

## Quotes From Bhagavad Gita

There has never been a time when you and I have not existed, nor will there be a time when we will cease to exist. As the same person inhabits the body through childhood, youth, and old age, so too at the time of death he attains another body. The wise are not deluded by these changes.

Man is made by his belief. As he believes, so he is.

Better indeed is knowledge than mechanical practice. Better than knowledge is meditation. But better still is surrender of attachment to results, because there follows immediate peace.

Neither in this world nor elsewhere is there any happiness in store for him who always doubts.

Delusion arises from anger. The mind is bewildered by delusion. Reasoning is destroyed when the mind is bewildered. One falls down when reasoning is destroyed.

The mind is restless and difficult to restrain, but it is subdued by practice.

No work stains a man who is pure, who is in harmony, who is master of his life, whose soul is one with the soul of all.

When the sage climbs the heights of Yoga, he follows the path of work; but when he reaches the heights of Yoga, he is in the land of peace.

Those who eat too much or eat too little, who sleep too much or sleep too little, will not succeed in meditation. But those who are temperate in eating and sleeping work and recreation will come to the end of sorrow through meditation.

Still your mind in me, still yourself in me and without a doubt you shall be united with me, Lord of Love, dwelling in your heart.

The soul who meditates on the Self is content to serve the Self and rests satisfied within the Self; there remains nothing more for him to accomplish.

Fear Not. What is not real never was and never will be. What is real always was and cannot be destroyed.

Not by refraining from action does man attain freedom from action. Not by mere renunciation does he attain supreme perfection.

Action is greater than inaction. Perform therefore thy task in life. Even the life of the body could not be if there was no action.

Whenever the mind unsteady and restless strays away from the spirit, let him ever and for ever lead it again to the spirit.