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Satguru Siva Yogaswami (1872-1964), Sri Lanka's most renowned contemporary spiritual master

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There was once a time when all human beings were Gods, but they so abused their divinity that Brahma decided to take it away from them and hide it where it could never be found. Where to hide their divinity was the question. So Brahma called a council of the Gods to help him decide. "Let's bury it deep in the Earth, " offered the Gods. But Brahma answered, "No, that will not do, because humans will dig into the Earth and find it." Then the Gods said, "Let's sink it in the deepest ocean." But Brahma responded, "No, not there, for they will learn to dive into the ocean and will find it." Then the Gods said, "Let's take it to the top of the highest mountain and hide it there." But once again Brahma replied, "No, that will not do either, because they will eventually climb every mountain and once again take up their divinity." Then the Gods gave up and lamented, "We do not know where to hide it, because it seems that there is no place on Earth or in the sea that human beings will not eventually reach." Brahma thought for a long time and then proffered, "Here is what we will do. We will hide their divinity deep in the center of their own being, for humans will never think to look for it there." All the Gods agreed that this was the perfect hiding place, and the deed was done. And since that time humans have been going up and down the Earth, digging, diving, climbing and exploring--searching for something already within themselves. An old Hindu legend

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Love gives and gives and gives and seeks no return. Therefore, love has nothing to lose--and consequently, nothing to fear. Dada J.P. Vaswani, spiritual head of Sadhu Vaswani Mission

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The bonds of dharma do not bind but promise sweet liberation. His Divine Holiness Pramukh Swami Maharaj, spiritual head of BAPS Swaminarayan Sanstha

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The world will change for the better when people decide they are sick and tired of being sick and tired of the way the world is and decide to change themselves.

Sidney Madwed, motivational speaker

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Kumar: Mom, remember how you always worried that I'd break your best teacups if I played with them? Amma: Yes, I remember. Kumar: Well, your worries are over.

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Truth is one, paths are many. Stick to one path, but do not say to others that this is the only one. Recognize all other paths and respect them. Swami Satchidananda (1914-2002), founder of Integral Yoga Institute and Satchidananda Ashram

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Receptivity is the ability to accept all experiences of life without reacting to them. Mata Amritanandamayi Ma, Kerala-based hugging saint

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Two Hindu swamis were conversing. One said to the other, "How did you like my latest book, 'The Art of Levitation'?" His companion replied, "It kept me up all night."

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There is no such thing as a problem without a gift for you in its hands. We seek problems because we need their gifts. Richard Bach, American author, in Illusions

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Try to treat with equal love all the people with whom you have relations. Thus the abyss between 'myself' and 'yourself' will be filled in, which is the goal of all religious worship. Anandamayi Ma (1896-1982), God-intoxicated yogini and mystic Bengali saint

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A bus station is where a bus stops. A train station is where a train stops. On my desk, I have a work station.

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Like the household fire, devotees seek the glory of the Lord even from afar and enshrine it in their inner chamber for enlightenment. The glory of our Lord is full of splendor, all-illuminative and worthy to be honored in every heart. Rig Veda 7.1.2

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If a diplomat says yes, he means maybe. If a diplomat says maybe, he means no. If a diplomat says no, he ain't no diplomat! Andre Gabor, economist

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The important thing is not to think much, but to love much; and so, do that which best stirs you to love. Gurumayi Chidvilasananda, spiritual head of Siddha Yoga Dham Association

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When culture is flooding out of the temple, our actions are productive and our minds are creative, our speech is pure, our hearts rejoice and we become good citizens. Religion makes us good citizens, because we are peaceful inside and want peace in our land. Peace comes first from the individual. It is unrealistic to expect peace from our neighbors unless we are peaceful first, unless we make ourselves peaceful through right living, right worship and right religious culture in the home. Satguru Sivaya Subramuniyaswami (1927-2001), founder of Hinduism Today

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## Avoidance Of Anger

Tirukural 301: It is restraint that restrains rage when it can injure. If it cannot harm, what does restraint really matter?

Tirukural 303: Forget anger toward all who have offended you, for it gives rise to teeming troubles.

Tirukural 305: If a man be his own guard, let him guard himself against rage. Left unguarded, his own wrath will annihilate him.

Tirukural 308: Though others inflict wrongs as painful as flaming torches, it is good if a man can refrain from inflammatory tantrums.