

**Without love, neither jnana yoga, nor karma yoga can be fruitful. Love is the soul of yoga.
----- Swami Kripalvanandji**

**To withdraw the mind from various objects or activities, and to bring it to one object or activity, and make it concentrated is known as meditation.
----- Swami Kripalvanandji**

**You can bathe the body, but the mind is also impure. With what water can you bathe the mind? Chanting God's name is the water to use for cleaning the mind.
----- Swami Kripalvanandji**

**The magnetic power of prayer is immeasurable. By the strength of prayer, God is moved and comes closer to us. Prayer is the enemy of dwaita (separation) and the friend of adwaita (communion). Just as sugar dissolves in milk, so also does the devotee become one with God by means of prayer.
----- Swami Kripalvanandji**

**Silence means to control our speech. The little elf, the tongue, needs a giant to control it and when the elf is angry all the ingenuity of the giant is needed to check it
----- Swami Kripalvanandji**

**Bhajan (the singing of holy songs) is a way to develop full faith and endless devotion to God. One is trying to see God and when one is singing bhajans (holy songs); both the mind and the heart cooperate with the body towards this end.
----- Swami Kripalvanandji**