

Quotations

Lao Tzu

Tao Te Ching Verse 8

The highest good is like water.

Water gives life to the ten thousand things and does not strive.

It flows in places men reject and so is like the Tao.

Tao Te Ching Verse 12

The five colours blind the eye.

The five tones deafen the ear.

The five flavours dull the taste.

Racing and hunting madden the mind.

Precious things lead one astray.

Therefore the sage watches with the inner not the outward eye.

He lets go of that and chooses this.

Tao Te Ching Verse 16

Empty yourself of everything.

Let the mind rest at peace.

The ten thousand things rise and fall while the Self watches their return.

They grow and flourish and then return to the source.

Returning to the source is stillness, which is the way of nature.

The way of nature is unchanging.

Knowing constancy is insight.

Not knowing constancy leads to disaster.

Knowing constancy, the mind is open.

With an open mind, you will be openhearted.

Being openhearted, you will act royally.

Being royal, you will attain the divine.

Being divine, you will be at one with the Tao.

Being at one with the Tao is eternal.

And though the body dies, the Tao will never pass away.

Shri Anandamayi Ma

With earnestness, love and goodwill carry out life's everyday duties. Whatever work you have to do, do it with a singleness of purpose, with all the simplicity, contentment and joy you are capable of.

Shri Shantananda Saraswati

One day the archery teacher asked the pupils to shoot at the eye of a model bird that he had hung on a tree. One by one he called them and said, 'Mark the eye of the bird and get ready to shoot.' Then he asked them what they saw. One said, 'I see the branch and the face of the bird, feathers, mouth, eyes, everything.' He was dismissed. The next said, 'I see the bird, neck, feathers, eyes.' He was also told to go. And so it was with everybody, until the pre-eminent pupil stood there and, taking aim, was asked, 'What do you see?'

He replied, 'I see only the eye!'

'But don't you see anything else?' he was asked.

'Nothing at all' he replied.

'Then go ahead and shoot' he was told, and his arrow went straight into the eye of the bird.

Practice

Observe effortless action; serve tea!

Rejoice in the present.

Practise the Awareness Exercise.

Use the question,

How would a wise man or woman increase happiness now?