

My daily wisdom

*101 Inspirational Life Quotes
from an Indian Guru*

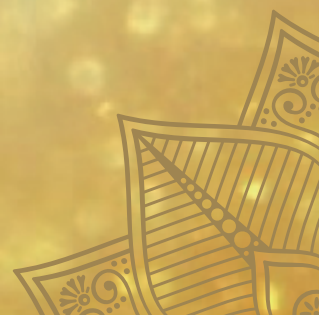




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1- RELATIONSHIPS

- 1- Love flows from higher age level to lower age level in blood relationship.
- 2- Unconditional love is the magical way for blissful relationships.
- 3- At every crucial moment of life one finds oneself always alone.
- 4- Loving yourself will attract all the love from universe to yourself.
- 5- Understanding relationships as they are reduces expectations and eventually sadness.
- 6- If you love someone, free them, allow them to go, if they come back they are yours and if they don't they were never yours.
- 7- Mother, Father, surrounding, school teachers and spiritual Guru are the five members who make our life.
- 8- Mother is the first and most important teacher of human life.
- 9- No one other than you are responsible for what you are today. Take it and avoid blaming others for your failures.
- 10- Unconditional love is key to happiness in all relationships.
- 11- It's not about you and I in a romantic relationship but about us.
- 12- The great parental love can never be returned.
- 13- Expectation is the mother of sadness.
- 14- The most precious thing in human life is mother's love.
- 15- Loving someone without expecting anything in return is Godly love, loving with expectation to get back love is human love and expecting love without even loving them back is devilish love.

- 16- Love never binds, illusion of love does.
- 17- Romantic relationships are based either on love or illusion of love.
- 18- Quality of love making decides how far your romantic relationship will go.
- 19- I am yours finds solutions and you are mine creates problems.
- 20- Love is a blessing.
- 21- Family members are connected by blood where as friendships are connected with thought patterns.
- 22- Understanding the nature of relationships reduces the expectations and eventually sadness.
- 23- Spiritual relationships are based on unconditional love, we can learn it from nature.
- 24- We can never get back the kind of love we give to our children, because love flows from higher age level to lower.
- 25- Love acknowledges each others talent.

2- HEALTH AND WELLBEING

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- 26- Practicing Yoga is a path to connect the self to your higher self.
- 27- The design of human beings is more suited to eat vegan than meat.
- 28- A healthy body contains healthy mind and soul.
- 29- Walking 15 minutes in morning makes our heart happy.
- 30- Modern medicines treats symptoms, whereas Ayurveda is a science that tries to remove the root cause of the symptom.

- 31- Meditation is an inner journey and if you get disturbed by outer elements during it then you are not in meditative state.
- 32- The 4 tools to a good health are: Eat healthy, sleep well, do yoga and do meditation regularly.
- 33- Fill only half the stomach with food and one quarter with water before food and remaining one quarter shall always be left for air.
- 34- Continuous practice of Pranayama makes our heart and lungs healthy, reducing chances for Heart trouble.
- 35- Focusing on your breath is an important part of yoga.
- 36- Yogic exercises builds muscles with flexibility preventing arthritis, back pain and falls in elderly persons.
- 37- There are more effective ways of healing the past than by re-experiencing it.

3- SUCCESS AND SATISFCATION

- 38- Care for satisfactory life than successful and try for success with satisfaction.
- 39- Success is to please others views on us and satisfaction is to our innerself.
- 40- Success is determined by the outside world such as other people's opinions of your results/situation etc., while the feeling of real satisfaction is measured inside of ourselves.
- 41- The most important ingredient in Management is care.
- 42- Growth in business is only possible in peace. Event at home. All the surroundings have to be made right.
- 43- Much can be achieved, when we work in organized union with each other.

- 44- Wealth stays with the ones who act fast. Windows of opportunity close quickly, time management is of essence.
- 45- By helping our leaders to remove fear, the trust from leader to leader can be restored. This is maybe the most important step in breaking the cycle of war.
- 46- There are two types of people: Bulls & Lions. Lions make almost all the money that exists in the world.

4- PEACE

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- 47- Peace enhances the quality of our life where as violence distorts it.
- 48- Courageous are those who try to solve their disputes peacefully instead of with violence.
- 49- Let us all have a vision to live in our peaceful world.
- 50- Living in nature provides immense peace to body mind and soul.
- 51- One of the greatest thing that is happening today is people's noticeable desire to live in peace with each other.
- 52- 20 years ago, the internet was an escape from the real world. Today the real world is an escape from the internet.
- 53- Only 10 percent of the amount of effort the world has put in for conflicts and war is needed to make the world peaceful.
- 54- Our mother earth has every thing we need, if we share among ourselves peacefully and not accumulate it.
- 55- Whoever has whatever excess shall share it with others to have a harmonious and peaceful world.
- 56- Few cultures consider themselves superior to others but in reality they think inside themselves that they are inferior and that is always a cause to conflicts.

- 57- Unified religion can reduce the conflicts and bring peace to our mother earth to a great extent.
- 58- What is right shall be important in our diplomacies rather than who is right.
- 59- Everyone has right to practice what he wants, but the problem starts when they wants everyone to be like them and unified religion may solve this problem completely.
- 60- Everyone thinks he is right and there is no problem in it. The main problem is that he thinks he is only right and others are wrong where as the real thinking shall be I am right and others are right too.
- 61- Unified religion shall accomodate all broad perceptions of all religions together.
- 62- The concept of unified religion appears difficult, but is possible by peaceful talks as end purpose of every religion is same.
- 63- I am a dreamer of unified religion and am sure that I am not only one.
- 64- Unified world politically, financially, scientifically, religiously and spiritually shall be our dream project in which we shall all work to uplift the quality of life of every human being.
- 65- Superiority complex does not exist. The moment you feel you are superior to some one you also feel you are inferior to some one.
- 66- Respect your identity as you are and others as they are. You are neither superior not inferior to any one.

5- SPIRITUAL DEVELOPMENT

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- 67- States of mind such as insecurity, despair, and grief arising from a consciousness of self as limited and separate from others is fear and only way to dispelling it is by realizing
- 68- oneself as the All.
- 69- Non duality is the highest realization of divinity in which the knower, knowledge and knowable meaning self, soul and God become one.

- 70-** You have no mental activity, good or bad; You have no bodily function, good or bad; You have no verbal action, good or bad. You are the nectar of wisdom beyond the senses and are pure consciousness. Identify yourself.
- 71-** The essence of all wisdom is the supreme knowledge that I am by nature the formless, all pervasive Self.
- 72-** Union and separation does not exist in regard to you and to me. There is no you, no me, nor is there this universe. All is verily the Self alone.
- 73-** Sufferings are due to the objects of desires.
- 74-** You are pure homogeneous Reality, disembodied, unborn, and immutable. Identify yourself. Ego can never be aware of itself.
- 75-** Know you to be that Self who is everything and everywhere at all times, the one who is eternal, steady, the all, the existent and non-existent. Identify yourself.
- 76-** Truth can not be described by words as it is beyond sounds and mind. It can only be experienced.
- 77-** You are free in the beginning, in the middle, and in the end. You are never bound. Identify yourself.
- 78-** Self is neither man nor woman, it is neither idea nor imagination. Self is never full of joy or joylessness. It is beyond opposites and is Bliss. If one does not perceive every being as The Self, one is still ignorant.
- 79-** One who does not perceive every being as the Self is still ignorant.
- 80-** My certain perception is that I neither perform, enjoy nor suffer past action, future action or present action. Its all being done by source.
- 81-** The ego of being enlightened goes away with enlightenment.
- 82-** The last difficult desire to leave before enlightenment is the desire to attain enlightenment. The essential qualification of the spiritual teacher is not intellectual immanence, but capacity to impart spiritual illumination.

- 84-** The source of the universe is devoid of all names and is subtler than the subtlest, supreme, spotless, beyond the senses, mind, and intellect.
- 85-** Thru constant practice one's concentration becomes objectless, being divested of merits and demerits, one attains the state of complete dissolution in the Absolute through the dissolution of the object of concentration.
- 86-** He who is free from attachment and hatred, devoted to the good of all beings, remain steady in good and bad will attain to the supreme state of enlightenment.
- 87-** Any thing , what is not permanent is illusion and there is nothing permanent other than Source (God, truth)
- 88-** Self is immutable and beyond opposition such as good and bad, profit and loss, divisible and indivisible.
- 89-** Self is absolute, verily supreme, more essential than all essences.
- 90-** Illusory knowledge relates to what is outside, true wisdom to what is inside. Duality can not touch the Self because Self is all pervasive.
- 91-** Any one whether ignorant or learned, attains to the full awareness of Truth through the grace of a Guru's wisdom, becomes detached from the ocean of worldliness.
- 92-** Any one who becomes eternal, pure, fearless, formless, hatred free and supportless, desireless, beyond the pairs of opposites, free from illusion and of undiminished power with the grace of his Guru's wisdom attains enlightenment of self.
- 93-** Self is the nectar of wisdom, homogenous existence, like the infinite space. It is neither gross nor subtle. It has neither come nor gone. It is without beginning, middle and end.
- 94-** The supreme Reality is devoid of the undivided and the divided.
- 95-** Liberation is a state when you complete all your deeds before the end of life.
- 96-** The essential idea of being spiritual is simply about the journey within.
- 97-** To be free, shun the experiences of senses. Turn your attention to forgiveness, sincerity, kindness, simplicity and truth.

- 98-** Great people solve their problems. Wise people prevent them.
- 99-** Forgiveness, kindness and simplicity are true states of being.
- 100-** Fulfillment is a result of being empty.
- 101-** Spirituality is not always easy, but it is always simple. Those who are spiritual are often plain and they live naturally.