If you make a mistake In spite of your best intentions, Remember this mantra: "The past is dust."

What else is failure
If not an opportunity
To challenge my own incapacities
With joy and determination?

Intensity expedites our progress In every sphere of life. Therefore, In everything we do and become Intensity is Of paramount importance.

> A soulful song Can easily soothe the tortures

Of any cruel day.

Turn your wishful thoughts Into a powerful Will-power.

Deepen your faith in yourself. Nothing will be able to frighten And weaken you.

Do not
allow yourself
To be ruled by dark doubts.
Make friends with bright hopes
At every moment,
To change your own world
And the world around you.

Never allow anyone To clip the silver wings Of your golden dreams.

Change yourself slowly
And cheerfully,
Conditions will change immediately
And unimaginably.

Do not waste your precious time. Every day try to make it a point To make real sense Out of your life. Allow failure to teach you A supreme lesson: Each sunset is the beginning Of a very, very bright And powerful sunrise.

> Peace cannot be found Before self-knowledge Is won.

If you wait for opportunities To become easily available, Then you will never be able To succeed in life.

Circumstances
Cannot change man's life
His attitude can and does.

No more
Am I going to remain
With my mind's crowding
thoughts.
I shall remain
Inside my heart's flaming will.

Only our oneness-heart Can be chosen To be the custodian Of our peace of mind.

You are quite advanced The moment you feel That yours is not the only way.

cy. o.k. vrd 411

No, it is not possible For any inner cry To remain unheard.

Your weaknesses
Will always chase you.
Do not run away from them,
But put up a brave fight
And defeat them once and for all.

No will-power, no success. No will-power, no progress.

> Inner courage is indispensable To accept the challenge Of grey days In each human life.

Excerpted from The Life-Illumining Traveler's Companion by Sri Chinmoy. Artwork by Sri Chinmoy. For more inspiring quotes, visit www.GenevaMeditation.ch