

150 Quotes on
15th *Birth anniversary of*
SWAMI VIVEKANAND



1863

2013

1. "You have to grow from the inside out. None can teach you, none can make you spiritual. There is no other teacher but your own soul."
2. "Take up one idea. Make that one idea your life - think of it, dream of it, and live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success that is way great spiritual giants are produced."
3. "In a conflict between the heart and the brain, follow your heart."
4. "When I Asked God for Strength He Gave Me Difficult Situations to Face When I Asked God for Brain & Brown He Gave Me Puzzles in Life to Solve When I Asked God for Happiness He Showed Me Some Unhappy People When I Asked God for Wealth He Showed Me How to Work Hard When I Asked God for Favors He Showed Me Opportunities to Work Hard When I Asked God for Peace He Showed Me How to Help Others God Gave Me Nothing I Wanted He Gave Me Everything I Needed."
5. "In a day, when you don't come across any problems - you can be sure that you are travelling in a wrong path"
6. "Dare to be free, dare to go as far as you're thought leads, and dare to carry that out in your life."
7. "All love is expansion, all selfishness is contraction. Love is therefore the only law of life. He who loves lives, he who is selfish is dying. Therefore love for love's sake, because it is law of life, just as you breathe to live. "
8. "Be not afraid of anything. You will do Marvelous work. It is Fearlessness that brings Heaven even in a moment."
9. "The great secret of true success, of true happiness, is this: the man or woman who asks for no return, the perfectly unselfish person, is the most successful."
10. "The greatest religion is to be true to your own nature. Have faith in yourselves."
11. "Comfort is no test of truth. Truth is often far from being comfortable."
12. "The fire that warms us can also consume us; it is not the fault of the fire."
13. "We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far. "
14. "They alone live, who live for others."

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15. "We reap what we sow we are the makers of our own fate. The wind is blowing; those vessels whose sails are unfurled catch it, and go forward on their way, but those which have their sails furled do not catch the wind. Is that the fault of the wind? We make our own destiny. "
16. "Strength is Life, Weakness is Death. Expansion is Life, Contraction is Death. Love is Life, Hatred is Death."
17. "All power is within you, you can do, anything and everything. Believe in that do not believe that you are weak. You can do anything and everything, without even the guidance of any one. Stand up and express the divinity within you..., within each of you there is the power to remove all wants and all miseries. "
18. "Neither seeks nor avoids, take what comes."
19. "You cannot believe in God until you believe in yourself."
20. "Ask nothing; want nothing in return. Give what you have to give; it will come back to you, but do not think of that now."
21. "All differences in this world are of degree, and not of kind, because oneness is the secret of everything."
22. "Do one thing at a Time, and while doing it put your whole Soul into it to the exclusion of all else."
23. "We are what our thoughts have made us; so take care about that you think."
24. "Anything that makes weak - physically, intellectually and spiritually, reject it as poison."
25. "Whatever you think that you will be. If you think yourself weak, weak you will be; if you think yourself strong, you will be"
26. "Was there ever a more horrible blasphemy than the statement that all the knowledge of God is confined to this or that book? How dare men call God infinite, and yet try to compress Him within the covers of a little book!"
27. "Man is to become divine by realizing the divine. Idols or temples, or churches or books, are only the supports, the help of his spiritual childhood."
28. "We are responsible for what we are, and whatever we wish ourselves to be, we have the power to make ourselves. If what we are now has been the result of our own past actions, it certainly follows that whatever we wish to be in the future can be produced by our present actions; so we have to know how to act."

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29. "Feel nothing, know nothing, do nothing, have nothing, give up all to God, and say utterly, 'Thy will be done.' We only dream this bondage. Wake up and let it go."
30. "Learn Everything that is Good from Others, but bring it in, and in your own way absorb it; do not become others."
31. "This is a great fact: strength is life; weakness is death. Strength is felicity, life eternal, immortal; weakness is constant strain and misery, weakness is death."
32. "Each soul is potentially divine. The goal is to manifest this divinity by controlling nature, external and internal. Do this either by work, or worship, or psychic control, or philosophy - by one, or more, or all of these - and be free. This is the whole of religion. Doctrines, or dogmas, or rituals, or books, or temples, or forms, are but secondary details."
33. "Each work has to pass through these stages—ridicule, opposition, and then acceptance. Those who think ahead of their time are sure to be misunderstood."
34. "The greatest sin is to think yourself weak"
35. "The Vedanta recognizes no sin it only recognizes error. And the greatest error, says the Vedanta is to say that you are weak, that you are a sinner, a miserable creature, and that you have no power and you cannot do this and that."
36. "Arise, awake, stop not until your goal is achieved."
37. "Blessed are they whose bodies get destroyed in the service of others."
38. "If a man can realize his divine nature with the help of an image, would it be right to call that a sin? Nor, even when he has passed that stage, should he call it an error. [...] man is not traveling from error to truth, but from truth to truth, from lower to higher truth. To him all the religions from the lowest fetishism to the highest absolutism, mean so many attempts of the human soul to grasp and realize the Infinite, each determined by the conditions of its birth and association, and each of these marks a stage of progress; and every soul is a young eagle soaring higher and higher, gathering more and more strength till it reaches the Glorious Sun."
39. "The cheerful mind perseveres and the strong mind hews its way through a thousand difficulties."
40. "The brain and muscles must develop simultaneously. Iron nerves with an intelligent brain — and the whole world is at your feet."
41. "All the powers in the universe are already ours. It is we who have put our hands before our eyes and cry that it is dark."

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42. "The moment I have realized God sitting in the temple of every human body, the moment I stand in reverence before every human being and see God in him - that moment I am free from bondage, everything that binds vanishes, and I am free."

43. "The world is the great gymnasium where we come to make ourselves strong."

44. "A few heart-whole, sincere, and energetic men and women can do more in a year than a mob in a century."

45. "The only religion that ought to be taught is the religion of fearlessness. Either in this world or in the world of religion, it is true that fear is the sure cause of degradation and sin. It is fear that brings misery, fear that brings death, fear that breeds evil. And what causes fear? Ignorance of our own nature."

46. "All knowledge that the world has ever received comes from the mind; the infinite library of the universe is in our own mind."

47. "All power is within you. You can do anything and everything. Believe in that. Do not believe that you are weak; do not believe that you are half-crazy lunatics, as most of us do nowadays. Stand up and express the divinity within you."

48. "All truth is eternal. Truth is nobody's property; no race, no individual can lay any exclusive claim to it. Truth is the nature of all souls."

49. "Astrology and all these mystical things are generally signs of a weak mind; therefore as soon as they are becoming prominent in our minds, we should see a physician, take good food, and rest."

50. "This attachment of Love to God is indeed one that does not bind the soul but effectively breaks all its bondages."

51. "Be strong! ... You talk of ghosts and devils. We are the living devils. The sign of life is strength and growth. The sign of death is weakness. Whatever is weak, avoid! It is death. If it is strength, go down into hell and get hold of it! There is salvation only for the brave. "None but the brave deserves the fair." None but the bravest deserves salvation."

52. "Books are infinite in number and time is short. The secret of knowledge is to take what is essential. Take that and try to live up to it."

53. "Desire, ignorance, and inequality—this is the trinity of bondage."

54. "Don't look back—forward, infinite energy, infinite enthusiasm, infinite daring, and infinite patience—then alone can great deeds be accomplished."

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55. "Bless people when they revile you. Think how much good they are doing by helping to stamp out the false ego."
56. "Have Faith in Man, whether he appears to you to be a very learned one or a most ignorant one."
57. "If the Student thinks he is the Spirit, he will be a better Student. If the Lawyer thinks he is the Spirit, he will be a better Lawyer, and so on."
58. "The Tapas and the other hard Yogas that were practiced in other Yugas do not work now. What is needed in this Yuga is giving, helping others. "
59. "believe in yourself and the world will be at your feet"
60. "Shri Ramakrishna uses to say, "As Long as I Live, so long do I learn". That man or that society which has nothing to learn is already in the jaws of death."
61. "The Heart and core of everything here is good, that whatever may be the surface waves, deep down and underlying everything, there is an infinite basis of Goodness and Love."
62. "Condemn none: if you can stretch out a helping hand, do so. If you cannot, fold your hands, bless your brothers, and let them go their own way."
63. "If faith in ourselves had been more extensively taught and practiced, I am sure a very large portion of the evils and miseries that we have would have vanished."
64. "Our duty is to encourage everyone in his struggle to live up to his own highest idea, and strive at the same time to make the ideal as near as possible to the Truth."
65. "The will is not free - it is a phenomenon bound by cause and effect - but there is something behind the will which is free."
66. "Truth can be stated in a thousand different ways, yet each one can be true."
67. "Religion is being and becoming. Religion is the manifestation of the Divinity already in man."
68. "He is an atheist who does not believe in himself. The old religions said that he was an atheist who did not believe in God. The new religion says that he is an atheist who does not believe in himself."
69. "The earth is enjoyed by heroes"—this is the unfailing truth. Be a hero. Always say, "I have no fear."
70. "Take up one idea. Make that one idea your life - think of it, dream of it, and live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success."

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71. "After every happiness comes misery; they may be far apart or near. The more advanced the soul, the more quickly does one follow the other. What we want is neither happiness nor misery. Both make us forget our true nature; both are chains--one iron, one gold; behind both is the Atman, who knows neither happiness nor misery. These are states, and states must ever change; but the nature of the Atman is bliss, peace, unchanging. We have not to get it; we have it; only wash away the dross and see it."

72. "God is present in every Jiva; there is no other God besides that. Who serves Jiva serves God indeed."

73. "Be not afraid, for all great power throughout the history of humanity has been with the people. From out of their ranks have come all the greatest geniuses of the world and history can only repeat itself. Be not afraid of anything. You will do marvelous work."

74. "Devotion to duty is the highest form of worship of God."

75. "By doing well the duty which is nearest to us, the duty which is in our hands, we make ourselves stronger"

76. "We are allowed to worship him. Stand in that reverent attitude to the whole universe, and then will come perfect non attachment"

77. "Be Grateful to the Man you help, think of Him as God. Is it not a great privilege to be allowed to worship God by helping our fellow men?"

78. "This universe is the wreckage of the infinite on the shores of the finite."

79. "In a day, when you don't come across any problems, you can be sure that you are traveling in a wrong path"

80. "We must be Bright and Cheerful, long faces do not make Religion"

81. "Now is wanted intense Karma-Yoga with unbounded courage and indomitable strength in the heart. Then only will the people of the country be roused."

82. "The whole universe is only the self with variations, one tune made bearable by variations. Sometimes there are discords, but they only make the subsequent harmony more perfect."

83. "If in this hell of a world one can bring a little joy and peace even for a day into the heart of a single person, that much alone is true; this I have learnt after suffering all my life; all else is mere moonshine. . ."

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84. "Put the good before them, see how eagerly they take it, see how the divine that never dies, that is always living in the human..."

85. "The Older I grow, the more everything seems to me to lie in manliness. This is my new gospel"

86. "As different streams having different sources all mingle their waters in the sea, so different tendencies, various though they appear, crooked or straight, all lead to God."

87. "GOD is to be worshipped as the one beloved, dearer than everything in this and next life."

88. "If money help a man to do good to others, it is of some value; but if not, it is simply a mass of evil, and the sooner it is got rid of, the better."

89. "Never think there is anything impossible for the soul. It is the greatest heresy to think so. If there is sin, this is the only sin; to say that you are weak, or others are weak."

90. "The more we come out and do good to others, the more our hearts will be purified, and God will be in them."

91. "When an idea exclusively occupies the mind, it is transformed into an actual physical or mental state."

92. "Where can we go to find God if we cannot see Him in our own hearts and in every living being."

93. "All condemnation of others really condemns ourselves. Adjust the microcosm which is in your power to do) and the macrocosm will adjust itself for you."

94. "There is no limit to the power of the human mind. The more concentrated it is, the more power is brought to bear on one point"

95. "Take up one idea. Make that one idea your life - think of it, dream of it, and live on idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success."

96. "A tremendous stream is flowing toward the ocean, carrying us all along with it; and though like straws and scraps of paper we may at times float aimlessly about, in the long run we are sure to join the Ocean of Life and Bliss."

97. "The more we grow in Love, Virtue and Holiness, the more we see Love, Virtue and Holiness outside."

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98. "What is now wanted is a combination of the greatest heart with the highest intellectuality, of infinite love with infinite knowledge."
99. "Above all, beware of compromises. Hold on to your own principles in weal or woe and never adjust them to others' "fads" through the greed of getting supporters. Your Atman is the support of the universe—whose support do you stand in need of?"
100. "Above all, beware of compromises. I do not mean that you are to get into antagonism with anybody, but you have to hold on to your own principles in weal or woe and never adjust them to others' "fads" through the greed of getting supporters."
101. "Why should a Man be Moral? Because this strengthens his will."
102. "This World will always continue to be a mixture of Good and Evil. Our duty is to sympathize with the weak and to Love even the wrongdoer."
103. "All who have actually attained any real religious experience never wrangle over the form in which the different religions are expressed. They know that the soul of all religions is the same and so they have no quarrel with anybody just because he or she does not speak in the same tongue."
104. "Anything that brings spiritual, mental, or physical weakness, touch it not with the toes of your feet."
105. "Are you unselfish? That is the question. If you are, you will be perfect without reading a single religious book, without going into a single church or temple."
106. "Even the greatest fool can accomplish a task if it were after his or her heart. But the intelligent ones are those who can convert every work into one that suits their taste."
107. "The Land where humanity has attained its highest towards gentleness, towards generosity, towards purity, towards calmness - it is India."
108. "Education is the manifestation of perfection already existing in man."
109. "Desire can be eradicated from the roots by firmly imbibing the four attributes of: Jnan, Atmanishtha, Vairagya, Dharma and the full fledged devotion to God."
110. "My Faith is in the Younger Generation, the Modern Generation, out of them will come my workers. They will work Out the whole problem, like Lions."
111. "It is the Level-headed Man, the Calm Man, of Good Judgment and cool nerves, of Great sympathy and love, who does good work and so does good to himself."

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112. "First, believe in the world—that there is meaning behind everything"

113. "This is the first lesson to learn: be determined not to curse anything outside, not to lay the blame upon anyone outside, but stand up, lay the blame on yourself. You will find that is always true. Get hold of yourself."

114. "Tell the truth boldly, whether it hurts or not. Never pander to weakness. If truth is too much for intelligent people and sweeps them away, let them go; the sooner the better."

115. "This life is a hard fact; work your way through it boldly, though it may be adamant; no matter, the soul is stronger. "

116. "This I have seen in life—those who are overcautious about themselves fall into dangers at every step; those who are afraid of losing honor and respect, get only disgrace; and those who are always afraid of loss, always lose. "

117. "Face the brutes." That is a lesson for all life—face the terrible, face it boldly. Like the monkeys, the hardships of life fall back when we cease to flee before them."

118. "Those who work at a thing heart and soul not only achieve success in it but through their absorption in that they also realize the supreme truth—Brahman. Those who work at a thing with their whole heart receive help from God."

119. "I, for one, thoroughly believe that no power in the universe can withhold from anyone anything they Really deserve."

120. "The whole secret of existence is to have no fear. Never fear what will become of you, depend on no one. Only the moments you reject all help are you free."

121. "Fear is death, fear is sin, fear is hell, fear is unrighteousness, and fear is wrong life. All the negative thoughts and ideas that are in the world have proceeded from this evil spirit of fear. "

122. "Why are people so afraid? The answer is that they have made themselves helpless and dependent on others. We are so lazy, we do not want to do anything ourselves. We want a Personal God, a Savior or a Prophet to do everything for us. "

123. "As long as we believe ourselves to be even the least different from God, fear remains with us; but when we know ourselves to be the One, fear goes; of what can we be afraid?"

124. "There is one thing to be remembered: that the assertion—I am God—cannot be made with regard to the sense-world."

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125. "All that is real in me is God; all that is real in God is I. The gulf between God and me is thus bridged. Thus by knowing God, we find that the kingdom of heaven is within us. "

126. "First get rid of the delusion "I am the body", and then only will we want real knowledge."

127. "What the world wants is character. The world is in need of those whose life is one burning love, selfless. That love will make every word tell like a thunderbolt."

128. "God is merciful to those whom He sees struggling heart and soul for realization. But remain idle, without any struggle, and you will see that His grace will never come."

129. "We have to go back to philosophy to treat things as they are. We are suffering from our own karma. It is not the fault of God. What we do is our own fault, nothing else. Why should God be blamed?"

130. "Fill the brain with high thoughts, highest ideals, place them day and night before you, and out of that will come great work."

131. "Who makes us ignorant? We ourselves. We put our hands over our eyes and weep that it is dark.

132. "We must have friendship for all; we must be merciful toward those that are in misery; when people are happy, we ought to be happy; and to the wicked we must be indifferent. These attitudes will make the mind peaceful."

133. "Every action that helps us manifest our divine nature more and more is good; every action that retards it is evil."

134. "Are great things ever done smoothly? Time, patience, and indomitable will must show."

135. "Great work requires great and persistent effort for a long time. ... Character has to be established through a thousand stumbles."

136. "Those who grumble at the little thing that has fallen to their lot to do will grumble at everything. Always grumbling they will lead a miserable life.... But those who do their duty putting their shoulder to the wheel will see the light, and higher and higher duties will fall to their share."

137. "Learning and wisdom are superfluities, the surface glitter merely, but it is the heart that is the seat of all power."

138. "Watch people do their most common actions; these are indeed the things that will tell you the real character of a great person."

139. "Whenever we attain a higher vision, the lower vision disappears of itself."

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140. "We came to enjoy; we are being enjoyed. We came to rule; we are being ruled. We came to work; we are being worked. All the time, we find that. And this comes into every detail of our life."

141. "We are ever free if we would only believe it, only have faith enough. You are the soul, free and eternal, ever free, ever blessed. Have faith enough and you will be free in a minute."

142. "Stand as a rock; you are indestructible. You are the Self (atman), the God of the universe."

143. "Stand upon the Self, only then can we truly love the world. Take a very high stand; knowing our universal nature, we must look with perfect calmness upon all the panorama of the world."

144. "I am the thread that runs through all these pearls," and each pearl is a religion or even a sect thereof. Such are the different pearls, and God is the thread that runs through all of them; most people, however, are entirely unconscious of it."

145. "Stand up, be bold, be strong. Take the whole responsibility on your own shoulders, and know that you are the creator of your own destiny. All the strength and succor you want is within your selves. Therefore, make your own future."

146. "It is the patient building of character, the intense struggle to realize the truth, which alone will tell in the future of humanity."

147. "If there is one word that you find coming out like a bomb from the Upanishads, bursting like a bombshell upon masses of ignorance, it is the word "fearlessness."

148. "The world is ready to give up its secrets if we only know how to knock, how to give it the necessary blow. The strength and force of the blow come through concentration."

149. "Work and worship are necessary to take away the veil, to lift off the bondage and illusion."

150. "The powers of the mind should be concentrated and the mind turned back upon itself; as the darkest places reveal their secrets before the penetrating rays of the sun, so will the concentrated mind penetrate its own innermost secrets."