Do not speak ill of yourself.
The world around you
Will gladly do that
On your behalf.

Humanity needs peace.
But where is peace?
It is in love.
Where is love?
It is in life-acceptance
And self-transcendence.

Nothing is difficult.
This is what you should think
Before you do anything.
Nothing is easy.
This is what you should feel
Before you say anything.

How can your life be
satisfied
With small realities,
If your heart has big
dreams?

You must command your
thoughts,
Not vice versa,
If happiness is something
That you are looking for.

Remain cheerful,
For nothing destructive
Can pierce through
The adamantine wall
Of cheerfulness.

If you want to be
A future success,
Then do not allow your mind
To dwell on the present defeat.

Be happy.
You will get
What you like most.
You will be
What you like best.

It is only through
Inner peace
That we can have true
Outer freedom.

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

I do not give up, I never give up,
For there is nothing
In this entire world
That is irrevocably unchangeable.

Learn the art of forgiving,
And apply it to yourself first.
Then it becomes easy
To forgive others.

Determination within,
Determination without
At every moment!
Lo, unimaginable achievements
Are within your easy reach.

Just be positive
In everything that you say and do.
Your mind will escape the poison
Of self-created negativity.

You must never forget
That greatness
Does not guarantee happiness,
But goodness always does.

What you do not use yourself,
Do not give to others:
For example, advice.

Anything worth having
Is worth sharing
As well.

The ordinary human mind
Is a container.
You can fill it
With good thoughts or bad thoughts.
It is up to you.

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?

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

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