
Manashshuddhyati Jagat Shuddhyati

मनश्शुद्ध्यति जगत् शुद्ध्यति

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मनश्शुद्ध्यति जगत् शुद्ध्यति ॥ ध्रुवम् ॥

सख्यिन्तने सज्जुवनं सज्जुवने सन्तुष्टिः ।

साढार्ये आत्मवर्धनम् आत्मवर्धने संतुष्टिः ॥ १ ॥

आत्मप्रीतिः आत्मबन्धुः आत्मप्यातिः आत्मशत्रुः ।

प्रीतिर्मुप्या प्यातिस्त्याज्या प्रीतिर्बन्धुः प्यातिः शत्रुः ॥ २ ॥

मनोविकासे ज्ञवविकासः ज्ञवविकासे विश्वविकासः ।

विश्वविकासे सर्वानन्दः सर्वानन्दे मडानन्दः ॥ ३ ॥

0. If mind is purified, the world is too.

1. Good thoughts lead to good life; good life leads to contentment.

Good deeds increase self-strength; a strong-self guarantees satisfaction.

2. Self-love is our true friend; Self-praise is our enemy.

Love is vital and plaudits should be let off, because Love is our friend and fame is our enemy.

3. A blossomed mind paves way to a blossomed self and a blossomed self to a beautiful world.

An enriched and beautiful world brings all joy, which rests in ultimate bliss.

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