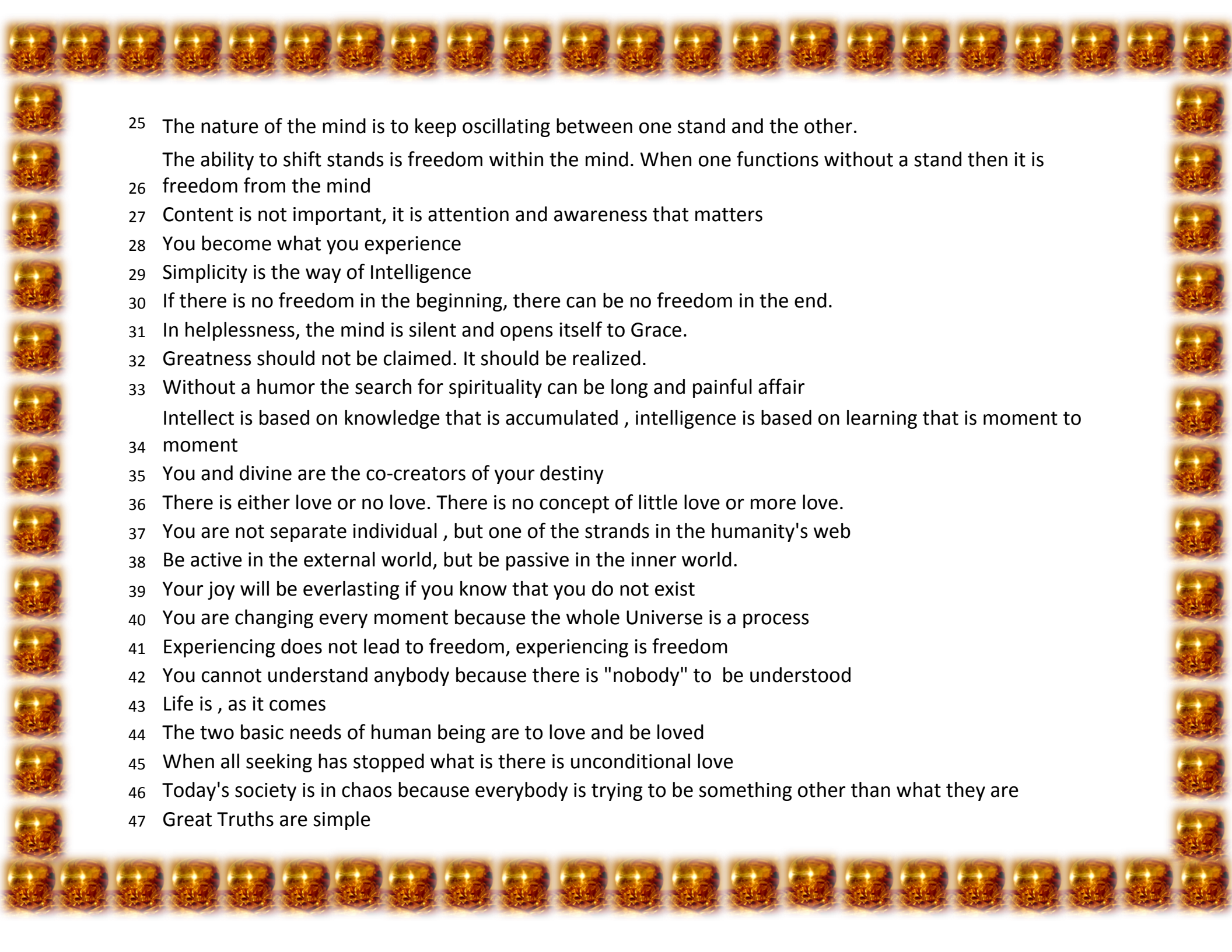


Daily Teachings

- 1 Consciousness is the ground of all existence
- 2 To become aware you must be authentic to yourself
- 3 Conflict is the measurement to know whether that act is from Awareness or Unawareness
- 4 No matter who the other person is when there is a compassion and true love the other person responds
- 5 Perfection is not a concept, it is in seeing all things as perfect
- 6 How you experience the world depends on you
- 7 Fear is only in anticipation not in reality
- 8 Natural laws are permanent and eternal. These laws are everywhere and no where
- 9 Not that Mind is seeking. Seeking is the mind.
- 10 Acceptance is not fighting , not indulgence but simply looking at it
- 11 No two people see the world alike
- 12 Everything is an idea to unawakened person , even the physical universe
- 13 Knowing your ignorance is your real wisdom
- 14 True silence is not the opposite of physical noise. It is absence of conflict
- 15 Awakened one lives in the PRESENT. GOD realized person lives in the PRESENCE
- 16 An activity is spiritual when there is no conflict
- 17 Freedom is not in transformation of the content. Freedom is experiencing the content as it is
- 18 The journey in to the self ends in Love
- 19 To be exactly what you are and feel helpless about it and ask for grace is humility
- 20 A Truly courageous person is truly non violent person
- 21 Consciousness has a living quality to itself. It has to be experienced in the absence of the mind
- 22 Read yourself, not the books
- 23 To be attentive to some thing is to attend to it without any willed effort.
- 24 When the mind is in a state of choicelessness , the right choice arrives.



25 The nature of the mind is to keep oscillating between one stand and the other.
The ability to shift stands is freedom within the mind. When one functions without a stand then it is
26 freedom from the mind
27 Content is not important, it is attention and awareness that matters
28 You become what you experience
29 Simplicity is the way of Intelligence
30 If there is no freedom in the beginning, there can be no freedom in the end.
31 In helplessness, the mind is silent and opens itself to Grace.
32 Greatness should not be claimed. It should be realized.
33 Without a humor the search for spirituality can be long and painful affair
Intellect is based on knowledge that is accumulated , intelligence is based on learning that is moment to
34 moment
35 You and divine are the co-creators of your destiny
36 There is either love or no love. There is no concept of little love or more love.
37 You are not separate individual , but one of the strands in the humanity's web
38 Be active in the external world, but be passive in the inner world.
39 Your joy will be everlasting if you know that you do not exist
40 You are changing every moment because the whole Universe is a process
41 Experiencing does not lead to freedom, experiencing is freedom
42 You cannot understand anybody because there is "nobody" to be understood
43 Life is , as it comes
44 The two basic needs of human being are to love and be loved
45 When all seeking has stopped what is there is unconditional love
46 Today's society is in chaos because everybody is trying to be something other than what they are
47 Great Truths are simple

48 All assumption is a lie

49 You are nothing but emptiness - Zero. This zero trying to become something is the battle of mind.

50 To be aware of One's emptiness , One's suffering, One's boredom is to seek awakening

51 A nation or individual without proper vision will perish

52 To see everything in the form of principles is the highest intelligence

53 There is no pain or suffering in this creation, your perception is the only cause for your pain or suffering.

54 When the level of consciousness rises, then the problem in this planet will disappear automatically

Relationships born out of thought are the main cause for all sorts of problems. Let your heart be the cause
55 for relationships

Resistance is suffering. Unless you give up resistance , life will keep on pushing you towards duality, which is
56 the main cause of suffering

57 Challenges will bring more and more opportunities in life

58 If the whole world discovers love in relationships then natural calamities will decrease automatically

59 Happiness is the index of growth

60 There is no person , only personalities ; Life is interplay of personalities

61 The problem with the man is , he sees everything as a " problem"

62 Time and Space are only symbols

63 If you have to discover love , you must stop judging others, especially your parents and spouse

64 Anything re-experienced fully will loose its charge

65 You are nothing but emptiness-zero. This zero trying to become something is the battle of mind

66 Hearts generally awaken when they are in face to face with suffering

67 Your joy will be everlasting if you know that you do not exist

68 Trying to be natural is not natural

69 Attachment basically comes when you make use of people

70 Seeing is only in the present. It is neither in the past nor in the future

71 There is only one source and not the second and that source is the divine.

The experienter is born when judgment arises. You are not stopping to judge because you are afraid you will
72 disappear

73 Awakening is not getting somewhere. Awakening is being where you are

74 If you examine without hoping to find this or that then real examination has begun

75 Forget Grace and Forget Awakening

76 Surrender is not become a slave. It is to see that one cannot do any thing

77 Action born out of unawareness is reaction. It will only produce conflict , confusion and further unawareness

78 The mind cultivates goodness, which is not goodness

79 There is no experienter separate from the experience. The experience contains the experienter.

80 Anything that is recognized and accepted does not turn destructive.

The moment you start commenting, there is no experiencing. The moment there is no comment there is
81 experiencing.

82 God is Consciousness

83 Only the heart can love. When the heart does it , there is no reason

84 The mind has got no experience of life. It knows pleasure; it does not know joy.

85 Self is the greatest disease and pestilence on man.

86 Desire must come from the heart not from the head, if it has to be fulfilled.

87 Letting go of resistance is acceptance.

88 Prayer won't work without emotion and for emotion you should have a bond with the divine.

89 An awakened man has no perceptions. He is not there to perceive.

90 If you are in the now and the here all work is only a play.

91 Long term planning can never fail.

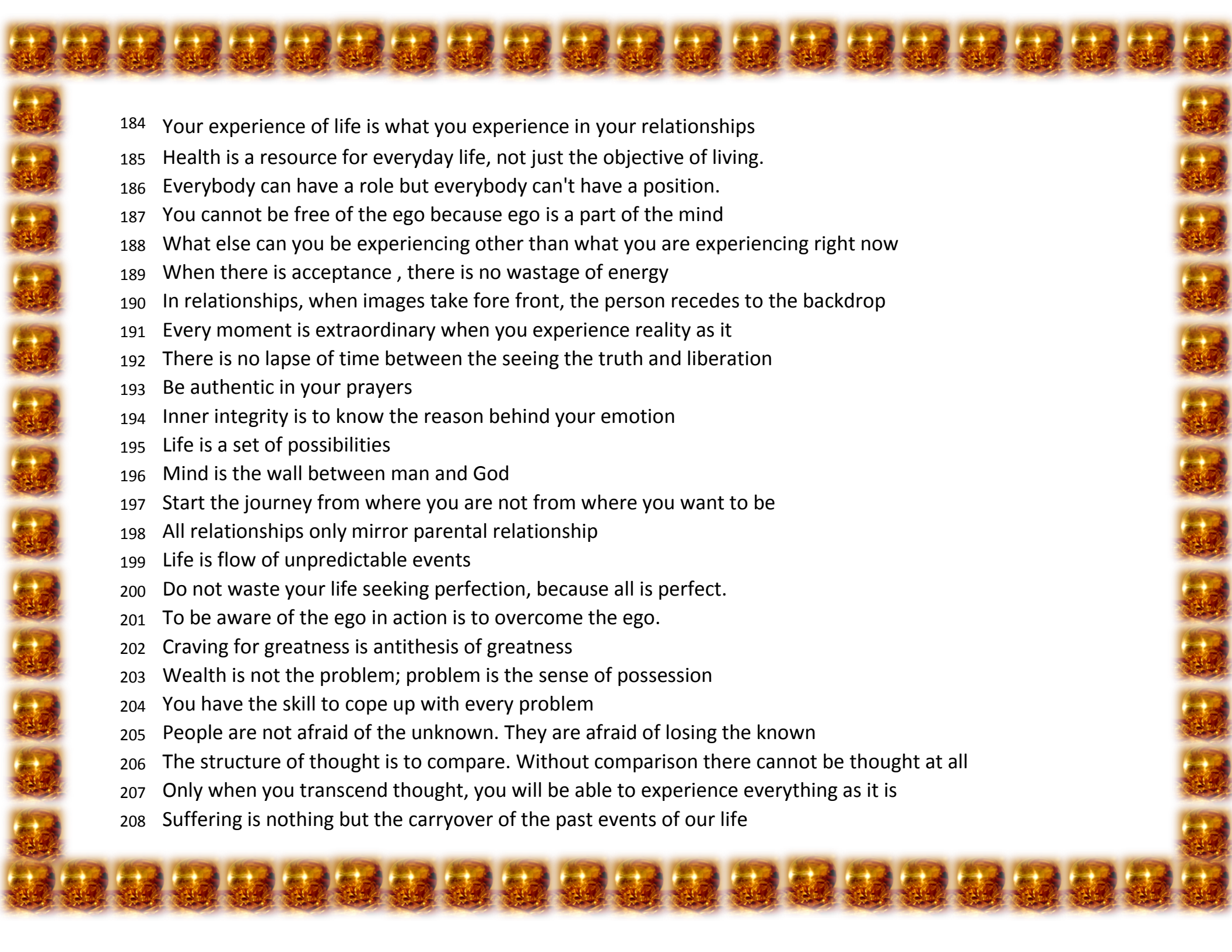
92 Follow your heart to do any action

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- 93 All thoughts, words and deeds have consequences
- 94 Whatever man does, affects everything else because all things are connected.
- 95 Great leaders hold great perceptions and hence create extraordinary realities
- 96 All things keep changing with time
- 97 Learning to flow with life is to know that you have been taken over by divine will
- 98 How you think determines how you act. How you act determines how others react to you
- 99 Gratitude is the hallmark of greatness
- 100 Too much of indulgence in variety might lead to failure of intelligence
- 101 Teaching + Experience is = Insight
- 102 A champion can lose but never defeated
- 103 True index of growth is when someone is happy internally and also who succeeds in material life too
- 104 Resting Body is Rusting body
- 105 When there is no learning there is stagnation
- 106 To realize a lofty goal one certainly has to sacrifice many petty things
- 107 Growth only happens through contribution. You need to give, in order to receive.
- 108 Opportunities come disguised as obstacles too
- 109 Life is game; injuries are inevitable. Get up and play again
- 110 To be liberated from suffering , you must first understand what suffering is
- 111 Suffering is the continuous thought process that happens in the mind over an event or incident of the past
- 112 Profession should be selected according to one's nature and not according to the market value.
- 113 If you are persistently passionate, the universe conspires to give you what you seek.
- 114 A dream is not something that you see in your sleep, but dream is something which will not you sleep.
- None can stop you from growing and learning if you seriously intend to . And none could help you progress if you don't want to
- 116 Achiever doesn't worry about the past , lives in the present, plans and works for the future

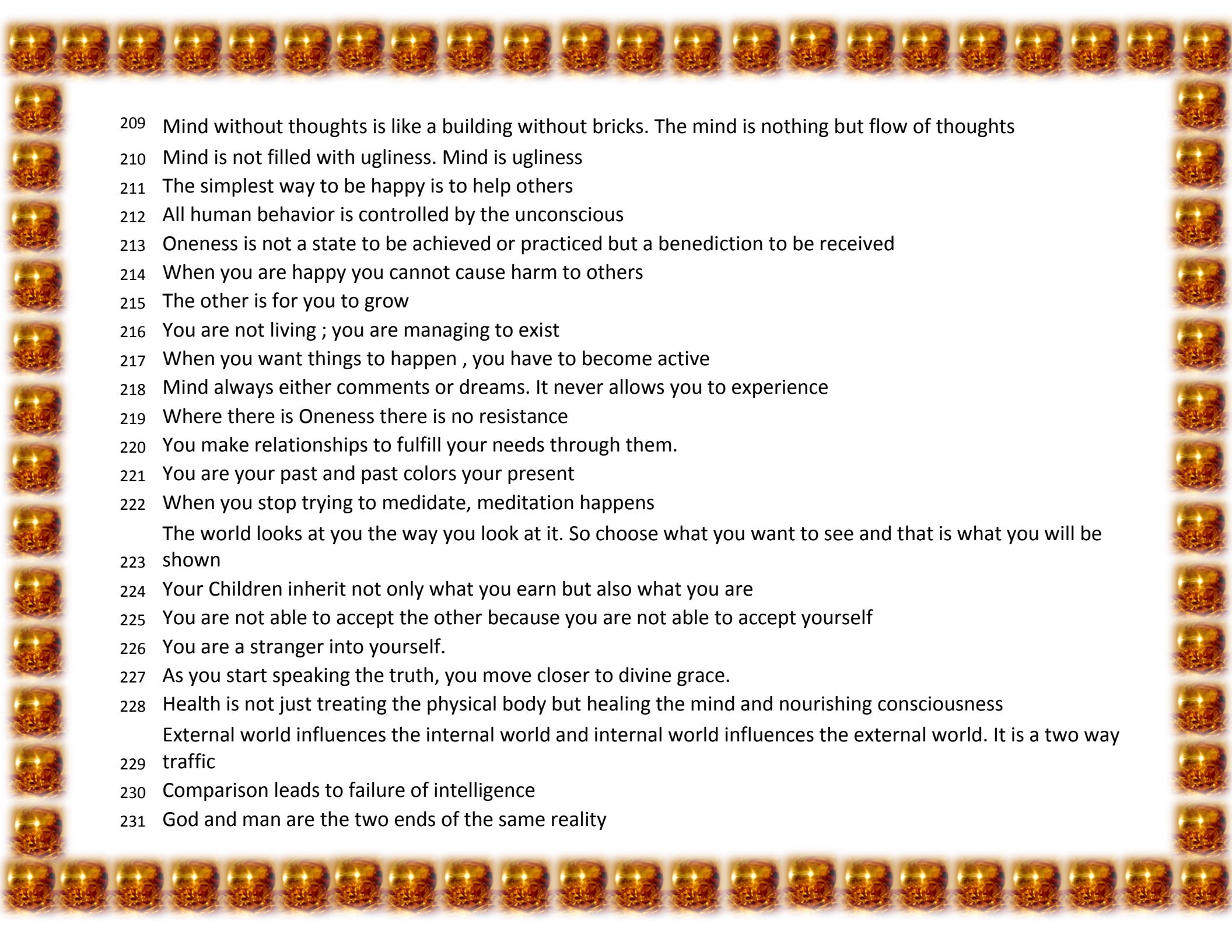
117 When you are in fear, don't take decisions
118 As you grow you naturally feel like helping others and as you help another you inevitably grow
119 Everybody is unique. Don't try to mould all dispositions alike
120 The more you recognize the hand of grace in your life , the more it arrives, and there is no end to it
121 To excel in outer world, you need to begin from your inner world
122 Only if you work hard, you feel worthy of love given to you
123 Our greatest joys, pains and best experiences, they all come from our relationships. Nurture it well.
124 A True champion doesn't get there alone.. He takes the entire team with him in to the skies of success
125 The root of the problem in relationship lies in our inability to forgive the other
126 Fear breaks all the relationships
127 Your children mirror the relationship you have with your parents
You have to earn for yourself a place in the hearts of your family and friends in order to experience joy and
128 contentment
129 Relationships are not merely about getting along. It is to relate without fear or guilt.
130 Basic problem in relationship is the constant endeavor to understand and change the other
131 There is no problem which cannot be solved. Every problem has a solution
132 The best way to relate to your child is sometimes to become a child yourself
133 Love is to give ,not to ask
134 Give the other person space to be himself or herself
135 Ingratitude towards one's parents leads to all kinds of problem
136 It is the people around us who give meaning to our existence
Success should not come from a stand point of previous perception of failures. Success or achievement must
137 come from an awakening
138 When you truly forgive a person , then transformation happens not only in you but also in the other
139 All effort of the mind is to protect something which is not there

140 Love that is a habit, peace that is a matter of policy and forgiveness that is cultivated ; are not real
Allow yourself to travel in the river of life because all rivers lead to the same ocean of abundance and
141 paradise
142 The best form of growth is growth in consciousness
143 Heartfelt blessings of parents bring about victory and prosperity in the individual
144 The best qualified parents are those who have discovered love for themselves
145 You need a constructive emotions to face a challenge
We are beings who are in conflict with our selves and with others and that conflict is manifesting in the
146 external world
147 There is no question of God forgiving you; because God never judged you
How could you be secure when you seek for security from people who are in themselves insecure?. Security
148 is possible only when it is shifted to God
149 If you have good communion with God everything happens instantaneously
150 Prayers are meant to seek abundance, not to express lack
151 Grace comes wherever there is sacredness
152 To discover one's role in God's creation and work to fulfill it , is indeed the most blissful existence
153 Remember, a problem is a big or small it's only in your view. But not for God
154 Pray as if everything is dependent on God and work everything is dependent on you
155 Gratitude is the easiest way to please God
156 A person with gratitude can hold a vision and lead it to completion
157 There are two ways to end a problem. It could be either solved or dissolved
158 Your life is a book. Only when you stop condemning and judging, you can truly read the book of your life
159 We are the architects of our life
160 A return to oneness between the various systems of the human body is return to health
161 You become what you think, believe and see

162 Joy is something that you experience as you learn and grow
163 People who don't have a role in life are the people who are suffering
164 Value makes Character
165 Learning does not happen with age. It happens when you are ready to receive it
If you wish for something with a good intent and from your heart, the entire universe shall conspire to make
165 it come true
166 Life is to be lived and not to be questioned
167 Where there is love there is life; hatred leads to destruction
168 Woman is the spiritual hub of the family
169 Unless man is transformed , you cannot create new world
170 The wise listen, the foolish prattle.
171 What man wants is already within him. But he wanders here and there in search of it.
172 Fate is predetermined but it can also be changed
173 You are as big as you believe you are
174 Noticing small changes early helps adapt to the bigger changes that are to come
175 Old behaviors do not lead you to new experiences
176 Once the perception changes , experience also changes
177 Life is an endless series of experiments
178 Whatever you do with inner integrity is perfect
179 Whole Universe is involved in every single act
180 You must see that you are not able to be attentive, that is the beginning of attentions
181 Trying to change the other to suit one's need is death of a relationship. Everyone is perfect as he or she is
182 You lack clarity when you have no role
Expectation when not fulfilled is pain. Expectation when fulfilled is pain. The process of expectation itself is
183 pain



184 Your experience of life is what you experience in your relationships
185 Health is a resource for everyday life, not just the objective of living.
186 Everybody can have a role but everybody can't have a position.
187 You cannot be free of the ego because ego is a part of the mind
188 What else can you be experiencing other than what you are experiencing right now
189 When there is acceptance , there is no wastage of energy
190 In relationships, when images take fore front, the person recedes to the backdrop
191 Every moment is extraordinary when you experience reality as it
192 There is no lapse of time between the seeing the truth and liberation
193 Be authentic in your prayers
194 Inner integrity is to know the reason behind your emotion
195 Life is a set of possibilities
196 Mind is the wall between man and God
197 Start the journey from where you are not from where you want to be
198 All relationships only mirror parental relationship
199 Life is flow of unpredictable events
200 Do not waste your life seeking perfection, because all is perfect.
201 To be aware of the ego in action is to overcome the ego.
202 Craving for greatness is antithesis of greatness
203 Wealth is not the problem; problem is the sense of possession
204 You have the skill to cope up with every problem
205 People are not afraid of the unknown. They are afraid of losing the known
206 The structure of thought is to compare. Without comparison there cannot be thought at all
207 Only when you transcend thought, you will be able to experience everything as it is
208 Suffering is nothing but the carryover of the past events of our life



209 Mind without thoughts is like a building without bricks. The mind is nothing but flow of thoughts
210 Mind is not filled with ugliness. Mind is ugliness
211 The simplest way to be happy is to help others
212 All human behavior is controlled by the unconscious
213 Oneness is not a state to be achieved or practiced but a benediction to be received
214 When you are happy you cannot cause harm to others
215 The other is for you to grow
216 You are not living ; you are managing to exist
217 When you want things to happen , you have to become active
218 Mind always either comments or dreams. It never allows you to experience
219 Where there is Oneness there is no resistance
220 You make relationships to fulfill your needs through them.
221 You are your past and past colors your present
222 When you stop trying to meditate, meditation happens
The world looks at you the way you look at it. So choose what you want to see and that is what you will be
223 shown
224 Your Children inherit not only what you earn but also what you are
225 You are not able to accept the other because you are not able to accept yourself
226 You are a stranger into yourself.
227 As you start speaking the truth, you move closer to divine grace.
228 Health is not just treating the physical body but healing the mind and nourishing consciousness
External world influences the internal world and internal world influences the external world. It is a two way
229 traffic
230 Comparison leads to failure of intelligence
231 God and man are the two ends of the same reality



232 The gap between the 'what is' and the 'what should be' is the mind.
233 Awakening is to help you 'to live'
234 Silence is not the opposite of noise
235 Spiritual evolution is a never ending journey
236 You judge yourself by your standards
237 Mind is not filled with ugliness. Mind is ugliness
238 If Women's heart has flowered, the whole family will prosper
239 The whole process of spiritual growth is confronting oneself
240 Awakening is to relate to reality and not to your interpretation of reality
241 God cannot be known other than God's manifestations
242 Pain is real , suffering is unreal
243 Suffering arises from the obsession to change the bad
244 Trying to be free of all desires itself is a desire
245 When you are awakened, you do not think and act, you just act.
246 Realize your helplessness and depend on the divine to make anything happen
247 The best relationship is the one in which your love for each other exceeds your need for each other
248 Anything which is born wants to survive
249 One experience is equal to a thousand explanations
250 We cannot change the other but we can change ourselves
251 Discovering love in relationships is the best form of stress management
252 You manifest what you fear
253 Judgment and evaluation process cause suffering
254 Love is the matter of the heart, not an ideal, not a concept but an emergence
255 It is not that freedom gives joy. "Freedom is joy".
256 A miracle though happening through one affects the consciousness of many



257 Pain creates pleasure; pleasure creates pain

The more you try to control the mind, the more it would go out of control and in the ensuing battle, you are
258 sure to be the loser

259 When the effort to become awakened ceases, you are awakened

260 Relationships are the index of our life

261 Truth can never damage you

262 How God responds to you depends on how you relate to God

263 In total acceptance lies wisdom

264 The glass could be seen as half full or half empty. It depends on your perception

265 The mind creates and recreates within the frameworks of the old

266 You exist in a state of alienation from all life

267 Mystical experiences do not a mystic make

268 The root cause of all attachment is lack of love

269 Any new framework only postpones your freedom from the mind

270 You live only when you live in the present

271 Do not try to be something that you are not

272 Mystical experiences do not a mystic make

273 The root cause of all attachment is lack of love

274 Any new framework only postpones your freedom from the mind

275 You live only when you live in the present

276 Hard work never goes unrewarded

277 The world is a manifestation of our inner state

278 Inner growth is all about being at peace with what you are

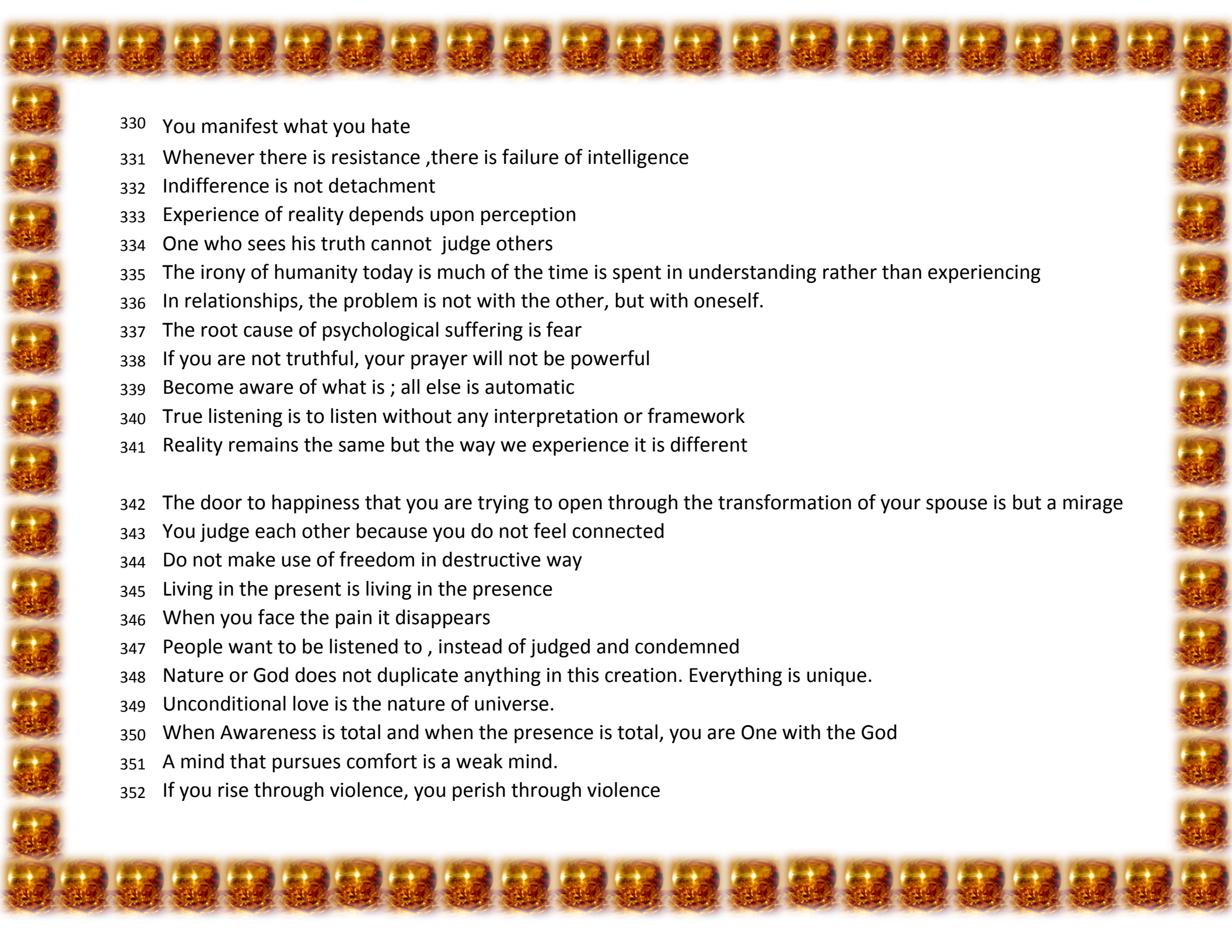
279 Mind is divisive in nature

280 Letting go of hurt is forgiveness



281 God has an ocean to give. Do not come with teaspoons
282 Accept your child as he or she is
283 If you have faith and bond, you will know how to approach God
284 Love is experiencing the other as they are
285 Do not try to fill yourself with love but stay in the fact that there is no love
286 Oneness is about Awakening to the true nature of all existence
287 Perfection or imperfection is only in your thought
288 Just like man trying to reach out to God, God is also trying to reach out to man
289 You have not been made to be like somebody else. You are Unique.
290 When you are aware of what is going on inside, there will be total acceptance and no conflict
291 Beyond fear is freedom; beyond possessiveness is love
292 Any effort to end mind is the mind.
293 The human mind sees only what it has not received, ignores what it has received
294 When you discover the nature of God's creation, you experience peace and bliss
295 Each one of us are continuously influencing the other
296 Life is movement: an oscillation between order and disorder
297 The most powerful tool for the flowering of the heart is truth
298 The purpose of human existence is to discover unconditional love
299 Nobody is writing your destiny. You are writing your destiny yourself.
300 If only we accept ourselves, love ourselves, the other ceases to be a problem
301 Whenever there is resistance, there is failure of intelligence
302 Learning is the ability to laugh at oneself
303 When you confront yourself, you will know who you are
304 What you see outside is only a reflection of your relationship with yourself
305 Prayer is man's effort to move towards God

306 setting right relationships is a major step in the path of Awakening
307 Flowering of the heart is a key milestone on the spiritual path
308 Attachment need not be based on likes and dislikes. It involves your security
309 Everything contains the seed of the opposite
310 Creating wealth is a spiritual activity
311 Very often grace is faster to person who is integral, even without a prayer
312 Letting go of the need to control is surrender
313 Once the heart is flowered , you know exactly how to respond
314 Your very identity comes from your relationships
315 The Highest of spiritual states is the state of service
Often we believe that the situation outside is responsible for our happiness. Look for the solution within
316 yourself.
317 Where there is no choice, there is surrender. Where there is surrender, you have freedom.
318 What you project out there, does not exist. It is the projection of your own mind
319 Truth Makes you live in the present
320 One who is living life will never question the purpose of life because, he is experiencing the life.
321 Awareness is not going to take you anywhere. It is the be all and the end all
322 Health is cumulative experience of Mind, Body and Consciousness
323 Being Authentic to oneself means to confront
324 Transformation is a movement in Consciousness
325 God reflects man
326 Life is changing , you cannot change it
327 Unless you know who you are you cannot accept yourself
328 Craving is the result of incomplete experience
329 When you indulge in wealth creation with intelligence and integrity money is an automatic by product



330 You manifest what you hate
331 Whenever there is resistance ,there is failure of intelligence
332 Indifference is not detachment
333 Experience of reality depends upon perception
334 One who sees his truth cannot judge others
335 The irony of humanity today is much of the time is spent in understanding rather than experiencing
336 In relationships, the problem is not with the other, but with oneself.
337 The root cause of psychological suffering is fear
338 If you are not truthful, your prayer will not be powerful
339 Become aware of what is ; all else is automatic
340 True listening is to listen without any interpretation or framework
341 Reality remains the same but the way we experience it is different

342 The door to happiness that you are trying to open through the transformation of your spouse is but a mirage
343 You judge each other because you do not feel connected
344 Do not make use of freedom in destructive way
345 Living in the present is living in the presence
346 When you face the pain it disappears
347 People want to be listened to , instead of judged and condemned
348 Nature or God does not duplicate anything in this creation. Everything is unique.
349 Unconditional love is the nature of universe.
350 When Awareness is total and when the presence is total, you are One with the God
351 A mind that pursues comfort is a weak mind.
352 If you rise through violence, you perish through violence

353 You are not able to accept the other because the problem you are having with the other is the problem you have with yourself.

354 If you see things differently, things also happen differently

355 As the human heart starts flowering, the karma of the world will come down

356 Think, speak and do only such actions that create good karma

357 When inner dialogue shuts down, there is oneness in individual

358 Truth is always centered about you. Not about the other. It is never blaming the other

359 The journey begins and ends with the awareness of where you truly are.

360 If you are authentic with yourself, no negative thoughts can affect you

361 Truth gives you a tremendous love and lasting relationships

362 The first step towards liberation is to become conscious that you are suffering

363 If your relationships stand on lies, it destroys. If it is based on truth, it becomes strong

364 The best contribution is to help others in raising their levels of consciousness

365 If you speak the truth, your consciousness will grow

366 You cannot be free of fear because it is not your fear; it is the humanity's fear

367 The quicker you question old perceptions, the sooner you find new meanings

368 The cause of Human Suffering is the " Charge " in the memory

369 When you dream it is only a dream. But when God dreams it becomes Creation

Creation itself is possible only through pressure. If you realize that pressure is part of existence, you would

370 accept life as it is

371 Love is the essence of creation and the essence of relationship

An unlearning of previous decisions and binding concepts is necessary to move forward in the path of

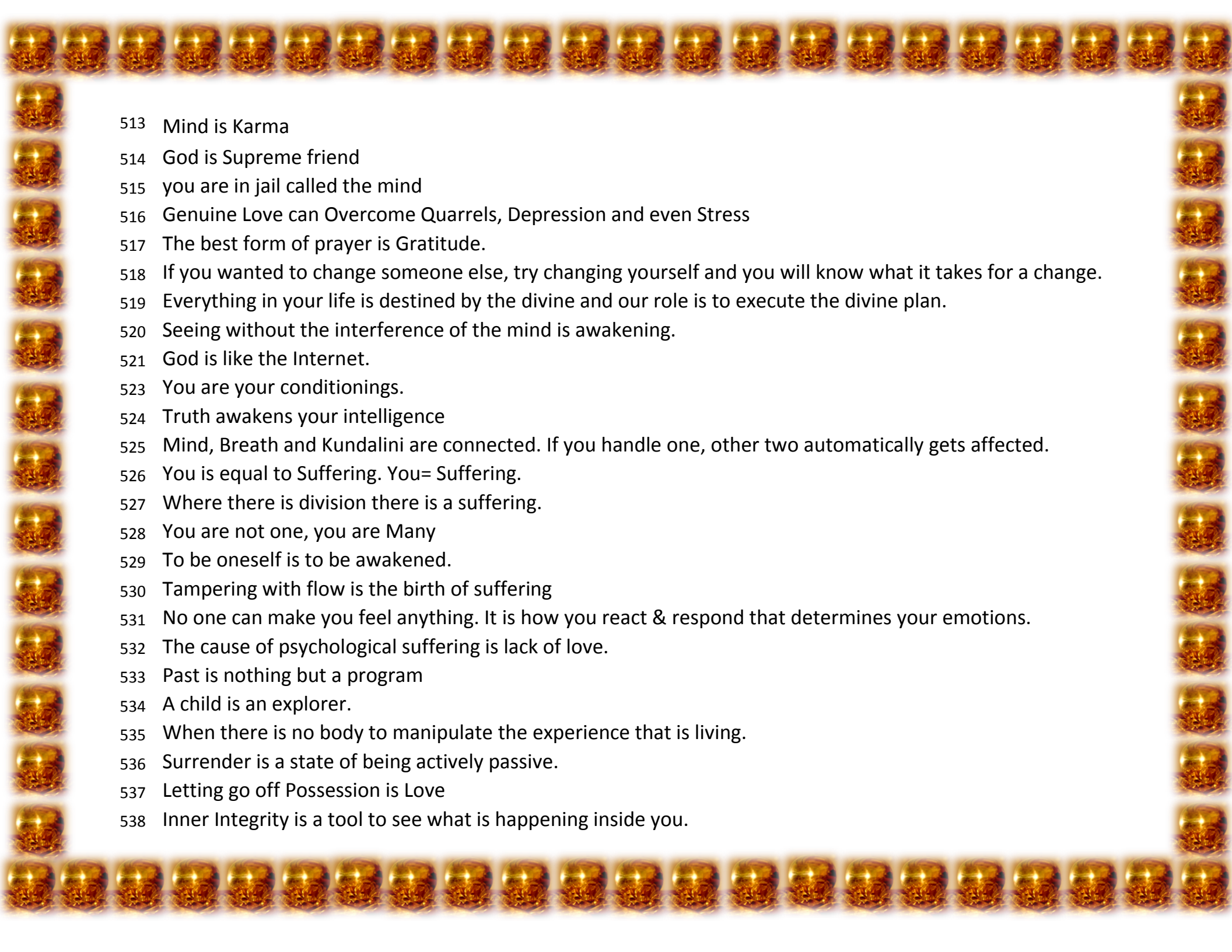
372 success, God realization and Oneness

373 Life is a game; injuries are inevitable. Get up and play again

374 Stillness of energy is Bliss

375 Living in the presence is living in the God
376 God is all that is
377 You are a living miracle
378 Everything is happening
379 Be sure there is a problem in the first place before working hard to solve it
The human mind cannot live in guilt. Therefore it creates a lie and then goes on repeating the lie to itself
380 until it believes in it.
381 One of the greatest gifts you can give to anyone is the gift of attention and love.
382 Thought is measurement
383 "You" are not thinking but thinking is an automatic process.
384 Inspire your child with great examples , but never through the thoughtless act of comparison
385 Ego makes you self centered
386 God is where all contradictions co-exist
387 Don't take decisions when you are insecure
389 Faith amplifies the experience of God
390 The basic function of ego is hurt
391 Fulfillment is possible only when you help the other
392 World reflects your perception
All happiness that you are having now is only conditional but it becomes unconditional when you are
393 awakened.
394 Everything is a happening
395 Life is game; play it.
396 God does not become the many, but appears as the many
397 Thought is divisive in nature
398 Past is dead; future is unborn. What is there is only the present

399 You create your life.
400 Thoughts are flow of memory. Memory is past. Past is dead
401 Feelings have no resistance.
402 The more you discover God, the more will be miracles in your life.
403 The art of parenting does not start after the child is born. It starts when you decide to have a child.
404 Creation is nothing but consciousness.
405 When you die to the past and future, you come alive. You start living in the present
406 If you break any habit, you will move in to awareness.
407 There are as many experiences of god as there are people
408 When God wants to heal, he uses love as the medicine
409 When seeing happens , all suffering ceases
500 All mankind is one being
501 The divine is your own higher sacred self
502 You are your conditioning. That conditioning is making use of your life for its survival
503 Whenever there is only the experience of sensory input, there is joy
504 God is imminent inner controller of all that is
505 Oneness with oneself is the cessation of the inner dialogue
506 Truth is nothing but holding the paradoxes
Knowledge that Comes from a Direct Experience is very Different from the Knowledge that comes from the
507 Mind
508 Man has no freedom
509 There is no absolute God
510 Gratitude is the highest of all feelings
511 You accepted to play the game of life voluntarily
512 With and active ego, listening is impossible.



513 Mind is Karma
514 God is Supreme friend
515 you are in jail called the mind
516 Genuine Love can Overcome Quarrels, Depression and even Stress
517 The best form of prayer is Gratitude.
518 If you wanted to change someone else, try changing yourself and you will know what it takes for a change.
519 Everything in your life is destined by the divine and our role is to execute the divine plan.
520 Seeing without the interference of the mind is awakening.
521 God is like the Internet.
523 You are your conditionings.
524 Truth awakens your intelligence
525 Mind, Breath and Kundalini are connected. If you handle one, other two automatically gets affected.
526 You is equal to Suffering. You= Suffering.
527 Where there is division there is a suffering.
528 You are not one, you are Many
529 To be oneself is to be awakened.
530 Tampering with flow is the birth of suffering
531 No one can make you feel anything. It is how you react & respond that determines your emotions.
532 The cause of psychological suffering is lack of love.
533 Past is nothing but a program
534 A child is an explorer.
535 When there is no body to manipulate the experience that is living.
536 Surrender is a state of being actively passive.
537 Letting go off Possession is Love
538 Inner Integrity is a tool to see what is happening inside you.

539 Live the life of self with complete Integrity.

540 It is you who agreed to be what you are.

541 Energy is still when there is acceptance.

542 You are a bio-computer

543 God is smaller than the smallest and bigger than the biggest.

544 Truth is always simple to comprehend.

545 Your choice aligns You to the higher or the lower consciousness

546 Mind cannot go beyond space and time

Grace is like a Cool breeze, Whose time of arrival cannot be predicted. All that you can do is to wait for it at
547 your window.

549 If man follows the Divine will, there will be a peace and order

550 Awareness is the first step and last step

551 Humanity's problems arise because man is unawakened. An awakened humanity enters the Golden Age

552 the Inner world you do nothing. In the external world you must do everything.

550 To experience reality as it is does not need any effort.

551 All so called love is only attachment and possessiveness.

552 Our entire civilization is built on the foundation of dissatisfaction.

553 Thought is unreal.

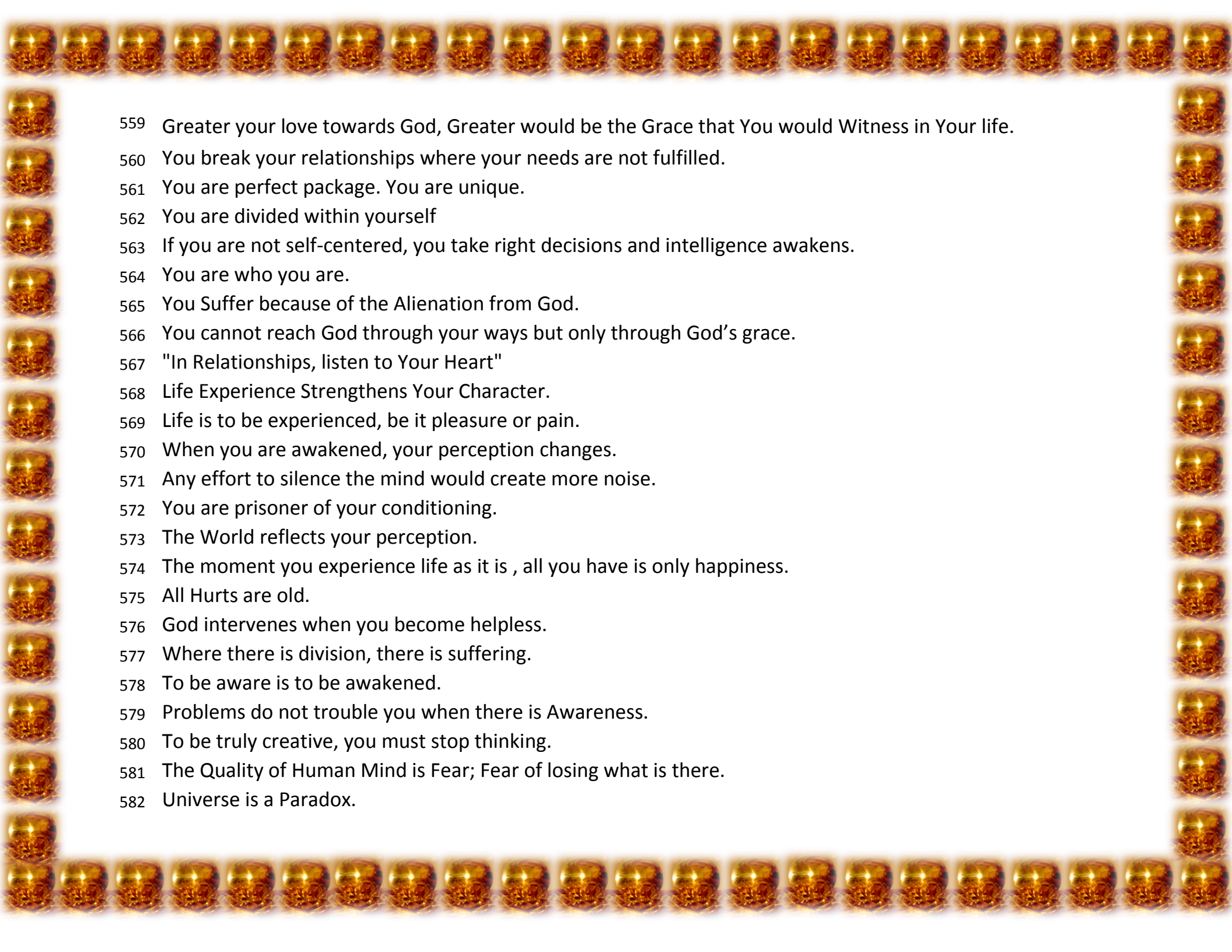
554 Every Person is just an Aspect of One Being"

555 If You See Everything as Sacred and Divine, Learning takes place.

God is not different from His creation. It is like the spider that brings out the web from its own body. It
556 is God who has become all this.

557 Fear is your biggest enemy.

558 When you adhere to the path of truth, you become courageous.



559 Greater your love towards God, Greater would be the Grace that You would Witness in Your life.
560 You break your relationships where your needs are not fulfilled.
561 You are perfect package. You are unique.
562 You are divided within yourself
563 If you are not self-centered, you take right decisions and intelligence awakens.
564 You are who you are.
565 You Suffer because of the Alienation from God.
566 You cannot reach God through your ways but only through God's grace.
567 "In Relationships, listen to Your Heart"
568 Life Experience Strengthens Your Character.
569 Life is to be experienced, be it pleasure or pain.
570 When you are awakened, your perception changes.
571 Any effort to silence the mind would create more noise.
572 You are prisoner of your conditioning.
573 The World reflects your perception.
574 The moment you experience life as it is , all you have is only happiness.
575 All Hurts are old.
576 God intervenes when you become helpless.
577 Where there is division, there is suffering.
578 To be aware is to be awakened.
579 Problems do not trouble you when there is Awareness.
580 To be truly creative, you must stop thinking.
581 The Quality of Human Mind is Fear; Fear of losing what is there.
582 Universe is a Paradox.

583 Acceptance is the bedrock of Spirituality.
584 There is no GOD without you and you are not there without GOD
585 Our Pains and Pleasures are Interminably Interlinked.
586 "You can experience any emotion by Not Projecting an Ideal or condemning it"
587 Mind is everywhere and nowhere.
588 When We Accept ourselves, love Ourselves, the Other Ceases to be a Problem.
Collective Consciousness behaves according to the Species. To an ant like an ant; to a human being as a
589 human being.
590 For an awakened person , desires would be there but not craving.
591 All of us are Dreaming, in Sleep and while we are Awake also.
592 When there is no resistance, the energy is being conserved.
593 God is personnel.
594 Your Relationships are an Interplay of Personalities.
595 Thinking is only Carry over.
596 When Doer is not there, We call it Action.
597 "Every View is a contamination in Consciousness.
598 We do not accept ourselves because we are not ready to see ourselves.
599 Truth is what you think. Authenticity is to see actually what is going on.
600 When the mind is silent, you listen from the heart.
601 The Need for Survival Created the Mind.
602 Go for balances and completion in your relationships.
603 Once You start Speaking the truth, You will start Respecting Yourself.
604 Past is Flowing into the Present and Manifests itself as the Future.
605 Seeing Without the Interference of the Mind is Awakening

606 Life is a Journey.

607 God is stillness and Movement.

The only Solution to all human Problems and Suffering is a State of Oneness within oneself, with the
608 World around.

609 When anything reaches its extreme it will undergo a change and become opposite.

610 Learning is the Ability to Laugh at Oneself.

611 Every Pursuit of Yours is an Escape from the core Fear.

612 The nature of mind is to lie , to escape.

613 "Oneness is about Awakening to the True nature of all Existence.

614 God is Unknowable; like the Cell can never know the Body.

615 Jealousy, lust and hatred are all connected and have their roots in fear.

616 Relationship is a mirror in which you can understand the unconscious.

617 There is only Suffering not Your Suffering or My Suffering.

618 "Choice is an Illusion. to Realize that there is no choice is Awakening.

619 The first Step towards Discovering Love is to Love Oneself.

620 To Awaken is to Love.

621 When You are Trying to judge a Person, You are not Defining the Other, but You are Defining Yourself.

622 God is being shaped and reshaped by us.

623 "Prayer is simply calling God for help.

624 Where there is Division of I and You, all Problems start

625 Pain and Pleasure are two ends of the same coin.

626 The purpose of human existence is to discover unconditional love.

627 God is What You Want Him or Her to Be.

628 As long as thought is controlling you, there will be opposites as perfect and imperfect, good and bad,
right and wrong"

629 When craving ceases, you are awakened.

630 A single Experience is sufficient to Unravel God and the truths of the Universe".

631 When You See Your Past, there is Freedom from the Past.

632 When you are not aware of the truth you react.

633 You are a program.

Acceptance has Never been Our Nature. Hence We Justify Our Actions in Myriad ways, Creating new
634 Frameworks.

If You were to Respond from Your Mind we call that Reaction. If you were to Respond from Your Heart
635 We call that Action".

636 The Presence will Grow as You build up more Faith.

637 Thought is Repetitive.

638 We are not a Separate Entity; We are a part of the Whole.

639 The Tragic Story of Man is, He feels Responsible for being Bad whereas He is not Responsible.

640 God is the Supreme Teacher.

641 "If you Do Not Confront Yourself, You will not Grow.

642 Ego is a Survivalist.

643 Fear Breaks and makes relationships.

644 To Meditate is to be in touch with the "What is" .

645 Even the Most Ordinary thing you do is also a part of the larger Divine Plan.

646 The programs in your mind creates your external circumstances.

647 Vision Without Action is a Day Dream; Action Without Vision is a Nightmare.

648 Truth is not making a onetime Confession. It is a life time Pursuit.

649 Fear of Death is Fear of Losing the Known. Otherwise how can You be frightened of Something which
You have not Experienced.

650 Self is an Illusion.

651 Awareness is Possible only in the Absence of You. It is a Happening.

652 "It is an Illusion to think that You are Controlling Everything.

653 True response can only arise when you experience life as it is.

654 All Suffering is only a Story.

In trying to become somebody else, even the intelligence you have presently will fail. Sri Amma
655 Bhagavan.

656 Love is to express not just to experience.

657 God is Your own Higher Self.

658 The self is the feeling of continuity, the feeling of existence. Sri Amma Bhagavan.

659 "The Stillness of Energy is Meditation.

660 Life is a Process of Learning.

661 It is you who agreed to be what you are.

662 It is not that You have Fear, You are Fear.

663 A nation is great when it has spiritual strength.

664 When you listen from the heart, there will be no problems.

Make Friendship With the Mind because You can Neither Change it Nor get Rid of it or run Away from
665 it.

666 A Programming how much ever Noble, is a Prison.

667 The Programming limits Your Possibilities.

668 There is nothing to be understood and nothing can be understood

669 To be yourself is to surrender to God.



670 Life is Energy.
671 Ego leads to failure of intelligence.
672 Unconscious mind is basically that which you do not like to see.
673 Conditioning should not make use of you. You should make use of conditioning.
674 When the self disappears, suffering ends.
675 Awakening is not a destination. It is a never ending journey.
676 Oneness is not a state to be practiced or achieved but a benediction to be received.
677 There is nothing as the ultimate truth.
678 Science and spirituality are the two sides of the same coin.
679 Your mind is not your mind, but an extension of the ancient mind.
680 When you become aware of any experience, the charge goes away.
681 Relationship with God reflects your relationship with parents.
682 In Relationships when images relate, there is no Life in it.
683 Prayer is man's effort to move towards God.
684 Mind can lie but body cannot lie.
685 The Cessation of the Inner Dialogue is what is called Awakening
686 "In Human Relationship, the key is you must discover your Need.
687 If there are two Extremes, the Middle has to Emerge
688 All Resistance to Truth is because of Failure of Intelligence.
689 We are designed for Oneness. We are not designed for a mere Existence.
690 You can experience any emotion by not projecting an ideal or condemning it.
691 Certainty is death while uncertainty is life
692 Life cannot be wasted in details and trivialities.

693 Setting right your relationship is the shortest and the best way for your spiritual growth because that is where you get to know yourself..

694 Freedom from the mind is awakening.

695 Self is in every action of yours; every thought, word and deed.

696 Women's liberation is a movement in consciousness.

697 Self realization leads to God realization.

698 Every experience is made old and insipid by the mind.

699 Insecurity and fear leads to lust.

700 Oneness is not a concept; it is an actuality.

701 The basic function of ego is hurt

702 Listening is an art that happens in immense attention.

703 When you love someone you are actually seeking to love yourself

704 When there is no becoming, there is total appeasement and that is Oneness.

705 For an Awakened one, there is no right action or wrong action. There is only action.

706 I feelings are old

707 Man's victory lies in his surrender to God

708 Religion is personal

709 The wall of separation is an illusion.

710 When there is no conflict, there is no wastage of energy

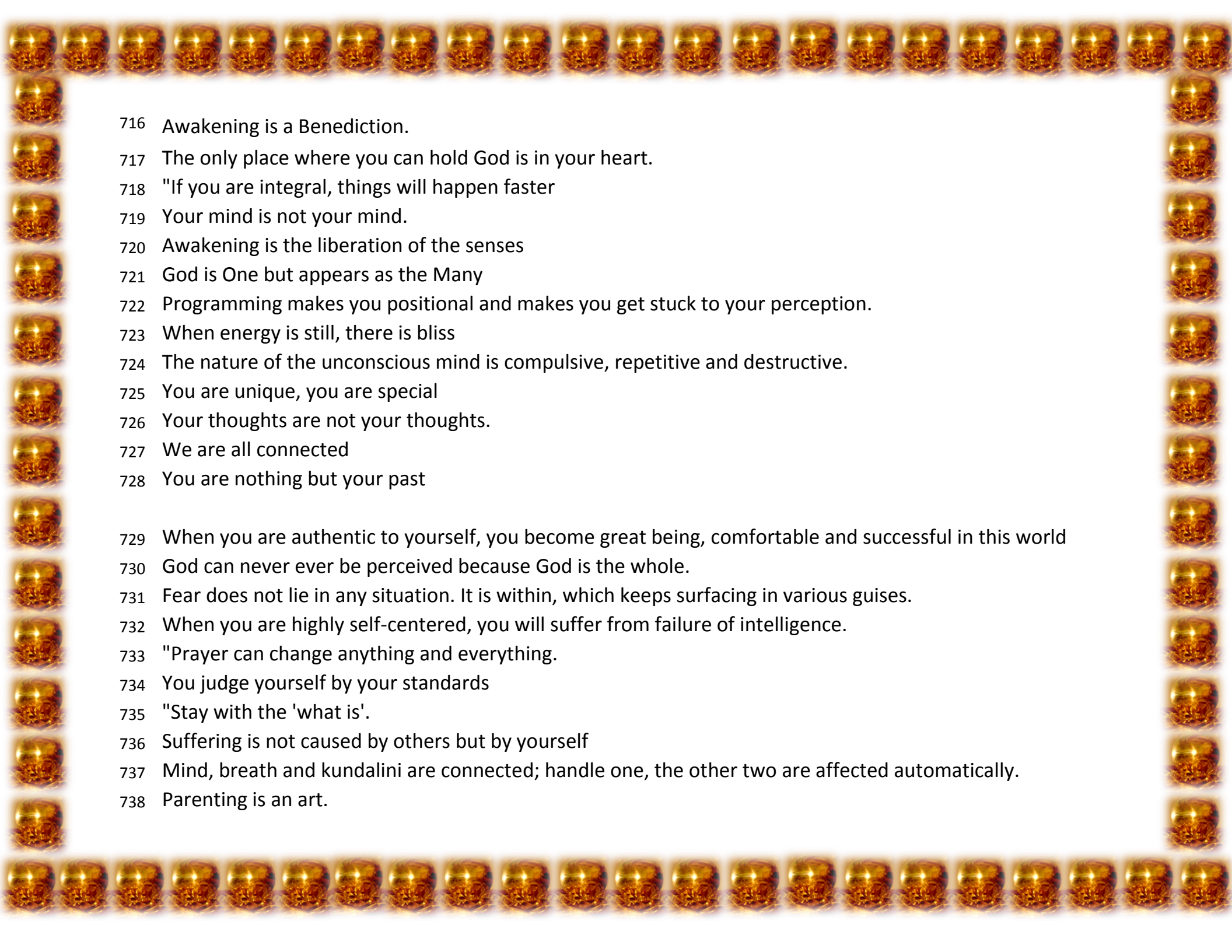
711 Unless there is death, the new cannot be born.

712 Conversing with God is Prayer

713 In stillness of thought, you discover Oneness

714 The past and future do not exist,; what exists is only Now and Here.

715 You improving your relationship with your parents will improve relationship between themselves.



716 Awakening is a Benediction.
717 The only place where you can hold God is in your heart.
718 "If you are integral, things will happen faster
719 Your mind is not your mind.
720 Awakening is the liberation of the senses
721 God is One but appears as the Many
722 Programming makes you positional and makes you get stuck to your perception.
723 When energy is still, there is bliss
724 The nature of the unconscious mind is compulsive, repetitive and destructive.
725 You are unique, you are special
726 Your thoughts are not your thoughts.
727 We are all connected
728 You are nothing but your past

729 When you are authentic to yourself, you become great being, comfortable and successful in this world
730 God can never ever be perceived because God is the whole.
731 Fear does not lie in any situation. It is within, which keeps surfacing in various guises.
732 When you are highly self-centered, you will suffer from failure of intelligence.
733 "Prayer can change anything and everything.
734 You judge yourself by your standards
735 "Stay with the 'what is'.
736 Suffering is not caused by others but by yourself
737 Mind, breath and kundalini are connected; handle one, the other two are affected automatically.
738 Parenting is an art.

739 Once the inner dialogue stops, you are Awakened.

The one who is giving is God, the one who is receiving is God and the act of receiving also is God.

740 Everything is God

741 When you get in touch with your fear, it tells you its story. When you listen to that, fear vanishes.

742 When perceptions cloud the mind, even beautiful manifestations of nature begin to look ugly.

743 Having an idea is not a problem. Identification with the idea creates the problem.

744 The past influences the experiences of the present.

745 'Becoming' is the fundamental conflict.

746 In relationship, any effort to understand the other is futile.

747 Self plays ego games to make you feel separate from the other.

748 The only solution to human problems is to end the limited sense of self.

749 University is not in a process; universe is a process.

750 God is transcendental

751 Love for one's parents does not wane with the passage of time.

752 Truth makes you humble.

753 Spiritual evolution is never ending journey

754 Focus on the Solution not on the Problem.

755 Universe is nothing but a set of paradoxes

756 You are your biggest enemy.

757 The more you struggle for survival, your survival is at stake.

758 Virtue is natural when you are Awakened.

759 Awakening is nothing but experiencing reality as it is

760 We do not accept ourselves because we are not ready to see ourselves.

761 Love is the movement from the 'me' to the 'other'. Sri Amma Bhagavan

762 The absence of love is the root cause of all problems. Love is happening due to divine grace.
763 Where there is forgiveness, miracles happen naturally. The doors of grace are open
764 "The simplest way for the flowering of the heart is to realize that the heart is dead and stay there.

765 To be free of the Mind is to be Awakened

766 Another Cause for Suffering is Labeling. It moves You from the Present.

When you become conscious of your truth, you do not blame the other unnecessarily and even
767 understand when it is necessary.

Grace when witnessed, heard, read or recounted has the tendency to penetrate the lives of those who
768 come in contact...

769 Change is Possible but not by you. Grace has to change it.

770 Change is Possible but not by you. Grace has to change it

771 Fundamental questions shall put you in an endless loop and you will never move ahead.

Unless you learn to deal with your life in its entirety, there is no permanent solution for human
772 problems.

773 Your Existence is Relative to the Existence of Other

774 God can be perceived in anyway, your point of view or your definition of God.

775 When the self disappears, your sense of ownership disappears.

776 Every Sadhana affects Your Unconscious.

777 If you know your priorities, there is no conflict.

778 All problems emanate from the single basic fundamental division of the you and me.

779 Once the heart flowers there is love

780 Unless you are awakened you cannot act; you can only do things

781 As more people get awakened, miracles will increase

782 A person with high consciousness level has high gratitude levels too

783 When Prayer is Accurate, Result will be Instantaneous.

784 When presence becomes powerful, it overpowers your mind

When you are in the present, there is no conflict, no wastage of energy; which energy only becomes
785 love, compassion and joy.

786 Spirituality is based on kundalini.

The experience of pain or pleasure is true but the thought that causes it is an illusion. Because thought
787 itself is unreal.

788 Flowering of the heart depends upon your passion

789 Awakening is the purpose of life

790 Your thoughts depend upon your body condition

791 More the suffering, faster is awakening.

792 Charge is a Force in our Consciousness and it colors all our Experiences.

793 For an Awakened person, the Mind exists but it is Declutched.

794 Prayer is nothing but a bond between you and God. That relationship differs from person to person.

795 Bhakti is the shortest way to Awakening.

796 Awakening is to help you live

797 If you are passionate, God conspires to give you what you seek

798 Ugliness is to see that the self is operating in every one of our actions

799 There is no way you can completely curb your selfishness as long as the self is there

800 If you become awakened, your family problems will be solved

801 For an Awakened one, all action is perfect

802 Mind addicted to pleasure is a weak mind

803 When there is, tremendous clarity in mind, it becomes tranquil.

804 In relationships, friendship arises only when there is unconditional love.



805 When you try to strengthen yourself that is attachment.
806 Whatever the mind creates, it itself destroys.
807 Acceptance is a happening after awakening
808 You cannot change and there is no need to change because you have been designed like that
809 The cause of psychological suffering is lack of Love.
810 The love that we know arises from a craving to be loved
811 Happiness is the quality of the universe.
812 Grace is the power of God
813 True happiness is when you are Awakened
814 You cannot get rid of your past because you are the past
815 Transformation is a benediction. It does not involve time. It is in the 'now' and 'here'.
816 Most fundamental suffering of man today is to prove himself about himself.
817 A person living the life of the mind is constantly pestered with fundamental questions
818 If you love and accept yourself, you can do the same with others.
819 It is emotions that create your destiny..."
820 When there is awareness, there is no charge.
821 The efforts of people are visible, those of God, invisible.
822 As you awaken to yourself, you would awake to the joy of relationships
823 You and the divine are not separate. That separation is a creation of the mind
824 Life is a celebration.
825 God and man are the two ends of same reality
826 Anything will work if your heart is in tune with the truth.
827 For true listening, mind must be silent
828 Nothing can stop you when you get in touch with yourself

829 Life is affecting the unconscious,unconscious is also affecting life.
830 An awakened person is in touch with himself continuously.
Truth is always sourced in compassion. It is sourced in the wellbeing of the other. That is the nature of
831 truth.
832 We are not asking you to be free of the self. We are only asking you to be conscious of the self.
833 Only when the self is gone, there is a possibility of creating a new world
834 Bond is necessary for God to respond to you
835 The first step towards listening is to become conscious that one is not listening.
836 More than the actual action, see the intent behind the action.
837 Mind is a dream.
838 ONENESS is an experience of non-divisive perception of reality
839 Everything is sacred.
The 'me' is created by the mind. The mind will destroy all that it creates. What is there is only the
840 divine.
841 The whole world is One Family
842 There is no controller. Controller is arising because you are trying to manipulate the reality.
843 The divine is beyond thought.
844 You get stuck in life when you cease to learn
845 Your enemy is the mind
846 Insecurity arises when the images you hold of your future seems impossible.
847 Fear is always in the imagination.
848 Man needs problems to survive.
849 Where there is judgment, there is no experience.
850 When an experience is totally new, there is awareness



851 To see the interconnectedness of all things is the birth of Gratitude
852 Attachment is always centered around the 'me'
853 Guilt is non-acceptance. Repentance is acceptance
854 Forgiveness happens when you know that the other is not responsible
855 The other is not outside you but living within you
856 Listening to the other begins with listening to oneself
857 You crave because there is an inner void
858 When attention is not total there is an incompleteness to every experience
859 Love that emerges out of awareness will manifest as action, understanding, forgiveness, kindness
860 Rebuilding relationship requires a lifelong discipline and commitment
861 Labeling and considering an issue to be a problem is the problem
862 Man's need is to feel needed
863 All desire is only craving for love
864 Awareness has its own action
865 You carry the ghost of the one you hate
866 You, trying to manage pain is what you call suffering
867 Unresolved hurt would only further problems in your relationship
In not wanting something, you are all the time thinking about it and giving life to it; which then
868 becomes your reality
869 Anything when not experienced leads to continued suffering
870 Possession stifles love
871 In love, the other's happiness becomes your priority
872 All resistance arises from fear
873 Accept that which cannot be bettered and better that which can be
874 Do not fight to create the difference you want to see, be the difference



875 Let your vision inspire you but not intimidate you

876 Spirituality is not about giving up things, it is about not being attached to things

877 Man has to give way to the Divine

878 Your life depends on the kind of God you have created

879 Your problems arise from your mind. Therefore the mind cannot solve any problem

880 How an awakened one functions is totally unpredictable, but his responses would be perfect

881 The mind itself is the problem

882 God should not be a matter of belief but must be a reality to you

883 Your relationships with people affects your relationship with the Divine

884 To surrender is to feel helpless

885 Those of us who refuse to risk and grow get swallowed up by life

886 Awakening to suffering through awareness leads to freedom

887 Doing only what we like is mind management. Liking whatever we do is freedom

888 Awakening is freedom from the prison of the mind

889 The present is the presence

890 Thoughts have evolved over thousands of years and they are not ours.

891 Human beings are collective Organism