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Quotes by Sivananda, Sri Swami

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A desire arises in the mind. It is satisfied immediately another comes. In the interval which separates two desires a perfect calm reigns in the mind. It is at this moment freed from all thought, love or hate. Complete peace equally reigns between two mental waves.

- Sivananda, Sri Swami

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

- Sivananda, Sri Swami

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

- Sivananda, Sri Swami

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

Therefore, acquire contentment.

- Sivananda, Sri Swami

Anger is a great force. If you control it, it can be transmuted into a power which can move

the whole world.

- Sivananda, Sri Swami

Good character is not formed in a week or a month. It is created little by little, day by day.

Protracted and patient effort is needed to develop good character.

- Sivananda, Sri Swami

A mountain is composed of tiny grains of earth. The ocean is made up of tiny drops of water. Even so, life is but an endless series of little details, actions, speeches, and thoughts. And the consequences whether good or bad of even the least of them are far-reaching.

- Sivananda, Sri Swami

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

- Sivananda, Sri Swami



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