

A butterfly with orange and black wings is perched on a pink flower. The butterfly's wings are spread, showing a pattern of black spots and markings on an orange background. The flower is a vibrant pink color with many petals. The background is a soft, out-of-focus green, suggesting a natural setting.

*Gems  
of  
Wisdom*

*by  
Swami Satchidananda*



The titles listed below are also available free  
of charge in English and Tamil

A Thought For Each Day  
Beyond Words  
To Know Yourself  
The Yoga Sutras Of Patanjali

These books can be picked up at:

**Integral Yoga Institute**

139/86, West Sambandam Road, R.S. Puram,  
Coimbatore 641 002. Tamil Nadu, South India.

Tel: +91(422) 255 6770, +91 (422) 254 2651

Mr. Seenivasan Mobile: +91 9486422641

*Have any Questions?*

A new website

**“LIGHTINNERLIGHT.COM”**

is being launched on August 2, 2015  
which will answer all spiritual questions  
that you may have, as well as quotes and  
digital books by other Sages and Saints.

# *Gems of Wisdom*

Words of Inspiration  
by Sri Swami Satchidananda

*Gems of Wisdom*  
was excerpted from these books  
by Sri Swami Satchidananda:

*Beyond Words*

*To Know Your Self*

*The Golden Present*

*(A Thought For Each Day)*

# Contents

Discipline	.....	7
Faith	.....	10
God	.....	12
Happiness	.....	14
Health and Healing	.....	17
Love	.....	20
Mantra and Meditation	.....	23
Marriage	.....	25
Peace	.....	27
Prayer	.....	29
Religion	.....	31
Right Action	.....	33
Right Thinking	.....	36
Selfless Service	.....	38
Spiritual Practice ( <i>Sadhana</i> )	.....	41
Surrender	.....	43
Teacher and Teaching	.....	46



# *Discipline*

Many people fear that discipline means a lack of freedom, a repressed or joyless life. Without discipline over our mind, where is the joy? With that control, you can enjoy anything you want. Nothing is dangerous to you then.

If you can keep control over the mind, wherever you are will be a heaven. If you do not have that control, even if you are in heaven, it will be a hell for you.

The greatest victory that you can win is the victory over your own mind.

Discipline makes your mind stronger and one pointed. It should, ultimately, help you to make your mind your servant rather than your being its slave.

Don't be controlled by anything. Exercise your mastery. That is the aim of Yoga.

**Don't ever forget that any achievement in life is based on discipline.**

**It is through your discipline and meditation that you are being cleared and opened up to receive the true essence within.**

**Keep the mind clean, the body clean, the life well disciplined, the heart dedicated. This is Yoga.**

**Speak less and only speak about what is to be spoken of. Control of the tongue is very important. The tongue does two things: tasting and talking. Have limitations in both.**

**You will enjoy the world when you know how to handle it well, when you become master of it.**

**A yogi is like a surfer who knows how to balance on his or her surfboard. The surfer welcomes even a big rolling wave, because he or she knows how to enjoy it without getting caught in it.**

There should be tranquility in everything, limitation in everything. Then, you will see that your life is completely transformed.



# *Faith*

Trust in God and fear do not go together.

If you have complete faith, nothing is impossible.

If there is one quality that a seeker must have, it is unshakable faith.

If you have faith, you don't need to worry about anything; you will be given the strength to accept everything.

If you have absolute faith, you will always be happy and joyful, even in the midst of suffering.

The sign of a good devotee is complete faith in God's Will. To accept both pleasure and pain, profit and loss, praise and blame equally as God's gift.

Whatever comes, accept it as God's Will.

Resign yourself completely into the hands of God, into the hands of the unseen power that functions through you. You will

be contented.

If you believe in God, you know that God gives you everything that you need and takes away everything that you don't need.

If you really give yourself completely in the hands of God, you don't have to worry about anything.

God is there to take care of everything, every minute.

Just have faith.

Difficult situations come to give us a chance to prove our trust in a Higher Energy.

Without faith, nobody can become a spiritual seeker.

# *God*

God is really everywhere, not in a particular form, but as an omnipresent awareness or power.

God is consciousness itself.

Put God first. That is the first and foremost thing to achieve. God is the only reality. All the rest is a dream.

To a real spiritual seeker, God is the only buddy.

Know that you are being guided by God. Whatever situation is presented to you is presented by God. You should realize that.

Serving God is loving God.

God is in you in the form of peace and joy.

God does not help from the outside. God is within you. When you are pure, you reflect that Godly quality. When you have made the mind calm and clear, you express



that divinity.

Your conscience is that part of God that is within you.

Trust in God; then all of life will be joyful and peaceful.

The ultimate help comes from the God within.

It doesn't matter what you do, your goal should be to come closer to this understanding: Essentially, I am God's spirit. I am the pure Self. I am Existence-Knowledge-Bliss Absolute.

The only real help comes from God.

The more you trust God, the more you will get tested. Trust and testing go together.

God, it's all Your name, it's all Your form. it's all Your deed, and it's all for good.

You are never alone. God is nearer than your own heart.

If you want God to come in, make room.

# *Happiness*

Everything and everybody is looking for happiness. But it is not something that has to be brought in from outside. Happiness is already within us and is to be experienced.

You are happiness personified.

Real freedom is enjoying whatever you do.

Who will be the happiest person? The one who brings happiness to others.

Happiness is in you. If you take care not to lose it, it is always there.

No one can ever give you happiness or unhappiness; he or she can only reflect or distort your own inner happiness.

There is nothing in this world that will make you always happy.

Pleasure and pain come together; they are part of this world. Let your happiness be something that is above pleasure and pain.

Without peace, nothing is going to make you happy. If you have peace, even without having anything else, you will be happy.

Don't depend on something that comes from outside. Outside things are never going to make you happy. And it should be that way, so that one day you will realize that there is always someone to love and comfort us inside.

If you want to be happy, work for the happiness of all people everywhere.

The best remedy for any illness is laughter.

Real bliss is maintaining equanimity of mind at all times, in all places, under all circumstances.



Your own true nature is happiness.  
The minute you realize that you are  
always happy, that you have a permanent  
relationship within, then you become  
independent. You don't depend on anything  
or anyone for your happiness.

# *Health and Healing*

The human body is a temple. Keep it strong and supple. To purify the body, practice the disciplines of Hatha Yoga and take care of your diet.

There are three conditions that food should meet: it should help your mind maintain its tranquility; it should not stiffen the body with toxins; and it should be able to be digested quickly without wasting a lot of energy.

To become a good instrument of the divine, maintain your health—have an easeful body, a peaceful mind and a useful life.

The body and the mind are interconnected and interdependent. The body expresses the thoughts of the mind. If you have a happy mind, your face and body will reflect that happiness.

The sign of a healthy person is being happy and relaxed anywhere and everywhere. A really healthy person takes everything in life as a game.

The worst fear is the fear of death. To make an analogy, when your old clothes wear out, you throw them away and put on new ones. You were never born and you are never going to die. You are ageless; only the body has age. The soul is immortal.

If you believe in God, if you trust God wholeheartedly, even your sickness will go away, because you are putting yourself into the hands of a more powerful doctor.

Believe that you can draw healing energy from the divine by clean living.

If you have total faith in a Higher Will—a Higher Energy—you will be able to tune in to that and receive all the strength and energy to recharge your system.



Health is your birthright, not disease.  
The person with health and strength of body,  
with soundness of mind and with morality  
and spirit is a real gem among all humanity.

# *Love*

Real love is possible only when you see everything as an expression of yourself.

Love has no boundaries; it is the greatest force on earth.

Show the same love to one and all. Let nothing get harmed, hurt or pained, even by your thought.

Love misplaced or used improperly can bring wars, can cause crimes.

Love has a great purpose. It should go up and up—until you learn to love your neighbor as your own Self. Make a resolution not to bring any harm to anybody by using your love in an improper way. Let your love bring good to everybody.

You do not need to be doing great things. In your own small way, among your neighbors, around your house, see that

you are a friend to everyone. Learn to love everyone equally, no matter what he or she is.

Concern about the feelings of others and the happiness of others is real love.

Love is concern for others, doing good to everyone and everything. Utilize your love for the benefit of the Creation.

If you want to experience that in your life, love everything and everybody as God would love: unconditionally.

We lose trust and become miserable when love is conducted like a business. If your relationship is based on some gain from that person, then you are never going to be happy. Be content just to love.

True love knows no bargains. It is one-way traffic: giving, giving, giving.

The whole world exists in love. We come with love and we go with love. And, in

between, we live with love. Love is the basis of everything.

Love for the sake of love, because that love makes you happy. That happiness cannot be taken away by anybody.

## *Mantra and Meditation*

Spend a few minutes each day in meditation. These are the most important minutes you can spend. You will be able to send out nice, peaceful vibrations, and these vibrations will go around the globe.

When the mind is totally focused on your object of concentration, then that one thought is also dropped, and the mind becomes naturally vacant.

Even when you are physically doing something, your aim can be meditation. Focusing your entire mind on what you are doing is meditation.

To have the proper attunement, the mind should be one pointed and free of selfish motives.

Repetition of a mantra, a spiritual sound vibration, is the simplest and best practice for concentration.

The mantra is your protection and a



shield around you. Wear the mantra as your armor. There is no greater power than that.

By repetition of a mantra alone, many hundreds of great saints have experienced Divine Consciousness.

Knowing the meaning of the mantra is not even necessary. The faith behind it is more important.

Receiving mantra initiation is like having a beautiful seed planted within you. It is your duty to water it, to see that it gets enough nourishment and that no wild weeds grow up.

Whatever mantra is given to you, or whichever one you choose, stick to that one and have complete faith in it.

Repeat the mantra consciously until your system takes over and repeats it unconsciously. Very soon, you will realize how happy and healthy and peaceful you can be.

# *Marriage*

True marriage means you don't expect anything from the other partner. You marry someone else to give all that you can.

The true purpose of marriage is to give, not to ask for anything for yourself.

Realize that you don't have a relationship to be happy. You are already married to your peace and joy.

If you are getting into a matrimonial relationship with someone, know that you are having somebody to offer all your services to. Don't expect anything in return from that person. Both of you should think that way. Such a marriage will last.

Real marriage is when two people agree on one goal or purpose in life.

As husband and wife you are two, but you should see as one. The two minds are the two eyes. You should have one goal; and, toward that goal, you should both go

like the two wings of the same bird or two oars of the same boat.

True spiritual marriage is when the husband and wife's love for each other blends together and becomes the love of God.

Living together happily as one beautiful family with total love is God.

If you come together to be partners in living a dedicated life, a life of service, then the marriage will be made in heaven.

The true spiritual marriage is a wedding between two reflections of God.

Serve the Divinity reflected in your partner.

We are all married to one another in spirit.

There is a pretty young man or young woman always with you: the peace within. You are wedded to that. Let us not disturb it or divorce it to get someone else.

# *Peace*

The ultimate quest of the entire world is peace. Only in peace do we have joy.

Our first and foremost duty is to take care not to let the mind lose its peace.

Stay away from anything that disturbs your peace, from anything that will bring disappointments, anxieties and worries.

Peace, contentment, not running after anything is what you call the kingdom of God.

Absence of turmoil is not real peace. Real peace is when you rise above the turmoil and stay peaceful in the midst of it.

Peace can be maintained when all your actions are free from selfish motives.

It is not in renouncing actions that you will find peace, but in renouncing your attachment to the results of the actions.

Nothing from outside can give you

peace, because peace is there in you, always.

Your first duty is to find the peace in you.

You are peace personified.

Even in the midst of a busy life, you can retain your peace. Learn to do that; then, it will make no difference whether you are in a church or in a stock market. Then, it is only a matter of expanding that peace—it's limitless.

Human minds create war. If we want peace, where should we begin? With the minds of the people. If the minds are changed, then the world will be changed.

Yoga believes in transforming the individual before transforming the world. Whatever change we want to happen outside should happen within. If you walk in peace and express that peace in your very life, others will see you and learn something.

A mind free from all disturbance is Yoga.



# *Prayer*

Prayers are powerful, good thoughts.

It is not the head that prays; it is the heart. A sincere prayer that comes from a faithful heart can perform miracles.

The real prayer comes after you finish speaking.

Your mind gets purified when you pray for others. You become a better person. Through your prayer, you are expressing your faith in God.

By praying for others, you get the benefit yourself, because you are opening up your own heart. You are showing your compassionate side.

Sometimes your prayers are universal; in that case, those who have an open sail will catch it. But you can personalize it, also, and it will certainly be received.

If you pray for a particular individual, no

matter where that individual is, your thought forms go there and reach that person.

By your concentrated sincere prayer, you are tuning your mental radio to receive the omnipresent power of God.

Sincerity in seeking comes only when you know that you have a limited capacity. It's only when you say, "I can't do it anymore, please help me," that the help comes.

God is ready to help you. Don't allow your pride to get between you and God's help.

When you pray, you send out healing vibrations and good thoughts into the cosmos.

The best form of healing is prayer.

If you want to have a prayer, pray to God to help you to always remember this Truth: that you are God's child and God is taking care of you every minute.

# *Religion*

The purpose of any religion is to educate us about our spiritual unity.

We are one in Spirit.

If you follow the teachings of one individual, that doesn't mean that everyone should follow your teacher.

The one and the same Spirit expresses itself in many forms and names to suit the age, time and place. In one place, the Spirit is called Jesus; in another place, Buddha; in another, Muhammad.

There is no need to claim that only one form of God should be worshipped.

The founders of the religions, the sages and the prophets who gave us these beautiful paths, want us all to be together.

We have to do everything within our capacity to follow the principle that we should not and cannot divide ourselves in

the name of God and religion, and to so educate others, also.

Real unity means accepting all the various approaches, and that is what interfaith understanding means.

God created all these differences for a reason. Our aim should be to understand the unity and enjoy the variety.

Ultimately, we all aim for the same truth while walking on different paths.

Let us not fight in the name of religion.

Stick to one path, but do not say to others that this is the only one. Recognize all other paths and respect them.

The moment the understanding comes that, essentially we are one appearing as many, all the other problems, physical and material, will be solved.

All religions receive their light from the same source.

## *Right Action*

Whatever is presented to you, do it happily, joyfully. Everything is God's work. Do everything as an instrument in the hands of God.

No action is undesirable as long as it produces a beneficial result to all concerned, including you.

An action without any selfish expectation whatsoever is a right action. Such an act will never disturb your mind or body.

The definition of a perfect act is one that neither hurts you, nor hurts anyone else. At the same time, it should bring at least some benefit to somebody.

See that you bring peace and joy to everybody and no harm to anybody.

If you died this minute, what would people be saying about you? If the majority



of people felt sorry about your departure, if they felt they had gotten a lot of help from you, then certainly God is happy with you.

Think of the golden present; sow what is necessary, what is right. Sow good thoughts, sow good deeds, and I am sure you will reap good fruits. There is no question about it.

It is impossible to make a wrong decision. Even if you make a wrong decision, you will very soon know it is wrong, and so you will learn a good lesson.

Even if you make a mistake, it's for good, because it teaches you that it's a mistake.

Your money should be very honest, clean money. Then, you will always be benefited by it. It is not how much you earn, but how you earn it that is important.

Failures are stepping stones to future success.

Let the whole world know by your example that you are something beautiful and divine. Let your actions bring out that cosmic beauty.

# *Right Thinking*

Don't be afraid of anything. You are eternal.

Know that every minute that Great Presence is in you, functioning through you, and you are nothing but an instrument.

Everybody has a heart. You should know how to touch it. Behave in such a way that you can transform other hearts, melt them.

There is always a positive way of looking at things.

The entire universe is a university. Everything and everybody is a professor to us.

The basic reason for fear is the lack of knowledge of our true Self, which is imperishable, immortal.

True knowledge is knowing how to use everything properly and for the benefit of all.

Real freedom comes only when you know your true nature.

Know that you are already liberated. You are never bound. Thinking that you are bound is ignorance. As the pure Self, you are never bound. The true Self is eternally pure, unchanging, immortal, never tainted by anything. It is always peaceful.

Anything that you call “yours” is not you. You are the passenger in the body, but not the body.

Negate all you call yours and try to stand apart from these things. This aloofness is called *Nirvana*—isolation of the psychological ego which is the basis of the mind.

“As you think, so you become.” Think well, you will be well. Think ill, you will be ill. It’s all your thought.

In our lives, we should always think well. Train your eyes to see the bright side of everything.

# *Selfless Service*

Don't have any desires of your own. Whatever has to happen, let it happen through you.

Be in the world; act selflessly.

If you want peace, forget yourself. Think of the benefit of others first.

Put others first. Only then will you really find peace and joy.

Giving brings harmony. Love and give; love and give. Think of the other person first. With this kind of attitude, the whole world will be a fantastic place.

The real reward in doing things is seeing how many others will be benefited by them.

Do things for the sake of others, not for yourself. That is the simple and practical way to find peace.

Unless the human mind is freed from greed, jealousy and hatred, there will be more and more wars. If you free your own mind of all these problems, at least that little part of the world will be free from trouble.

Divine Will has no tinge of selfishness.

When you renounce your attachments, there is nothing to shake you. It is the feeling of possession, of clinging that disturbs the mind.

Dedicate your life in the name of God or humanity and your mind will always be clean and calm.

Simply take it easy, trust in God, and do what you can. Let whatever you do be for the benefit of others. If you can, do something. If you cannot, accept it. Somebody else will do it; it is not that you have to do it all yourself.

Serve one and all. Then you will have served God. Don't even lose a single



opportunity to serve others. Serve, serve, serve, and you will find that you, also, are served.

The dedicated ever enjoy supreme peace; therefore, live only to serve.

# *Spiritual Practice*

## *(Sadhana)*

The essence of Yoga and all the faiths and traditions is to be easeful in body, peaceful in mind and useful in life.

It is easy to sit and meditate. The most difficult part is to practice bearing insult and injury, learning to adapt, adjust and accommodate.

Whether we want it or not, the world will give us the experiences we need and make us grow.

Don't think that *sadhana* means only sitting and meditating. You can convert every action into spiritual practice.

The very purpose of all your spiritual practice is to learn how to direct your thoughts and actions for a good purpose.

Real spiritual experience brings harmony.

We all want liberation. How to achieve

it? You don't even need to do anything; just keep the company of the right people.

The aim of Yoga is to make the body healthy and the mind tranquil and pure. With a pure mind and a healthy body, you become a useful instrument for God.

Spiritual practice is not what you are doing, but what you are thinking.

Take it easy, but not lazy.

Do your best and leave the rest.

Stick to one path, but respect other paths. Take the good from all others as a fulfillment of your own. Then, your mind is one pointed and you will progress.

If you believe in something, practice it in your own life. It is easy to quote scripture, but it is better to apply it in your life.

The three ingredients for success in spiritual practice are: patience, devotion and faith.

# *Surrender*

Free will means that you are free to take responsibility into your own hands or to give it into the hands of God.

God sent you here; God is working through you; God has done today's job and may use you tomorrow. Be worryless, like a baby. Don't put too much responsibility on your shoulders.

Your only responsibility is to surrender yourself into God's hands and allow God to do everything. That means: allow the Cosmic Consciousness to function through you.

Don't ever, ever put yourself down. You are here for a purpose, and you are great in your place. God has something for you to do; become a humble instrument in the hands of God.

We do nothing, nothing at all. That is plain fact. None of us is doing anything by

him- or herself. There is a beautiful saying in the Koran: “Without the Will of God, you cannot even tie your shoelace.”

If you decide to put the weight on God’s shoulder, God is ready and willing to carry it. You can decide to carry it yourself, but ultimately, the whole weight is being carried by God.

Even though individuals have their own will, ultimately, God’s Will will win.

If others cause us difficulty, we call them negative people; but nobody can cause us difficulty without God’s Will. Those people are simply acting as instruments of God.

Know that you are being guided by God. Whatever situation is presented to you is presented by God. You should realize that and surrender yourself in God’s hands. The true Chief Administrator is God and no other authority.

Even God cannot come and help you as long as you have faith in your own strength.

Complete surrender means to give up totally and depend entirely on God.

Know that whatever task you do is God's task. God is giving you the interest, the capacity, and the knowledge to do it. If you think of yourself as an instrument in the hands of God, you will always succeed in whatever you do.



# *Teacher and Teaching*

The Guru is one who eliminates or removes the darkness in your understanding.

The Guru's inspiration, the Guru's force, the Guru's divine energy, the Guru's vibration will always be there guiding you, directing you.

The Guru's purpose is not simply to say, "You are wonderful." A Guru is simply a laundryman. He or she is trying to wash the dirty laundry.

The teaching is the real teacher. If you follow the teaching, you will always have the teacher with you.

Don't try to get the teacher into your heart; instead, get the teaching into your heart. Keep it there, and you will feel your master's presence and guidance always.

A Guru will not force anything into you. He or she will wait until you ask, until you become ready.



Imparting knowledge is not normally done with words. Speaking through silence, in feelings, will help you receive more than through words.

The Guru is not a person somewhere. Your conscience always tells you what is right and what is wrong. That is the Guru within. Listen to that, and follow it.

Even if you don't have a Guru, even if you have no one to advise you, if you learn to listen within, your own conscience will guide you. The Guru has gone the route. He or she knows the journey and is able to guide others on the trip. That is the duty of the teacher. But you have to follow the teaching, and there is no shortcut on this road.

The Guru is not really bringing you anything new; instead, he or she is simply removing the obstacles, so that the flow of consciousness will be continuous and the water can reach its source.

The entire nature is the omnipresent  
Guru. Draw silent lessons from all around  
you.



*Keep your mind clear, your body clean, your life disciplined, and your heart dedicated. This is Yoga.*

*A yogi is like a surfer who knows how to balance on the surfboard. You will enjoy the world when you know how to handle it well, when you become a master of it. Exercise your mastery.*

*Above all, there should be peace, tranquility, and acceptance in everything you do. Then you will see that your whole life is transformed.”*

~Swami Satchidananda

Sri Swami Satchidananda was one of the first Yoga masters to bring the classical Yoga tradition to the West. He founded the global Integral Yoga® organization, Satchidananda Ashram–Yogaville® and the Light Of Truth Universal Shrine. He is the author of *Integral Yoga Hatha, To Know Your Self, The Yoga Sutras of Patanjali, Beyond Words, The Living Gita* and *The Golden Present*. He is also the subject of the documentary, *Living Yoga*. For more information, visit: [swamisatchidananda.org](http://swamisatchidananda.org).





SCAN ME

