashtavakra Gita 2:18

ॐ
DAILY HINDU WISDOM

He does not see the world.
So what does he care for joy or sorrow,
Bondage or liberation?
He is infinite and shining.

Before the awakening of understanding
The illusion of the world prevails.
But the master is free of passion.
He has no "I,"
He has no "mine,"
And he shines!

-Ashtavakra Gita 18:72-73

ॐ
DAILY HINDU WISDOM

If given with love, a handful is sufficient.

-Telugu Proverb

ॐ
DAILY HINDU WISDOM

He is the eternal Reality, sing the scriptures,
And the ground of existence.
Those who perceive him in every creature
Merge in him and are released from the wheel
Of birth and death.

-Shvetashvatara Upanishad

ॐ
DAILY HINDU WISDOM

I adore myself.
How wonderful I am!
I can never die.
The whole world may perish,
From Brahma to a blade of grass,
But I am still here.

-Ashtavakra Gita 2:11



Negative feelings, such as violence, are damaging to life, whether we act upon them ourselves, or cause or condone them in others.

They are born of greed, anger, or delusion, and may be slight, moderate, or intense. Their fruit is endless ignorance and suffering.

To remember this is to cultivate the opposite.

-The Yoga Sutras of Patanjali, 2:34



Removing the incurable cancer called hatred
Reveals one's undying, undiminishing radiance.

The destruction of hatred, that sorrow of sorrows,
Yields to man the joy of joys.

-Tirukkural 86: 853-54



OM is the supreme symbol of the Lord.
OM is the whole, OM affirms; OM signals
The chanting of the hymns from the Vedas.
The priest begins with OM; spiritual teachers
And their students commence with OM.
The student who is established in OM
Becomes united with the Lord of Love.

-Taittiriya Upanishad



What you do may seem insignificant, but it's important that you do it.

-Gandhi

ॐ
DAILY HINDU WISDOM

There is a city with eleven gates
Of which the ruler is the unborn Self,
Whose light forever shines. They go beyond
Sorrow who meditate on the Self
And are freed from the cycle of birth and death.
For this Self is supreme!

-Katha Upanishad

ॐ
DAILY HINDU WISDOM

You are one and the same
In joy and sorrow,
Hope and despair,
Life and death.

You are already fulfilled.

Let yourself dissolve.

-Ashtavakra Gita 5:4

ॐ
DAILY HINDU WISDOM

You see many stars in the sky at night, but not when the sun rises. Can you therefore say that there are no stars in the heavens during the day? Because you cannot find God in the days of your ignorance, say not that there is no God.

-Sri Ramakrishna

ॐ
DAILY HINDU WISDOM

They say those who act cruelly by forsaking compassion
Must have forgotten what it means to forsake morality.

-Tirukkural 25:246

ॐ
DAILY HINDU WISDOM

Since the seed does not contain anything other than the seed, even the flowers and the fruits are of the same nature as the seed: the substance of the seed is the substance of subsequent effects, too. Even so, the homogenous mass of cosmic consciousness does not give rise to anything other than what it is in essence. When this truth is realized, duality ceases.

-Yoga Vasishtha



This Self who gives rise to all works, all desires, all odors, all tastes, who pervades the universe, who is beyond words, who is joy abiding, who is ever present in my heart, is Brahman indeed. To him I shall attain when my ego dies.

-Chandogya Upanishad



Smaller than a grain of rice, smaller than a grain of barley, smaller than a mustard seed, smaller than a grain of millet, smaller even than the kernel of a grain of millet is the Self. This is the Self dwelling in my heart, greater than the earth, greater than the sky, greater than all the worlds.

-Chandogya Upanishad



The awareness of the fool is always limited
By thinking, or by trying not to think.

The awareness of the man who lives within,
Though he may be busy thinking,
Is beyond even awareness itself.

-Ashtavakra Gita 18:63



Perennial joy or passing pleasure?
This is the choice one is to make always.
The wise recognize these two, but not
The ignorant. The first welcome what leads
To abiding joy, though painful at the time.
The latter run, goaded by their senses,
After what seems immediate pleasure.

-Katha Upanishad



Talk as much philosophy as you like, worship as many gods as you please, observe ceremonies and sing devotional hymns, but liberation will never come, even after a hundred aeons, without realizing the Oneness.

-Sankara



Three men went into the jungle on different occasions and saw a chameleon. "A chameleon is red," said the first man. "No a chameleon is green," said the second man. "Nonsense, a chameleon is brown," said the third man. Those who disagree about the nature of God are like these three men.

-Hindu Teaching Story



When you live without discrimination,
Desire arises.

When desire persists,
Feelings of preference arise,
Of liking and disliking.

They are the root and branches of the world.

-Ashtavakra Gita 16:7



Satyakama approached the sage and asked:
"Those who have become established in AUM,
What happens to them after death?"

The sage replied: "AUM is both immanent
And transcendent. Through it one can attain
The personal and the impersonal."

-Prashna Upanishad



You are not your body.
Your body is not you.

You are not the doer.
You are not the enjoyer.

You are pure awareness,
The witness of all things.

You are without expectation,
Free.

Wherever you go,
Be happy!

-Ashtavakra Gita 15:4



The individual "I" exists for as long as there is desire for pleasure.

-Maharamayana



By standing on his own
A man finds happiness.

By standing on his own
A man finds freedom.

By standing on his own
He goes beyond the world.

By standing on his own
He finds the end of the way.

-Ashtavakra Gita 18:50



This supreme Goddess, Word, inspired by Brahman,
by which the awe-inspiring is created,
through her to us be peace!

-Atharva Veda



While aid may outwardly seem as puny as a mustard seed,
The knowing will deem it as imposing as a towering palm.

Help rendered another cannot be measured by the extent
Of assistance imparted. Its real measure is the recipient's worthiness.

-Tirukkural 11:104-105



The no-mind state is not the vacancy of idiocy but the most supremely alert intelligence,
undistracted by extraneous thought.

-Ramesh Balsekar



The world is indeed a mixture of truth and make-believe. Discard the make-believe and take the truth.

-Ramakrishna



Like bubbles in the sea,
All the worlds arise in you.

Know you are the Self.
Know you are one.

Let yourself dissolve.

You see the world.
But like the snake in the rope,
It is not really there.

You are pure.

Let yourself dissolve.

-Ashtavakra Gita 5:2-3



Truth is no theory, no speculative system of philosophy, no intellectual insight.

Truth is exact correspondence with reality.

For man, truth is the unshakeable knowledge of his real nature, the Self.

-Paramhansa Yogananda



The content of worthy speech binds friends more closely,
And its eloquence draws even enemies to listen.

-Tirukkural 65:643



When from ignorance
You see silver in mother-of-pearl,
Greed arises.

From ignorance of the Self
Desire arises
For the world where the senses whirl.

-Ashtavakra Gita 3:2



Who could ever wish me to leave my loving,
I would rather eat poison than hear such words.
I have explored his beauty and found no shores,
But the god at last is standing by me.
I will fulfill my dream and let the rest go.

-Chandidas



What is virtuous conduct? It is never destroying life,
for killing leads to every other sin.

Of all virtues summed by ancient sages, the foremost are to
share one's food and to protect all living creatures.

-Tirukkural 33: 321-322



You have no caste.
No duties bind you.

Formless and free,
Beyond the reach of the senses,
The witness of all things.

So be happy!

-Ashtavakra Gita 1:5



The delusion which mistakes the unreal for the Real
Is the genesis of woeful births.

For those of undimmed perception, free from delusion,
Darkness departs and rapture rushes in.

To those who have dispelled all doubt and perceive Truth,
Heaven is nearer than earth.

-Tirukkural, 36:351-53



My Child,
You may read or discuss scripture
As much as you like.

But until you forget everything,
You will never live in your heart.

-Ashtavakra Gita 16:1



No culture can live if it attempts to be exclusive.

-Mohandas Gandhi



As this world is not for the penniless,
So is that world not for the pitiless!

-Tirukkural 25:247



"The formless Absolute is my Father, and God with form is my Mother." God reveals Himself in the form which His devotee loves most. His love for the devotee knows no bounds.

-Ramakrishna



Worshipping this Self in the world of Brahman, the gods obtained all worlds and all desires. Those who know this Self and realize this Self obtain all worlds and all desires.

-Chandogya Upanishad


DAILY HINDU WISDOM

Love your true Self,
Which is naturally happy
And peaceful and bright!

Awaken to your own nature,
And all delusion melts like a dream.

-Ashtavakra Gita 18:1


DAILY HINDU WISDOM

But if you know you are the Self, the Lord of Life, you will be free from suffering; the supreme source of light; the supreme source of love. You will transcend duality and live in a state of Oneness.

-Mundaka Upanishad


DAILY HINDU WISDOM

I am the infinite deep
In whom all the worlds
Appear to rise.

Beyond all form,
Forever still.

Even so am I.

I am not in the world.
The world is not in me.

I am pure.
I am unbounded.
Free from attachment,
Free from desire,
Still.

Even so am I.

-Ashtavakra Gita 7:3-4


DAILY HINDU WISDOM

Morality is the birthright of high families,
While immoral conduct's legacy is lowly birth.

-Tirukkural 14:133



If you desire liberation,
But you still say "mine,"
If you feel you are the body,
You are not a wise man or a seeker.

You are simply a man who suffers.

-Ashtavakra Gita 16:10



The way of devotion is as good as the way of knowledge. But as long as God keeps the feeling of ego in us, it is easier to follow the path of devotion.

-Ramakrishna



To know the unity of all life leads
To deathlessness; to know not leads to death.
Both are hidden in the infinity
Of Brahman, who is beyond both.

-Shvetashvatara Upanishad



The world calls me mad. I am mad. You are mad. The world is mad. Who is not mad? Still these madmen call me mad. Some are mad after name and fame. Some are mad after money. Some are mad after flesh. But blessed is he who is mad after God. Such a madman am I!

-Rang Avadhut



"I am the food of life, I am, I am;
I eat the food of life, I eat, I eat.
I link food and water, I link, I link.
I am the first-born in the universe;
Older than the gods, I am immortal.
Who shares food with the hungry protects me;
Who shares not with them is consumed by me.
I am this world and I consume this world.
They who understand this understand life."

-Taittiriya Upanishad



A poor devotee points to the sky and says, "God is up there." An average devotee says, "God dwells in the heart as the Inner Master." The best devotee says, "God alone is and everything I perceive is a form of God."

-Ramakrishna



As clouds are blown away by the wind, the thirst for material pleasures will be driven away by the utterance of the Lord's name.

-Sri Sarada Devi



Consider.

Wherever there is desire,
There is the world.

With resolute dispassion
Free yourself from desire,
And find happiness.

Desire binds you,
Nothing else.
Destroy it, and you are free.

Turn from the world.
Fulfill yourself,
And find lasting happiness.

-Ashtavakra Gita 10:3-4



Cling to the feet of a master who can introduce you to yourself.

-Swami Veda Bharati



The more one suffers, the more one helps. The purer the suffering, the greater is the gain.

-Mohandas Gandhi



Free from desire,
He neither praises the peaceful
Nor blames the wicked.

The same in joy and sorrow,
He is always happy.

He sees there is nothing to do.

-Ashtavakra Gita 18:82



If you desire the world,
You may try to renounce it
In order to escape sorrow.

Instead, renounce desire!
Then you will be free of sorrow,
And the world will not trouble you.

-Ashtavakra Gita 16:9



If you would swim on the bosom of the ocean of Truth, you must reduce yourself to a zero.

-Mahatma Gandhi



All those who walk with God reach their destination.

-Sai Baba



Between the pillars of spirit and matter the mind has put up a swing.
There swings the bound soul and all the worlds with not even the slightest rest.
The sun and moon also swing, and there is no end to it.
The soul swings through millions of births like the endless circling of sun and moon.
Billions of ages have passed with no sigh of relief.
The earth and sky swing,

Wind and water swing,
Taking a body, God Himself swings.

-Kabir



Don't wave lights and incense, or offer flowers and food. He is found effortlessly when worshipped through self-realization alone.

-Maharamayana



Everything has to be the way it is and could not possibly be any other way.

-Maharamayana



Comprehending and acquiring self-control
confers upon one the esteem of wise men.

More imposing than a mountain is the greatness of a man who,
steadfast in domestic life, has mastered self-control.

-Tirukkural 13: 123-124



As an eagle, weary after soaring in the sky, folds its wings and flies down to rest in its nest, so
does the shining Self enter the state of dreamless sleep, where one is freed from all desires.

-Brihadaranyaka Upanishad



A man cannot serve God and Mammon, nor be temperate and furious at the same time.

-Mohandas Gandhi



Don't think about ideas such as bondage and liberation, simply abandon all craving and through
wisdom and dispassion bring about the cessation of the mind. Even if the wish "may I be liberated"
arises, the mind will come back to life.

-Maharamayana

ॐ
DAILY HINDU WISDOM

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.

-Swami Sivananda

ॐ
DAILY HINDU WISDOM

Every good fortune,
Wives, friends, houses, lands,
All these gifts and riches ...

They are a dream,
A juggling act,
A traveling show!

A few days, and they are gone.

-Ashtavakra Gita 10:2

ॐ
DAILY HINDU WISDOM

For see!
The Self is in all beings,
And all beings are in the Self.

Know you are free,
Free of "I,"
Free of "mine."

Be happy.

-Ashtavakra Gita 15:6

ॐ
DAILY HINDU WISDOM

For the Self is everything.

When the seeker knows this,
He falls silent.

He no longer thinks,
"I am this, I am not that."

Such thoughts melt away.

-Ashtavakra Gita 18:9



AUM stands for the supreme Reality.
It is a symbol for what was, what is,
And what shall be. AUM represents also
What lies beyond past, present, and future.

-Mandukya Upanishad



If you could give up thoughts, you will right here and now attain the realization of oneness with all.

-Maharamayana



Brahman is the Self hidden in everyone. He is only obvious to those who, minds focused one-pointedly on the Lord of Love, nurture intuitive knowledge. Meditation leads them deeper into consciousness, passing from the world to thoughts, and beyond thoughts to the wisdom of the Self.

-Katha Upanishad



How you have toiled,
Life after life,
Pressing into painful labor
Your body and your mind and your words.

It is time to stop.

Now!



Even when he is still,
The selfish man is busy.

Even when he is busy,
The selfless man is still.

-Ashtavakra Gita 18:29



As a man's shadow follows his footsteps wherever he goes,

Even so will destruction pursue those who commit sinful deeds.

-Tirukkural 21: 208



I am the boundless ocean.

This way and that,
The wind, blowing where it will,
Drives the ship of the world.

But I am not shaken.

I am the unbounded deep
In whom the waves of all the worlds
Naturally rise and fall.

But I do not rise or fall.

-Ashtavakra Gita 7:1-2



He is awake,
Fulfilled,
Free from desire.

He neither is nor is not.

He looks busy,
But he does nothing.

Striving or still,
He is never troubled.

He does whatever comes his way,
And he is happy.

-Ashtavakra Gita 18:19-20



How can I accept or reject anything? Is there anything apart or distinct from Brahman? Now, finally and clearly, I know that I am the Atman, whose nature is eternal joy. I see nothing. I hear nothing. I know nothing that is separate from me.

-Sankara



If the chimney is full of smoke, how can the light be seen? If the mind is full of dirt, how can the soul shine?

-Yogaswami of Jaffna



Among a man's many good possessions,
A good command of speech has no equal.

Prosperity and ruin issue from the power of the tongue.
Therefore, guard yourself against thoughtless speech.

-Tirukkural 65: 641-642



Knowing yourself as That
In which the worlds rise and fall
Like waves in the ocean,
Why do you run about so wretchedly?

-Ashtavakra Gita 3:3



Love can't be hid by hiding.
-Indian proverb



After many births the wise seek refuge in me, seeing me everywhere and in everything. Such great souls are very rare.

-Bhagavad Gita 7:19



My imperfections and failures are as much a blessing from God as my successes and my talents,
and I lay them both at His feet.

-Mohandas Gandhi



Do all your duties, but keep your mind on God. Serve your wife, children, father, and mother, and treat them as if they are very dear to you, but know in your heart that they do not belong to you.

-Ramakrishna



One man believes in existence,
Another says, "There is nothing!"

Rare is the man who believes in neither.

He is free from confusion.

-Ashtavakra Gita 18:42



Imperishable is the Lord of Love.
As from a blazing fire thousands of sparks
Leap forth, so millions of beings arise
From the Lord of Love and return to him.

-Mundaka Upanishad



Can any lock keep love confined within,
When the loving heart's tiny tears escape and confess it?

The unloving belong only to themselves,
But the loving belong to others to their very bones.

-Tirukkural 8:71-72



I'm the one who has the body,
you're the one who holds the breath.

You know the secret of my body,
I know the secret of your breath.

That's why your body
is in mine.

You know
and I know, Ramanatha,

the miracle

of your breath
in my body.

-Devara Dasimayya

From "Teachings of the Hindu Mystics," © 2001 by Andrew Harvey. Reprinted by arrangement with Shambhala Publications, Boston, www.shambhala.com.



The mind is an object of perception
like the eternal world.
The Atman, the real seer,
remains unknown.

-Patanjali



If sparks fly,
I shall think my thirst and hunger quelled.

If the skies tear down,
I shall think them pouring for my bath.

If a hillside slides on me
I shall think it flower for my hair.

O lord white as jasmine, if my head falls from my shoulders
I shall think it your offering.

-Mahadeviyakka



The master is like the sky.
He never changes.

What does the world matter to him,
Or its reflection?

What does he care about seeking,
Or the end of seeking?

-Ashtavakra Gita 18:66



Before advancing against men weaker than yourself,
Ponder when you stood before those more powerful.

-Tirukkural 25:250



..let the scriptures be your guide in what to do and what not to do. Understand their teachings;
then act in accordance with them.

-Bhagavad Gita 16:24



The master's way is unfettered
And free of guile.
He shines.

But for the fool
There is no peace.
His thoughts are full of desire.

-Ashtavakra Gita 18:52



The Self is the hub of the wheel of life,
And the sixteen forms are only the spokes.
The Self is the paramount goal of life.
Attain this goal and go beyond death!

-Prashna Upanishad



The wicked see this universe as a hell, and the partially good see it as heaven, while the perfect beings realize it as God Himself. Only when a man sees this universe as God does the veil fall from his eyes; then that man, purified and cleansed, finds his whole vision changed.

-Vivekananda



In my heart I am one.

What is creation,
Or dissolution?

What is seeking,
And the end of seeking?

Who is the seeker?

What has he found?

-Ashtavakra Gita 20:7



Enlightenment is merely an impersonal happening. We give it the taint of personal achievement. Therefore the question arises, "What is an enlightened being like?" There is no such thing as an enlightened person. Enlightenment is merely another event. There is a flood, a fire, an earthquake; there is enlightenment, just as one happening in the whole process, all part of the phenomenal process.

-Ramesh Balsekar



You know the Self,
By nature one
Without end

You know the Self,
And you are serene.

How can you still desire riches?

-Ashtavakra Gita 3:1



The spiritual weapon of self-purification, intangible as it seems, is the most potent means of revolutionizing one's environment and loosening the external shackles. It works subtly and invisibly; it is an intense process though it might often seem a weary and long-drawn process. It is the straightest way to liberation, the surest and the quickest, and no effort can be too great for it. What it requires is faith—an unshakable mountainlike faith that flinches from nothing.

-Mohandas Gandhi



In you the worlds arise
Like waves in the sea.

It is true!
You are awareness itself.

So free yourself
From the fever of the world.

-Ashtavakra Gita 15:7



A fortress earns greatness by enabling courageous defenders to gloriously defeat the enemy at the battle's very onset.

Whatever excellent qualities a fortress may possess, it will be of no avail without men of excellent action.

-Tirukkural 75: 749-750



"When a person is sleeping soundly, free from dreams, with a still mind, that is the Self, fearless and deathless. That is Brahman, the supreme."

-Chandogya Upanishad



When you are with someone you love very much, you can talk and it is pleasant, but the reality is not in the conversation. It is in simply being together. Meditation is the highest form of prayer. In it you are so close to God that you don't need to say a thing--it is just great to be together.

-Swami Chetananda



"I am not the body,
Nor is the body mine.
I am awareness itself."

When you know this,
You have no thought
For what you have done
Or left undone.

You become one,
Perfect and indivisible.

-Ashtavakra Gita 11:6



Before the world was created, the Self Alone existed; nothing whatever stirred. Then the Self thought: "Let me create the world." He brought forth all the worlds out of himself: Ambhas, high above the sky; Marichi,

The sky; Mara, the middle region that is earth;
And Apa, the realm of waters below.

-Aitareya Upanishad



Enough of the pursuit of pleasure,
Enough of wealth and righteous deeds!

In the dark forest of the world
What peace of mind can they bring you?

-Ashtavakra Gita 10:7



Bodies come and go like clothes.

-Sankara



If one fails to realize Brahman in this life
Before the physical sheath is shed.
He must again put on a body
In the world of embodied creatures.

-Katha Upanishad



It is improper to ever forget a kindness,
But good to forget at once an injury received.

The deadliest injury is effaced the moment
The mind recalls a single kindness received from the injurer.

-Tirukkural 11:108-109



In the shifting elements
See only their pure form.

Rest in your own nature.
Set yourself free.

-Ashtavakra Gita 9:7


DAILY HINDU WISDOM

It is true the body is perishable, but
within it dwells the imperishable Self. This
body is subject to pleasure and pain; no one
who identifies with the body can escape from
pleasure and pain. But those who know they
are not the body pass beyond pleasure and
pain to live in abiding joy.

-Chandogya Upanishad


DAILY HINDU WISDOM

Kali is naked reality.
She is the feminine reality.
This simpleminded lover of truth
calls her *my Mother, my Mother,*
because she is the inexhaustible affection
who never neglects her children,
no matter how heedless or rebellious they may be.

-Ramprasad


DAILY HINDU WISDOM

Laugh when troubles come your way.
There is nothing better to conquer calamity.

A flood of troubles will vanish the moment
The mind of a wise man collects itself to face them.

-Tirukkural 63: 621-622


DAILY HINDU WISDOM

The study of the Vedas, linguistics,
Rituals, astronomy and all the arts
Can be called lower knowledge. The higher
Is that which leads to Self-realization.

The eye cannot see it; mind cannot grasp it.
The deathless Self has neither caste nor race,
Neither eyes nor ears nor hands nor feet.
Sages say this Self is infinite in the great
And in the small, everlasting and changeless,
The source of life.

-Mundaka Upanishad



"Listen to the principles of yoga. By practicing these you can break through the bonds of karma. On this path effort never goes to waste, and there is not failure. Even a little effort toward spiritual awareness will protect you from the greatest fear. Those who follow this path, resolving deep within themselves to seek Me alone, attain singleness of purpose. For those who lack resolution, the decisions of life are many--branched and endless."

-Bhagavad Gita 2:39-41



With clear and steady insight
He sees this world is a mirage,
And he no longer wonders about it.

How can he fear the approach of death?

-Ashtavakra Gita 3:11



All is change in the world of the senses,
But changeless is the supreme Lord of Love,
Meditate on him, be absorbed in him,
Wake up from this dream of separateness.

-Shvetashvatara Upanishad



If a man's kindred cleave to him with unflinching love,
His fortunes will never fail to flourish.

-Tirukkural 53:522



Humility and pleasant words are the jewels
That adorn a man; there are none other.

If a man seeks good works while speaking sweet words,
His virtues will wax and his vices wane.

-Tirukkural 10:95-96



Smaller than a grain of rice, smaller than a grain of barley, smaller than a mustard seed, smaller than a grain of millet, smaller even than the kernel of a grain of millet is the Self. This is the Self dwelling in my heart, greater than the earth, greater than the sky, greater than all the worlds.

-Chandogya Upanishad



Struggling or at rest,
Nothing is won or lost.

I have forsaken the joy of winning
And the sorrow of losing.

And I am happy.

-Ashtavakra Gita 13:6



Talk as much philosophy as you like,
worship as many gods as you please,
observe ceremonies and sing devotional hymns,
but liberation will never come, even after a hundred
aeons, without realizing the Oneness.

-Sankara



To the heavens be peace, to the sky and the earth,
to the waters be peace, to plants and all trees,
to the Gods be peace, to Brahman be peace,
to all men be peace, again and again
--peace be also to me!

-Atharva Veda



Hate hidden in a kinsman's heart will cause
many miseries, and more--it will kill a man.

When hatred arises, dissension destroys unity,

and men fall inescapably toward ever-ready death.

-Tirukkural 885-886



Sri Krishna: I have revealed to you the nature of the field and the meaning and object of true knowledge. Those who are devoted to me, knowing these things, are united with me.

-Bhagavad Gita 13:18



Out of Supreme love
they swallow up each other
But separate again
for the joy of being two.

They are not completely the same
but neither are they different.
No one can tell exactly what they are.

-Jnaneshwar (also known as Jnanadeva)



Said Uddalaka to Shvetaketu:
"In the beginning was only Being,
One without a second.
Out of himself he brought forth the cosmos
And entered into everything in it.
There is nothing that does not come from him.
Of everything he is the inmost Self.
He is the truth; he is the Self supreme.
You are that, Shvetaketu; you are that."

-Chandogya Upanishad



Prosperity is not for the envious,
Nor is greatness for men of impure conduct.

-Tirukkural 14:135



Since the seed does not contain anything other than the seed, even the flowers and the fruits are of the same nature as the seed: the substance of the seed is the substance of subsequent effects, too.

Even so, the homogenous mass of cosmic consciousness does not give rise to anything other than what it is in essence. When this truth is realized, duality ceases.

-Yoga Vasishtha



There is only one Self in all creatures.
The One appears many, just as the moon
Appears many, reflected in water.

The Self appears to change its location
But does not, just as the air in a jar
Changes not when the jar is moved about.
When the jar is broken, the air knows not;
But the Self knows well when the body is shed.

-Amritabindu Upanishad



The Self thought, "How can this be without me?
If speaking is done by speech, breathing by
Breath, seeing by eyes, hearing by ears, smelling
By nose, and meditation by the mind,
Then who am I?" Entering the body
Through the gateway at the crown of the head,
He passed into the three states of consciousness
In which the Self resides.

-Aitareya Upanishad



You're like milk
in water: I cannot tell
what comes before,
what after,
which is the master,
which is the slave;
what's big,
what's small.

O lord white as jasmine
if an ant should love you
and praise you,
will he not grow
to demon powers?

-Mahadeviyakka

ॐ
DAILY HINDU WISDOM

How much pleasure you take
In acquiring worldly goods!

But to find happiness
You must give them all up.

-Ashtavakra Gita 18:2

ॐ
DAILY HINDU WISDOM

In the beginning Love arose,
which was the primal germ cell of the mind.
The Seers, searching in their hearts with wisdom,
discovered the connection of Being in Nonbeing.

A crosswise line cut Being from Nonbeing.
What was described above it, what below?
Bearers of seed there were and mighty forces
thrust from below and forward move above.

-Rig Veda

ॐ
DAILY HINDU WISDOM

Know you are one,
Pure awareness.

With the fire of this conviction
Burn down the forest of ignorance.

Free yourself from sorrow,
And be happy.

-Ashtavakra Gita 1:9

ॐ
DAILY HINDU WISDOM

Life is uncertain, change causes fear, and latent impressions bring pain--all is indeed suffering to one who has developed discrimination.
But the suffering yet to come should be averted. The cause of suffering is that the unbounded Self is overshadowed by the world.

-The Yoga Sutras of Patanjali, 2:15-17

ॐ
DAILY HINDU WISDOM

A man's own envy is foe enough to forge his ruin,
Even though he has no other enemies.

He who begrudges another's bounty
Will behold the death of his naked and starving kindred.

Fortune's Goddess, intolerant of men who cannot tolerate other's success,
Introduces them to her sister Misfortune and goes away.

-Tirukkural 17: 165-167



Feeble with age,
Still he is filled with desire,
When without doubt he knows
That lust is the enemy of awareness.
Indeed how strange!

-Ashtavakra Gita 3:7



Like the wind, like clouds, like thunder and
lightning, which rise from space without
physical shape and reach the transcendent
light in their own form, those who rise above
body-consciousness ascend to the transcendent
light in their real form, the Self.

-Chandogya Upanishad



At the beginning, mankind and the obligation of selfless service were created together. "Through selfless service, you will always be fruitful and find the fulfillment of your desires": this is the promise of the Creator.

-Bhagavad Gita 3:10



I cannot teach you violence, as I do not myself believe in it. I can only teach you not to bow your heads before any one even at the cost of your life.

-Mahatma Gandhi



As water changes according to the soil through which it flows,
so a man assimilates the character of his associates.

By knowing his thoughts, a man's mind is discovered.
By knowing his associates, his character is revealed.

-Tirukkural 46:452-453



A devotee who can call on God while living a householder's life is a hero indeed. God thinks: "He who has renounced the world for My sake will surely pray to Me; he must serve Me. Is there anything very remarkable about it? People will cry shame on him if he fails to do so. But he is blessed indeed who prays to Me in the midst of his worldly duties. He is trying to find Me, overcoming a great obstacle—pushing away, as it were, a huge block of stone weighing a ton. Such a man is a real hero."

-Ramakrishna



In deep meditation aspirants may
See forms like snow or smoke. They may feel
A strong wind blowing or a wave of heat.
They may see within them more and more light:
Fireflies, lightning, sun, or moon. These are signs
That one is far on the path to Brahman.

-Shvetashvatara Upanishad



It is better to see God in everything than to try and figure it out.

-Neem Karoli Baba



Learn to look with an equal eye upon all things, seeing the one Self in all.

-Srimad Bhagavatam



When I despair, I remember that all through history the ways of truth and love have always won. There have been tyrants, and murderers, and for a time they can seem invincible, but in the end they always fall. Think of it--always.

-Mahatma Gandhi



My soul cries out, snared by the beauty of the formless one. As I cry by myself, night and day,
beauty amassed before my eyes surpasses numberless moons and suns. If I look at the clouds in
the sky, I see his beauty afloat; and I see him walk on the stars blazing my heart.

-Fikirchand



Neither attachment nor aversion can touch me;
Neither greed, delusion, pride, nor jealousy are mine at all.
I am not duty, nor wealth, nor happiness—
I am Consciousness and Bliss.
I am Shiva! I am Shiva!

-Shankaracharya



Be unremitting in the doing of good deeds.
Do them with all your might and by every possible means.
Keep the mind free of impurity. That alone is the practice of virtue.

All else is nothing but empty display.

-Tirukkural 4:33-34



Sooner or later
Fortune or misfortune
May befall you.

When you know this,
You desire nothing,
You grieve for nothing.
Subduing the senses,
You are happy.

-Ashtavakra Gita 11:3



You see the world
And you try to dissolve it.

But the master has no need to.
He is without desire.

For though he sees,
He sees nothing.

-Ashtavakra Gita 18:15



Happiness is when what you think, what you say, and what you do are in harmony.

-Mahatma Gandhi



My Child,
Rare is he, and blessed,
Who observes the ways of men
And gives up desire
For pleasure and knowledge,
For life itself.

-Ashtavakra Gita 9:2



The wise grieve neither for the living nor for the dead. There has never been a time when you and I and the kings gathered here have not existed, nor will there be a time when we will cease to exist. As the same person inhabits the body through childhood, youth, and old age, so too at the time of death he attains another body. The wise are not deluded by these changes.

-Bhagavad Gita 2:12-13



Never fear that old age will invade that city; never fear that this inner treasure of all reality will wither and decay. This knows no age when the body ages; this knows no dying when the body dies. This is the real city of Brahman; this is the Self, free from old age, from death and grief, hunger and thirst. In the Self all desires are fulfilled.

-Chandogya Upanishad



I am the Lord and the Cosmic Soul; I am myself the Cosmic Body. I am Brahma, Vishnu, and Rudra, as well as Gauri, Brahmi, and Vaishnavi. I am the sun and the stars and I am the Lord of the stars. I am the various species of beasts and birds; I am also the outcaste and thief. I am the evil doer and the wicked deed; I am the righteous person and the virtuous deed.

-Devi Gita



He is the only adorable one to me: I have none other.

My tongue has left off impure words, it sings His glory day and night: Whether I rise or sit down, I can never forget Him; for the rhythm of His music beats in my ears.

Kabir says: "My heart is frenzied, and I disclose in my soul what is hidden. I am immersed in that one great bliss which transcends all pleasure and pain."

-Kabir



Having realized his own self as the Self a person becomes selfless.

-Maitrayana Upanishad



O Master,
Tell me how to find
Detachment, wisdom, and freedom!

Child,
If you wish to be free,
Shun the poison of the senses.

Seek the nectar of truth,
Of love and forgiveness,
Simplicity and happiness.

-Ashtavakra Gita 1:1-2



The all-knowing Self was never born,
Nor will it die. Beyond cause and effect,
This Self is eternal and immutable.
When the body dies, the Self does not die.
If the slayer believes that he can slay
Or the slain believes that he can be slain,
Neither knows the truth. The eternal Self
Slays not, nor is ever slain.

-Katha Upanishad



That through which one enjoys form,
Taste, smell, sound,
Touch, and sexual union is the Self.
Can there be anything not known to That
Who is the One in all? Know One, know all.
That through which one enjoys the waking
And sleeping states is the Self. To know That
As consciousness is to go beyond sorrow.

-Katha Upanishad



Truth is by nature self-evident, as soon as you remove the cobwebs of ignorance that surround it, it shines clear.

-Mahatma Gandhi



Do not seek the fortune that greed gathers,
For its fruit is bitter in the day of enjoyment.

To protect his own prosperity from decline
One must not crave the property held by others.

-Tirukkural 18: 177-178



The Self is hidden in the hearts of all,
As butter lies hidden in cream. Realize
The Self in the depths of meditation -
The Lord of Love, supreme Reality,
Who is the goal of all knowledge.

-Shvetashvatara Upanishad



For pleasures come and go.
How often I have watched their inconstancy!

But I have forsaken good and bad,

And now I am happy.

-Ashtavakra Gita 13:7



Be happy!
For you are joy, unbounded joy.

You are awareness itself.

Just as a coil of rope
Is mistaken for a snake,
So you are mistaken for the world.

-Ashtavakra Gita 1:10



Even a wise man acts within the limitations of his own nature...The senses have been conditioned by attraction to the pleasant and aversion to the unpleasant. Do not be ruled by them; they are obstacles in your path.

-Bhagavad Gita 3:33-34



Amid accumulated millions a man remains poor
If he neither gives nor enjoys his wealth.

Vast wealth can be a wretched curse to one who neither
Gladdens himself in its worth nor gives to the worthy.

-Tirukkural 101:1005-1006



God, as Truth, has been for me a treasure beyond price.
May He be so to every one of us.

-Mahatma Gandhi



As a caterpillar, having come to the end of one blade of grass, draws itself together and reaches out for the next, so the Self, having come to the end of one life and dispelled all ignorance, gathers in his faculties and reaches out from the old body to a new.

-Brihadaranyaka Upanishad



A superior being does not render evil for evil. Never harm the wicked or the good or even criminals meeting death. A noble soul is always compassionate, even toward those who enjoy injuring others or who are actually committing cruel deeds--for who is without fault?

-Ramayana



As the rays of the sun,
When night comes, become all one in his disk
Until they spread out again at sunrise,
Even so the senses are gathered up
In the mind, which is master of them all.
Therefore when a person neither hears, sees, smells,
Tastes, touches, speaks, nor enjoys, we say he sleeps.

-Prashna Upanishad



My Guru told me; "Trust me. I tell you; you are divine. Take it as the absolute truth. Your joy is divine, your suffering is divine too. All comes from God. Remember it always. You are God, your will alone is done." I did believe him and soon realized how wonderfully true and accurate were his words.

-Nisargadatta Maharaj



The body is nothing.
The world is nothing.

When you understand this fully,
How can they be invented?

For the Self is pure awareness,
Nothing less.

-Ashtavakra Gita 2:19



The world goes on because civilized men exist.
Without them it would collapse into mere dust.

Though their minds are as sharp as a rasp,
Men without human decency are as wooden as a tree.

-Tirukkural 100:997-8



Where love is, there God is also.

-Gandhi



The world is a theatre of love.



By nature my mind is empty.
Even in sleep, I am awake.
I think of things without thinking.

All my impressions of the world
Have dissolved.

My desires have melted away.

So what do I care for money
Or the thieving senses,
For friend or knowledge or holy books?

-Ashtavakra Gita 14:1-2



As long as you have not realized the great principle that permeates all, it is essential that speech and action should support each other. Do not hold to the intellectual understanding of others; turn the light of awareness back to the root, and it is not there at all.

-Pao-chih



For Brahmins confused those who regard them as separate from the Self. Kshatriyas confuse those who regard them as separate from the Self. The universe confuses those who regard it as separate from the Self. Gods and creatures confuse those who regard them as separate from the Self. Everything confuses those who regard things as separate from the Self.

-Brihadaranyaka Upanishad



I met a hundred men on the road to Delhi, and they all were my brothers.

-Indian proverb



If a man considers that he is born, he cannot avoid the fear of death. Let him find out if he has been born or if the Self has any birth. He will discover that the Self always exists, that the body that is born resolves itself into thought and that the emergence of thought is the root of all mischief. Find from where thoughts emerge. Then you will be able to abide in the ever-present inmost Self and be free from the idea of birth or the fear of death.

-Ramana Maharshi



If all the land were turned to paper and all the seas turned to ink, and all the forests into pens to write with, they would still not suffice to describe the greatness of the guru.

-Kabir



If given with love, a handful is sufficient.

-Telugu proverb



Now I have given up
The body and the world,
I have a special gift.

I see the infinite Self.

As a wave,
Seething and foaming,
Is only water.

So all creation, Streaming out of the Self,
Is only the Self.

-Ashtavakra Gita



Prayer is not an old woman's idle amusement. Properly understood and applied, it is the most potent instrument of action.

-Mohandas Gandhi



Industriousness comes to men whom Fortune favors,
But laziness approaches those whom Misfortune has chosen.

That destiny which decreases prosperity, increases ignorance.
That destiny which diminishes loss, expands knowledge.

-Tirukkural 38: 371-372



Sri Krishna: With your mind intent on me, Arjuna, discipline yourself with the practice of yoga. Depend on me completely. Listen, and I will dispel all your doubts; you will come to know me fully and be united with me.

I will give you both jnana and vijana. When both these are realized, there is nothing more you need to know.

-Bhagavad Gita 7:1-2



Friendship that insists upon agreement on all matters is not worth the name. Friendship to be real must ever sustain the weight of honest differences, however sharp they be.

-Mahatma Gandhi



The milk of cows of any hue is white.
The sages say that wisdom is the milk
And the sacred scriptures are the cows.

-Amritabindu Upanishad



God is really all-pervading, above the mind, without features, imperishable, and infinite. How can

such a one be worshipped? That is why, out of compassion for his creatures, He takes the form of the guru. The guru is the supreme God enclosed in human skin. He walks the earth, concealed, bestowing grace on his disciples.

-Kularnava Tantra



Amid distractions,
He is undistracted.

In meditation,
He does not meditate.

Foolish,
He is not a fool.

Knowing everything,
He knows nothing.

-Ashtavakra Gita 18:97



As a crystal reflects objects that are nearby,
So does the face reflect what is foremost in the heart.

What is more perceptive than the face? For whether the heart
Is angry or glad, it is the face that expresses it first.

-Tirukkural 71:706-707



In dark night live those for whom
The world without alone is real; in night
Darker still, for whom the world within
Alone is real. The first leads to a life
Of action, the second to a life of meditation.
But those who combine action with meditation
Cross the sea of death through action
And enter into immortality
Through the practice of meditation.
So have we heard from the wise.

-Isha Upanishad



My nature is light,
Nothing but light.

When the world arises
I alone am shining.

-Ashtavakra Gita 2:8



Nachiketa learned from the kind of death
The whole discipline of meditation.
Freeing himself from all separateness,
He won immortality in Brahman.
So blessed is everyone who knows the Self!

OM shanti shanti shanti

-Katha Upanishad



As long as you derive inner help and comfort from anything, keep it.

-Mahatma Gandhi



If you want to be a true doer of divine works, your first aim must be to be totally free from all desire and self-regarding ego. All your life must be an offering and a sacrifice to the Supreme; your only object in action shall be to serve, to receive, to fulfill, to become a manifesting instrument of the Divine Shakti in her works. You must grow in the divine consciousness till there is no difference between your will and hers, no motive except her impulsion in you, no action that is not her conscious action in you and through you.

-Sri Aurobindo



Live in the world like an ant. The world contains a mixture of truth and untruth, sugar and sand. Be an ant and take the sugar.

-Ramakrishna



Oh my heart! The Supreme Spirit, the Great Master, is near you. Wake up! Wake up! Run to the feet of your Beloved, for your Lord is here. You have slept for untold ages, this morning will you not awake?

-Kabir



The mind becomes clear and serene when the qualities of the heart are cultivated: friendliness toward the joyful, compassion toward the suffering, happiness toward the pure, and impartiality toward the impure.

-The Yoga Sutras of Patanjali, 1:33



It is a fool who blames the sun for his own blindness....The scriptures even proclaim aloud: "There is in truth no creation and no destruction; no one is bound, no one is seeking Liberation, no one is on the way to Deliverance. There are none Liberated. This is the absolute truth." My dear disciple, this, the sum and substance of all the Upanishads, the secret of secrets, is my instruction to you.

-Shankaracharya



It is a fool who blames the sun for his own blindness....The scriptures even proclaim aloud: "There is in truth no creation and no destruction; no one is bound, no one is seeking Liberation, no one is on the way to Deliverance. There are none Liberated. This is the absolute truth." My dear disciple, this, the sum and substance of all the Upanishads, the secret of secrets, is my instruction to you.

-Shankaracharya



The real love is to love them that hate you, to love your neighbor even though you distrust him.

-Mahatma Gandhi



Among purifying forces I am the wind; among warriors, Rama. Of water creatures I am the crocodile, and of rivers I am the Ganges.

I am the beginning, middle, and end of creation. Of all the sciences I am the science of Self-knowledge, and I am logic in those who debate.

-Bhagavad Gita 10:31-32

ॐ
DAILY HINDU WISDOM

Before you speak, ask yourself, is it kind, is it necessary, is it true, does it improve on the silence?

ॐ
-Sai Baba DAILY HINDU WISDOM

It is true the body is perishable, but within it dwells the imperishable Self. This body is subject to pleasure and pain; no one who identifies with the body can escape from pleasure and pain. But those who know they are not the body pass beyond pleasure and pain to live in abiding joy.

-Chandogya Upanishad

ॐ
DAILY HINDU WISDOM

Like oil in sesame seeds, like butter
In cream, like water in springs, like fire
In firesticks, so dwells the Lord of Love,
The Self, in the very depths of consciousness.
Realize him through truth and meditation.

-Shvetashvatara Upanishad

ॐ
DAILY HINDU WISDOM

Know him to be the supreme God of gods,
From whom all the worlds draw their breath of life
And who rules every creature from within.
May he be worshipped by everyone!

-Shvetashvatara Upanishad

ॐ
DAILY HINDU WISDOM

Bound to his body,
The seeker insists on striving
Or on sitting still.

But I no longer suppose
The body is mine,
Or is not mine.

And I am happy.

-Ashtavakra Gita 13:4



Non-violence is the greatest force at the disposal of mankind. It is mightier than the mightiest weapon of destruction devised by the ingenuity of man.

-Mahatma Gandhi



People shed a whole jug of tears for wife and children. They swim in tears for money. But who weeps for God? Cry to Him with a real cry.

-Ramakrishna



That devotee who looks upon friend and foe with equal regard, who is not buoyed up by praise nor cast down by blame, alike in heat and cold, pleasure and pain, free from selfish attachments, the same in honor and dishonor, quiet, ever full, in harmony everywhere, firm in faith--such a one is dear to me.

-Bhagavad Gita 12:18-19



Since the seed does not contain anything other than the seed, even the flowers and the fruits are of the same nature as the seed: the substance of the seed is the substance of subsequent effects, too. Even so, the homogenous mass of cosmic consciousness does not give rise to anything other than what it is in essence. When this truth is realized, duality ceases.

-Yoga Vasishtha



The body is false,
And so are its fears,
Heaven and hell, freedom and bondage.

It is all invention.

What can they matter to me?

I am awareness itself.

-Ashtavakra Gita 2:20



The one original transcendent Shakti, the Mother stands above all the worlds and bears in her eternal consciousness the Supreme Divine. Alone, she harbors the absolute Power and the ineffable Presence; containing or calling the Truths that have to be manifested, she brings them down from the Mystery in which they were hidden into the light of her infinite consciousness and gives them a form of force in her omnipotent power and her boundless life and a body in the universe.

-Sri Aurobindo



Better than a gift given with a joyous heart
Are sweet words spoken with a cheerful smile.

-Tirukkural 92



Evil is, good or truth misplaced.

-Mahatma Gandhi, 1933



The fool tries to control his mind.
How can he ever succeed?

Mastery always comes naturally
To the man who is wise
And who loves himself.

-Ashtavakra Gita 18:41



Knowledge born of the finest discrimination takes us to the farthest shore. It is intuitive, omniscient, and beyond all divisions of time and space.

-The Yoga Sutras of Patanjali, 3:54



As a heavily laden cart creaks as it moves along, the body groans under its burden when a person is about to die. When the body grows weak through old age or illness, the Self separates himself as a mango or fig or banyan fruit frees itself from the stalk, and returns the way he came to begin another life.

-Brihadaranyaka Upanishad



Love is all important and its own reward.

-Tamil proverb



AUM has three sounds. Those who meditate on A
Come back to earth, led by the Rig Veda,
To lead a pure life, full of faith and love.
Those who meditate on the first two sounds,
A and U, led by the Yajur Veda,
Go to the lunar world, full of pleasure,
From which they come back cloyed to earth again.
But those who meditate on A, U, and M
Are led by the Sama chants to the sun,
Where freed from sin, as a snake sheds its skin,
They see the supreme Lord, who lives in all.

-Prashna Upanishad



Striving and craving,
For pleasure or prosperity,
These are your enemies,
Springing up to destroy you
From the presumptions of virtue.

Let them all go.
Hold on to nothing.

-Ashtavakra Gita 10:1



Glory lies in the attempt to reach one's goal and not in reaching it.

-Mahatma Gandhi, 1942



To everyone of us there must come a time when the whole universe will be found to have been a

dream, when we find the soul is infinitely better than the surroundings. It is only a question of time, and time is nothing in the infinite.

-Sai Baba



He has no staff nor tuft nor sacred thread.
He faces heat and cold, pleasure and pain,
Honor and dishonor with equal calm.
He is not affected by calumny,
Pride, jealousy, status, joy or sorrow,
Greed, anger, or infatuation,
Excitement, egoism, or other goads;
For [the illuminated man] knows he is neither body nor mind.

-Paramahansa Upanishad



The light of Brahman flashes in lightning;
The light of Brahman flashes in our eyes.
It is the power of Brahman that makes
The mind to think, desire, and will.
Therefore
Use this power to meditate on Brahman.

He is the inmost Self of everyone;
He alone is worthy of all our love.
Meditate upon him in all. Those who
Meditate upon him are dear to all.

-Kena Upanishad



Dissolving the mind,
Or the highest meditation,
The world and all its works,
Life or death,
What are they to me?

I sit in my own radiance.

Why talk of wisdom,
The three ends of life,
Or oneness?

Why talk of these!

Now I live in my heart.

-Ashtavakra Gita 19:7-8



Even a sinner becomes holy when he worships me alone with firm resolve. Quickly his soul conforms to dharma and he attains to boundless peace. Never forget this, Arjuna: no one who is devoted to me will ever come to harm.

-Bhagavad Gita 9:30-31



Even though he has no learning, if a man but listens to the learned
That will be his staff of strength in adversity.

Words from the lips of upright men
Are like a steadying staff in a slippery place.

-Tirukkural 42:414-415



In nature there is fundamental unity running through all the diversity we see about us. Religions are given to mankind so as to accelerate the process of realization of fundamental unity.

-Mahatma Gandhi



"That which moves about in joy in the dreaming state is the Self, fearless and deathless. That is Brahman, the supreme."

-Chandogya Upanishad



[The Master] is blessed.
He understands the nature of the Self.
His mind is no longer thirsty.

He is the same under all conditions,
Whatever he sees or hears,
Or smells or touches or tastes.

-Ashtavakra Gita 18:65



Do not disparage men who appear small, for there are those,
Seemingly insignificant, who are like the linchpin of a mighty chariot.

-Tirukkural 67:667



Be aware of me always, adore me, make every act an offering to me, and you shall come to me;
this I promise; for you are dear to me. Abandon all supports and look to me for protection. I shall
purify you from the sins of the past; do not grieve.

-Bhagavad Gita 18:65-66



"That which makes the eye see but cannot be
Seen by the eye, that is the Self indeed.
This Self is not someone other than you."

-Kena Upanishad



"When a spiritual guest enters the house,
Like a bright flame, he must be received well,
With water to wash his feet. Far from wise
Are those who are not hospitable
To such a guest. They will lose all their hopes,
The religious merit they have acquired,
Their sons and their cattle."

-Katha Upanishad



Each one prays to God according to his own light.

-Mahatma Gandhi, 1930



By this invocation of peace may peace bring peace!
With this peace the dreadful I now appease,
with this peace the cruel I now appease,
with this peace all evil I now appease,
so that peace may prevail, happiness prevail!
May everything for us be peaceful!

-Athara Veda



Freedom is that triumphant state of consciousness that is beyond the influence of desire. The mind ceases to thirst for anything it has seen or heard of; even what is promised in the scriptures.

And supreme freedom is that complete liberation from the world of change that comes of knowing the unbound Self.

-The Yoga Sutras of Patanjali, 1:15-16



From him come the scriptures, chants, and prayers,
Religious rites and sacrificial gifts;
From him come work, time, and givers of gifts,
And all things under the sun and moon.

From him come the gods of the natural world,
Men, beasts, and birds, and food to nourish them;
From him come all spiritual disciplines,
Meditation, truth, faith, and purity.

-Mundaka Upanishad



Have faith, my Child, have faith.

Do not be bewildered.

For you are beyond all things,
The heart of all knowing.

You are the Self.
You are God.

-Ashtavakra Gita 15:8



As a man abandons worn-out clothes and acquires new ones, so when the body is worn out a new one is acquired by the Self, who lives within.

-Bhagavad Gita 2: 22



A long and joyous life rewards those who remain firmly
On the faultless path of Him who controls the five senses.

They alone dispel the mind's distress
Who take refuge at the Feet of the Incomparable One.

They alone can cross life's other oceans who take refuge
At the Feet of the Gracious One, Himself an ocean of virtue.

-Tirukkural 1:6-8



Indeed one's faith in one's plans and methods is truly tested when the horizon before one is the blackest.

-Mahatma Gandhi, 1924



Among the profuse precious things a man may acquire,
None surpasses a nature free from envy toward all.

-Tirukkural 162



Liberation is only being rid of the idea that there is anyone who needs liberation.

-Ramesh Balsekar



But a man without desires is a lion.
When the senses see him,
It is they who take flight!
They run away like elephants,
As quietly as they can.
As if they cannot escape,
They serve him like slaves.

-Ashtavakra Gita 18:46



As for those who seek the transcendental Reality, without name, without form, contemplating the Unmanifested, beyond the reach of thought and of feeling, with their senses subdued and mind serene and striving for the good of all beings, they too will verily come unto me.

-Bhagavad Gita



Being touched by one's children is a delight to the body,
And listening to them chatter is a joy to the ear.

-Tirukkural 65



Both renunciation of action and the selfless performance of action lead to the supreme goal. But the path of action is better than renunciation.

-Bhagavad Gita 5:2



Love never claims, it never gives. Love ever suffers, never resents, never revenges itself.

-Mahatma Gandhi, 1925



For have you not heard?
You are pure awareness,
And your beauty is infinite!
So why let lust mislead you?

-Ashtavakra Gita 3:4



It is in love that religion exists and not in ceremony-in the pure and sincere love in the heart. Unless a man is pure in body and mind, his coming into a temple and worshipping Shiva is useless. The prayers of those who are pure in mind and body will be answered by Shiva, and those who are impure and yet try to teach religion to others will fail in the end. External worship is only a symbol of internal worship, but internal worship and purity are the real things. Without them, external worship would be of no avail.

-Vivekananda



After many births the wise seek refuge in me, seeing me everywhere and in everything. Such great souls are very rare.

-Bhagavad Gita 7:19



Inwardly be free of all hopes and desires, but outwardly do what needs to be done. Without hopes in your heart, live as if you were full of hopes. Live with your heart now cool and now warm, just like everyone else. Inwardly give up the idea "I am the doer," yet outwardly engage in all activities. This is how to live in the world, completely free from the least trace of ego.

-Maharamayana



Knowledge or ignorance,
Freedom or bondage,
What are they?

What is "I,"
Or "mine,"
Or "this"?

Or the form of the true Self?

-Ashtavakra Gita 20:3



Banishing the folly of rebirth and thus beholding
Perfection's True Being - that is wisdom.

-Tirukkural 36:358



The human voice can never reach the distance that is covered by the still small voice of conscience.

-Mahatma Gandhi, 1922



Considering your dharma, you should not vacillate. For a warrior, nothing is higher than a war against evil. The warrior confronted with such a war should be pleased, Arjuna, for it comes as an open gate to heaven. But if you do not participate in this battle against evil, you will incur sin, violating your dharma and your honor.

-Bhagavad Gita 2:31-33


DAILY HINDU WISDOM

"I am in all things,
From Brahma to a blade of grass."

When you know this,
You have no thought
For success or failure
Or the mind's inconstancy.

You are pure.
You are still.

-Ashtavakra Gita 11:7


DAILY HINDU WISDOM

"As rivers lose their private name and form
When they reach the sea, so that people speak
Of the sea alone, so all these sixteen
Forms disappear when the Self is realized.
Then there is no more name and form for us,
And we attain immortality."

-Prashna Upanishad


DAILY HINDU WISDOM

Death means the attainment of heaven; victory means the enjoyment of the earth. Therefore, rise up...resolved to fight! Having made yourself alike in pain and pleasure, profit and loss, victory and defeat, engage in this great battle and you will be freed from sin.

-Bhagavad Gita 2:37-38


DAILY HINDU WISDOM

All life clings to a body;
perfect goodness clings to all that is modest.

Is not modesty a jewel adorning perfect men?
Without it, is not their strut an awful blemish to behold?

-Tirukkural 102:1013-1014


DAILY HINDU WISDOM

As a person acts, so he becomes in life. Those who do good become good; those who do harm

become bad. Good deeds make one pure; bad deeds make one impure. So we are said to be what our desire is. As our desire is, so is our will. As our will is, so are our acts. As we act, so we become.

-Bihadaranyaka Upanishad



It is my own firm belief that the strength of the soul grows in proportion as you subdue the flesh.

-Mahatma Gandhi, 1924



But O how wonderful!

I am the unbounded deep
In whom all living things
Naturally arise,
Rush against each other playfully,
And then subside.

-Ashtavakra Gita 2:25



As for those who seek the transcendental Reality, without name, without form, contemplating the Unmanifested, beyond the reach of thought and of feeling, with their senses subdued and mind serene and striving for the good of all beings, they too will verily come unto me.

-Bhagavad Gita 12:3-4



"The wise see the Lord of Love in the month;
Rayi is the dark half, prana the bright.
The wise worship in the light of wisdom,
Others in the darkness of ignorance."

-Prashna Upanishad



God is Consciousness that pervades the entire universe of the living and the non-living.

-Ramakrishna



Filled with wonder, we sing, "I see the Lord."
So his name is Idamdra, "He who sees."
The name Indra stands for Idamdra.
The gods do like to sit behind a veil;
Indeed they like to sit behind a veil.

-Aitareya Upanishad



I am fulfilled.

The elements of nature,
The body and the senses,
What are they to me?

Or the mind?

What is emptiness or despair?

-Ashtavakra Gita 20:1



I claim to be a simple individual liable to err like any other fellow mortal. I own, however, that I have humility enough to confess my errors and to retrace my steps.

-Mahatma Gandhi, 1926



From his divine power comes forth all this
Magical show of name and form, of you
And me, which casts the spell of pain and pleasure.
Only when we pierce through this magic veil
Do we see the One who appears as many.

-Shvetashvatara Upanishad



If you detach yourself from identification with the body and remain relaxed in and as Consciousness, you will, this very moment, be happy, at peace, free from bondage.

-Ashtavakra Gita



"In that state, free from attachment, they move at will, laughing, playing, and rejoicing. They know the Self is not this body, but only tied to it for a time as an ox is tied to its cart."

-Chandogya Upanishad



Brahman is indivisible and pure;
Realize Brahman and go beyond all change.
He is immanent and transcendent.
Realizing him, sages attain freedom
And declare there are no separate minds.
They have but realized what they always are.

-Amritabindu Upanishad



His divine power creates this magic show of name and form and you and me; casting a spell of pleasure and pain.

-Shvetashvatara Upanishad



Behold, Arjuna, a million divine forms, with an infinite variety of color and shape. Behold the gods of the natural world, and many more wonders never revealed before. Behold the entire cosmos turning within my body, and the other things you desire to see.

But these things cannot be seen with your physical eyes; therefore I give you spiritual vision to perceive my majestic power.

-Bhagavad Gita 11:5-8



If patience is worth anything, it must endure to the end of time. And a living faith will last in the midst of the blackest storm.

-Mahatma Gandhi, 1926



In dark night live those for whom
The world without alone is real; in night

Darker still, for whom the world within
Alone is real. The first leads to a life
Of action, the second to a life of meditation.
But those who combine action with meditation
Cross the sea of death through action
And enter into immortality
Through the practice of meditation.
So have we heard from the wise.

-Isha Upanishad



Indeed how wonderful!
I adore myself.

For I have taken form
But I am still one.

Neither coming nor going,
Yet I am still everywhere.

-Ashtavakra Gita 2:12



Having renounced every selfish desire,
He has found his rest in the Lord of Love.
Wisdom is the staff that supports him now.
Those who take a mendicant's staff while they
Are still at the mercy of their senses
Cannot escape enormous suffering.
The illuminated man knows this truth of life.

-Paramahansa Upanishad



By honest conduct one achieves honorable eminence,
While corrupt conduct brings one nothing but blame.

Good conduct is the seed in virtue's field;
Wicked conduct's harvest is never-ending sorrow.

-Tirukkural 14:137-138



In the city of Brahman is a secret dwelling,
the lotus of the heart. Within this dwelling is a
space, and within that space is the fulfillment
of our desires. What is within that space
should be longed for and realized.

-Chandogya Upanishad



As long as one has a body, one cannot renounce action altogether. True renunciation is giving up
all desire for personal reward. Those who are attached to personal reward will reap the
consequences of their actions: some pleasant, some mixed. But those who renounce every desire
for personal reward go beyond the reach of karma.

-Bhagavad Gita 18:11-12



In the ocean of being
There is only one.

There was and there will be
Only one.

You are already fulfilled.
How can you be bound or free?

Wherever you go,
Be happy.

-Ashtavakra Gita 15:18



As the man and the woman in me
unite in love,
the brilliant beauty
balanced on the two-petalled lotus
within me
dazzles my eyes.
The rays
outshine the moon
and the jewels
glowing on the hoods of snakes.

My skin and bone
are turned to gold.
I am the reservoir of love
alive as the waves.
A single drop of water

has grown into a sea,
unnavigable.

-Lalan



Adversity and prosperity never cease to exist. The adornment
Of great men's minds is to remain unswervingly just under both.

-Tirukkural 12:115



O Krishna,
Charmer of hearts,
Lifter of mountains,
I hear your flute calling me—
Shall I come by the secret path
through the tall grass?

-Mirabai



The body will be turned by the power of the spiritual consciousness into a true and fit and perfectly
responsive instrument of the Spirit.

-Sri Aurobindo



No worldly delight is comparable to the delight that will fill your heart when you completely
abandon all hopes and desires.

-Maharamayana



Though we may know Him by a thousand names, He is one and the same to us all.

-Mahatma Gandhi, 1926



No one can die. None can be degraded forever. Life is but a playground, however gross the play
may be. However we may receive blows and however knocked about we may be, the Soul is there

and is never injured. We are that Infinite.

-Vivekananda



As a man from Gandhara, blindfolded,
Led away and left in a lonely place,
Turns to the east and west and north and south
And shouts, 'I am left here and cannot see!'
Until one removes his blindfold and says,
'There lies Gandhara; follow that path,'
And thus informed, able to see for himself,
The man inquires from village to village
And reaches his homeland at last--just so,
My son, one who finds an illumined teacher
Attains to spiritual wisdom in the Self.

-Chandogya Upanishad



But truly great souls seek my divine nature. They worship me with a one-pointed mind, having realized that I am the eternal source of all. Constantly striving, they make firm their resolve and worship me without wavering. Full of devotion, they sing my divine glory.

-Bhagavad Gita 9:13-14



Charity's merit cannot be measured by gifts given.
It is measured by measuring the receiver's merits.

-Tirukkural 9:87



He has no desires.
He has cast off his chains.
He walks on air.

He is free,
Tumbling like a leaf in the wind,
From life to life.

He has gone beyond the world,
Beyond joy and sorrow.

His mind is always cool.
He lives as if he had no body.

-Ashtavakra Gita 18:21-22



Peaceful be heaven, peaceful the earth, peaceful the broad space between. Peaceful for us be the running waters, peaceful the plants and herbs! Peaceful to us be the signs of the future, peaceful what is done and undone, peaceful to us be what is and what will be. May all to us be gracious!

-Atharva Veda 19.9



Ignorance is the failure to discriminate between the permanent and the impermanent, the pure and the impure, bliss and suffering, the Self and the non-Self.

-The Yoga Sutras of Patanjali, 2:5



One who meditates upon and realizes the self discovers that everything in the cosmos--energy and space, fire and water, name and form, birth and death, mind and will, word and deed, mantram and meditation--all come from the Self.

-Chandogya Upanishad



He is pure of heart,
He knows the whole world is only the Self.

So who can stop him
From doing as he wishes?

-Ashtavakra Gita 4:4



Healed of their sins and conflicts, working for the good of all beings, the holy sages attain nirvana in Brahman. Free from anger and selfish desire, unified in mind, those who follow the path of yoga realize the Self and are established forever in that supreme state.

-Bhagavad Gita 5:25-26



All the religions of the world, while they may differ in other respects, unitedly proclaim that nothing lives in this world but Truth.

-Mahatma Gandhi, 1927



In the hands of a benevolent man,
Wealth is like a medicinal tree whose healing gifts help all.

-Tirukkural 217



By nature my mind is empty.
Even in sleep, I am awake.
I think of things without thinking.

All my impressions of the world
Have dissolved.

My desires have melted away.

So what do I care for money
Or the thieving senses,
For friend or knowledge or holy books?

-Ashtavakra Gita 14:1-2



One who has attained complete discrimination between the subtlest level of mind and the Self has no higher knowledge to acquire.

This is dharma megha samadhi--the state of the Unclouded Truth.

-The Yoga Sutras of Patanjali, 4:29



Before you speak, ask yourself, is it kind, is it necessary, is it true, does it improve on the silence?

-Sai Baba



A learned man's learning shines the brightest
among luminaries capable of critiquing his language.

Speaking to an audience of thinking men
is like watering a bed of growing plants.

-Tirukkural 72: 717-718



As clouds are blown away by the wind, the thirst for material pleasures will be driven away by the
utterance of the Lord's name.

-Sri Sarada Devi



A certain degree of physical harmony and comfort is necessary, but above a certain level it
becomes a hindrance instead of a help. Therefore the ideal of creating an unlimited number of
wants and satisfying them seems to be a delusion and a snare.

-Mahatma Gandhi



Better indeed is knowledge than mechanical practice. Better than knowledge is meditation. But
better still is surrender of attachment to results, because there follows immediate peace.

-Bhagavad Gita 12:12



The moon is one, but on agitated water it produces many reflections. Similarly ultimate reality is
one, yet it appears to be many in a mind agitated by thoughts.

-Maharamayana



Brahman creates the game of life by breaking Himself into parts that undergo transformation and
extinction.

Yet while he takes on all the roles required by the game, He also always remains free of the game
and intact as Brahman.

-Abhinavagupta



All those who walk with God reach their destination.

-Sai Baba



As the sun lights up the world, the Self dwelling in the field is the source of all light in the field. Those who, with the eye of wisdom, distinguish the field from its Knower and the way to freedom from the bondage of prakriti, attain the supreme goal.

-Bhagavad Gita 13:33-34



God made all things.
There is only God.

When you know this,
Desire melts away.

Clinging to nothing,
You become still.

-Ashtavakra Gita 11:2



Prayer is not asking. It is a longing of the soul. It is daily admission of one's weakness. It is better in prayer to have a heart without words than words without a heart.

-Mahatma Gandhi, 1930



Behold the man who shields his family from all suffering.
Has not his body become a willing vessel for affliction.

Without good men to hold it up,
The family house will fall when misfortune descends.

-Tirukkural 103: 1029-1030



A king asked a sage to explain the Truth. In response the sage asked the king how he would

convey the taste of a mango to someone who had never eaten anything sweet. No matter how hard the king tried, he could not adequately describe the flavor of the fruit, and, in frustration, he demanded of the sage "Tell me then, how would you describe it?" The sage picked up a mango and handed it to the king saying "This is very sweet. Try eating it!"

-Hindu teaching story



As an eagle, weary after soaring in the sky, folds its wings and flies down to rest in its nest, so does the shining Self enter the state of dreamless sleep, where one is freed from all desires.

-Brihadaranyaka Upanishad



Perseverance generates prosperity,
and the lack of it engenders poverty.

They say the black ogress called Misfortune lurks in laziness,
while Goddess Fortune lingers in the laboring toils of active men.

-Tirukural 62: 616-617



He is dear to me who runs not after the pleasant or away from the painful, grieves not, lusts not,
but lets things come and go as they happen.

-Bhagavad Gita 12:17



As long as you derive inner help and comfort from anything, keep it.

-Mahatma Gandhi



Know you are one,
Pure awareness.

With the fire of this conviction
Burn down the forest of ignorance.

Free yourself from sorrow,
And be happy.

-Ashtavakra Gita 1:9



I (God) am easily attained by the person who always remembers me and is attached to nothing else.

-Bhagavad Gita 8:14



Bodies come and go like clothes.

-Sankara



As great as the infinite space beyond is the space within the lotus of the heart. Both heaven and earth are contained in that inner space, both fire and air, sun and moon, lightning and stars. Whether we know it in this world or know it not, everything is contained in that inner space.

-Chandogya Upanishad



He runs without feet and holds without hands.
He sees without eyes and hears without ears.
He knows everyone, but no one knows him.
He is called the First, the Great, the Supreme.

-Shvetashvatara Upanishad 3:19



Love is selflessness
—self is lovelessness.

-Sai Baba



Gentleness, self-sacrifice and generosity are the exclusive possession of no one race or religion.

-Mahatma Gandhi, 1930



Among the wealthy, compassionate men claim the richest wealth,
For material wealth is possessed by even contemptible men.

Find and follow the good path and be ruled by compassion.
For if the various ways are examined, compassion will prove the means to liberation.

-Tirukkural 25: 241-242



High Truth, unyielding Order, Consecration,
Ardor and Prayer and Holy Ritual
uphold the Earth; may she, the ruling Mistress
of what has been and what will come to be,
for us spread wide a limitless domain.

-Rig Veda



After many births the wise seek refuge in me, seeing me everywhere and in everything. Such great souls are very rare. There are others whose discrimination is misled by many desires. Following their own nature, they worship lower gods, practicing various rites.

-Bhagavad Gita 7:19-20



I am not detachment nor salvation,
Nor anything reached by the senses;
I am behold all thought and form.
I am everywhere, and nowhere at all-
I am Consciousness and Bliss.

I am Shiva! I am Shiva!



Liberation,
Bondage,
What are they to me?

What do I care for freedom?

For I have known God,

The infinite Self,
The witness of all things.

Without, a fool.
Within, free of thought.

I do as I please,
And only those like me
Understand my ways.

-Ashtavakra Gita 14:3-4



The real ornament of woman is her character, her purity.

-Mahatma Gandhi, 1934



Through ignorance
I once imagined I was bound.

But I am pure awareness.

I live beyond all distinctions,
In unbroken meditation.

-Ashtavakra Gita 2:17



In the light of the Sun
there is no difference between day and night.
In the light of the Supreme Truth
there is no difference between Shiva and Shakti.

-Jnaneshwar (also known as Jnanadeva)



As rivers flow into the ocean but cannot make the vast ocean overflow, so flow the streams of the sense-world into the sea of peace that is the sage. But this is not so with the desirer of desires.

-Bhagavad Gita 2:70



Birth decrees to all men who live a common circumstance.
Diverse actions define their unique specialness.

Lowly men are never high, even when elevated.
High souls are never low, even when downtrodden.

-Tirukkural 98: 972-73



Between husband and wife there should be no secrets from one another. I have a very high opinion of the marriage tie. I hold that husband and wife merge in each other. They are one in two or two in one.

-Mahatma Gandhi, 1940



A king asked a sage to explain the Truth. In response the sage asked the king how he would convey the taste of a mango to someone who had never eaten anything sweet. No matter how hard the king tried, he could not adequately describe the flavor of the fruit, and, in frustration, he demanded of the sage "Tell me then, how would you describe it?" The sage picked up a mango and handed it to the king saying "This is very sweet. Try eating it!"

-Hindu teaching story



This universe comes forth from Brahman and will return to Brahman. Verily, all is Brahman.

A person is what his deep desire is. It is our deepest desire in this life that shapes the life to come.
So let us direct our deepest desires to realize the Self.

-Chandogya Upanishad



Not female, male, nor neuter is the Self.
As is the body, so is the gender.
The Self takes on a body, with desires,
Attachments, and delusions. The Self is
Born again and again in new bodies
To work out the karma of former lives.

-Shvetashvatara Upanishad



Lord, I do not want wealth,
nor children, nor learning. If it be Thy will
I will go to a hundred hells, but grant me this,
that I may love Thee without the hope of reward,
unselfishly love for love's sake.

-Hindu prayer



Knowledge or ignorance,
Freedom or bondage,
What are they?

What is "I,"
Or "mine,"
Or "this"?

Or the form of the true Self?

I am always one.

What do I care for freedom
In life or in death,
Or for my present karma?

-Ashtavakra Gita 20:3-4



If you return kindness for injuries received and forget both,
Those who harmed you will be punished by their own shame.

-Tirukkural 314



God sometimes does try to the uttermost those whom he wishes to bless.

-Mahatma Gandhi, 1931



He alone sees truly who sees the Lord the same in every creature, who sees the Deathless in the hearts of all that die. Seeing the same Lord everywhere, he does not harm himself or others. Thus he attains the supreme goal.

-Bhagavad Gita 13: 27-28

ॐ
DAILY HINDU WISDOM

My Guru told me;"Trust me. I tell you; you are divine. Take it as the absolute truth. Your joy is divine, your suffering is divine too. All comes from God. Remember it always. You are God, your will alone is done." I did believe him and soon realized how wonderfully true and accurate were his words.

-Nisargadatta Maharaj

ॐ
DAILY HINDU WISDOM

Fire is not seen until one firestick rubs
Against another, though fire is still there,
Hidden in the firestick. So does the Lord
Remain hidden in the body until
He is revealed through the mystic mantram.

Let your body be the lower firestick;
Let the mantram be the upper. Rub them
Against each other in meditation
And realize the Lord.

-Shvetashvatara Upanishad

ॐ
DAILY HINDU WISDOM

If you desire liberation,
But you still say "mine,"
If you feel you are the body,
You are not a wise man or a seeker.

You are simply a man who suffers.

-Ashtavakra Gita 16:10

ॐ
DAILY HINDU WISDOM

People shed whole jugs of tears for wife and children. They swim in tears for money. But who weeps for God? Cry to Him with a real cry.

-Ramakrishna

ॐ
DAILY HINDU WISDOM

The man who is wise
Knows himself in all things
And all things in himself.

Yet how strange!
He still says, "This is mine."

Determined to be free,
He abides in the oneness
Beyond all things.

Yet how strange!
Indulging in passion, he weakens,
And lust overwhelms him.

-Ashtavakra Gita 3:5-6



Mind is consciousness which has put on limitations. You are originally unlimited and perfect. Later you take on limitations and become the mind.

-Sri Ramana Maharshi



To see God everywhere you have to have special eyes, otherwise you cannot bear the shock.

-Neem Karoli Baba



Unwearied ceaseless effort is the price that must be paid for turning faith into a rich infallible experience.

-Mahatma Gandhi, 1936



Just as a stone, a tree, a straw, grain, a mat, a cloth, a pot, and so on, when burned, are reduced to earth (from which they came), so the body and its sense organs, on being burned in the fire of Knowledge, become Knowledge and are absorbed in Brahman, like darkness in the light of the sun.

-Shankaracharya



In paradise there is [no such thing as] fear;
Thou art not there, nor shrinks one from old age.
Hunger and thirst, these two transcending,
Sorrow, surpassing, a man makes merry in paradise.

-Katha Upanishad



Yesterday I lived bewildered, in illusion. But now I am awake, flawless and serene, beyond the world. From my light the body and the world arise. So all things are mine, or nothing is.

-Ashtavakra Gita



If one clings to his attachments, refusing to let go,
Sorrows will not let go their grip on him.

Those who renounce totally reach the highest peak;
The rest remain ensnared in delusion's net.

-Tirukkural 35:347-348



To those steadfast in love and devotion I give spiritual wisdom, so that they may come to me. Out of compassion I destroy the darkness of their ignorance. From within them I light the lamp of wisdom and dispel all darkness from their lives.

-Bhagavad Gita 10:10-11



May my life merge in the Immortal
When my body is reduced to ashes.
O mind, meditate on the eternal Brahman.
Remember the deeds of the past.
Remember, O mind, remember.

-Isha Upanishad



Meditate on the Self.
One without two,
Exalted awareness.

Give up the illusion
Of the separate self.

Give up the feeling,
Within or without,
That you are this or that.

-Ashtavakra Gita 1:1