

Quotes of Swami Vivekananda on **Spirituality**

- Whether you believe in spirituality or not, for the sake of the national life, you have to get a hold on spirituality and keep to it. Then stretch the other hand out and gain all you can from other races, but everything must be subordinated to that one ideal of life; and out of that a wonderful, glorious, future India will come - I am sure it is coming - a greater India than ever was.
- "Freedom is only possible to the being who is beyond all conditions, all laws, all bondages of cause and effect. In other words, the unchangeable alone can be free and, therefore, immortal."
- Beware of compromises. Hold on to your own principles in weal or woe and never adjust them to others' "fads" through the greed of getting supporters. Your Atman is the support of the universe—whose support do you stand in need of?
- "Truth, purity and unselfishness—wherever these are present, there is no power below or above the sun to crush the possessor thereof. Equipped with these, one individual is able to face the whole universe in opposition."
- The real individuality is that which never changes and will never change; and that is the God within us.
- All idea of separation is bondage, that of non-differentiation is Mukti. Let not the words of people dead-drunk with worldliness terrify you. Be fearless; ignore the ordinary critics as worms!"
- Where should you go to seek for God -- are not all the poor, the miserable, the weak, Gods? Why not worship them first? Why go to dig a well on the shores of the Ganga?
- Be thankful that you are allowed to exercise your power of benevolence & mercy in the world and thus, become pure and perfect. Be grateful to the man you help, think of him as God. Is it not a great privilege to be allowed to worship God by helping our fellowmen?
- Each soul is potentially Divine. The goal is to manifest this Divinity within by controlling nature, external and internal. Do this either by work or worship

or psychic control or philosophy- by one or more all of these- and be free. This is the whole of RELIGION. Doctrines, or dogmas, or rituals, or books, or temples, or forms, are but secondary details.

- “He is an atheist who does not believe in himself. The old religions said that he was an atheist who did not believe in God. The new religion says that he is an atheist who does not believe in himself.”
- “Perpetuating old myths in the form of allegories and giving them undue importance fosters superstition and is really weakness. Truth must have no compromise. Teach truth and make no apology for any superstition; neither drag truth to the level of the listener.”
- “He who sees Siva in the poor, in the weak, and in the diseased, really worships Siva; and if he sees Siva only in the image, his worship is but preliminary. He who has served and helped one poor man seeing Siva in him without thinking of his caste, creed or race, or anything, with him Siva is more pleased than with the man who sees Him only in temples.”
- Despondency is not religion, whatever else it may be. By being pleasant always and smiling, it takes you nearer to God, nearer than any prayer
- “What makes one man great and another weak and low is Shraddha. This Shraddha must enter into you...This Shraddha is what I want, and what all of us here want, this faith in ourselves, and before you is the great task to get that faith. Give up the awful disease that is creeping into our national blood, that idea of ridiculing everything, that loss of seriousness. Be strong and have this Shraddha, and everything else is bound to follow.”
- “It is always for greater joy that you give up the lesser. This is practical religion—the attainment of freedom, renunciation. Renounce the lower so that you may get the higher. Renounce! Renounce! Sacrifice! Give up! Not for zero. Not for nothing, but to get the higher.”