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Scriptural Quotes

This they deem to be yoga-the steady concentration of the senses. Man then becomes pure attention, for yoga is both origin and extinction.-Katha Upanishad, 6.11

A man attains perfection when his work is worship of God, from whom all things come and who is in all. Greater is thine own work, even if this be humble, than the work of another, even if this be great. When a man does the work God gives him, no sin can touch this man. Bhagavad Gita 18.45-47.

Higher and other than the world-tree, time and forms is He from whom this expanse proceeds-the bringer of dharma, the remover of evil, the lord of prosperity. Know Him as in one's own Self, as the immortal abode of all. Krishna Yajur Veda, Svetasvatara Upanishad 6.6

The mind is purified by doing Gayatri japa early at dawn. The heart is purified, the body becomes healthy, knowledge becomes sharpened, memory becomes well developed and we get Godly help in difficulties.-Swami Sivananda

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.-Rig Veda, X.129.4

By knowing Siva, the Auspicious One who is hidden in all things, exceedingly fine, like film arising from clarified butter, the One embracer of the universe-by

realizing God, one is released from all fetters.-Yajur Veda, Svetashvatara Upanishad 4.16

It is I myself who announce and utter the tidings that Gods and men alike rejoice to hear. The man I love I make increase in strength. I make him a priest, a sage or a learned seer.-Rig Veda, X.125.5

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. -Atharva Veda XII.1.12

Those who have done exceeding harm to shock the virtuous wife, their life and wealth will in a year disappear. True this is, upon Holy Nandi, I swear. -Tirumantiram

If he should desire, "Let me be born here again," in whatever family he directs his attention, either the family of a brahmin or the family of a king, into that he will be born.-Sama Veda, Jaiminiya Upanishad 3.28.3-4

The heart of the holy trembles not in fear. All passions stilled, it enjoys calm unruffled. Neither is there death nor pain, nor night nor day, nor fruits of karma to experience. That truly is the state of those who have renounced desire. Rishi Tirumular, Tirumantiram 1624

How can he practice true compassion who eats the flesh of an animal to fatten his own flesh? Greater than a thousand ghee offerings consumed in sacrificial fires is not to sacrifice and consume any living creature." Tirukural 26.1, 26.