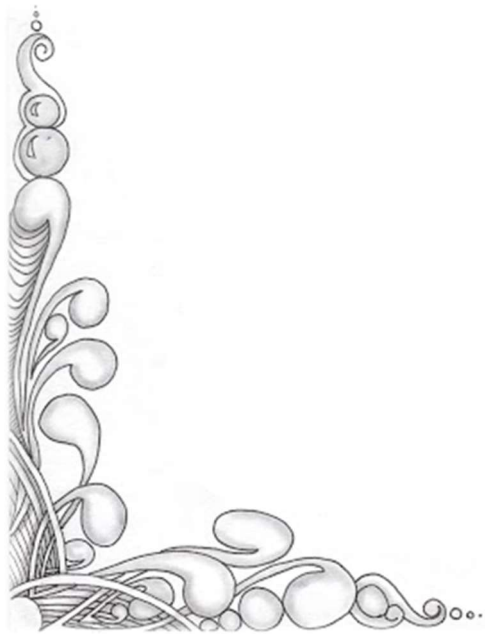




# **SARU***isms*

The book of Saru quotes



*Second Edition - printed May 2018*

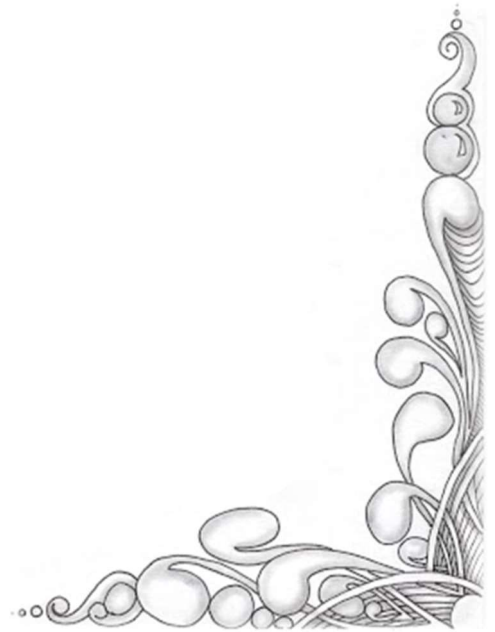
*This book was first compiled by us (Saru's students) in honour of her 78<sup>th</sup> birthday (27<sup>th</sup> March 2016).*

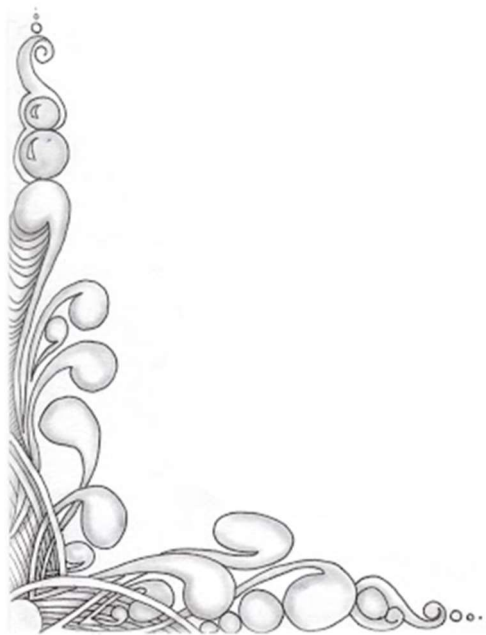
*It is prepared as a tribute to Saru, to let her know how important she is to us and how much the valuable wisdom, that she so liberally shares with us, means to us all!*

*It is also a reflection of our gratitude towards her unconditional love and acceptance.*

*The second edition has been updated with some more quotes that we have curated over the 2 years since the first edition.*

*- CIRCLE OF JOY  
(BANGALORE)*

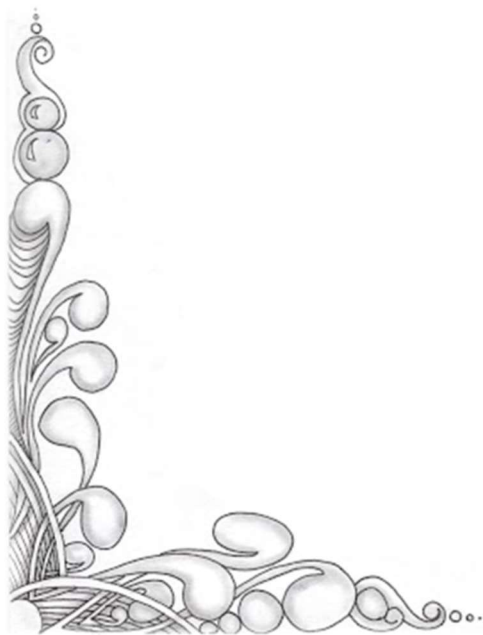




*“Intent orchestrates the outcome.”*



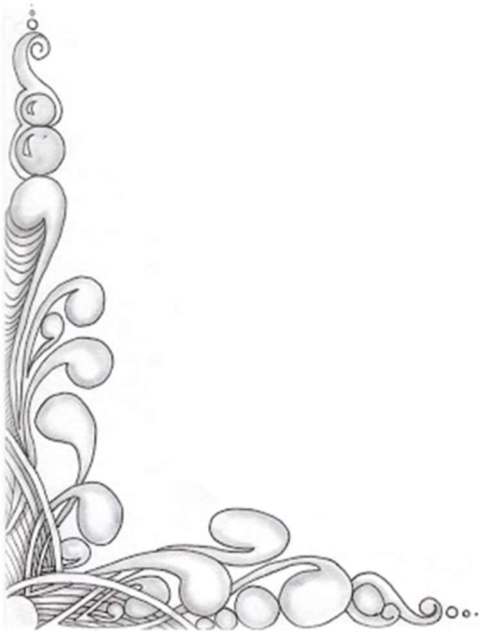
*“Learning to reject negative strokes is as important as learning to give positive strokes.”*



*“Only people who are secure can seek support.”*



*“When options are forced upon you, it leads to unhappiness. When it's your choice from free will, it is fun. Even the most difficult thing is fun.”*

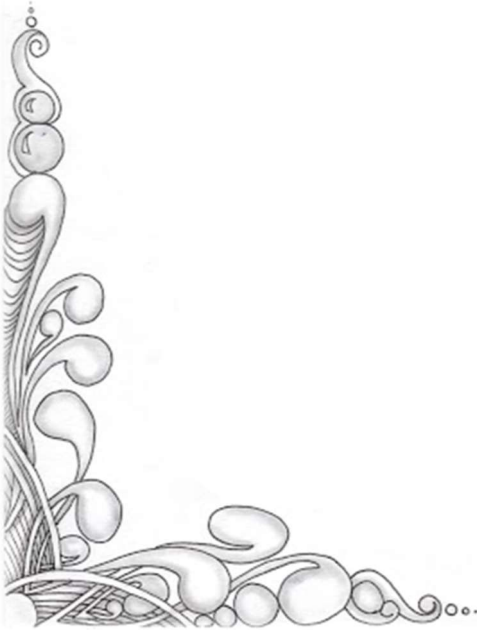




*“Learning takes place from chaos.”*



*“As a psychotherapist, more than  
explanation, exploration is required.”*



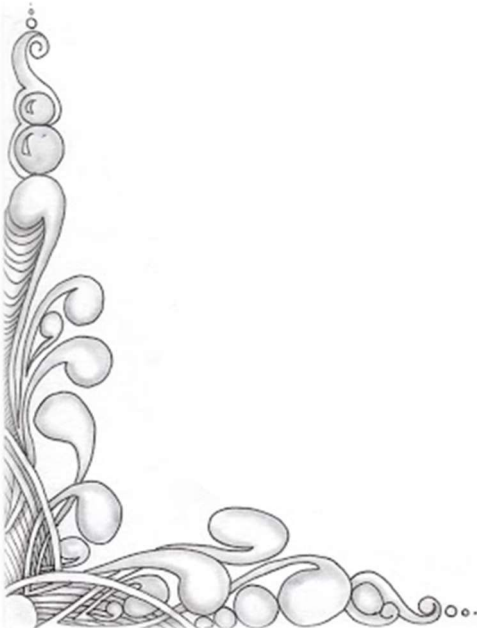
*“Each one of us is our own chairperson.”*







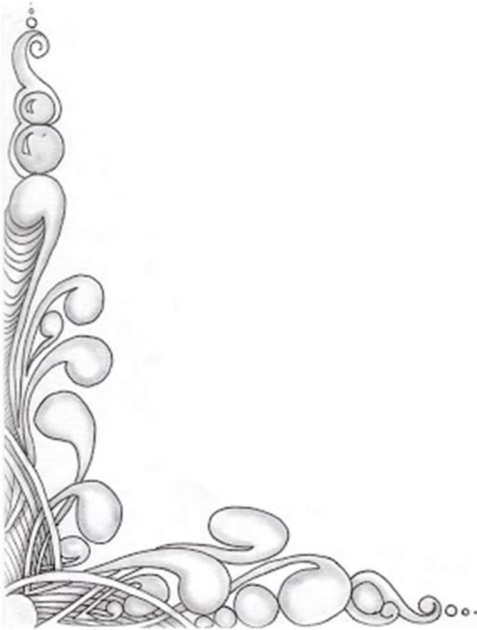
*“Only when the teacher has conviction, the learning happens.”*



*“To be angry, you need to be secure.”*



*“Giving the other person space is abundance and enabling the other person to grow is love. This comes from a secure base.”*

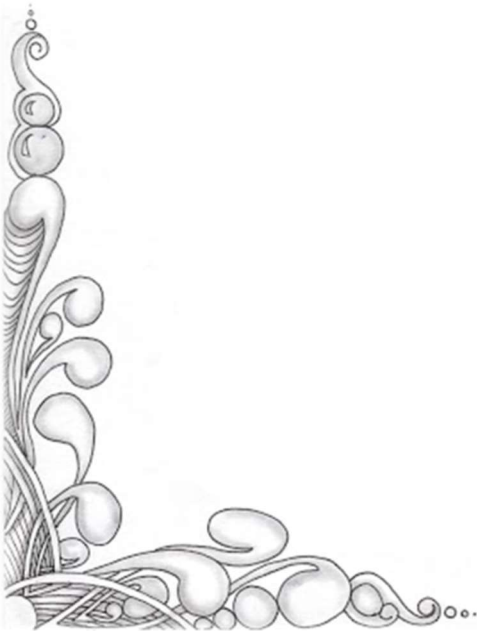




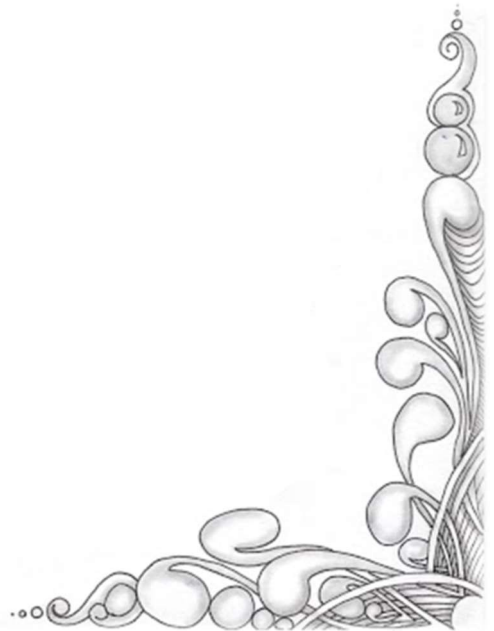
*“Health and growth is not that we don’t hit our injunctions ever; health is using Adult options and coming out of it faster than before.”*



*“We often focus only on the negatives and put ourselves down. How often do we focus on positives of our life to be happy?”*



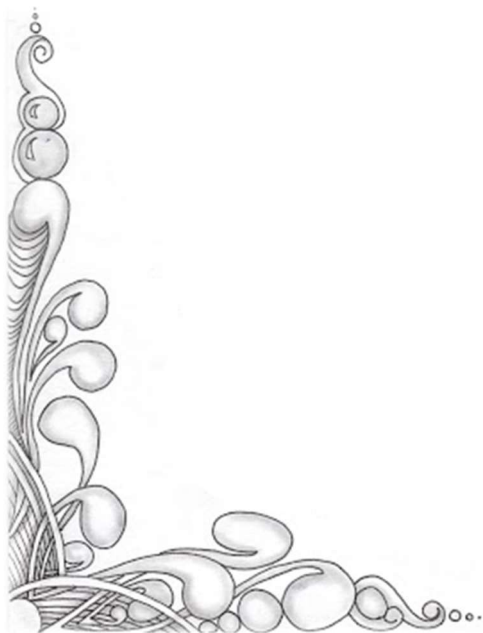
*“A sign of complete healing is when you can talk about your past without shame or guilt.”*



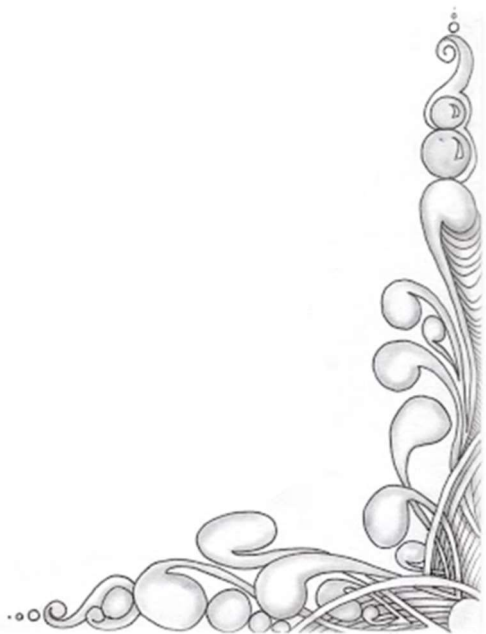




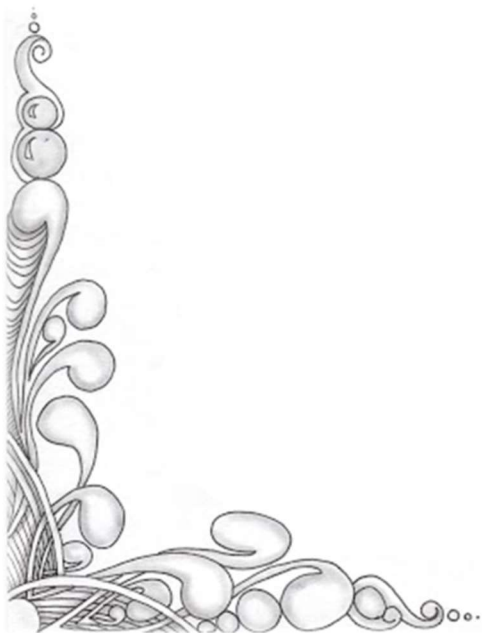
*“Move through your life with an attitude of  
gratitude and generosity.”*



*“All generalisations are contaminations.”*



*“If the ideal is unavailable, make the  
available ideal.”*

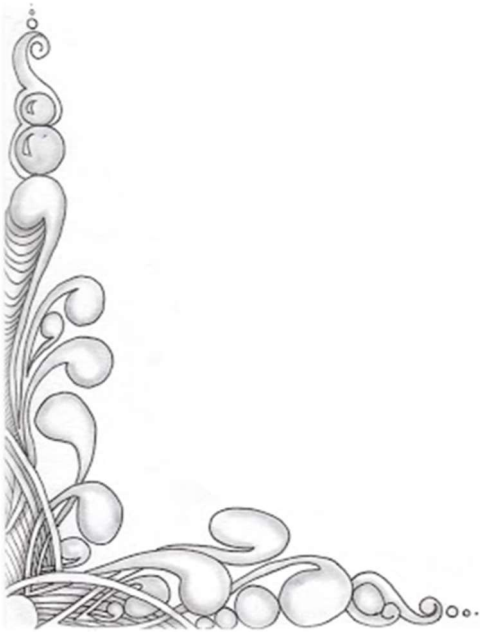




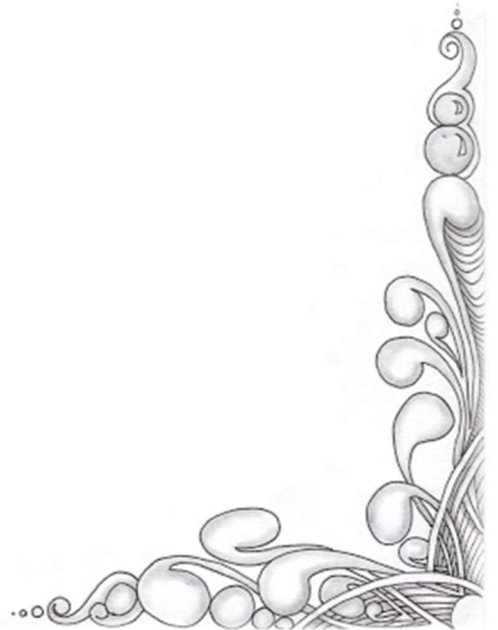
*“To be authentic is to be powerful.”*



*“There is no absolute right or wrong.”*



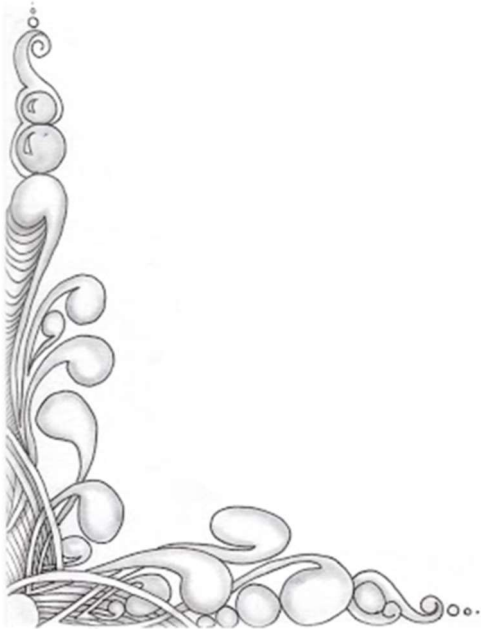
*“Berne’s most important contribution is making the intrapsychic observable.”*







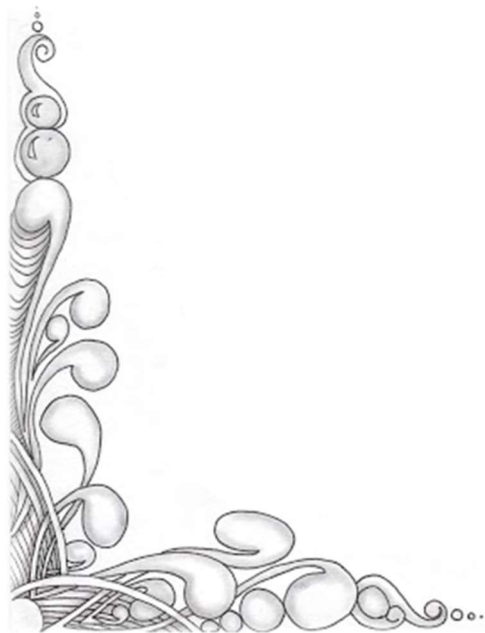
*“If you come up with hypothetical situations, my only response is "If only aunty had balls!"”*



*“You can only be yourself.”*



*“Real maturity is when you are comfortable with yourself, as well as with others.”*

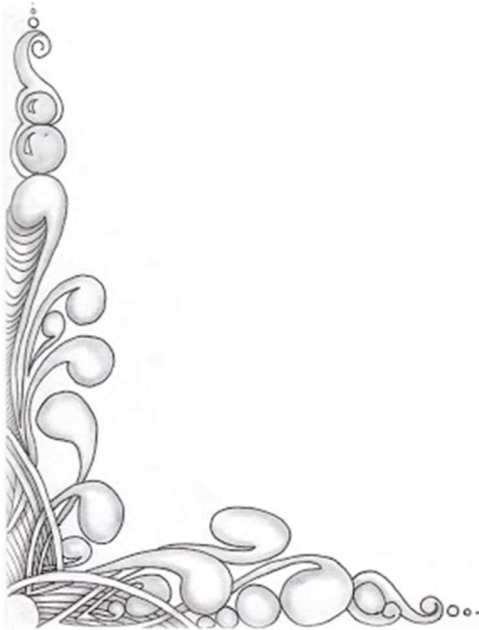




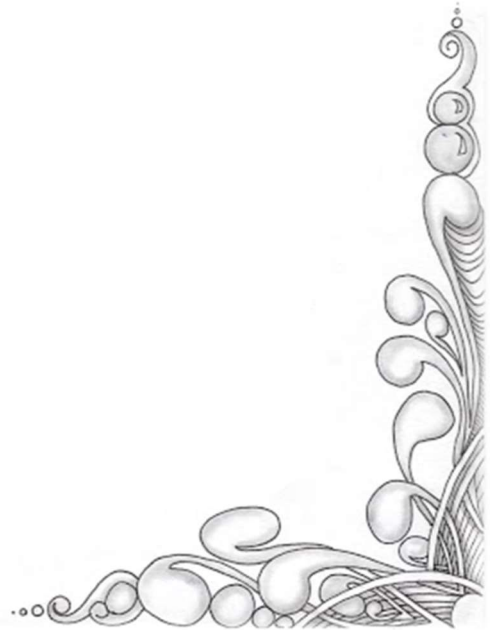
*“Only what is celebrated is sustained.”*



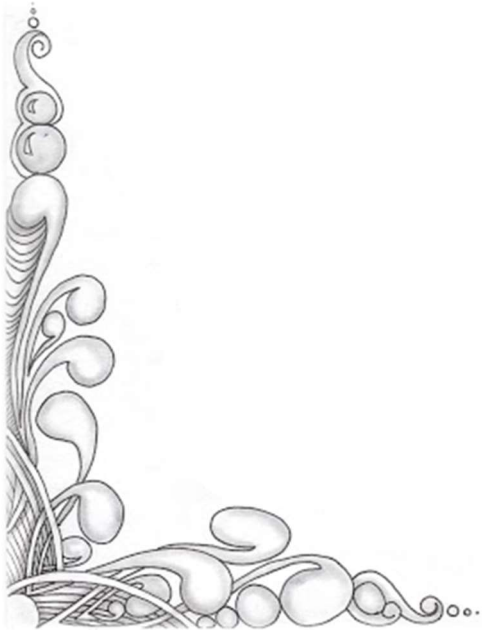
*“The onus of getting the desired result rests with the one who desires the result.”*



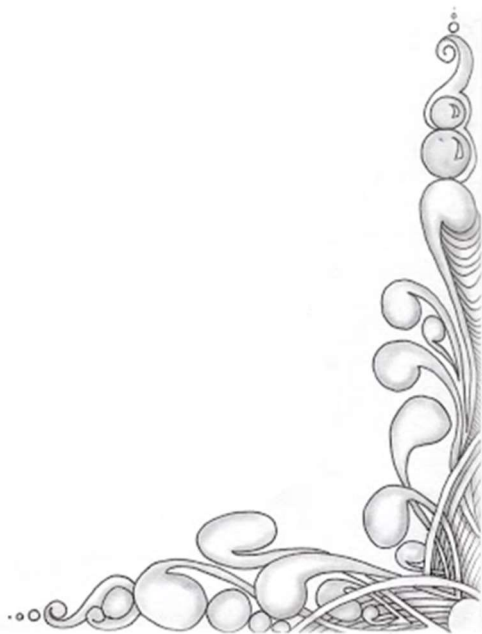
*“Over-indulgence is much more damaging  
than non-availability.”*



*“Everyone has to line the grave that they dig.”*



*“Life is to be lived, not analyzed!”*



*“Every time we say hello, we have to say  
goodbye. Saying hello and goodbye with  
the same equanimity is maturity.”*

