



Dr Amit Nagpal

Best of Inspirational Quotes



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Criticize, Suggest and Appreciate

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Topics

Anger

Art and Science of Living

Assertiveness

Blame Game

Change

Character

Charisma

Communication

Criticism

Destiny (Writing your own)

Determination and Excuses

Discovering your Passions

Dreams/Vision

Effort/Hardwork

Ego

Emotional Baggage

Encouragement

Enemies

Experience

Faith & Miracles

Forgiveness

Friendship

From the Not so well known

God and Divinity

Hope

Living in the Moment

Love

Meditation

Mind Power

Negativity/Darkness/Failure

No Nonsense Person

Perfection

Positive Attitude

Principles

Problems and Sufferings

Realizing our Highest Potential

Relationships

Risk

Self-Discovery & Self-Mastery

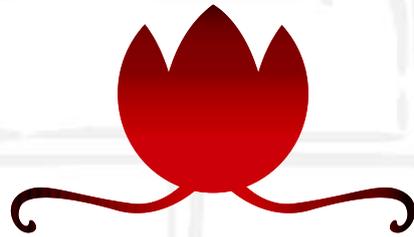
Spirituality & Consciousness

Stress Management

Student Qualities

Success

Wisdom



Before You Begin

People often say that motivation doesn't last.
Well, neither does bathing - that's why we
recommend it daily.

Zig Ziglar

»»» Anger

Show me anger and I will show you 'Hurt'. Show me hurt and I will show you 'Love'. Peel the layers if you care!

Rumi

»»» Art and Science of Living

Everyday is a celebration because instead of waiting for happy endings, we open our eyes to the wonder of life, to see the humor and magic in each moment. Delighted in the way things turn out, amazed at the beauty of it all.

Nithya Shanti

Life is like a game of cards. The hand that is dealt you represents determinism; the way you play it is free will.

Jawaharlal Nehru

He asked me, "What do you want in life?" I said, "I want LIFE in my life and if I get that rest will take care of itself."

Dr Amit Nagpal

Life is simple. But the process of learning this is complicated.

Dr Amit Nagpal

You don't think your way into a new kind of living. You live your way into a new kind of thinking.

Henri J.M. Nouwen

»»» Art and Science of Living...

For fast-acting relief try slowing down.

Lily Tomlin

Knowledge is easy to gain, wisdom is difficult; Teacher is easy to get, guru is difficult; Learning is easy to do, unlearning is difficult; Job is easy to find, mission is difficult; Existence is easier, living is difficult.

Dr Amit Nagpal

Sad people attract sad people, lonely people attract lonely people, emotional people attract emotional people, happy people attract ALL people.

Dr Amit Nagpal

Quotations of successful and wise people are like astronaut food. Astronauts take one capsule, lunch is over; You read one quote and the lesson for the day is done.

Dr Amit Nagpal

»»» Assertiveness

Even a mother feeds her child, when the child cries. Even God comes to your rescue when you get up one day and say, "Enough is enough. Now you have to put an end to my never ending struggles. Do not suffer in silence, learn to assert in life.

Dr Amit Nagpal

»»» Blame Game

People say that physically and mentally handicapped people are a liability; but in my view, the people who only play the blame game and refuse to look within are the real liabilities.

Dr Amit Nagpal

»»» Change

It's the most unhappy people who most fear change.

Mignon McLaughlin

»»» Character

One cannot become a starring player in life if one is easily swayed by one's emotions over every little thing. Strength of character lies in performing the drama of life with courage and confidence, practicing self-reflection and self-control under any circumstances.”

Dr Daisaku Ikeda

»»» Charisma

Take 100 gms of self-love, add 200 gms of smile and spice it up with 500 gms of the MYSTERY element doused in spirituality. And you have developed CHARISMA.

Dr Amit Nagpal

»»» Communication

The genius of communication
Is the ability to be both totally honest
And totally kind at the same time.

John Powell

»»» Criticism

You will never reach your destination if you stop & throw stones at every dog that barks...Better keep biscuits & Move on.

Dhirubhai Ambani

He has the right to criticize who has the heart to help.

Abraham Lincoln

»»» Destiny (writing your own)

Every thought, action, decision or feeling creates an eddy in the interlocking, interbalancing, ever-moving energy fields of life, leaving a permanent record for all of time. This realization can be intimidating when it first dawns on us, but it becomes a springboard for rapid evolution.

David R. Hawkins

She told him, "I can see the future and this is your destiny."

He said, "I refuse to accept it. I will change my destiny"

So firm was his resolve, the God decided to bow down to his will and rewrote the destiny again.

Dr Amit Nagpal

»»» Determination & Excuses

Success is not final, failure is not fatal: it is the courage to continue that counts.

Winston Churchill

The church is near but the road is icy; The bar is far away but I will walk carefully.

Russian Proverb

Ah great is to believe the dream
As we stand in youth by the starry stream
But a greater thing is to fight life through
And say at the end, the dream is true.

Edwin Markham

Strength is happiness. Strength is itself victory. In a struggle you may win or lose but your continuing to struggle is proof of victory as a human being.

Dr Daisaku Ikeda

God closes a door and opens a window.....wait life is not that simple.....bloody devil closes the window also.....and then it's the will power which opens the floodgates.

Dr Amit Nagpal

Don't tell God how big is your problem, tell the problem how big is your God.

Anonymous

»»» Determination & Excuses...

Nothing ever built arose to touch the skies unless
Some man dreamed that it should,
Some man believed that it could
And some man willed that it must.

Charles F. Kettering

You are fiery, you are fire, you may burn me into ashes. But I will
rise.....rise from the ashes like the proverbial Phoenix.

Dr Amit Nagpal

If you're interested you'll do what's convenient. If you're committed
you'll do whatever it takes.

John Assaraf

What counts is not necessarily the size of the dog in the fight -
It's the size of the fight in the dog.

Dwight D. Eisenhower

»»» Discovering your Passion

You've got to find what you love. And that is as true for your work
as it is for your lovers. Your work is going to fill a large part of your
life, and the only way to be truly satisfied is to do what you believe
is great work. (proverb continues on next page)

»»» Discovering your Passion...

And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it. And, like any great relationship, it just gets better and better as the years roll on. So keep looking until you find it. Don't settle.

Steve Jobs

You can copy other person's ideas but not his/her passion. Don't be a copy and discover your own passions.

Dr Amit Nagpal

»»» Dreams/Vision

Great minds have purpose, others have wishes.

Washington Irving

Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it.

Goethe

Throw your dreams into space like a kite, and you do not know what it will bring back a new life, a new friend, a new love, or a new country.

Anais Nin.

»»» Effort/Hardwork

We have got two lives. The one we are given and the ONE WE MAKE,

M. Carpenter

I am a great believer in luck and I find the harder I work, the more I have of it.

Thomas Jefferson

Every truth passes through 3 stages before it is recognized
1) ridicule 2) opposition 3) accepted as self-evident.

Schopenhauer

»»» Ego

Nothing destroys IRON like its own RUST... and nothing destroys a PERSON like his own EGO!

Anonymous

»»» Emotional Baggage

When we carry emotional baggage of the past, we forget that we are reacting on the past experience instead of reacting to what is happening now. We forget that we are in a different situation and dealing with different people.

Anonymous

»»» Encouragement

When you seek affection, encouragement you act like a beggar, when you give affection and encouragement, you show you have enough, you are the rich man - What do you want to be!

Nithya Shanti

»»» Enemies

He that wrestles with us strengthens our nerves & sharpens our skill. Our antagonist is our helper.

Burke

We have to be learn to be our own best friends because we fall too easily into the trap of being our worst enemies.

Roderick Thorp

»»» Experience

Good judgment comes from experience, experience comes from bad judgment.

Anonymous

»»» Faith & Miracles

Sorrow looks back
Worry looks around
Faith looks up

Anonymous

»» Faith & Miracles...

FAITH makes all things possible, HOPE makes all things work and LOVE makes all things beautiful.

Anonymous

You know something, your heart can never be broken. It can only be squeezed. And soon enough, just like a sponge, it will be back in shape again. So even when you encounter big bumps in your fate, always keep the faith.

Nithya Shanti

To invite miracles into your life, you need to match wavelength of your thoughts with vibrations of the universe just like you tune a radio.

Dr Amit Nagpal

Miracles occur all around us, signs from God show us the way, angels plead to be heard, but we pay little attention to them.

Paulo Coelho

»» Forgiveness

Fortunately man evolved from monkey, but some people behave like monkeys, forgive them.....they are still evolving.

Dr Amit Nagpal

»» Friendship

One thing is common between close friends and God, "You get without askingwhat you deserve."

Dr Amit Nagpal

»» From the Not so well known

Often we attempt to live our lives backwards; we try to have more things, or more money, in order to do more of what we want, so we will be happier. I think the way it actually works is the reverse. You must first be who you really are, then do what you need to do, in order to have what you want...!

Nitesh Mittal

Never take decisions in anger. Never promise anyone in happiness.

Pushpendra Dhansoia

Wherever you go, no matter what the weather, always bring your own sunshine.

Kapil Jain

»» God and Divinity

God may not always come exactly when we call Him.....but He is always on time....Sometimes we are in hurry.

Lalit Mahendru

»»» God and Divinity...

Everything happens for a reason, people change so that you can learn to let go, things go wrong so you can appreciate them when they're right, and sometimes good things fall apart so better things can come together.

Bhawana Santani

I have learned so much from God that I can no longer call myself a Christian, a Hindu, a Muslim, a Buddhist, a Jew. The Truth has shared so much of Itself with me that I can no longer call myself a man, a woman, an angel, or even a pure Soul. Love has befriended me so completely it has turned to ash and freed me of every concept and image my mind has ever known.

Hafiz

»»» Gratitude

We spend our life waiting for the universe to shower us with success so that we can develop gratitude; the universe keeps on waiting for us to become grateful so that miracles can begin. This is the biggest secret of life.

Anonymus

I have noticed that the Universe loves gratitude. The more grateful you are, the more goodies you get. When I say 'goodies', I don't mean only material things. I mean all the people, places and experiences that make life so wonderfully worth living.

Louise L. Hay

»»» Gratitude...

We always fight with God, for the things which did not happen on time, when God did not meet our deadline. But do we thank him for the things which happened before expected time.

Dr Amit Nagpal

»»» Hope

"Some people are going through the lull before the storm. Some people are going through the (final) storm before the (final) lull."

Dr Amit Nagpal

There is no saint without a past
And no sinner without a future

Persian proverb

»»» Humility

Coins make noise and notes are silent. As you go up in life, make less and less noise, get more and more silent.

Anonymous

»»» Law of Attraction

Whenever you focus on the blessings in your life, you're instantaneously on the blessing frequency, and blessings increase in your life IN THAT MOMENT! (proverb continues on next page)

»»» Law of Attraction...

Let's make history by creating the biggest blessings count ever seen on earth. 'I am truly blessed every day by every person, circumstance, and event, and I'm truly blessed to be sharing my life with all of you.' How are you blessed?

Rhonda Byrne

»»» Living in the moment

Either we live in the past....the guilt, the grudges, the memories or we live in the future....the expectations, the plans, the worries, the gift of the present is ruined in the process.

Dr Daisaku Ikeda

One gentleman questioned me, "What is the simplest form of meditation?" I said, "Living in the moment"

Dr Amit Nagpal

»»» Love

Research on successful people found that their achievement was not co-related to academic performance, but strongly co-related to how worthwhile, safe and loved they felt when growing up. In other words you do more for your child's chances of success by loving them unconditionally, rather than tormenting them about their studies.

Nithya Shanti

»»» Love

To love someone deeply gives you strength. Being loved by someone deeply gives you courage.

Lao Tzu

A man travels all over the World to find what he needs and returns home to find it.

George Moore

Ego is like a rock. But if the rope of love keeps rubbing it, it is bound to leave a mark on the rock (and the people who have been made emotional rocks by circumstances).

Anonymous

»»» Meditation

Half an hour of meditation can solve 100 % of our problems. With increase in wisdom, 50 % of them we will not even create and rest 50 % we will solve rather than aggravate.

Dr Amit Nagpal

»»» Mind Power

People are busy constructing and I am busy destroying.....one mental block after another.

Dr Amit Nagpal

»»» Mind Power...

Training and managing your own mind is the most important skill you could ever own, in terms of both happiness and success.

T. Harv Eker

Your worst enemy cannot harm you
As much as your own thoughts, unguarded.
But once mastered,
No one can help you as much,
Not even your father or your mother.

Buddha

You can make hell out of heaven and heaven out of hell. It's all in the mind.

John Milton

»»» Negativity/Darkness/Failure

Stars & blackness are not just above us, they are all around us & in us.

J O Callaghan

»»» No Nonsense Person

When you apply Six Sigma and TQM (Total Quality Management) to your personal life, you become a NNP, No Nonsense Person.

Dr Amit Nagpal

»»» Perfection

People and rooms always have dirty corners. At first sight the dirt shocks you. But after a closer look (reasons for the dirt), you start sympathizing even with the worst of your enemies.

Dr Amit Nagpal

»»» Principles

Ideals are like stars in the sky. You can never touch them. But if you are smart sailor in the sea of life, you use them as a guide to reach your destination safely.

Anonymous

»»» Positive attitude

Life is not about waiting for the storm to pass, it is about learning to dance in the rain.

Anonymous

Some say - "Good Morning, Lord !"
Others say - "Good Lord, Morning?"

Shalini Verma

Be a source of joy. And let the critics and haters complain about the world.

Paulo Coelho

»» Problems and Suffering

Smooth roads never make good drivers! Smooth sea never makes good sailors! Clear Skies never make good pilots! Problem free life never makes a strong & good person! Be strong enough to accept the challenges of life. Don't ask Life "Why me?" Instead say "Try Me!"

Anonymous

Hard times are like a washing machine, they twist, turn and knock us around but at the end we come out cleaner, brighter and better than before.

Anonymous

The most beautiful we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of depths. These people have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen.

Elizabeth Kubler

He who would learn to fly one day must first learn to stand and walk and run and climb and dance; one cannot fly into flying.

Nietzsche

To some people God gives problems, rest of the people create problems for themselves.

Dr Amit Nagpal

»» Problems and Suffering...

No matter where we go, we cannot escape from the sufferings that are part and parcel of life. If we cannot avoid these sufferings, then our only choice is to overcome them. And since we have no choice but to overcome them, then we might as well live joyfully and vigorously while doing so.

Dr Daisaku Ikeda

Even if you have a problem, you don't need to be one .

Helen Keller

What appears good may be bad and what appears bad maybe good.
Life is a mystery.

Dr Amit Nagpal

We are continually faced with great opportunities which are brilliantly disguised as unsolvable problems.

Margaret Mead

Talents are best nurtured in solitude, but character is best formed in the stormy billows of the world.

Goethe

I cribbed, 'God you have given me unusual problems' He said, 'I have also given you unusual joys'. I cribbed, 'You have not even given me usual joys, which everyone gets.' He said, 'But I have not given you usual problems' I said, 'God I have lost the debate.'

Dr Amit Nagpal

»»» Rat Race

Unfortunately entire society is suffering from OCD, Obsessive Compulsive Disorder, obsessed with money, compulsively chasing material.....no wonder demand for psychiatrists increases every day.....just stop and think, why do we need so much money?

Dr Amit Nagpal

While rats are in the rut of the rat race, the cool cat enjoys tamasha from the sidelines.

Dr Amit Nagpal

»»» Realism

Always try to become a better and better human being but do not attempt to become Godly, for you will not succeed for a long time.

Dr Amit Nagpal

Optimism means expecting the best.

Realism means knowing that the best may not happen.

Confidence means knowing that even if it doesn't, you will survive.

Never make a move if you are merely optimistic.

Anonymous

»»» Realizing our Highest Potential

The summit of happiness is reached when a person is ready to be what he is.

Erasmus

»»» Realizing our Highest Potential...

You must climb above yourself---up and beyond, until you have even your stars under you.

Nietzsche

If you plan on being anything less than you are capable of being, you will probably be unhappy all the days of your life.

Abraham Maslow

Men go abroad to wonder at the heights of mountains
At the huge waves of the sea
At the long courses of the rivers
At the vast compass of the ocean
At the circular motion of the stars
And they pass by themselves without wondering.

St Augustine

Man's main task in life is to give birth to himself, to become what he potentially is. The most important product of his effort is his own personality.

Erich Fromm

»»» Relationships

You can be in a relationship all the time, sometimes with nature, sometimes with people, sometimes with God.....but don't forget to relate within. Happy Living.

Dr Amit Nagpal

»» Risk

To dare is to lose one's footing momentarily. Not to dare is to lose oneself.

Soren Kierkegaard

»» Self-Discovery & Self-Mastery

Sometimes, you need to step outside, get some air, and remind yourself of who you are and who you want to be.

Tumblr

People are of 3 types. First ones gather energy from the world to fight with their family members (Forgive them for they carry emotional baggage). Second ones gather energy from their families to fight with the world (most of us belong to this category). Third ones, a rare species gather energy from their families and the world to fight with themselves to become better and better human beings.

Dr Amit Nagpal

First KNOW and help yourself, then your family, then your village and then your country.

Chinese Proverb

Musicians must make music, artists must paint, poets must write if they are to be ultimately at peace with themselves. What human beings can be, they must be. They must be true to their own nature. This need we may call self-actualization.

Abraham Maslow

»» Self-Discovery & Self-Mastery...

The most important thing in life is to find out the most important thing.

Suzuki

You should thank the people who bring out the worst in you. Had it not been for them, you would never have come to know of your worst side.

Ramesh Babu

To live is to choose. But to choose well, you must know who you are and what you stand for, where you want to go and why you want to get there.

Kofi Annan

To a frog that's never left his pond, the ocean seems like a gamble. Look what he's giving up: security, mastery of his world, recognition! The ocean frog just shakes his head. "I can't explain where I live, but someday I'll take you there."

Rumi

Knowing others is wisdom;
Knowing the self is enlightenment;
Mastering others requires force;
Mastering the self requires strength;
He who knows he has enough is rich;
To die but not to perish is to be eternally present.

Tao Te Ching

»»» Self-Discovery & Self-Mastery...

Success is not the key to happiness. Happiness is the key to success. If you love what you are doing you will be successful.

Albert Schwisser

If we all did the things we are capable of doing, we would literally astound ourselves.

Thomas Edison

»»» Spirituality & Consciousness

Spirituality is the commando training of the spirit, crossing the barriers created by our own selves, the limiting beliefs.

Dr Amit Nagpal

My understanding of the fundamental laws of the universe did not come out of the rational mind.

Albert Einstein

I met an interesting gentleman at Sri Aurobindo Society, Dehradun. He never says, "I am doing this, I want to do this", but rather says, "God wants this to be done through me and I am happy to be his instrument."

Dr Amit Nagpal

A happy life must be to a great extent a quiet life, for it is only in an atmosphere of quiet that true joy dare live.

Bertrand Russell

»» Spirituality & Consciousness...

I am a magnet for miracles. I change my consciousness and miracles occur.

Louise Hay

Each individual creature on this beautiful planet is created by God to fulfil a particular role. Whatever I have achieved in life is through His help and an expression of His will. He showered His grace on me through some outstanding teachers and colleagues and when I pay my tributes to these fine persons, I am merely praising His glory. We are all born with a divine fire in us.

Dr APJ Abdul Kalam

Find a place inside where there's joy, and the joy will burn out the pain.

Joseph Campbell

The most powerful activism is "subtle activism", where we change the pictures we are holding in our minds from worst possible outcome to best possible outcome, feel the joy of having it now and then deeply letting go of all attachment to outcomes. Appropriate words and actions follow, with unprecedented power.

Nithya Shanti

»» Stress Management

I started meditation to increase my capacity for stress. But the inner voice answered, "There is nothing in this world worth the stress."

Dr Amit Nagpal

»»» Student Qualities

Kak cheshta,
Bako dhyanam,
Shwan nidra,
Alpahari,
Grihatyagi,
vidyarthi panch lakshanam

The five indications of a good student are:

- 1) Perseverance of a crow,
- 2) Concentration of a swan,
- 3) Light sleeper like a dog
- 4) Light eater
- 5) Staying away from home (noise and emotions)

Anonymous

There are 2 types of students TMN and KMH. TMN (Touch Me Nots) panic when they are pulled up and put under stress. KMH (Kick Me Hard) encourage the teacher to hit hard so that they grow and learn in life.

Dr Amit Nagpal

»»» Success

After climbing a great hill, one only finds that there are many more hills to climb.

Nelson Mandela

»»» Success...

I would rather be a failure at something I enjoy rather than be a success at something I hate.

George Burns

»»» Wisdom

The day the child realizes that all adults are imperfect he becomes an adolescent.

The day he forgives them, he becomes an adult.

The day he forgives himself, he becomes wise.

Alden Nowlan

Most of the time we don't really need to learn anything new, just apply what we already know a little more deeply, a little more creatively, a little more sincerely. Sometimes a new perspective, a little support, a balancing of faith and effort goes a long way. Wise friends can help us with this. And all your friends are wise, if you see them as such.

Nithya Shanti

We may learn wisdom by reflection, which is noblest; by imitation, which is easiest; and by experience, which is the most bitter.

Confucius

»»» Wisdom

Education begins the gentleman, but reading, good company and reflection must finish him.

John Locke

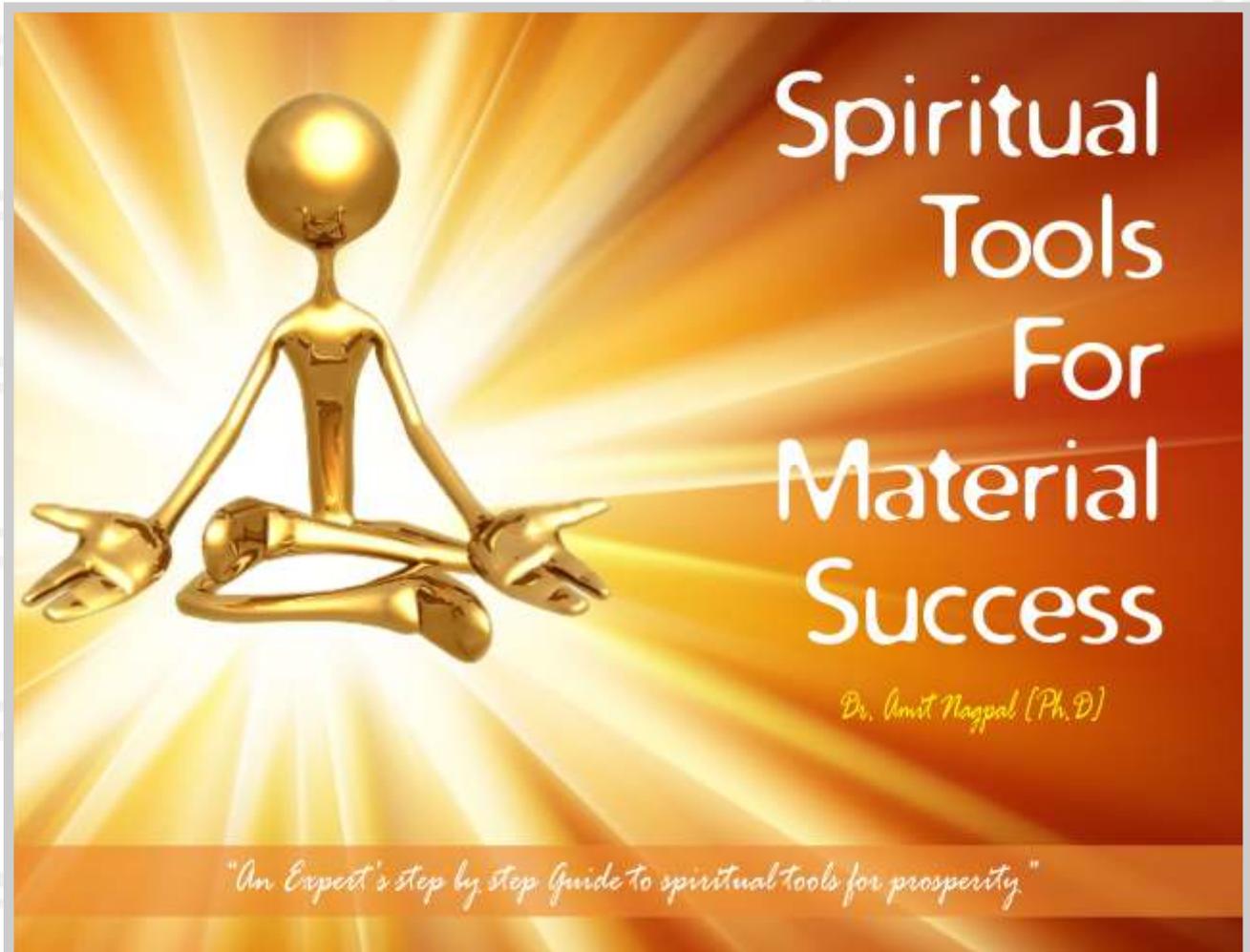


Happy Succeeding



»»» My Forthcoming E-book »»»

My Forthcoming E-book



Preface:

Spiritual tools.....For Material Success....the name itself sounds like an oxymoron. How can spirituality be connected with materialism? Aren't both opposites? Isn't spirituality about connecting with self, soul searching and everything except money and isn't materialism about some unethical practices and prosperity at the cost of others? *Get answer to all these questions with a book that's certainly going to be an adorable journey!*

Table of Contents



Ch 0 : The Science of Spirituality

Ch 1: Discover your Deepest Passion by Self-Reflection

Ch 2: The Power of Faith in Higher Power

Ch 3: Gather Courage through Positive Affirmations

Ch 4: Let's Stop the Blame Game and Take Responsibility

Ch 5: Shed the Negative Emotions and Embrace Gratitude

Ch 6: Silence your Mind to Gain True Wisdom

Ch 7: How can you attract Positive Vibrations?

Ch 8: Develop a Personal Brand by Being a Person of WCC
(Wisdom, Compassion and Courage)

Ch 9: Use the Intuition Gained for Clarity in Decision Making

Ch 10: Stay Alert to the Environment

Ch 11: Get Holistic & Bring a Balance

Ch 12: Connect with People & their Divinity

Ch 13: The Action Begins; Hard-work has no Substitute

Ch 14: Believe to Achieve-Realize your Godliness

Ch 15: And Abundance would Flow





Thanking You

