

## [Quotes & Quips](#)

Category : [November 1997](#)

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### Quotes & Quips

"The place to be happy is here. The time to be happy is now. The way to be happy is to make others so."

Renunciate sannyasini Ma Yoga Shakti Saraswati, 70, has taught yoga and dharma worldwide for over thirty years"

Always remember you are a unique human being, just like everybody else.

Ego is a most elusive trait in human character; you drive it out through one door and it enters unawares by some other.  
Mother Krishnabai, realized saint and successor to Swami Ramdas

The body of Ben Franklin, Printer, like the cover of an old book, its contents torn out and stripped of its lettering and gilding, lies here food for worms, but the Work shall not be lost, for it will, as he believed, appear once more in a new and more elegant edition, revised and corrected by the author. Epitaph of Benjamin Franklin (1706-1790), written by the inventor and politician when he was only 22, expressing his belief in reincarnation.

I'm just getting over a case of spiritual laryngitis--that is where

you lose your inner voice. Swami Beyondananda

Lakshmi sleeps on a lotus; Siva sleeps on the Himalayas;  
Vishnu sleeps on the Milky Ocean--the Gods must be afraid of  
bedbugs! Humorous insight found in an old text,  
Subhasitaratnabhandagara, Verse 364.13

Birbal, the brahmin, was so wise that King Akbar decided to become a brahmin, too. Birbal tried to convince him that it was enough to be a good man, but Akbar insisted and demanded a ceremony. Claiming he was taking Akbar to a holy man who could turn the Moghul into a Hindu brahmin, Birbal escorted him along a river where they found a man scrubbing a donkey. The man explained, "I am changing my donkey into a horse. A holy man [Birbal in disguise] said that if I stood by a river and scrubbed my donkey, it would turn into a horse." Akbar laughed at the fool. "It won't work. It can't work." When Birbal laughed, Akbar realized he had been tricked.

## DID YOU KNOW?

### UK's Curry Craze

Indian curries capture top drools among restaurant dishes in Britain, according to a 1997 survey. A whopping 205 million papadams are consumed in Indian restaurants in Britain each year, and 2.5 million adults weekly relish India's flavors in Britain's 8,000 curry houses. There are more Indian restaurants in London than in Bombay and New Delhi combined.