



alchemistry of yoga

**YOGA**  
**INSPIRATION**  
**50 Favorite Quotes**

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Yoga is more than just poses. In fact, the Asana comprises just a small part of the overall Yoga Sutras. Find inspiration and wisdom by enjoying some of my all time favorite yogic quotes.

Love yourself, love your day, love your life! Silvia

1. "If we practice the science of yoga, which is useful to the entire human community and which yields happiness both here and hereafter – if we practice it without fail, we will then attain physical, mental and spiritual happiness, and our minds will flood towards the Self." – Pattabhi Jois
2. "When you find peace within yourself, you become the kind of person who can live at peace with others." ~ by Peace Pilgrim
3. "I have been a seeker and I still am, but I stopped asking the books and the stars. I started listening to the teaching of my Soul." ~ by Rumi
4. "It is not arrogant or egotistical to feel good inside. You had nothing to do with it. It's simply the honest response to clearly perceived Reality." Erich Shiffman
5. "Wisdom is knowing we are all One. Love is what it feels like and Compassion is what it acts like." ~ Ethan Walker III
6. "Mindfulness helps you go home to the present. And every time you go there and recognize a condition of happiness that you have, happiness comes." ~ Thich Nhat Hanh
7. "Yoga, an ancient but perfect science, deals with the evolution of humanity. This evolution includes all aspects of one's being, from bodily health to self realization. Yoga means union - the union of body with consciousness and consciousness with the soul. Yoga cultivates the ways of maintaining a balanced attitude in day to day life and endows skill in the performance of one's actions." - B.K.S. Iyengar
8. "All I'm saying is that to liberate the potential of your mind, body and soul, you must first expand your imagination. You see, things are always created twice: first in the workshop of the mind and then, and only then, in reality. I call this process 'blueprinting' because anything you create in your outer world began as a simple blueprint in your inner world." –Robin Sharma, The Monk Who Sold His Ferrari
9. "Be a lamp to yourself. Be your own confidence. Hold on to the truth within yourself as to the only truth." — Buddha

10. "Accepting means you allow yourself to feel whatever it is you are feeling at that moment. It is part of the essence of the Now. You can't argue with what is. Well, you can, but if you do, you suffer." -Eckhart Tolle
11. "Your life is a sacred journey. It is about change, growth, discovery, movement, transformation, continuously expanding your vision of what is possible, stretching your soul, learning to see clearly and deeply, listening to your intuition, taking courageous challenges at every step along the way. You are on the path... exactly where you are meant to be right now... And from here, you can only go forward, shaping your life story into a magnificent tale of triumph, of healing, of courage, of beauty, of wisdom, of power, of dignity, and of love." ~ by Caroline Adams
12. "Love is how it feels to recognize our essential unity. Awakening to oneness is the experience of Big Love. Knowing you are one with all, you find yourself in love with all." ~ by Timothy Freke
13. "The sun shines down, and its image reflects in a thousand different pots filled with water. The reflections are many, but they are each reflecting the same sun. Similarly, when we come to know who we truly are, we will see ourselves in all people." ~ Ammachi
14. "Yoga does not remove us from the reality or responsibilities of everyday life but rather places our feet firmly and resolutely in the practical ground of experience. We don't transcend our lives; we return to the life we left behind in the hopes of something better." - Donna Farhi
15. "Remember the emphasis on the heart. The mind lives in doubt and the heart lives in trust. When you trust, suddenly you become centered." ~ by Osho
16. "Through practice, I've come to see that the deepest source of my misery is not wanting things to be the way they are. Not wanting myself to be the way I am. Not wanting the world to be the way it is. Not wanting others to be the way they are. Whenever I'm suffering, I find this war with reality to be at the heart of the problem." - Stephen Cope
17. "Every waking moment we talk to ourselves about the things we experience. Our self-talk, the thoughts we communicate to ourselves, in turn control the way we feel and act." - John Lembo
18. "True meditation is about being fully present with everything that is-- including discomfort and challenges. It is not an escape from life." ~ Craig Hamilton
19. "Do your practice and all is coming." - Sri K Patthabi Jois
20. "A person experiences life as something separated from the rest - a kind of optical delusion of consciousness. Our task must be to free ourselves from this self-imposed prison, and through compassion, to find the reality of Oneness." ~ by Albert Einstein

21. "Understanding without practice is better than practice without understanding. Understanding with practice is better than understanding without practice. Residing in your true nature is better than understanding or practice." - Upanishads
22. "Your hand opens and closes and opens and closes. If it were always a fist or always stretched open, you would be paralyzed. Your deepest presence is in every small contracting and expanding, the two as beautifully balanced and coordinated as bird wings." - Rumi
23. You may think that only you are a prisoner, but other people are also prisoners. You are in a small prison, but others are in the big prison outside. When will they be released? Think that you are a yogi and that you are pursuing your sadhana in this particular place and at this particular moment. Immediately you will experience great joy. If you change your understanding, you will be free in a minute. - Baba Muktananda
24. "Healthy plants and trees yield abundant flowers and fruits. Similarly, from a healthy person, smiles and happiness shine forth like the rays of the sun." – B.K. S Iyengar
25. "Yoga is the unifying art of transforming dharma into action, be it through inspired thought, properly nurturing our children, a painting, a kindness or an act of peace that forever moves humanity forward. " - Micheline Berry
26. "Habits allow us to not think about what we're doing . . . giving us the illusion of ease. When we are under the illusion of ease, not thinking about what we're doing. Breathing the same old way, moving the same old way, thinking the same old way we check out of the present, out of happiness itself." – Alex Levin
27. "There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." - Albert Einstein
28. "Your problem is how you are going to spend this one and precious life you have been issued. Whether you're going to spend it trying to look good and creating the illusion that you have power over circumstances, or whether you are going to taste it, enjoy it and find out the truth about who you are." - Anne Lamott
29. Yoga teaches us to cure what need not be endured and endure what cannot be cured. - B.K.S. Iyengar
30. "Change is not something that we should fear. Rather, it is something that we should welcome. For without change, nothing in this world would ever grow or blossom, and no one in this world would ever move forward to become the person they're meant to be." –anon
31. "When the breath wanders the mind also is unsteady. But when the breath is calmed the mind too will be still, and the yogi achieves long life. Therefore, one should learn to control the breath." - Hatha Yoga Pradipika

32. "Enlightenment is always there. Small enlightenment will bring great enlightenment. If you breathe in and are aware that you are alive—that you can touch the miracle of being alive—then that is a kind of enlightenment." ~ Thich Nhat Hanh
33. "Your hand opens and closes and opens and closes. If it were always a fist or always stretched open, you would be paralyzed. Your deepest presence is in every small contracting and expanding, the two as beautifully balanced and coordinated as bird wings." - Rumi
34. "Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; for it becomes your destiny." - Upanishads
35. Yoga Science teaches us to 'include all and exclude none.' If the outer guru, in the form of a person or experience, reflects the Truth and light of the inner guru, the advice is to be heeded and served in thought, word and deed. If a suggestion from the outer guru is not in harmony with the inner guru as reflected by the purified discrimination of buddhi, the advice is to be honored and lovingly rejected with gratitude---for your teacher has just taught you what not to do. - Leonard Perlmutter
36. "Love is our true essence. Love has no limitations of caste, religion, race, or nationality. We are all beads strung together on the same thread of love. To awaken this unity--and to spread to others the love that is our inherent nature--is the true goal of human life.." – Ammachi
37. "Yoga is a way to freedom. By its constant practice, we can free ourselves from fear, anguish and loneliness." - Indra Devi
38. "Life is available only in the present. That is why we should walk in such a way that every step can bring us to the here and the now." ~ Thich Nhat Hanh
39. "Better indeed is knowledge than mechanical practice. Better than knowledge is meditation. But better still is surrender of attachment to results, because there follows immediate peace." - Bhagavad Gita
40. "The rhythm of the body, the melody of the mind & the harmony of the soul create the symphony of life." - B.K.S. Iyengar
41. "Our job is to love others without stopping to inquire whether or not they are worthy. That is not our business and, in fact, it is nobody's business. What we are asked to do is to love, and this love itself will render both ourselves and our neighbors worthy." – Thomas Merton
42. "The only REASON you are happy is because you choose to be happy. Happiness is a choice, and so is suffering." - Don Miguel Ruiz, The Four Agreements
43. Get out of your head and into your heart. Think less, feel more. – Osho
44. "What is needed, rather than running away or controlling or suppressing or any other resistance, is understanding fear; that means,

watch it, learn about it, come directly into contact with it. We are to learn about fear, not how to escape from it." ~ by Jiddu Krishnamurti

45. "We are the mirror as well as the face in it. We are pain and what cures pain both." - Rumi
46. "People suffer because they are caught in their views. As soon as we release those views, we are free and we don't suffer anymore." ~ Thich Nhat Hanh
47. "Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful." -- Buddha
48. *"Growing is the most important and essential endeavor that a human being can undertake. You can make money, you can be promoted or demoted in the world. Never, at any stage, is there certainty about what will happen to you in this life. However, there is one thing nobody can ever take away from you-the growth you attain through your own search for Self-knowledge. Furthermore, this growth and understanding become the foundation that sustains you through any and all worldly difficulties, and that allows you-whatever the form of your physical experience- to find in life a continuously unbroken flow of total well-being."* — Swami Chetanananda
49. Watch your thoughts; they become words. Watch your words; they become actions.  
Watch your actions; they become habits.  
Watch your habits; they become character.  
Watch your character; for it becomes your destiny. *Upanishads*
50. "What if our religion was each other  
If our practice was our life  
If prayer, our words  
What if the temple was the Earth  
If forests were our church  
If holy water--the rivers, lakes, and ocean  
What if meditation was our relationships  
If the teacher was life  
If wisdom was self-knowledge  
If love was the center of our being."  
~ Ganga White