



Seed. Think. Grow.



30 thought-starters
rooted in Hindu wisdom

Topics

30 thought-starters across 8 topics

SEED

The Nature of Happiness

p.3

5 thoughts

THINK

The Self & the Soul

p.8

4 thoughts

THINK

Love & Relationships

p.12

3 thoughts

THINK

Truth & Discernment

p.15

3 thoughts

GROW

Change & Action

p.18

5 thoughts

GROW

Impermanence & Purpose

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4 thoughts

GROW

Morning Practice

p.27

3 thoughts

SEED

Faith & the Divine

p.30

3 thoughts

*Infinite happiness
cannot come from
finite things.*

$$H = P / D$$

*Happiness is contentment.
Contentment = what you have
divided by what you desire.
The less we desire,
the happier we are.*

*I am not just happy,
I am happiness.*

*Ask not what will
bring you happiness;*

*Ask what will
take it away.*

*Sometimes
all you need
is
a deep breath.*

I am
sat — eternal
chit — aware
anand — joy

*There is always a witness
in your heart.*

*Moksha =
Liberation
from the ignorance
of arrogance.*

*You're good.
It's all good.
It's all in good hands —
God's hands.*

*Love is defined by
selflessness + surrender.*

*Independence is a myth.
We are all dependent
on each other and on God.
There is no weakness
in community, in family,
in faith, in us.*

*Finding faults in others
is like bringing the world's
trash to your house.*

*Don't verify truth
by how many people believe it,
but by its source
and veracity.*

After George Orwell, 1984

*Don't worry about getting
the right answers.*

*Just keep asking
the right questions.*

*What we think,
what we believe,
what we become
is greatly impacted by
what we consume.*

*Change
begins with a
choice.*

*Thoughts influence actions.
Actions influence thoughts.*

*Change one
and you change the cycle.*

*Every thought
every action
is an act of
training.*

*If you want to change the world,
be the change.*

*If you want to be the change,
first see the change.*

*If you want to see the change,
start seeing the good in others.*

*Rule over one's self
before looking
to rule others.*

*All that is created —
ideas, projects, businesses,
relationships, bodies —
will one day perish.
Enjoy the time in between
but don't make your
happiness dependent on them.*

*Everything you do
beyond surviving
is a bonus.*

*You will never experience
your legacy.
You will experience
your life.*

*Productivity is not the
measure of a man;
character is.*

*Align with reality.
Remember what is real
and eternal.*

*Bank love.
Remember the love
you've received.*

*Be Grateful.
Remember what you have —
chiefly God and Guru.*

*Focus on better and fully
using the power you have
instead of hunting
for more.*

*Civilisations are made by
purpose and self-control,
not by unfettered
consumption.*

*Bhagwan loves you.
Allow yourself
to feel it.*

*A compass only works
if you have marked North.*

*Ethics only work
if you have marked
your purpose.*

*"What happened is
what was intended"
does not mean
"What will happen
is already decided".*