



**TO GIVE IS TO GET**  
Swami Suryadevananda

Those who give the most, take the least – only what is needed to survive.  
It is always like this only.  
Those who take much, give little.  
And then, there are the takers, who only take.  
Somewhere in this scale, all struggle to understand  
How to be and how to live.  
When one aspires to be better, there is evolution.  
When one aspires to find ways to take more, there is regression.  
To give is to get – a very simple formula to understand  
But difficult to accept by a needy mind.

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