

“Whatever you speak or do, forget Him never.
Keeping His name in your heart, work, remembering it is for Him,
and endlessly active, drift in bliss.”

Shrii Shrii Ánandamúrti

“You are never alone or helpless.
The force that guides the stars guides you too.”

Shrii Shrii Ánandamúrti

“I am a mystery, I was a mystery, and I will always be a mystery.”

Shrii Shrii Ánandamúrti

“Morality is the base, sádhaná the means, and Life Divine the goal.”

Shrii Shrii Ánandamúrti

“It is action that makes a person great.
Be great by your sádhaná, by your service,
and by your sacrifice.”

Shrii Shrii Ánandamúrti

“I do not say that I know Him; nor do I say that I do not know Him.
Because I know that He is beyond all knowing and not knowing.”

Shrii Shrii Ánandamúrti

“He is infinite.
He has no beginning and no end.
He is the unbroken flow of pure and serene bliss,
stretching from beginninglessness to endlessness.”

Shrii Shrii Ánandamúrti

“It is a bigger thing to put one lesson into action than to hear many.
You should put into action every lesson of your life.”

Shrii Shrii Ánandamúrti

“Knowing oneself is the real knowledge;
serving all with the ideation of God the real action;
and the vow to please God the real devotion.”

Shrii Shrii Ánandamúrti

“Human society is one and indivisible. Don't try to divide it.
Each and every individual should be looked upon
as the manifestation of the Cosmic Entity.”

Shrii Shrii Ánandamúrti

“Fight for your Ideology.
Be one with your Ideology.
Live for your Ideology.
Die for your Ideology.”

Shrii Shrii Ánandamúrti

“The one formless, beginningless and infinite Parama Brahma (Supreme Consciousness) is the only entity to be attained by living beings. That alone is Jagat Guru (the Supreme Preceptor). That alone has revealed Brahnavidyá (intuitional science) to us through the medium of the name and form of Ánandamúrtijii. Unit beings must be made to appreciate Its majesty.”

Shrii Shrii Ánandamúrti

“No power in heaven and earth can separate Me from My children. Even if this universe comes to an end, I will be with them in the expressionless Cosmos. My children – be they gentle, be they naughty – they are Mine.”

Shrii Shrii Ánandamúrti

“The Supreme Entity is the vastest entity; the ultimate source of all Cosmic emanations. The Supreme Entity, which is difficult to conceive, is the subtlest of the subtle. He is farther away than any other entity, but again He is nearer than the nearest. Only the one who looks into the innermost recesses of himself can realise the Supreme Entity.”

Shrii Shrii Ánandamúrti

“In the attraction of the Great lies the secret of greater wellbeing. You will have to rush towards the fundamental source of the entire creation. You will have to merge your individual stance in the absolute stance of the Supreme Transcendental Entity. You will have to advance at a speed greater than that of ordinary microcosms in the Cosmic Cycle.”

Shrii Shrii Ánandamúrti

“Brahma is the Supreme Authority – all others are His finite expressions.
To know Him means to become Him.”

Shrii Shrii Ānandamūrti

“The foremost duty of a human being is Brahma-sādhaná.”

Shrii Shrii Ānandamūrti

“If you use your soul as an arrow and shoot it aiming at the Brahma-like target with a deeply concentrated (absolutely unwavering) mind, then your soul will certainly merge in the Supreme Soul just as an ordinary arrow sticks in its target.”

Shrii Shrii Ānandamūrti

“One has got to do sādhaná to habituate one’s mind to Brahmaward projection in order to attain Him.”

Shrii Shrii Ānandamūrti

Parama Puruśa in the course of His thought projection was first converted into matter; and in the course of pratisaiṅcara, in the introvert phase, you slowly, due to internal clash and cohesion within matter, became subtle; and by dint of your occult actions you will convert your entire entity, not into the supra-mundane, but into the Supreme Cognitive Faculty, into Supreme Cognition; and this is the path of spirituality – this is the path of humanity.

Shrii Shrii Ānandamūrti

“The union of a sádha with Brahma has been elucidated through an excellent example. Just as a river giving up its name and identity, completely merges in the sea and thereafter cannot maintain its own existence except that of the sea, similarly a sádha, after merging himself in Brahma, can no more think of himself except Brahma.”

Shrii Shrii Ánandamúrti

“You have come according to His wish, and by no one else’s. Leave everything to Him... You will live according to His desire; you will die, too, according to His desire. Death will not be painful for you, because in death too you attain Him. Merge with Him with all your love.”

Shrii Shrii Ánandamúrti

“In the realm of spiritual cult, He is a blending of personal and impersonal entities. That is, while approaching Him, while accepting Him as the only object of adoration, He is looked upon as a personal entity.”

Shrii Shrii Ánandamúrti

“Spirituality provides humanity with that subtle and tremendous power with which no other power can be compared...”

Shrii Shrii Ánandamúrti

“Cosmic Consciousness abides in the very sense of existence, in one's very heart's desire.”

Shrii Shrii Ánandamúrti

“In simple words, what we have to do is to return home from whence we came. Sádhaná is the process of returning home. When one is tired of this world and worldliness, one yearns to go back to spirituality, that is, to one's home.”

Shrii Shrii Ánandamúrti

“The attainment of one's inner self is only possible through love for the Infinite... Fill your heart with love of the Infinite and your soul will be transformed into the Supreme Soul. No worldly happiness is limitless. Dedicate yourself completely to the blissful ocean of the Supreme Soul. Then alone will you realize what happiness really is.”

Shrii Shrii Ánandamúrti

“This path to attain happiness... I call absolute devotion. Carry on performing your worldly duties with sincerity, and at the same time think about the pure Self within you. The constant thought of your pure inner Self will certainly one day establish you in your original source, and this is the ultimate aim of spiritual practice.”

Shrii Shrii Ánandamúrti

“Now this sádhaná which is sádhaná for complete merger, for unification, starts with fearful love. Love must be there. Unless and until there is love there cannot be unification. So love must be there but it starts with fearful love and ends in fearless love; and the space between fearful love and fearless love is the space of sádhaná. What is sádhaná? Sádhaná is the transformation of fearful love into fearless love.”

Shrii Shrii Ánandamúrti

“The only goal of living beings is to attain Parama Puruśa. This singular goal should permeate the major portion of the activities of ideal human beings. You should always remember that from the moment you get up until the moment you go to sleep, Parama Puruśa is your supreme Goal. Whatever you do, you should do keeping your vision fixed on that Goal. Only to perform His allotted tasks have you come onto this earth. You should always think, ‘I will die while doing those tasks – even while dying I will continue to do His work.’ ”

Shrii Shrii Ānandamūrti

“The sādḥaka’s sufferings are caused by the saṁskāras which one created oneself... At the time of suffering, a sādḥaka should reproach himself for his past misdeeds and refrain from evil actions in order to avoid more suffering in the future... You must not find fault with others because of your saṁskāras; they are merely the reactions caused by your own mistakes and misbehaviour.”

Shrii Shrii Ānandamūrti

“The sādḥaka, the spiritual aspirant, must remember that spirituality is the mainstream of life and that everything else is peripheral to it. With the inspiration from sādhaná, you can go on working in the mundane, supra-mundane and psychic spheres...”

Shrii Shrii Ānandamūrti

“You have come into the field of sādhaná in order to enter the kingdom of light beyond the shores of darkness. May your journey to the empyreal region be glorious and triumphant. Bon voyage to you.”

Shrii Shrii Ānandamūrti

“All the beings of this universe are the kith and kin of one another. All are equally respectable and entitled to equal love and affection.”

Shrii Shrii Ánandamúrti

“When you come in close contact with the Supreme Entity, you will find that you have no wealth superior to devotion. All worldly possessions will prove of no avail. Only devotion enables you to come into close contact with Him. This is the goal of human life. This is true progress. You have been wandering through the labyrinth of a myriad of lives. You have been ever advancing toward this stage. Knowingly or unknowingly, you are being drawn unto Him. This is the summum bonum of life. As long as you have not realized Him, there is no siddhi in your life.”

Shrii Shrii Ánandamúrti

“There is only the Supreme Brahma and no other entity. He controls this perceptible world through His Prakrti and at the time of universal annihilation, the entire creation merges in Him. He is concealing Himself in His own created universe.”

Shrii Shrii Ánandamúrti